

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: Wednesday Feb. 6<sup>th</sup>, 2019**

**Day 1**




**This Week’s First Aid Attendants are: Rachel Su and Naomi Huang**

TIMELINE	
<div></div> <div>Mr. Richardson</div>	<p><b>Female Athlete of the Month: Gboya Male</b> Gboya is a member of the senior girls' basketball team and has played basketball at Burnaby Mountain since grade 9. She has showed tremendous growth since playing her first game at Mountain. Gboya's commitment to practice has not gone unnoticed and is a major reason why her game continues to improve. Gboya never quits on a play, and this attitude is especially apparent on defense; she pursues the ball tenaciously to great effect. Gboya leads the team in turnovers and is a potent perimeter shooter. In addition Gboya is a fantastic teammate, as she leads by example on and off the court. The other team is certainly aware of Gboya every time she steps on the court, and we are glad she's on our side.</p> <p><b>Male Athlete of the Month: Deon Johnson</b> Hard work, determination, and resilience don't even begin to describe Deon. He has been a force for the Grade 8 boys so far this year. Deon is constantly working on his game before school, at lunch, after school or whenever he has a spare moment. He leads by example on the court and never lets external factors influence his game. Deon is also a hero, he recently saved his family members from a house fire, but you would never know it by his humble exterior. He is the epitome of what a teammate should be, and his teammates are glad to call him just that.</p> <p><b>Coach: Matteo Bonamin</b> Coach Bonamin is the coach of the grade 8 boys' basketball team. His team finished the season with an 8-2 record. In addition, the grade 8 boys went undefeated at both the Capilano and South Delta tournaments. He is a passionate coach who has drilled the fundamentals as well as a highly effective offensive structure. He has received assistance from Thomas Leung and John Huang this season. This group of student athletes are off to a great start all thanks to the vision of coach Bonamin.</p>
<div>Feb 6</div> <div>Ms. Temple</div>	<div></div> <div><p><b><u>SHREK THE MUSICAL</u></b> Have you ever thought that the only thing that would make Shrek better is if everyone randomly broke into song? Well come see Shrek the Musical, May 1–4 and 8–11 and for a limited time only, if you buy two tickets, you get one free! Tickets are available outside the drama room at lunch.</p></div>
<div>Feb 6</div> <div>Ms. Reily</div>	<div><p><b><u>MATH CONTEST REMINDER</u></b> For students who registered, the COMC Math contest will be written in the library on Thursday Feb. 7 during period 6. See you there!</p></div>
<div>Feb 6</div> <div>Ms. D.C.</div>	<div><p><b><u>GRADE 12'S WHO HAVE APPLIED OR WILL BE APPLYING TO SFU:</u></b> A rep from the school will be here at lunch time in the MPR on Wednesday February 6th. The representative will go over the following:</p><ul style="list-style-type: none"><li>- how to complete the application checklist</li><li>- self-reporting of grades</li><li>- how to check application status</li><li>- when to expect an admissions offer</li><li>- more information regarding scholarships and financial aid</li><li>- next steps after receiving an admission offer to SFU</li><li>- important dates and deadlines</li></ul><p>There will also be a Q&amp;A period following the presentation.</p></div>
<div>Feb 8</div> <div>Ms. Worobets</div>	<div><p><b><u>THE RANDOM ACTS OF KINDNESS CHALLENGE HAS BEGUN!</u></b> Take a few minutes each day to find ways that you can brighten someone's day with a random act of kindness. Students who complete 10 or more in the month of February will receive a lock to put in our school love lock display at the end of the month. If you did not receive a random act of kindness calendar, ask your period 5 teacher, or see Ms. Worobets in the dance office (room 123).</p><div></div><p>"The world is full of kind people. If you can't find one, be one."</p></div>

