



# Burnaby Mountain Secondary

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Respect

Excellence

Responsibility

**Date: Tuesday, February 17, 2015**

**Student Bulletin**

**Day 2**

**This Week's First Aid Attendant is:**

Lauren Watson





**Alternate is:**

Elaine Lam

(Ms. Smith)

TIME LINE	
	<b>IN A LITTLE WHILE... ONCE UPON A MATTRESS WILL BE SHOWN AT MICHAEL J FOX THEATRE!</b> Ms. Rudolph Come and buy your tickets for this year's musical. Tickets are \$15 for students and 20 for adults; if you want to see the matinee performance however, you can pick up a form at the front of the drama room and get your teachers to fill it out. Matinee tickets are only \$10 dollars, and the performance is from April 22-24.
	<b>CONGRATULATIONS TO MOUNTAINS' MATHLETES!</b> Ms. Walsh On Saturday, Feb 14th, a group of Burnaby Mountain's students spent the day competing in the Lower Mainland Math Challengers tournament at UBC. This is a competitive event, attracting the top grade 8 and 9 math students in the region. Congratulations go out to Mountain's students who achieved excellent results at this event. The grade 8 team placed second in its pool and the grade 9 team placed third in its pool. Both teams are now going on to compete at the Provincials which take place in mid-April at SFU. In addition, Carolyn Chen, Harrison Kim, and Eric Zhou were awarded medals for placing in the top ten in their group.  A big thank you is extended to these eighteen students and to their coach Ms. Fulop. They have been training since early October and have given up their lunch hours and their time after school in order to represent Mountain at this event. Check the bulletin board in the math hallway to see the complete list of team members. Congratulations and Go Mathletes!
	<b>CONGRATULATIONS</b> Ms. Rudolph To Burnaby Mountain's Senior Improv Team who made it to the Finals of the Lower Mainland Canadian Improv Games Tournament. They played amazingly and finished in fourth place. Great job representing our school. We are proud of your fantastic achievement!
	<b>FYI:</b> Ms. Lewis/Ms. Douglas  Weight room will be open to girls only on <b>Tuesdays</b> from 3:15-4:15pm. Open to all girls in grade 8-12 with an interest in Keep Fit, Learn Fit, Girls Fit. 
	<b>WORK EXPERIENCE OPPORTUNITIES</b> Ms. Manning <ul style="list-style-type: none"><li>Cameron Rec Centre is looking for volunteers for their Healthy Kids Preschool Fair Tuesday March 3 from 8am – 1pm</li><li>The Vancouver Art Gallery needs volunteers for their Family Fuse weekend Saturday Feb 28 &amp; Sunday March 1</li><li>Burnaby Art Gallery has work experience opportunities available starting March 2 and running through April 25 (including Spring Break).</li></ul> <p>Come to the Career Centre for more info and to sign up</p>
Feb 17 	<b>ABORIGINAL LUNCH AND DREAM CATCHER MAKING:</b> Ms. Corewyn Our next lunch is Tuesday February 17 <sup>th</sup> in the Multipurpose Room. Hope to see you all there!
Feb 16 & 18 	<b>ATTENTION ALL STUDENTS WHO ATTENDED FIRST AID TRAINING:</b> Ms. Smith Your certificates have arrived! Please see Ms. Smith in room 320 on Monday Feb 16 <sup>th</sup> or Wednesday Feb 18 <sup>th</sup> to pick up your certificates, and to receive your \$5 refund if you have not done so already. Congratulations on successful completion of the course, and welcome to the Burnaby Mountain First Aid team!
Feb 19	<b>INTERNATIONAL STUDENTS - WHISTLER TRIP FEBRUARY 19<sup>th</sup></b> Ms. Dharsee 
	<b>DRAMA</b> Ms. Rudolph We have an opening for a princess, for a genuine certified princess! Come down to the front of the drama room at lunch to buy tickets for the Visual and Performing Arts' production of 'Once Upon a Mattress'. It's going to be a wacky and entertaining production! Tickets are \$15 for students and 20 for adults, however if you want to buy a matinee ticket for \$10, you can pick up a form from the ticket table.
Feb 27	<b>YOUTH AMBASSADOR EXCHANGE PROGRAM</b> Mr. Morton The City of Burnaby is a sister city with Mesa Arizona and in conjunction with the Mesa Sister Cities Association sponsors an exchange program for students. The Burnaby School District is partnered with the City of Burnaby in this program. This exchange program is partially paid and is for two students – one grade 10 and one grade 11. If you are interested, please see your counsellor by February 27 <sup>th</sup>

- SCHOOL GOALS:
- GOAL #1 **Literacy:** to improve students' reading for comprehension with a focus on *finding the main ideas* and *note-making* at the Grade 8 and 9 levels.
- GOAL #2 **Healthy Living:** to increase student awareness, understanding, and practice of healthy living.

<div>Feb 27 Deadline</div> <div></div>	<div><b><u>GRADS OF 2015!!!</u></b> Mr. Morton</div> <div><i>Hey Grads of 2015! Have you paid your grad fees yet? This year, the theme of Dry Grad is Hollywood and it will be held at the MetroHall. Get pumped to celebrate this last special night with your fellow grads! Make sure you don't miss out on walking down the red carpet at this star-studded event. The \$50 fee is made easily payable on our school website via school cash online, or through the office. <b>The DEADLINE to pay is Friday, February 27th.</b> We'll see all of you there!</i></div>			
Mar 4	<div><b><u>BOOKMARK CONTEST</u></b> Ms. Williams</div> <div>Burnaby Mountain's bookmark contest is starting next week. All entries will be due March 4. Please come to the library for more information and for entry forms.</div>			
May 31	<div><b><u>SUNRYPE TRIKIDS TRIATHLON</u></b> Ms. Manning</div> <div>SunRype TriKids Triathlon is looking for volunteers for their Kids Triathlon event on Sunday May 31 at CG Brown Pool and Burnaby Lakes Sports fields. This can count towards Service hours or Work Experience Hours. Come to the Career Centre for more details about how to apply.</div>			
	<div><b><u>ABORIGINAL HOMEWORK HELP!</u></b> Ms. Corewyn</div> <div>Need help with your homework? Having trouble with a course? Come get help with your school work at lunch time, Monday – Friday in the Career Centre.</div>			
	<div><div><b><u>SUN RUN SUNDAY APRIL 19 2015</u></b> Ms. Lewis</div><div>Week 5</div><div></div><table><tr><td><b>Session 1</b> 46 min. Warm-up: Walk slow &amp; easy 5 minutes. Run 3 minutes. Walk 1 minute. Do this 9 times. Cool- down: Walk slow &amp; easy 5 minutes.</td><td><b>Session 2</b> 34 min. Warm-up: Walk slow &amp; easy 5 minutes. Run 2 minutes. Walk 1 minute. Do this 8 times. Cool-down: Walk slow &amp; easy 5 minutes.</td><td><b>Session 3</b> 42 min. Warm-up: Walk slow &amp; easy 5 minutes. Run 3 minutes. Walk 1 minute. Do this 8 times. Cool-down: Walk slow &amp; easy 5 minutes.</td></tr></table></div>	<b>Session 1</b> 46 min. Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 1 minute. Do this 9 times. Cool- down: Walk slow & easy 5 minutes.	<b>Session 2</b> 34 min. Warm-up: Walk slow & easy 5 minutes. Run 2 minutes. Walk 1 minute. Do this 8 times. Cool-down: Walk slow & easy 5 minutes.	<b>Session 3</b> 42 min. Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 1 minute. Do this 8 times. Cool-down: Walk slow & easy 5 minutes.
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