



## Student Bulletin

Date: Tuesday Oct. 27<sup>th</sup>,2021



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


Student First Aid: Nicole Li and Kelly Li



### REMEMBER TO WEAR YOUR MASK



#### DAILY HEALTH CHECK

How are you today?	Do you have any on the following KEY symptoms?	Circle One	
<b>CHECK IN</b> 	Fever	Yes	No
	Chills	Yes	No
	Cough or worsening of chronic cough	Yes	No
	Shortness of Breath	Yes	No
	Loss of sense of smell or taste	Yes	No
	Diarrhea	Yes	No
	Nausea and vomiting	Yes	No
International Travel	Have you returned from travel outside of Canada in the last 14 days	Yes	No
Confirmed Contact	Are you a confirmed contact of a person confirmed to have COVID-19?	Yes	No

If the student answers "YES" to one of the questions included under "Key Symptoms of Illness", the student should stay home and contact 8-1-1

If the student answers "YES" to travelling outside of Canada, they are required to self-quarantine for 14 days.

If the student answers "YES" to being in contact with a confirmed case of COVID-19, the student is to follow instructions provide by Public Health

	Do you have any on the following OTHER symptoms?	Circle One	
	Sore throat	Yes	No
	Loss of appetite	Yes	No
	Headache	Yes	No
	Body aches	Yes	No
	Extreme fatigue or tiredness	Yes	No
	Diarrhea	Yes	No
	Nausea and vomiting	Yes	No

If the student answers "YES" to one of the symptoms, the student should stay home until they feel better.

If the student answers "YES" to two or more symptoms, the student should stay home for 24 hrs.

If the symptoms do not get better or get worse, contact health care provider or 8-1-1

Check BCCDC's Symptoms of COVID-19 regularly to ensure the list is up to date.



#### Numeracy Assessment:

All grade 10's should check the library windows for their scheduled day, time and location. Information is also on the Burnaby Mountain Website.

Mr. Ryan  
Oct 27

A number of our athletes have qualified to go to the Provincials on Saturday November 6th.









Here is a summary of the District and Zone results.

Jr Girls : 4th District 7th in Zone	
Jr Boys : 1st District BLUE BANNER WINNERS!!! 2nd Zone	3rd Evan Ghanson 4th EthanBlake 5th Kaden Giese 6th Andrew Sun 9th Rex Yuen 11th Anthony Podogiros 16th Lucas Fong
OUR. TOP 7 RUNNERS GO ON TO PROVINCIALS	We had 22 Jr boys run
Senior Girls: 1st in District BLUE BANNER WINNERS !!!! 4th in ZONE.	Jessica Rector 3rd District, 5th Zone. Krista Trabouley 4D, 10 Z. Katarina Callingham 8 D. 26 Z Casey Lo 10 D. 31 Z
Senior Boys 2nd District, 8th Zone	David Li qualified for provincials as an individual

#### 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.

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	<p>Provincials are in the Lower Mainland this year. Come by and watch them run at Jericho Park on Nov. 6th</p>	
Ms. Gingras Oct 29	<p><b>CLC 11/12 Help Session - Friday, October 29th at 8:40 am in Lab 217</b></p> <p>Any student seeking support with their CLC 11/12 assignments, please come to Lab 217 at 8:40 am on Friday, October 29th. We can help you find some post-secondary info sessions for you to attend that interest you.</p>	
Mr. Davis Oct 29	<p><b>Intramural Volleyball November 1st!</b></p> <p>Senior and Junior Divisions - games are at lunch in gym 1</p> <p>All students and skill levels welcome.</p> <p>Put a team together and come get a sign-up sheet in the PE office.</p>	
Ms. Manning Nov 5	 <p><b>Do you have a Ukulele?</b></p> <p>Stoney Creek Elementary is looking for Ukuleles for their Ukulele Club. If you have one you could lend to Stoney Creek Elementary please stop by the Career Centre and speak to Ms. Manning. THANKS!</p>	
Ms. Pattenaude	   <p><b>Ski and Snowboard 2021-2022 season</b></p> <p>BMSS will be running both a ski and snowboard club (lessons) and competitive team at Whistler/Blackcomb this year. If you are interested, fill out the form by scanning the QR code. Mrs. Pattenaude (Dance) and Mr. Richardson (PHE) will be in touch with details.</p>	
Ms D.C.	<p><b>Representatives from the following institutions are coming to Mountain, in person, to provide information to interested students:</b></p> <div>  <p><b>Kwantlen Polytechnic University</b> <b>Friday Nov. 12</b> <b>Flex Time In MPR</b></p> </div> <div>  <p><b>University of Alberta</b> <b>Monday Nov. 15</b> <b>Lunch Time In MPR</b></p> </div>	
		

