



This Week’s First Aid Attendants are: Rachel Su and Grace Lin



Burnaby Mountain Secondary

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Respect

Excellence

Responsibility











Date: Tuesday October 30th, 2018

Day 1

Student Bulletin







We acknowledge and thank the Coast Salish Nations of Musqueam, Tsleil-Waututh and Squamish on whose traditional territories we teach, learn and live.

TIMELINE	 <div>Please come to the office and see Ms. Logan if you have not picked up your SPC card.</div>							
<div>NEW</div> Nov 7 Ms. Worobets	 <div>BMSS United Are you stressed? Need a supportive environment to voice your struggles with other students? If yes, then this is the perfect club for you! The first meeting will take place on Wednesday, November 7th at lunch time in room 209. There will be treats at the first meeting!</div>							
<div>NEW</div> Nov 9 Ms. Lewis	 <div>1-1740 Broadway Street Port Coquitlam V3C 2M8 604 554-0181</div> <div>Dear Student, This week you participated in our Excel Martial Arts Self Defense Program and our cardio kickboxing. We worked on basic Martial Arts self defense skills and discovered how effective simple movements combined with angles can be. Martial Arts training will help advance and further develop basic self defense skills, vocabulary of physical movement, self-discipline and confidence. We are offering a one-week special opportunity for school participants to join Port Coquitlam Excel Martial Arts. You are invited to train for FREE until Nov 9th, 2018, and New students who sign up for our Introductory Program by Saturday, Nov 10th, will receive their \$184.80 starter package for FREE. Please call or email for more information. <i>Mr. Richard McIlmoyl Owner/instructor portcoquitlam@excelmartialarts.ca</i></div>							
<div>NEW</div> Nov 1 Ms. Temple	<div>Musical Theatre Class Can all students registered in musical theatre please see Ms. Temple ASAP in the Drama Studio regarding auditions.</div>							
Oct 29 Ms. Temple	<div>Hey Spooky Skeletons! Hold on to your skeleton socks for the spookiest improve show OF YOUR LIFE! Get ready to monster mash with your favourite improve team on Monday at 7pm. Admission is 5 dollars and concession will be available. We will see you there!</div>							
Oct 30 Mr. Culbert	 <div>Operation Ink. Feeling Stress, and need a release? Looking for somewhere to let the creative side of you out? We have just the place. Come and join the creative writing club in room 203 on Tuesday at lunch. Everyone is welcome. See you there.</div>							
Oct 31 Ms. Manning	<div>WCM – SheBiz Conference November 2 at SFU If any grade 11 or 12 students that are going to this sold out event please come to the Career Centre and let us know. You may be able to count this for Work Experience hours.</div>							
Oct 31 Mr. Rolph	<table><tr><td></td><td>Tuesday Oct 30</td><td>Come down to the lower commons for some yummy treats made by grade councils</td></tr><tr><td></td><td>Wednesday Oct 31Our</td><td>annual Halloween costume contest in the lower commons With Pizza prizes for favourite costumes at each of the grade levels.</td></tr></table>			Tuesday Oct 30	Come down to the lower commons for some yummy treats made by grade councils		Wednesday Oct 31Our	annual Halloween costume contest in the lower commons With Pizza prizes for favourite costumes at each of the grade levels.
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SCHOOL GOALS:

Goal 1
To improve students’ reading for comprehension with a focus on finding the main ideas, summarizing and in some specific areas, note-making at the Grade 8 and 9 levels.

Goal 2
To increase student awareness, understanding and practice of healthy living.

