



# Burnaby Mountain Secondary

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Respect

Excellence

Responsibility





**Date: Tuesday, March 3<sup>rd</sup>, 2015**

**Student Bulletin**








**Day 1**



**This Week's First Aid Attendant is:**    Megan Howes    **Alternate is:**    Jamie Vanden Broek  
(Ms. Smith)

TIME LINE																													
	<b><u>COURSE SELECTION</u></b> Ms. Ellis All students wanting to do course selection, please go into the computer labs in room 217 and 216 at lunch on Tuesday. Your passwords, course selection sheets and tutorial will be given.																												
	<b><u>STUDENT COUNCIL PRESIDENT APPLICATIONS:</u></b> Mr. Rolph Are you interested in running to be next year’s student council president? If so, applications are available from Mr. Rolph in room 213 beginning Wednesday March 4. Completed applications must be handed in by April 2.																												
	<b><u>P.E. UPDATE:</u></b> Mr. Ryan  Golf team: Still looking for a few experienced players to join the school team. See Mr. Ryan ASAP. Tennis Team: Tennis try outs this week at Stoney creek courts. Tuesday--gr 8-10, Wednesday --seniors. Thursday if rained out. Track and field: You can still try out the various events you may be interested in. Just show up after school Monday through Thursday.																												
	<table><tr><th colspan="4">HEALTH AND FITNESS WEEK - MARCH 2-6, 2015</th></tr><tr><th></th><th>MORNING</th><th>LUNCH - UPPER COMMONS</th><th>LUNCH GYM 1/2</th></tr><tr><td>MON 2</td><td></td><td>snap a <u>HEALTHY SELFIE</u> *get free treats all week*</td><td>1. SURVIVAL OF THE FITTEST 2. Mindful MEDITATION (dance room)</td></tr><tr><td>TUES 3</td><td></td><td><u>take a selfie</u> exercising or eating healthy food and show it at lunch to GET A healthy treat</td><td>YOGA</td></tr><tr><td>WED 4</td><td></td><td>snap a <u>HEALTHY SELFIE</u> *get free food all week*</td><td>JUNIOR GLADIATOR</td></tr><tr><td>THUR 5</td><td>Health in Motion Day 745-830am</td><td>walk, bike, longboard, run to school, get free breakfast when you arrive</td><td>1. BEEP TEST CONTEST- gym 1 2. MARTIAL ARTS</td></tr><tr><td>FRI 6</td><td></td><td>snap a <u>HEALTHY SELFIE</u> *get free food all week*</td><td>SENIOR GLADIATOR</td></tr></table>	HEALTH AND FITNESS WEEK - MARCH 2-6, 2015					MORNING	LUNCH - UPPER COMMONS	LUNCH GYM 1/2	MON 2		snap a <u>HEALTHY SELFIE</u> *get free treats all week*	1. SURVIVAL OF THE FITTEST 2. Mindful MEDITATION (dance room)	TUES 3		<u>take a selfie</u> exercising or eating healthy food and show it at lunch to GET A healthy treat	YOGA	WED 4		snap a <u>HEALTHY SELFIE</u> *get free food all week*	JUNIOR GLADIATOR	THUR 5	Health in Motion Day 745-830am	walk, bike, longboard, run to school, get free breakfast when you arrive	1. BEEP TEST CONTEST- gym 1 2. MARTIAL ARTS	FRI 6		snap a <u>HEALTHY SELFIE</u> *get free food all week*	SENIOR GLADIATOR
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Mar 2 <b>Due Date</b> 	<b><u>ATTENTION INTERNATIONAL STUDENTS</u></b> Ms. Ellis Interested in a “ <b>Tourism Management for International Students Diploma</b> ” 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. <b>We are currently accepting applications for our September 2015 intake with classes starting on September 8, 2015.</b>  TMI Info Session details are as follows: <b>Date: Wednesday, March 4</b> <b>Time: 6:30 - 7:30 p.m.</b> <b>Venue: Cedar Building CE135, Capilano University, North Vancouver campus. Please see the attached map for directions.</b> Please RSVP via email: <a href="mailto:tmi@capilanou.ca">tmi@capilanou.ca</a> by March 2.																												
Mar 3 <b>Due Date</b>	<b><u>FYI:</u></b> Ms. Manning 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.																												
Mar 3	<b><u>Grade 12 Valedictorian</u></b> Mr. Morton Any grade 12 students interested in being Valedictorian, please pick up a nomination package starting on Tuesday March 3 <sup>rd</sup> in the office. Completed copies are due in the office on Thursday April 2 <sup>nd</sup> at 3:00pm sharp!!																												

- 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.

