



# Burnaby Mountain Secondary

8800 Eastlake Drive, Burnaby, BC V3J 7X5    T: 604-664-8552    F: 604-664-8499    W: mountain.sd41.bc.ca

Respect

Excellence

Responsibility

Date: Thursday, March 5<sup>th</sup>, 2015

Day 1

## Student Bulletin



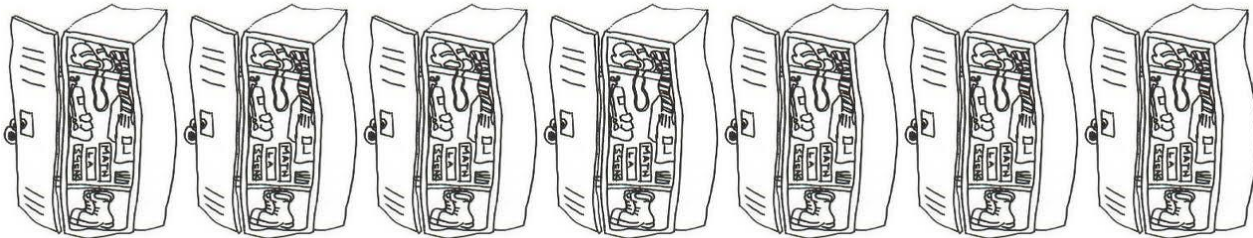


**This Week's First Aid Attendant is:**

Megan Howes

**Alternate is:**

Jamie Vanden Broek

(Ms. Smith)

TIME LINE																			
	<div></div> <p>Just a reminder of our locker cleanout scheduled this Friday at 9:45am during Period 5.</p>																		
<div></div>	<p><b>TRIVIA NIGHT</b> Come out to Burnaby Mountain’s Annual Trivia Night on Thursday April 16<sup>th</sup> at 7pm in Gym 1. Form teams of up to five people for your chance to win great prizes! Forms can be picked up and dropped off in room 320. The team entrance fee of \$25 can be paid on the night of the event. All proceeds go toward building a well in rural China.</p>																		
<div></div>	<p><b>ATTENTION GRADE 12’s</b> Ms. Lee Come participate in the upper commons at lunch in voting for “Best Of’s” for yearbook.</p>																		
	<p><b>SPRING BREAK VOLUNTEER / WORK EXPERIENCE OPPORTUNITY</b> Ms. Manning 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? Come to the Career Centre for more info and to sign up.</p>																		
Mar 5	<p><b>RUGBY:</b> Mr. Ryan Gavin would like to continue practices. Next practice is scheduled for this Thursday after school.</p>																		
Apr 2 Due Date	<p><b>STUDENT COUNCIL PRESIDENT APPLICATIONS:</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.</p>																		
	<p><b>P.E. UPDATE:</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.</p>																		
	<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>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	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
HEALTH AND FITNESS WEEK - MARCH 2-6, 2015																			
	MORNING	LUNCH - UPPER COMMONS	LUNCH GYM 1/2																
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																
Mar 12 Deadline	<p><b>SUN RUN TEAM!</b> Mr. Ryan <b>URGENT! URGENT! URGENT!</b> 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 VancouverSunRun.com</p>																		

### 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>Apr 2</div> <div>Due Date</div>	<div>Grade 12 Valedictorian</div> <div>Mr. Morton</div> <div>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!!</div>
<div>LIBRARY</div> <div>Ms. Williams</div> <div>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.</div>	
<div>LAW WEEK'S BARRY SULLIVAN CUP APRIL 2015</div> <div>Ms. Walton</div> <div>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,</div>	
	<div>ABORIGINAL HOMEWORK HELP!</div> <div>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>WEEK 7</div>	<div>SUN RUN SUNDAY APRIL 19 2015</div> <div>Ms. Lewis</div> <div> <div> <div>Session 1</div> <div>54 min. or 5K distance</div> <div>Warm-up: Walk slow &amp; easy 5 minutes.</div> <div>Run 10 minutes. Walk 1 minute. Do this 4 times or repeat pattern over the 5K distance.</div> <div>Cool-down: Walk slow &amp; easy 5 minutes.</div> </div> <div> <div>Session 2</div> <div>40 min.</div> <div>Warm-up: Walk slow &amp; easy 5 minutes.</div> <div>Run 4 minutes. Walk 1 minute. Do this 6 times.</div> <div>Cool-down: Walk slow &amp; easy 5 minutes.</div> </div> <div> <div>Session 3</div> <div>52 min.</div> <div>Warm-up: Walk slow &amp; easy 5 minutes.</div> <div>Run 5 minutes. Walk 1 minute. Do this 7 times.</div> <div>Cool-down: Walk slow &amp; easy 5 minutes.</div> </div> </div>

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.