



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

Respect

Excellence

Responsibility

Student Bulletin

Date: Tuesday Jan 22nd, 2019

Day 1



This Week's First Aid Attendants are: Rachel Su and Jade Kazula

TIMELINE											
<div><div>NEW</div><div>Ms. Lewis</div></div>	<div><div>Burnaby Mountain Secondary</div><div><div>PHE 9 – Gymnastics Unit</div><div>February 4 – 15 2019</div><div>Times that classes will start & end (60 minutes) Cost is \$5.50 per student per class = \$22.00 (4 classes)</div><div><div>1 & 5 – 8:30-9:30am</div><div>2 & 6 – 10:30-11:30am</div><div>3 & 7 – 12:15-1:15pm</div><div>4 & 8 – 2:00-3:00pm</div></div><div>Please check transit schedule and fill out a consent form for students to complete & make sure students have paid their course fee</div><table><tr><td><div>Monday Feb 4</div><div>Day 1 - Lesson 1</div><div>1 –Jana Demelo</div><div>2 – Larry Ryan</div><div>3 – S. Sacilotto/D. Lewis</div><div>4 – Greg Davis</div></td><td><div>Tuesday Feb 5</div><div>Day 2 - Lesson 1</div><div>5 – Sheila Chapman</div><div>6 – Greg Davis</div><div>7 – Larry Ryan</div><div>8 – J. Richardson/L. Ryan</div></td><td><div>Wed. Feb 6</div><div>Day 1 - Lesson 2</div><div>1 –Jana Demelo</div><div>2 – Larry Ryan</div><div>3 – S. Sacilotto/D. Lewis</div><div>4 – Greg Davis</div></td><td><div>Thursday Feb 7</div><div>Day 2 - Lesson 2</div><div>5 – Sheila Chapman</div><div>6 – Greg Davis</div><div>7 – Larry Ryan</div><div>8 – J. Richardson/L. Ryan</div></td><td><div>Friday Feb 8</div><div>Day 1</div><div>Fitness Friday</div><div>No Gymnastics</div></td></tr><tr><td><div>Monday Feb 11</div><div>Day 2 - Lesson 3</div><div>5 – Sheila Chapman</div><div>6 – Greg Davis</div><div>7 – Larry Ryan</div><div>8 – J. Richardson/L. Ryan</div></td><td><div>Tuesday Feb 12</div><div>Day 1 - Lesson 3</div><div>1 –Jana Demelo</div><div>2 – Larry Ryan</div><div>3 – S. Sacilotto/D. Lewis</div><div>4 – Greg Davis</div></td><td><div>Wednesday Feb 13</div><div>Day 2 - Lesson 4</div><div>5 – Sheila Chapman</div><div>6 – Greg Davis</div><div>7 – Larry Ryan</div><div>8 – J. Richardson/L. Ryan</div></td><td><div>Thursday Feb 14</div><div>Day 1 - Lesson 4</div><div>1 –Jana Demelo</div><div>2 – Larry Ryan</div><div>3 – S. Sacilotto/D. Lewis</div><div>4 – Greg Davis</div></td><td><div>Friday Feb 15</div><div>Day 2</div><div>Fitness Friday</div><div>No Gymnastics</div></td></tr></table></div></div>	<div>Monday Feb 4</div> <div>Day 1 - Lesson 1</div> <div>1 –Jana Demelo</div> <div>2 – Larry Ryan</div> <div>3 – S. Sacilotto/D. Lewis</div> <div>4 – Greg Davis</div>	<div>Tuesday Feb 5</div> <div>Day 2 - Lesson 1</div> <div>5 – Sheila Chapman</div> <div>6 – Greg Davis</div> <div>7 – Larry Ryan</div> <div>8 – J. Richardson/L. Ryan</div>	<div>Wed. Feb 6</div> <div>Day 1 - Lesson 2</div> <div>1 –Jana Demelo</div> <div>2 – Larry Ryan</div> <div>3 – S. Sacilotto/D. Lewis</div> <div>4 – Greg Davis</div>	<div>Thursday