Feb 8 Ms. Manning	<p><b>Work Experience Opportunities:</b></p> <p><b>Port of Vancouver Leadership Program</b>- summer opportunity for Grade 10 &amp; 11 students assisting the Port of Vancouver community relations team at various community events throughout the Lower Mainland. Includes training to build leadership skills, develop public speaking and presentation skills &amp; gain knowledge about the Port of Vancouver. Applications must be submitted by Friday, February 8<sup>th</sup>.</p> <p> <b>New Westminster Student Police Academy</b> – any student in Grade 11 or Grade 12 with an interest in policing, come by to find out more about the New Westminster Police Department Student Police Academy, July 2-12, 2019.</p> <p> <b>SFU Invent The Future Artificial Intelligence Scholars Program</b> – a 2-week summer program for young women in Grade 10 or 11 interested in artificial intelligence. The program runs at SFU and will provide you with hands-on experience in computer science and technology.</p> <p> <b>Vancouver Community College Architecture/Drafting Workshop</b> – this is for students in Grade 11 or 12 interested in attending a self-directed workshop in AutoCad drafting software during March Break.</p> <p> <b>SFU Summer Camps</b> – seeking volunteers for their children’s summer camps. They will be at our school at lunch in the upper commons this Friday, February 8<sup>th</sup> to give out more information.</p> <p><b>Place Des Arts Spring Break Camp Volunteer</b> – 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.</p> <p><b>BCIT Biotechnology Career Awareness Workshop</b> - April 2019 – for Grade 11 or 12 students interested in learning more about the biotechnology industry - includes hands-on lab experiences &amp; career options information</p> <p><b>Stanley Park Easter Train</b>- April 18-22 – various positions available including ticket checker &amp; kids activity host</p> <p><b>Animal Logic Animation Studio</b> – March Break opportunity for Grade 11 students interested in animation &amp; visual effects. This studio co-created Lego Movie 2! – An exciting opportunity to gain insight into this growing industry.</p> <p><b>MineralsEd March Break Assistant</b>– MineralsEd provides educational materials related to Earth Sciences, mineral resources and mining, to teachers in BC. MineralsEd assistants help in the assembly of teaching materials (i.e. compiling experiment kits as well as basic office work (i.e. data entry &amp; filing) March 18 – 22, 8am – 4pm daily.</p> <p><b>March Break Work Internship at Hunter Dickinson Inc</b> - large mineral &amp; mining company in Vancouver offering an exciting opportunity for Grade 11 &amp; 12 students – 4 areas are available to apply and include reception, resource and database, tax accounting and risk and compliance. Gain office computer skills &amp; learn more about this industry.</p> <p><b>Vancouver International Children’s Festival</b> – seeking volunteers in Grades 10-12 for this year’s festival May 27-June 2, 2019. The Festival offers multiple opportunities for students interested in future careers in Arts Administration, Event Management, Business, Sales, Tourism, and Early Childhood Education.</p> <p><b>LJ Christmas Manor</b> –Movie program for seniors seeking volunteers every Saturday from 12:30 pm – 3 pm.