Mar 4	<p><b><u>CHALLENGING AND FUN OPPORTUNITY FOR THOSE INTERESTED IN BIOLOGY.</u></b> Ms. O'Reilly</p> <p>The University of Toronto offers a contest every year that is fun and challenging. If you are interested in participating in the contest, please visit Ms. O'Reilly in Room 314 before/on Wednesday March 4th.</p>
Mar 4	<p><b><u>SCHOLARSHIP MEETING FOR ALL GRADE 12 STUDENTS</u></b> Ms. Martens</p> <p>The Burnaby School District is proud to offer so many scholarship opportunities to Grade 12 students. Come to a scholarship meeting at lunch on <b>Wednesday March 4th in the Multipurpose Room</b> to find out about current scholarship opportunities and how to apply for district scholarships.</p> <p>If you have questions, please come see Ms. Martens in Room 104. See you there!</p>
Mar 4	<p><b><u>AUDITION FOR THE TALENT SHOW</u></b> Ms. Rudolph</p> <p>MC Auditions are on March the 4<sup>th</sup> and auditions to perform are on March 3<sup>rd</sup> and 5<sup>th</sup>. Sign up outside of room 213!</p>
Mar 4	<p><b><u>ALL Students:</u></b> Mr. Morton</p> <p>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.</p> <p>Our launch event is happening on <b>March 4th, 2015 from 5:30-8:00pm at the Vancouver Public Library, 350 W Georgia St.</b> 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 via<a href="http://www.gradusone.com/launchevent">http://www.gradusone.com/launchevent</a>.</p>
Mar 12 <b>Deadline</b> 	<p><b><u>SUN RUN TEAM!</u></b> Mr. Ryan  <b>URGENT! URGENT! URGENT!</b></p> <p>FINAL CALL to join our team.</p> <p>We are looking for <b>30 more students</b> to sign up before the deadline at noon on March 12<sup>th</sup>. (which is during Spring Break)            Sign up online at <a href="http://VancouverSunRun.com">VancouverSunRun.com</a></p>
	<p><b><u>AMC MATH CONTEST RESULTS</u></b> Ms. Ng</p> <ul style="list-style-type: none"> <li>• Congratulations to Bryan Hong for winning the AMC 12 contest by obtaining the highest score in the school! Honourable mentions are Chu Lo for placing second, and Aimee Tian, Janice Lan, and Mable Lu who were tied for third.</li> <li>• Congratulations to Sarah Kim for winning the AMC 10 contest by obtaining the highest score in the school! Honourable mentions are Younghyun Song who placed second, and Michelle Ko who placed third.</li> <li>• Carolyn Chen and Younghyun Song, both Grade 8 students, also received Young Student Certificate of Achievement for their high achievement in this Grade 10 level contest. Congratulations!</li> </ul> <p style="text-align: right;">Well done matheletes!</p>
	<p><b><u>LIBRARY</u></b> Ms. Williams</p> <p>Come by the library and pick up some reading for the Break. The Mountain Reads draw is still on. There will be a draw this week and one more after the Break so read, read, read.</p>
	<p><b><u>LAW WEEK'S BARRY SULLIVAN CUP APRIL 2015</u></b> Ms. Walton</p> <p>Attention those students who are students who are interested in the Canadian Bar Associations Public Speaking Contest. Please return your registration forms to Ms. Walton in Room 212 before March 5, 2015. Internal selections will be determined on Wednesday March 25th at lunch in Room 212. All students will be required to present their speeches to the panel of judges. Please ensure your speeches are written and rehearsed prior to March 25.... Good luck and see you then,</p>
	<p><b><u>ABORIGINAL HOMEWORK HELP!</u></b> Ms. Corewyn</p> <p>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.</p>
	<p style="text-align: center;"><b><u>SUN RUN SUNDAY APRIL 19 2015</u></b> Ms. Lewis</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 30%;">  <p>Session 2 40 min. Warm-up: Walk slow &amp; easy 5 minutes. Run 4 minutes. Walk 1 minute. Do this 6 times. Cool-down: Walk slow &amp; easy 5 minutes.</p> </div> <div style="width: 30%; text-align: center;">  </div> <div style="width: 30%;">  <p>Session 3 52 min. Warm-up: Walk slow &amp; easy 5 minutes. Run 5 minutes. Walk 1 minute. Do this 7 times. Cool-down: Walk slow &amp; easy 5 minutes.</p> </div> </div> <p>Session 1 54 min. or 5K distance Warm-up: Walk slow &amp; easy 5 minutes. Run 10 minutes. Walk 1 minute. Do this 4 times or repeat pattern over the 5K distance. Cool-down: Walk slow &amp; easy 5 minutes.</p>

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