Feb 7</div> <div>Day 2 - Lesson 2</div> <div>5 – Sheila Chapman</div> <div>6 – Greg Davis</div> <div>7 – Larry Ryan</div> <div>8 – J. Richardson/L. Ryan</div>	<div>Friday Feb 8</div> <div>Day 1</div> <div>Fitness Friday</div> <div>No Gymnastics</div>	<div>Monday Feb 11</div> <div>Day 2 - Lesson 3</div> <div>5 – Sheila Chapman</div> <div>6 – Greg Davis</div> <div>7 – Larry Ryan</div> <div>8 – J. Richardson/L. Ryan</div>	<div>Tuesday Feb 12</div> <div>Day 1 - Lesson 3</div> <div>1 –Jana Demelo</div> <div>2 – Larry Ryan</div> <div>3 – S. Sacilotto/D. Lewis</div> <div>4 – Greg Davis</div>	<div>Wednesday Feb 13</div> <div>Day 2 - Lesson 4</div> <div>5 – Sheila Chapman</div> <div>6 – Greg Davis</div> <div>7 – Larry Ryan</div> <div>8 – J. Richardson/L. Ryan</div>	<div>Thursday Feb 14</div> <div>Day 1 - Lesson 4</div> <div>1 –Jana Demelo</div> <div>2 – Larry Ryan</div> <div>3 – S. Sacilotto/D. Lewis</div> <div>4 – Greg Davis</div>	<div>Friday Feb 15</div> <div>Day 2</div> <div>Fitness Friday</div> <div>No Gymnastics</div>
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Jan 23 Mr. Kinoshita	<u>BMSS ICE HOCKEY</u> All students interested in playing for the BMSS Ice Hockey team, please come to an important meeting in the weight room on Wednesday, Jan. 23rd at lunch.
Jan 23 Ms. Manning	<u>USED BOOKS NEEDED</u> Stoney Creek Elementary is looking for gently used books for their book swap later this month. If you have any books you would like to donate please drop them off in the Career Centre by January 23.
Jan 24 Ms. Reily	<u>AP PARENT INFORMATION MEETING</u> The AP parent info. Meeting will be held on Thursday January 24 in the multipurpose room at 6:00 PM. If you are currently taking Advanced Placement courses or may be interested in taking AP courses in the future, this will be a chance to ask questions and find out more about Burnaby Mountain's AP program. Please see Ms. Reily in room 307 if you have any questions.
Jan 25 Ms. Manning	<u>PAID EMPLOYMENT OPPORTUNITY</u> A Federal By-election was called in Burnaby South. Students who wish to work that election on Feb. 25th can go on line to apply: http://www.elections.ca and select the Employment Tab and then the Poll Workers section. There are various positions you can apply for - the most common student positions are Information Officer and Registration Officer. Students need to indicate in the comments section the secondary school they attend, as they have a mandate to hire students. For a by-election, students do not have to live in the riding.
Jan 25 Mr. Rolph	<u>DANCING WITH THE TEACHERS IS COMING BACK!</u> Show your moves and perform with your favourite teacher on March 14th at Dancing with the Teachers! You, your friends and a staff member can get together to prepare, choreograph and perform a short dance piece of your choice, in front of your peers. The sign-up sheet for this event will be outside of Mr. Rolph's room (213).