	Teen Tech Night Navigate a Sphero through an obstacle course in the stacks, battle your friends at our Sphero jousting tournament, and explore virtual reality with our VR goggles. All tech will be supplied by the library. Event held at Cameron Branch Library 9523 Cameron Street. Please see Ms. Williams for more information.				
Nov2 Mr. Ko		Club Photo Clubs wanting a Club photo in this year's yearbook must schedule a photo ASAP. Please see Mr. Ko in room 319 or send an email to bmssyearbook2019@gmail.com .			
Nov 8 Ms. Mehta 	Art Club Hello Art lovers!!! Do you think you don't get enough time for Art during school time? Come Join the Fellow Art lovers in Room 117 First meeting will be on November 8 Art Club meets on Thursday after school until 4:00 pm. You do not have to be in an art class to join, but must be dedicated and willing to create a better school environment.				
Nov 8 Mr. Richardson	<u>Girls Rugby:</u> Interested in trying out a new sport? For the next three Thursdays come on out and give rugby a try from 3:30 to 5pm! November 1st, and November 8th There will be members of the Burnaby Lake Women's team here leading sessions. Come dressed for the weather. No experience necessary, all grade are welcome.				
<div></div> <div>WORK EXPERIENCE OPPORTUNITIES Discover Pharmacy Day at UBC - this is a one-day session that gives secondary school students a sneak-peek into the world of pharmacy. Students will participate in fun, interactive workshops that are modelled after the Doctor of Pharmacy (PharmD) curriculum. Learn the clinical skills and science behind pharmacy practice. Discover that pharmacy is much more than dispensing medications – it's a profession that is devoted to improving health outcomes! Date: Saturday, November 17, 2018 Time: 8:30 a.m.–12:45 p.m. Location: Pharmaceutical Sciences Building 2405 Wesbrook Mall, UBC Cost: Free, open to high school students (Grade 10-12). Sign up info in the Career Centre.</div>					
Member of Parliament Terry Beech Youth Constituency Council: Are you 15+ years of age and interested in learning more about Canada's political process? Our local member of parliament, MP Terry Beech, is seeking students to join their Constituency Youth Council. Come and have your voices heard on policy issues facing Canada and our community.					
Stoney Creek Community School Alumni Needed –Stoney Creek school is having an evening event celebrating indigenous culture on Tuesday, November 6th from 5:00 pm – 7:00 pm and is seeking 2 student alumni to attend.					
UBC Sauder School of Business Info Session – attendees will learn more about the BCom curriculum, tour UBC Sauder's teaching facilities, and hear about some of the unique extracurricular opportunities available to students from the diverse perspectives of our current students, instructors, and young alumni. The event is on Saturday November 3rd from 9:00 am – 12:30 pm and registration is at the following link: sauder.ubc.ca/bcomfallpreview					
Burnaby Village Museum gain work experience working with families and children assisting with the exhibits at the Burnaby Village Museum in December. Must be comfortable wearing historical outfits. Sign up now – spots will fill fast!					
Fly Over Canada – If you are interested in gaining work experience in guest relations at a major tourist attraction in Vancouver in December, Fly Over Canada is seeking senior work experience students					
Reading Buddies at McGill Library - Tuesdays February 12 – March 12, 2019 . Application deadline: Friday January 4, 2019.					
BCIT Biotechnology Career Awareness Workshop - Grade 11 and 12 students interested in scientific research, lab work, and learning about careers related to biotechnology - BCIT is offering its 15th year of the Biotech Awareness Work Experience Program. This work experience placement runs from December 10 to 14 . Deadline to apply is this Friday November 2 nd .					
<p style="text-align: center;">For more info and to sign up come to the Career Centre.</p>					
<table><tr><td>Post-Secondary Information Sessions Ms.D.C.</td><td>McGill University Sunday, November 4th 2:00 - 3:30 p.m. York House School (Vancouver) Wednesday, November 7th 7:00 - 8:30 p.m. Heritage Woods Secondary (Port Moody)</td><td>BCIT: Info Session Wednesday, November 14th 4:30 - 7:30 p.m. British Columbia Institute of Technology (Burnaby)</td></tr></table>			Post-Secondary Information Sessions Ms.D.C.	McGill University Sunday, November 4th 2:00 - 3:30 p.m. York House School (Vancouver) Wednesday, November 7th 7:00 - 8:30 p.m. Heritage Woods Secondary (Port Moody)	BCIT: Info Session Wednesday, November 14th 4:30 - 7:30 p.m. British Columbia Institute of Technology (Burnaby)
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<p style="text-align: center;">Pre-registration is required for the McGill Info Sessions. See Ms. D-C in Student Services for more info.</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.