



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: Friday Jan 25<sup>th</sup>, 2019

Day 2



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

TIMELINE	
<div>NEW</div> Jan 29 Ms. Milbradt	Physics club will be meeting on Tuesday January 29 <sup>th</sup> at lunch in room 313. If you want to be a part of the Physics Olympics team, please attend!

Jan 25  
Mr. Rolph

**DANCING WITH THE TEACHERS IS COMING BACK!**  
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).

Jan 25  
Mr. Rolph

**SUBJECT: TALENT SHOW AUDITIONS**  
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 30<sup>th</sup> in the Dance room and Friday, February 1<sup>st</sup> in the Band room. Sign up in front of Mr. Rolph’s room 213 ASAP! Hope to see you there!

Jan 25  
Ms. Gingras

**WORK EXPERIENCE OPPORTUNITIES:**

**MineralsEd March Break Assistant**– MineralsEd provides educational materials related to Earth Sciences, mineral resources and mining, to teachers in BC. As a MineralsEd assistant you would help in the assembly of teaching materials (i.e. labelling and bagging rock and mineral specimens, compiling experiment kits as well as basic office work (i.e. data entry and filing) Position is from March 18 – 22, 8am – 4pm daily. Application Deadline Feb 15<sup>th</sup>.

**Place Des Arts Spring Break Camp Volunteer** – seeking reliable, enthusiastic volunteers to assist with their creative and lively children’s Spring Break Camps March 18 -22. Full day and half day shifts available.

**Animal Logic Animation Studio** – Work Experience opportunity for Grade 11 students interested in animation and visual effects this March Break. This studio is just about to release Lego Movie 2 – what an exciting opportunity for you!

**Port of Vancouver Leadership Program** - summer work experience opportunity for Grade 10 & 11 students assisting the Port of Vancouver community relations team at various community events throughout the Lower Mainland. This program includes a training to build leadership skills, develop excellent public speaking and presentation skills and gain knowledge about the Port of Vancouver. Come to an Info Session on Wednesday, January 30<sup>th</sup> at 3 pm in the Career Centre to find out more about this amazing opportunity.

**March Break Work Internship**– Hunter Dickinson Inc., a large mineral & mining company in Vancouver, is offering an exciting work experience opportunity for Grade 11 & 12 students – 4 areas are available to apply and include reception, resource and database, tax accounting and risk and compliance. Excellent opportunity for students interested in gaining office computer skills and to learn more about this industry.

**Vancouver Aquarium March Break Work Experience** – Vancouver Aquarium has three different work experience opportunities for Grade 11 & 12 students during the March Break – Aqua Camps Educator, Gallery Interpreter and Visitor & Gallery Assistant.

**Vancouver Art Gallery Work Experience** – upcoming orientation for new volunteers is on Saturday February 9<sup>th</sup> from 10 am – 1 pm. If you have an interest in volunteering at an art gallery, please come by the Career Centre for more information and to sign up for the orientation

**SFU Summer Camps** – seeking volunteers for their children’s summer camps. They will be at our school at lunch in the upper commons on February 8<sup>th</sup> and March 11<sup>th</sup> to give out more information.

**LJ Christmas Manor** –Movie program for seniors seeking volunteers every Saturday from 12:30 pm – 3 pm.

**Sprouting Chef’s after school Cooking Classes at Forest Grove Elementary** - Interested in a Career in Nutrition? We have a work experience opportunity with Sprouting Chef’s after school Cooking Classes on Tuesdays at Forest Grove Elementary. Applications are available now. Classes run January and February.

**CAREER EXPLORATION WORKSHOPS AND OPEN HOUSES:**

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.

**Vancouver Film School** - attend VFS over Spring Break for two fun-filled days exploring careers in the entertainment industry. Workshops are led by experienced professionals in VFX, Classical Animation, Acting, Makeup, Digital Design, Film Production, Writing and Sound Design. Sign up for the area you are interested in exploring. March 18 & 19 or March 20 & 21.

**LaSalle College** – attend a LaSalle College workshop March 25-28, 2019 and explore creative career opportunities in one of these areas: 3D Modeling & Animation, Game Design & Programming, Visual Effects for Film & TV, Professional Recording Arts, Photography, Digital Film & Video, Culinary Arts and Baking & Pastry, Fashion Design & Marketing, Graphic Design, and Interior Design

**Green Bricks Career Conference** – come learn about exciting career opportunities in the “green economy” at this conference on Saturday, March 2 9:00 pm – 2:30 pm at the Hilton Metro town. Careers showcased include ones in renewable energy, environmental engineering, green transportation, etc.

**Arts Umbrella Visual Art Summer Intensive** – students ages 15-19 interested in advancing their visual art practice can sign up for this intensive program August 6-23, 2019.