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.



Jan 25 Mr. Rolph	<u>SUBJECT: TALENT SHOW AUDITIONS</u> Do you have an amazing talent like singing, dancing, juggling or even rollerblading? Be sure to sign up to audition for the BMSS Talent Show on March 7th! Auditions will be held Wednesday, January 30th in the Dance room and Friday, February 1st in the Band room. Sign up in front of Mr. Rolph’s room 213 ASAP! Hope to see you there!
Jan 31 Mr. Richardson	<u>NETBALL MEETING:</u> Attention Netball player's, there will be a meeting Thursday Jan 31st at 3 pm in the wrestling room. All grades welcome and no previous experience necessary. Come out and defend our district banner!
Jan 31 Ms. D.C.	<u>FILM and ANIMATION OPEN HOUSE</u> Capilano University Saturday, February 9. 11:00 a.m. to 3:00 p.m.
Jan 31 Ms. Reily	<u>WATERLOO MATH CONTESTS</u> The Waterloo math contests for grade 9 - 11 students are happening on February 26. If you are applying for enriched math next year or just love writing math contests, please get a form from your enriched math teacher or outside Ms. Reily's door (room 307). The forms are due Friday Feb. 1.
Jan 31 Mr. Richardson	<u>Female Athlete of December: Vera Danilova</u> Vera has been a tenacious defender and rebounder in the month of December. The team responds to her intense energy on the court. She averages 8 rebounds per game and is responsible for countless turnovers by the opposition due to her resilience and Grit. As a student of the game, she is always responsive to new learnings in basketball and continues to demonstrate much growth in all areas of the game. Come out and support our Sr girls on Senior night Jan 21st at 5:15 pm. <u>Male Athlete of December: Maxwell Yuen</u> Max Yuen is a member of the Jr Boys Basketball team and is December's male athlete of the month. Max has shown his commitment to the team on and off the court. He embodies what it means to be a student athlete and a team leader. Before practice Max can be found completing his academic requirements and is often surrounded by teammates while doing so. Max sets a great example for all athletes off the court, and this is no different when Max steps on the court. He never misses a practice and is a major contributor to the success of the Jr Boys this year, as they picked up a few injuries. In his teammates absence Max has really stepped up and carried much of the load. His jump shot is lethal and his ability to find an open teammate is what makes him a very effective threat. The Jr boys are a contender for the district banner this year and Max is a major reason why. Exciting times to come this February. <u>Coach of the Month: Mr. Sacilotto</u> Mr Sacilotto or better known to the BMSS community as “Sach” and is December’s Coach of the Month. He has committed a tremendous amount of his time toward the Juvenile Girls Basketball Team this year, both in practices and games. Mr. Sacilotto has gone above and beyond for his team and it has not gone unnoticed. He has scheduled numerous exhibition games and has challenged his team by playing junior teams. He is an excellent communicator and relates to his players on an individual level. He keeps practices light and fun, all while incorporating the fundamentals, fitness and structured set play. He always has his player’s best interest at heart and knows when to push and when to pull back. “You can tell that he cares for all of us and that he has a lot of fun coaching.” The Juvenile girls are first in their league are the favourite to bring home the district banner.
Feb 2 Ms. D.C.	<u>UNIVERSITY OF VICTORIA OPEN HOUSE:</u> Saturday, February 2, 2019 Tour the UVic campus. Learn about student life from current students. Attend a lecture. Attend a recruitment presentation and an information fair. REGISTER: uvic.ca/explore
	Now is the time to get registered to be part of the <i>Burnaby Mountain Secondary School Sun Run Team</i> . Our school is online for 2019 registration. We love having our entire BMSS community to be a part of our team. Sign up as part of our school team and continue to get the cheapest rate possible. Last year we won the school division for the fastest team. We hope to defend that title again this year. But we would also like to have the biggest team possible. So even if you aren’t fast... we still want you! It’s all about having a fun community day. Sun Run Info click here



Burnaby Mountain Secondary

8800 Eastlake Drive, Burnaby, BC V3J 7X5 Tel: 604-296-6870 Fax: 604-296-6873 W: mountain.burnabyschools.ca



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DEER LAKE SCHOOL CANOE PROGRAM

April 23-June 21, 2019



Learn the basics of canoeing and beyond from certified RCABC canoe instructors on beautiful Deer Lake in the heart of Burnaby. This program meets the prescribed learning outcomes for the Physical Education integrated resource packages.

Lessons are designed for students in Grades 5 & up.

Up to 10 *participants	\$77.25 for each 1.5 hr session + GST
Up to 20 *participants	\$154.50 each 1.5 hr session + GST
Up to 30 *participants	\$231.75 for each 1.5 hr session + GST
Up to 36 *participants	\$278.10 for each 1.5 hr session + GST

*Note: Participants include teachers and students who will be on the water

Bookings are on a first come, first served basis so book early. Learn canoe skills, participate in physical activity and develop team building skills in a positive, safe and encouraging environment. To receive a copy of the canoe lesson registration package, please contact Vince Kwong, Outdoor Recreation Programmer by email vince.kwong@burnaby.ca or by phone at 604-294-7224.

Please provide school name, teacher contact name, email address and phone numbers. A lesson information & registration package can be forwarded to each teacher via email.



Weight Training For Youth

Work with a certified personal trainer and get a functional full body workout. Learn how to best target each muscle group. Weight room orientation, training principles, and program design will also be covered.

Saturdays, 2:15-3:15pm
4 sessions, \$23.80

Jan 26- Feb 16 488725
Feb 23-Mar 16 488726

To register visit/call any Burnaby recreation centre or go to www.burnaby.ca/webreg

Cameron Complex
9523 Cameron St
604-297-4456



SCHOOL CANOE OUTLINE

Lesson 1	Lesson 2	Lesson 3	Lesson 4
The canoe & paddle Launching & landing Group raft Basic canoe strokes	Basics of hypothermia Safety Equipment Propulsion & correction strokes	Review of lesson 1 & 2 Basic boating safety Manoeuvring strokes	Trip planning Advanced strokes Nature etiquette Eco-tour around Deer Lake

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