



Burnaby Mountain Secondary

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Respect

Excellence

Responsibility

Date: Friday, March 6th, 2015

Day 2

Student Bulletin



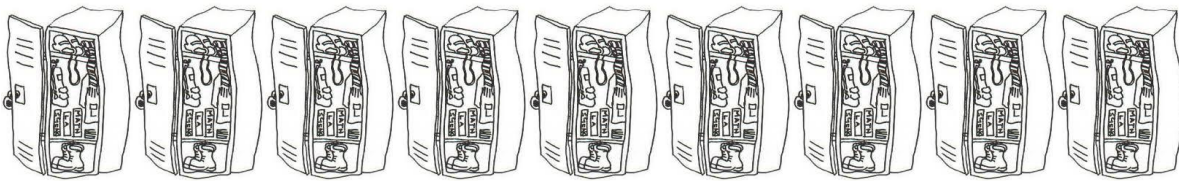


This Week's First Aid Attendant is:

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>ONCE UPON A MATTRESS Ms. Rudolp</p> <p>In a little while, just a little while, Once Upon a Mattress will come to the Michael J Fox theatre between April 22-24th. Get your tickets soon! We are selling them outside the drama room at lunch. Tickets are \$15 for students and \$20 for adults. Matinee tickets for the 22nd are only \$10; if you want to go, pick up a form at the table to get them signed by your teachers.</p>														
	<p>TRIVIA NIGHT</p> <p>Come out to Burnaby Mountain’s Annual Trivia Night on Thursday April 16th 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>														
	<p>ATTENTION GRADE 12’s Ms. Lee</p> <p>Come participate in the upper commons at lunch in voting for “Best Of’s” for yearbook.</p>														
	<p>SPRING BREAK VOLUNTEER / WORK EXPERIENCE OPPORTUNITY Ms. Manning</p> <p>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?</p> <p>Come to the Career Centre for more info and to sign up.</p>														
	<p>P.E. UPDATE: Mr. Ryan</p> <p>Golf team:</p> <p>Still looking for a few experienced players to join the school team. See Mr. Ryan ASAP.</p> <p>Tennis Team:</p> <p>Tennis try outs this week at Stoney creek courts. Tuesday--gr 8-10, Wednesday --seniors. Thursday if rained out.</p> <p>Track and field:</p> <p>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>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	FRI 6		snap a <u>HEALTHY SELFIE</u> *get free food all week*	SENIOR GLADIATOR
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<div><div>Mar 12</div><div>Deadline</div><div></div></div>	<p>SUN RUN TEAM! Mr. Ryan</p> <p>URGENT! URGENT! URGENT!</p> <p>FINAL CALL to join our team.</p> <p>We are looking for 30 more students to sign up before the deadline at noon on March 12th. (which is during Spring Break)</p> <p>Sign up online at VancouverSunRun.com</p>														
<div><div>Apr 2</div><div>Due Date</div></div>	<p>STUDENT COUNCIL PRESIDENT APPLICATIONS: Mr. Rolph</p> <p>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>														
<div><div>Apr 2</div><div>Due Date</div></div>	<p>Grade 12 Valedictorian Mr. Morton</p> <p>Any grade 12 students interested in being Valedictorian, please pick up a nomination package starting on Tuesday March 3rd in the office. Completed copies are due in the office on Thursday April 2nd at 3:00pm sharp!!</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.

	<p>LIBRARY 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>LAW WEEK'S BARRY SULLIVAN CUP APRIL 2015 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>ABORIGINAL HOMEWORK HELP! 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>
<div>W E E K 7</div>	<div><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></div> <div><p>SUN RUN SUNDAY APRIL 19 2015 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><div><p>NEVER FORGET TO SMILE</p></div></div> <div></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>