**BCIT Big Info Night** – Students interested in any of BCIT’s multiple programs in trades, business, computing, health and engineering should attend their Info Night on Wednesday, February 20<sup>th</sup> 4:30 pm – 7:30 pm. Register at <https://commons.bcit.ca/biginfo/>

**UBC Sauder School of Business** – upcoming Bachelor of Commerce Info Sessions are scheduled for January 25<sup>th</sup>, February 15<sup>th</sup>, February 22<sup>nd</sup>, and March 25<sup>th</sup>. Pick up an info handout in the Career Centre or register at <https://www.eventbrite.com/o/ubc-sauder-undergraduate-office-8557797163>



**Pedal heads Spring Break Bike Camp Instructor** – Looking for a FUN way to make money during Spring Break? Apply to be a Pedal heads Bike Camp Instructor. No previous instructor experience necessary. Guaranteed interview. Deadline to apply is Feb 8.

**GRADE 10,11 & 12 STUDENTS:**

**Elections Canada** is hiring for the upcoming Federal By-election in Burnaby South (February 25, 2019) and for the Federal Election next fall (October 2019). Applicants must be age 16+ at the time of the election. Come to the Career Centre for more info.

Jan 31  
Ms. Haywood

**ATTENTION ALL GRADS:**

Grad hoodies are now on sale. We will have samples to try on January 24th, January 30th, and January 31st in the Upper Commons! You should receive an order form in your English class or you can grab an extra one in Room 206. Return both order form and payment of \$45 to Ms. Logan in the office by February 14, 2019

Jan 31  
Mr. Richardson

**NETBALL MEETING:**

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.

**FILM and ANIMATION OPEN HOUSE**

Capilano University  
Saturday, February 9.  
11:00 a.m. to 3:00 p.m.

Jan 31  
Ms. Reily

**WATERLOO MATH CONTESTS**

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

Female Athlete of December: Vera Danilova

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.

Male Athlete of December: Maxwell Yuen

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.

Coach of the Month: Mr. Sacilotto

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.

**UNIVERSITY OF VICTORIA OPEN HOUSE:** 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](http://uvic.ca/explore)

**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.



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



Now is the time to get registered to be part of the *Burnaby Mountain Secondary School Sun Run Team*. 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 PHE 9 – Gymnastics Unit

February 4 – 15 2019

Times that classes will start & end (60 minutes) Cost is \$5.50 per student per class = \$22.00 (4 classes)

- 1 & 5 – 8:30-9:30am
- 2 & 6 – 10:30-11:30am
- 3 & 7 – 12:15-1:15pm
- 4 & 8 – 2:00-3:00pm

Please check transit schedule and fill out a consent form for students to complete & make sure students have paid their course fee

Monday Feb 4 Day 1 - Lesson 1  1 –Jana Demelo 2 – Larry Ryan 3 – <b>S. Sacilotto/D. Lewis</b> 4 – Greg Davis	Tuesday Feb 5 Day 2 - Lesson 1  5 – Sheila Chapman 6 – Greg Davis 7 – Larry Ryan 8 – <b>J. Richardson/L. Ryan</b>	Wed. Feb 6 Day 1 - Lesson 2  1 –Jana Demelo 2 – Larry Ryan 3 – <b>S. Sacilotto/D. Lewis</b> 4 – Greg Davis	Thursday Feb 7 Day 2 - Lesson 2  5 – Sheila Chapman 6 – Greg Davis 7 – Larry Ryan 8 – <b>J. Richardson/L. Ryan</b>	Friday Feb 8 Day 1  Fitness Friday No Gymnastics
Monday Feb 11 Day 2 - Lesson 3  5 – Sheila Chapman 6 – Greg Davis 7 – Larry Ryan 8 – <b>J. Richardson/L. Ryan</b>	Tuesday Feb 12 Day 1 - Lesson 3  1 –Jana Demelo 2 – Larry Ryan 3 – <b>S. Sacilotto/D. Lewis</b> 4 – Greg Davis	Wednesday Feb 13 Day 2 - Lesson 4  5 – Sheila Chapman 6 – Greg Davis 7 – Larry Ryan 8 – <b>J. Richardson/L. Ryan</b>	Thursday Feb 14 Day 1 - Lesson 4  1 –Jana Demelo 2 – Larry Ryan 3 – <b>S. Sacilotto/D. Lewis</b> 4 – Greg Davis	Friday Feb 15 Day 2  Fitness Friday No Gymnastics

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.



# 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](http://www.burnaby.ca/webreg)

Cameron Complex  
9523 Cameron St  
604-297-4456



City of Burnaby  
Parks, Recreation & Cultural Services  
[burnaby.ca/active](http://burnaby.ca/active)



# 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](mailto: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.

## SCHOOL CANOE OUTLINE

**Lesson 1**  
The canoe & paddle  
Launching & landing  
Group raft  
Basic canoe strokes

**Lesson 2**  
Basics of hypothermia  
Safety Equipment  
Propulsion & correction strokes

**Lesson 3**  
Review of lesson 1 & 2  
Basic boating safety  
Manoeuvring strokes

**Lesson 4**  
Trip planning  
Advanced strokes  
Nature etiquette  
Eco-tour around Deer Lake

Whether you take 1 lesson or all 4 your students will learn and have fun!