



Burnaby Mountain Secondary

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Respect

Excellence

Responsibility

Date: Wednesday, March 4th, 2015

Day 2

Student Bulletin



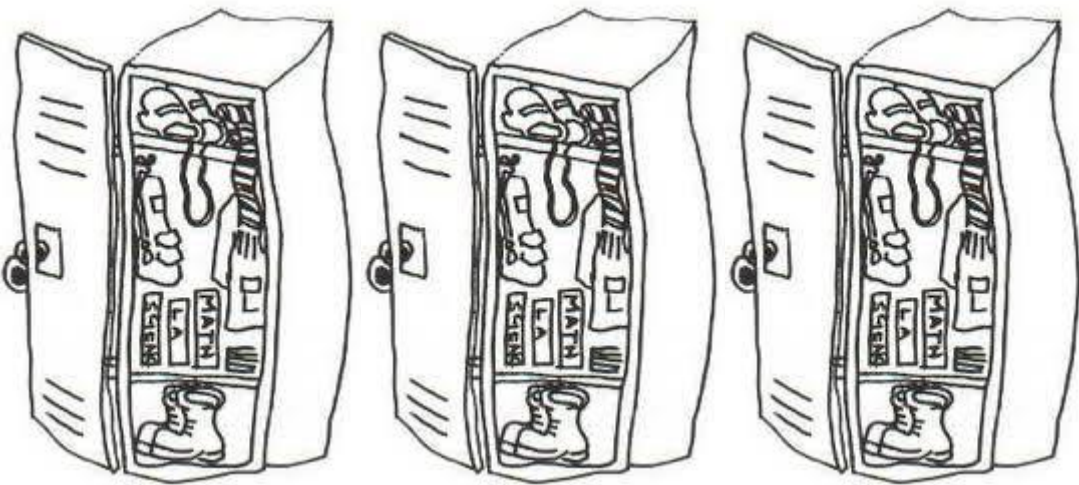
This Week's First Aid Attendant is:

Megan Howes

Alternate is:

Jamie Vanden Broek








(Ms. Smith)

TIME LINE																					
<div>NEW</div>	<div></div> <div>Just a reminder of our locker cleanout scheduled this Friday at 9:45am during Period 5.</div>																				
<div>NEW</div>	<div>STUDENT COUNCIL PRESIDENT APPLICATIONS: Mr. Rolph</div> <div>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.</div>																				
<div>NEW</div>	<div>SPRING BREAK VOLUNTEER / WORK EXPERIENCE OPPORTUNITY Ms. Manning</div> <div>The Dynamic Networking Ladies is putting on a fundraiser for the MS Society and they are looking for volunteers. Rock Out To Spring Bazaar! Is a multi-vendor event taking place in Coquitlam in the Austin Heights area (1025 Ridgeway Av) from 12:00-7 pm on Sunday March 15?</div> <div>Come to the Career Centre for more info and to sign up.</div>																				
<div>NEW</div>	<div>RUGBY: Mr. Ryan</div> <div>Gavin would like to continue practices. Next practice is scheduled for this Thursday after school.</div>																				
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	<div>P.E. UPDATE: Mr. Ryan</div> <div>Golf team:</div> <div>Still looking for a few experienced players to join the school team. See Mr. Ryan ASAP.</div> <div>Tennis Team:</div> <div>Tennis try outs this week at Stoney creek courts. Tuesday--gr 8-10, Wednesday --seniors. Thursday if rained out.</div> <div>Track and field:</div> <div>You can still try out the various events you may be interested in. Just show up after school Monday through Thursday.</div>																				
	<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>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	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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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	<u>CHALLENGING AND FUN OPPORTUNITY FOR THOSE INTERESTED IN BIOLOGY.</u> Ms. O'Reilly 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.		
Mar 4	<u>SCHOLARSHIP MEETING FOR ALL GRADE 12 STUDENTS</u> Ms. Martens The Burnaby School District is proud to offer so many scholarship opportunities to Grade 12 students. Come to a scholarship meeting at lunch on Wednesday March 4th in the Multipurpose Room to find out about current scholarship opportunities and how to apply for district scholarships. If you have questions, please come see Ms. Martens in Room 104. See you there!		
Mar 4	<u>AUDITION FOR THE TALENT SHOW</u> Ms. Rudolph MC Auditions are on March the 4 th and auditions to perform are on March 3 rd and 5 th . Sign up outside of room 213!		
Mar 4	<u>ALL Students:</u> 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 via http://www.gradusone.com/launchevent .		
Mar 12 Deadline 	<u>SUN RUN TEAM!</u> Mr. Ryan URGENT! URGENT! URGENT! FINAL CALL to join our team. We are looking for 30 more students to sign up before the deadline at noon on March 12 th . (which is during Spring Break) Sign up online at VancouverSunRun.com		
Apr 2 Due Date	<u>Grade 12 Valedictorian</u> Mr. Morton Any grade 12 students interested in being Valedictorian, please pick up a nomination package starting on Tuesday March 3 rd in the office. Completed copies are due in the office on Thursday April 2 nd at 3:00pm sharp!!		
	<u>LIBRARY</u> Ms. Williams 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.		
	<u>LAW WEEK'S BARRY SULLIVAN CUP APRIL 2015</u> Ms. Walton 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,		
	<u>ABORIGINAL HOMEWORK HELP!</u> 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.		
	<div> <div>  </div> <div> <p><u>SUN RUN SUNDAY APRIL 19 2015</u> Ms. Lewis</p> <p>Session 1 54 min. or 5K distance Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Do this 4 times or repeat pattern over the 5K distance. Cool-down: Walk slow & easy 5 minutes.</p>  <p>NEVER FORGET TO SMILE</p> </div> <div>  <p>Session 3 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.</p> </div> </div> <div> <p>Session 2 40 min. Warm-up: Walk slow & easy 5 minutes. Run 4 minutes. Walk 1 minute. Do this 6 times. Cool-down: Walk slow & easy 5 minutes.</p> </div>		

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