



This Week's First Aid Attendants are: Kevin Lee & Isabella Mitterboeck



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Respect

Excellence

Responsibility





Date: Wednesday Nov. 7th, 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	
	SPC Cards and Go Cards are in the office for pick up.
NEW	NO NEW ANNOUNCEMENTS
Nov 7 Ms. Temple	 The Bold, The Young, and The Murdered Who's the killer? Could it be Bill? He's always flirting with people, maybe Danielle she could be pretending to be dumb or Oli, the Sally director! Things go down while everyone's dying! Come find out December 12, 2018. Tickets on sale at lunch today!
Nov 7 Ms. Williams	Burnaby Public Library will host Sebastien de Castell, author of Spellslinger and Shadowblack, at McGill branch on November 13 at 7:00. It's free but space is limited - register online at www.bpl.bc.ca/events or at any BPL information desk. And check out his books here at our library!
Nov 7 Ms. Worobets	 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!
Nov 8 Ms. Reily	Attention COMC math contest writers: For students who signed up for the contest, it will begin this Thursday November 8 during lunch in room 304 and will run through periods 7 and 8. Please see Ms. Reily if you have any questions.
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	Girls Rugby: 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.
Nov 9 Ms. Lewis 	<i>Dear Student,</i> 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</i> portcoquitlam@excelmartialarts.ca 1-1740 Broadway Street Port Coquitlam V3C 2M8 604 554-0181
Nov 14 Ms. Pattenauode	<u>DANCE LEADERS, CHOREOGRAPHERS AND TEACHERS</u> We are looking for motivated leaders to choreograph, teach and lead students in their dance unit in PHE! Are you interested? Come to a meeting in the Dance Studio on Wednesday November 14th at lunch! This meeting is open to ALL STUDENTS who are interested! Questions? See Mrs. Lewis, Mrs. Worobets or Mrs. Pattenauode for more details.


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.

Nov 14 Ms. D.C.	Post-Secondary Information Sessions McGill University <u>Wednesday, November 7th</u> 7:00 - 8:30 p.m. Heritage Woods Secondary (Port Moody) BCIT: Info Session <u>Wednesday, November 14th</u> 4:30 - 7:30 p.m. British Columbia Institute of Technology (Burnaby) Pre-registration is required for the McGill Info Sessions. See Ms. D-C in Student Services for more info.
Nov 16 Mr. Rolph	Hey Lions! Come to one of BMSS' biggest events of the year - Culture Fest! Held on November 22, Culture Fest is a night to taste different cultural foods and watch some of your peers perform cultural performances. Tickets are \$3 for 1, or \$5 for 2. Entrance tickets also qualify you to enter our prize raffle for a gift basket. Entrance tickets are now on sale at lunch in the upper commons. Food tickets can be purchased on the night of the event for \$1/food serving. All proceeds go to the Alzheimer's Society of BC!
Nov 22 Ms. Pattenaude	Ski & Snowboard Club Registration packages are coming due! Make sure you hand your package in to Mrs. Logan or Mrs. Pattenaude ASAP to ensure a spot! Spots are limited and always sell out, so don't snooze or you will lose!
November Mr. Richardson	<div style="text-align: center;">  <p>ATHLETE'S COACHES OF THE MONTH</p> </div> <p>Girls: Isabella Brunoro -- Cross Country Jr Girls Team Isabella continues to be an elite runner in the province. She finished first at the District finals, leading the team to the banner, and 2nd at the Zone finals. She helps the girls' team to focus and prepare at races, and calm the pre-race jitters. Although she is battling through injury at the moment, she is smart enough to treat it properly and should still be a threat at the provincials.</p> <p>Boys: Kaedan Quan-- Junior Boys Volleyball team Kaedan is a positive force on the team, encouraging his teammates in times of need. He is often the floor captain, which is a responsibility that Kaedan has taken with great pride. He is always hard working, positive and only has kind words for his teammates. He has shown continual dedication to the team throughout the season. He is the heart of the junior boys' team and has been a major reason why the team has finished first in league play.</p> <p>Coach(es) of the Month: The coaches for the month of October are Glenn Boyle and Frank Valente, who coach the senior boys' soccer team. Together they have built quite a soccer program at Burnaby Mountain. Last year they took home the district banner at the junior level, the first in school history. This year they have managed another banner, however, doing so at the senior level. Again, this banner is the first in school history. Glenn and Frank have been nominated for their dedication, organization, and professionalism and calming presence in stressful situations. Their team has their eyes set on provincials. Good luck gentlemen!</p>
Ms. Manning	<p style="text-align: center;">Work Experience Opportunities</p> <p>Bright Nights in Stanley Park Holiday Train Volunteer Opportunity If you enjoy entertaining children, welcoming guests or helping behind the scenes, there are many opportunities for you to choose from. Come by the Career Centre for more info.</p> <p>Grouse Mountain Snow School – Leaders in Training Program – students ages 15 – 18, who are experienced skiers or snowboarders are invited to apply. Volunteers will work primarily with the Child Camps and must commit to 2 days of training and one week of camp (8am – 4:30pm) over Winter Break and one weekend camp in Jan – Feb.</p> <p>Mt Seymour Ski & Snowboard School – volunteers will receive CSIA Level 1 Training and will assist with the Bear Cub learn to ski/snowboard program. Volunteers who commit to 100+ hours of volunteering will receive a free season pass for Mt Seymour.</p> <p>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.</p> <p>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!</p> <p>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</p> <p style="text-align: center;">Career Exploration Workshops And Open Houses:</p> <p>Engineering Explorations at UBC for Grade 11 Girls Are you a grade 11 girl who is curious about engineering? Want to see what university is like? Come to the University of British Columbia for our grade 11 girls conference! The conference is an exciting opportunity for girls to participate in hands-on workshops, explore the University of British Columbia and meet engineering students! Saturday November 10, 9am – 2pm For more info and to register go to: apzr.co/7pj If you plan on attending please come by the Career Centre and let us know.</p> <p>BCIT – Big Info Night - The largest program expo and information session at BCIT. Wednesday, November 14, 2018 4:30 p.m. - 7:30pm</p> <p>Discover Pharmacy Day at UBC - this is a one-day session that gives secondary school students a sneak-peek into the</p>

	<p>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).</p> <p><u>UBC Engineering and Architecture Open House – Saturday November 24, 2018</u></p> <p><u>Capilano University Info Night – Wednesday November 28</u>, 5:30 – 8:00pm CapU offers a wide variety of programs in Arts, Sciences, Business, Education, and Global & Community Studies. Pick up an info flyer in the Career Centre</p> <p><u>National Portfolio Day - Art and Design Schools – Saturday December 1</u> 11am – 3pm This is an annual event, specifically for emerging visual artists and designers. It is an opportunity for those who wish to pursue an education in art and design to meet one on one with professional representatives from various colleges and universities. It is a unique opportunity to meet individually with professionals who can provide valuable feedback and guidance on your portfolio of work (i.e.: artwork, sketches, designs and creative materials) You will also have the chance to discuss the specific school's programs and get answers to questions about professional careers in art and design. High school students and parents are encouraged to attend. There will be over 30 different art and design schools from around the world in attendance. The event is being held at: Wilson School of Design at KPU Richmond. You must Pre-Register to attend this FREE event. Pre-registration is available until November 30 at: Pick up an info sheet in the Career Centre</p> <p>Many of these opportunities, workshops and open houses can count for work experience hours – but you <u>must</u> get paperwork from the career centre before you go</p>
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