

Excellence

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Date: Wednesday, February 25, 2015

Student Bulletin

Responsibility

Day 1



Respect

This Week's First Aid Attendant is:

Christina Manning

Alternate is:

Parker Strand

(Ms. Smith)

TIME LINE TITLE: ABORIGINAL CIRCLE Ms. Lau NEW Just a reminder that Aboriginal Circle is today at lunch in the Student Services Boardroom. Snacks will be provided. AUDITION FOR THE TALENT SHOW Ms. Rudoplh NEW MC Auditions are on March the 4th and auditions to perform are on March 3rd and 5th. Sign up outside of room 213! FYI: Ms. Manning NEW Grade 12's - your Portfolio Project is due March 3rd!!! All grade 12 students with a Work Experience 12A block must hand in their Portfolio Project to the Career Centre. WORK EXPERIENCE OPPORTUNITIES: Ms. Manning NEW NEW WESTMINSTER STUDENT POLICE ACADEMY July 6 – 18, 2015 Students will receive instruction based on current Police Academy curriculum. Areas covered include: Police Officers Physical Abilities Test (POPAT), current criminal law and Charter of Rights and Freedoms, traffic enforcement, general uniform police duties, use of force and specialized sections, general recruiting process in BC, Firearms Safety, Driving Instruction, Marine Patrol and Disaster Response **BCIT FORENSICS CSI ACADEMY** July 13-17, 2015 Learn how real investigators examine and process crime scenes, as well as analyze evidence and use DNA technology to try to solve a crime. InfoMine RESEARCH ASSISTANT March 16 - 20, 2015 InfoMine is a Vancouver-based world leader in providing mining knowledge to mining professionals via courses, webcasts, conferences and various social media. This is a great opportunity for a student interested in information technology with good computer skills who wishes to gain exposure to how those skills are used in a business dedicated to professional development. **BURNABY ART GALLERY** Available dates starting March 2 and running through April 25 (including Spring Break). Come to the Career Centre for more info about all of these opportunities. Feb 25 PINK SHIRT DAY 2015: Mr. Rolph On February 25th you are invited to wear pink to Stand up... Stand for... Stand against... Stand with... and speak up against bullying in all of its forms. Between Feb 18 and 25th, come down to the lower commons to purchase a t-shirt and make a statement in support of inclusion and against bullying. What will you stand for on Feb. 25th? What will you stand against? Let us know and get a lollipop or bracelet as a thank-you for helping BMSS speak up about bullying. **SFU PRESENTATION** Ms. Day Feb 25 Wednesday, February 25 11:30 – 12:20 in the Multi-purpose Room This information session for all grade 12 students will include: - How to self-report grades - How to check your application status - When to expect an admissions offer - More information regarding scholarships and financial aid - What the next steps are after receiving an admission offer to SFU (or other post-secondary institution) Feb 26 GIRLS SOCCER (GRADES 8-12) Ms. Morrison Are you interested in playing soccer this year? There will be a mandatory try-out Thursday Feb. 26 at 3:15 on the grass field. Please let Ms. Morrison (room 313) or Ms. O'Reilly (room 314) know if you can't make it YOUTH AMBASSADOR EXCHANGE PROGRAM Mr. Morton Feb 27 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

SCHOOL GOALS:

counsellor by February 27th

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.

Feb 27 Deadline

GRADS OF 2015!!! Mr. Morton

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 Metro Hall. 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. The DEADLINE to pay is Friday, February 27th. We'll see all of you there!

Mar 2

ATTENTION INTERNATIONAL STUDENTS Ms. Ellis

Interested in a "Tourism Management for International Students Diploma from the school of Tourism Management, Faculty of Global & Community Studies at Capilano University (BC, Canada). The Faculty is hosting an information session to showcase our program and we would like to invite those who might be interested in learning more about our program and a career in Tourism. This 2-year Diploma program has been running for over 10 years and with an ever-growing demand. We are currently accepting applications for our September 2015 intake with classes starting on September 8, 2015.

TMI Info Session details are as follows:

Date: Wednesday, March 4 Time: 6:30 - 7:30 p.m.

Venue: Cedar Building CE135, Capilano University, North Vancouver campus. Please see the attached map for directions.

Please RSVP via email: tmi@capilanou.ca by March 2.

Mar 24

INFORMATION NIGHT FOR PARENTS ABOUT POST-SECONDARY OPTIONS. Ms. Ellis

Our event will include:

- An introduction to the world of post-secondary education in BC
- Understanding career pathways
- Changing roles for parents
- The financial side of post-secondary
- The ins and outs of applications

This event will take place on **Tuesday, March 24th at the Coquitlam Campus**, and **Thursday, March 26th at the New Westminster Campus**, **from 7:00pm-9:00pm**. To register, parents can visit http://www.douglascollege.ca/parent-seminar.

Mar 4

ALL Students: Mr. Morton

Gradusone is a local start up with the mission to help high school and post-secondary students discover options, realize opportunities, and focus their career.

Our launch event is happening on *March 4th, 2015 from 5:30-8:00pm at the Vancouver Public Library, 350 W Georgia St.* We are anticipating a large audience varying from high school students to local working professionals and will be engaging in a panel discussion about first career steps. We will also be introducing our organization and how students can make the most out of what we offer. You can find more details and secure your spot viahttp://www.gradusone.com/launchevent.

Mar 6

VOLUNTEER OPPORTUNITY Ms. Manning

Forest Grove Elementary School is looking for volunteers for their Movie Night Friday March 6. Shifts are 4-6pm or 6-9pm. Come to the Career Centre for more info and to sign up.

SPRING BREAK LEADERSHIP TRAINING AT CAMP MADAWASKA Ms. Manning

The City of Burnaby Youth Services and Camp Madawaska are offering a leadership skill development camp for students ages 11-15. March 9-13 9:30am – 3pm \$164.22

Register online at webreg.city.burnaby.bc.ca – barcode 352761

ABORIGINAL HOMEWORK HELP! Ms. Corewyn

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.

FYI: Ms. Lewis/Ms. Douglas

Weight room will be open to girls only on **Tuesdays** from 3:15-4:15pm.

Open to all girls in grade 8-12 with an interest in Keep Fit, Learn Fit, and Girls Fit.

Week 6

SUN RUN SUNDAY APRIL 19 2015 Ms. Lewis

Session 1

52 min.

Warm-up: Walk slow & easy 5 minutes.

Run 5 minutes. Walk 1 minute. Do this 7 times.

Cool-down: Walk slow & easy 5 minutes.



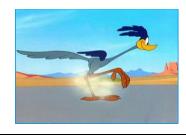
38 min.

Warm-up: Walk slow & easy 5

Run 3 minutes. Walk 1 minute. Do this 7 times.

Cool-down: Walk slow & easy

5 minutes.



Session 3

50 min.

Warm-up: Walk slow & easy 5 minutes.

Run 3 minutes. Walk 1 minute. Do

this 10 times. Cool-down: Walk slow & easy 5

minutes.

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