</p> <p><b>Career Exploration Workshops and Open Houses:</b></p> <p> Kwantlen Polytechnic University – Surrey Campus Open House – Saturday, February 9<sup>th</sup> 11 am – 3 pm</p> <p> <b>Digital Media Youth Expo</b> - Sat Feb 9<sup>th</sup> noon – 3pm @ Argyle Secondary North Van- FREE</p> <p><b>VCAD Visual College of Art and Design High School Workshop Week (Spring Break)</b> – learn Photoshop &amp; Design Conceptualization, and see demos in Graphic design, 3-D animation, fashion design and more. (There is a cost for the program)</p> <p><b>LaSalle College</b> – attend a LaSalle College workshop March 25-28, 2019 and explore creative career opportunities in one of these areas: 3D Modeling &amp; Animation, Game Design &amp; Programming, Visual Effects for Film &amp; TV, Professional Recording Arts, Photography, Digital Film &amp; Video, Culinary Arts and Baking &amp; Pastry, Fashion Design &amp; Marketing, Graphic Design, and Interior Design (there is a cost for the program)</p> <p><b>Vancouver Film School</b> - 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 &amp; 19 or March 20 &amp; 21. (There is a cost for the program)</p> <p><b>Green Bricks Career Conference</b> – 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 Metrotown. Careers showcased include ones in renewable energy, environmental engineering, green transportation, etc.</p> <p><b>Arts Umbrella Visual Art Summer Intensive</b> – students ages 15-19 interested in advancing their visual art practice can sign up for this intensive program August 6-23, 2019. (There is a cost for the program)</p> <p><b>BCIT Big Info Night</b> – 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 <a href="https://commons.bcit.ca/biginfo/">https://commons.bcit.ca/biginfo/</a></p> <p><b>UBC Sauder School of Business</b> – 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 <a href="https://www.eventbrite.com/o/ubc-sauder-undergraduate-office-8557797163">https://www.eventbrite.com/o/ubc-sauder-undergraduate-office-8557797163</a></p> <p><b>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</b></p> <p><b>Paid Employment</b></p>
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	<p><b>City of Burnaby Program Leader – Summer Service</b></p> <p>If you are interested in working with children this summer and have some work experience working with <a href="#">Pedal heads Spring Break Bike Camp Instructor</a> – 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.</p> <p><b>Elections Canada</b> 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.</p>																				
<div>Feb 14 Mr. Rolph</div> 	<p><b>IT'S VALEN TIMES!</b></p> <p>Show some love, show some spirit between February 11 and February 14th.</p> <ul style="list-style-type: none"><li>♥ Get your matchmaker results from grade 11 council throughout the week for just \$2.</li><li>♥ Wear red or pink on Monday the 11th and get a treat from your student council.</li><li>♥ Come to the lower commons and enjoy some live music on Tuesday the 12th. This will also be a staff appreciation day.</li><li>♥ On Wednesday, come to the lower commons to buy treats from your grade councils.</li><li>♥ We wrap up Valentines on the 14th with Twin Day and photos with the giant Love ball. Celebrate your friendships by dressing alike and taking pictures with each other at lunch in the lower commons.</li></ul>																				
<div>Feb 15 Mr. Ko</div>	Students interested in writing the Canadian Computing Competition on February 20, please see Mr. Ko in room 319 for more information. Space is limited.																				
<div>Feb 28 Ms. Panesar</div>	<div><div>DIVERSITY DANCE!</div><p>Wednesday March 6<sup>th</sup> the Burnaby School District will be hosting its third annual District Diversity Dance! This dance is open to all high school students in the Burnaby and New West school districts, in the spirit of celebrating the diversity and inclusivity of our students. The dance will be held from 6pm-9pm at Byrne Creek Community School. Tickets will go on sale in the school office from Monday February 4 until Tuesday March 5 for \$10. There are only 35 tickets available per school, so buy them early to avoid missing out. The theme of the dance is “Superheroes” so wear your best themed outfits! Hope to see you all there!</p></div>																				
	<div><div><div><b>Burnaby Mountain Secondary PHE 9 – Gymnastics Unit</b></div><div>February 4 – 15 2019</div><div>Times that classes will start &amp; end (60 minutes) Cost is \$5.50 per student per class = \$22.00 (4 classes)</div><div>1 &amp; 5 – 8:30-9:30am</div><div>2 &amp; 6 – 10:30-11:30am</div><div>3 &amp; 7 – 12:15-1:15pm</div><div>4 &amp; 8 – 2:00-3:00pm</div><div>Please check transit schedule and fill out a consent form for students to complete &amp; make sure students have paid their course fee</div><table><tr><td>Monday Feb 4 Day 1 - Lesson 1</td><td>Tuesday Feb 5 Day 2 - Lesson 1</td><td>Wed. Feb 6 Day 1 - Lesson 2</td><td>Thursday Feb 7 Day 2 - Lesson 2</td><td>Friday Feb 8 Day 1</td></tr><tr><td>1 –Jana Demelo 2 – Larry Ryan 3 – <b>S. Sacilotto/D. Lewis</b> 4 – Greg Davis</td><td>5 – Sheila Chapman 6 – Greg Davis 7 – Larry Ryan 8 – <b>J. Richardson/L. Ryan</b></td><td>1 –Jana Demelo 2 – Larry Ryan 3 – <b>S. Sacilotto/D. Lewis</b> 4 – Greg Davis</td><td>5 – Sheila Chapman 6 – Greg Davis 7 – Larry Ryan 8 – <b>J. Richardson/L. Ryan</b></td><td>Fitness Friday No Gymnastics</td></tr><tr><td>Monday Feb 11 Day 2 - Lesson 3</td><td>Tuesday Feb 12 Day 1 - Lesson 3</td><td>Wednesday Feb 13 Day 2 - Lesson 4</td><td>Thursday Feb 14 Day 1 - Lesson 4</td><td>Friday Feb 15 Day 2</td></tr><tr><td>5 – Sheila Chapman 6 – Greg Davis 7 – Larry Ryan 8 – <b>J. Richardson/L. Ryan</b></td><td>1 –Jana Demelo 2 – Larry Ryan 3 – <b>S. Sacilotto/D. Lewis</b> 4 – Greg Davis</td><td>5 – Sheila Chapman 6 – Greg Davis 7 – Larry Ryan 8 – <b>J. Richardson/L. Ryan</b></td><td>1 –Jana Demelo 2 – Larry Ryan 3 – <b>S. Sacilotto/D. Lewis</b> 4 – Greg Davis</td><td>Fitness Friday No Gymnastics</td></tr></table></div></div>	Monday Feb 4 Day 1 - Lesson 1	Tuesday Feb 5 Day 2 - Lesson 1	Wed. Feb 6 Day 1 - Lesson 2	Thursday Feb 7 Day 2 - Lesson 2	Friday Feb 8 Day 1	1 –Jana Demelo 2 – Larry Ryan 3 – <b>S. Sacilotto/D. Lewis</b> 4 – Greg Davis	5 – Sheila Chapman 6 – Greg Davis 7 – Larry Ryan 8 – <b>J. Richardson/L. Ryan</b>	1 –Jana Demelo 2 – Larry Ryan 3 – <b>S. Sacilotto/D. Lewis</b> 4 – Greg Davis	5 – Sheila Chapman 6 – Greg Davis 7 – Larry Ryan 8 – <b>J. Richardson/L. Ryan</b>	Fitness Friday No Gymnastics	Monday Feb 11 Day 2 - Lesson 3	Tuesday Feb 12 Day 1 - Lesson 3	Wednesday Feb 13 Day 2 - Lesson 4	Thursday Feb 14 Day 1 - Lesson 4	Friday Feb 15 Day 2	5 – Sheila Chapman 6 – Greg Davis 7 – Larry Ryan 8 – <b>J. Richardson/L. Ryan</b>	1 –Jana Demelo 2 – Larry Ryan 3 – <b>S. Sacilotto/D. Lewis</b> 4 – Greg Davis	5 – Sheila Chapman 6 – Greg Davis 7 – Larry Ryan 8 – <b>J. Richardson/L. Ryan</b>	1 –Jana Demelo 2 – Larry Ryan 3 – <b>S. Sacilotto/D. Lewis</b> 4 – Greg Davis	Fitness Friday No Gymnastics
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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.



Early Bird price cut off is Feb 8<sup>th</sup>.


3 DAYS LEFT

VANCOUVER

**SUNRUN**

35 YEARS RUNNING

PRESENTED BY




Go Further

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](#)



## 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







## 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!

- 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.