# Work Experience Opportunities

Ms. Manning  
Oct 29th



## **The Bay - Retail**

Work Experience opportunity at The Bay at Lougheed Mall. You will be unpacking merchandise, stocking shelves and assisting customers and staff. Thursday & Friday 4 – 6pm, Saturday 11 – 6pm & Sunday 11- 5pm. Great opportunity to get some retail experience. To apply stop by the Career Centre.

## **Vancouver Christmas Market**

If you are interested in gaining experience in customer service, event management and leadership, the Vancouver Christmas Market, Vancouver's beloved holiday tradition, could be for you. The event runs outside from November 13-December 24 at Jack Poole Plaza in Vancouver. Volunteers must be 16 years of age and older. Apply online at the following link and please inform the Career Centre if you do sign up for shifts so that we can provide you with work experience

paperwork: <https://www.vancouverchristmasmarket.com/about/get-involved/volunteer/>

## **Shoppers Drug Mart – Retail**

Work Experience Opportunity at the Shoppers Drug Mart located on the corner of Cameron and North Road, afterschool Thursday (starting in November) or on Saturday or Sunday start in December). Gain valuable skills working in busy retail environment. Stop by the Career Centre form more information and to sign up.

## **Burnaby Arts Council - Deer Lake Craft Festival - November 19-21**

Are you interested in assisting at the Deer Lake Craft Festival being organized by the Burnaby Arts Council? The event is happening November 19-21 with varying shifts as greeters, vendor assistants, entertainment assistants and event tear down. There is also a position for a student interested in photography. Spaces are limited - please come by the Career Centre ASAP if you are interested to pick up an application

## **SIYSCorps Program - Virtual Volunteering Opportunity**

The **SIYSCorps** program is looking for passionate youth between the ages of 15-30 years who are excited to give back to their communities, gain experience and build a better Canada. Our program brings together a diverse group of motivated youth to become active community ambassadors. Youth may also design and participate in their own funded community project! We provide: 4-6 weeks of free virtual skills workshops. Youth can customize volunteer placement at an organization of their choice that fits their interest and skills. If you wish to apply, please stop by the Career Centre.

## **Vancouver Asian Film Festival**

The Vancouver Asian Film Festival is looking for volunteers to help at our momentous 25th year festival! We're looking for help with set-up, take down, ticketing, ushering among other tasks. November 4 through November 7. Come make friends, watch new movies and feel good about giving back to your community :)

Please apply online on our site: <https://vaff.org/event-volunteer-opportunities/> . If you are accepted as a volunteer please stop by the Career Centre to pick up paperwork, BEFORE you volunteer, so you can count this towards you Work Experience hours.

## **Burnaby Hospice Society Thrift Store**

6843 Kingsway, Burnaby - Volunteers perform a wide range of duties from sorting and pricing donations and checking electronics and small appliances to helping customers or being a cashier or wrapper. To apply go to : <http://burnabyhospice.org/volunteer/thriftstore/>

## **Vancouver Food Bank – Winston Street Location (near Costco)**

Sign up to volunteer at the Winston Street warehouse – help sort the hundreds of donations that arrive at the foodbank every day. Volunteers are asked to commit to one shift per week, for a minimum of 2 months – you pick the dates and times that work for you! You can even sign up with a friend! For more details about how to sign up please go to the Career Centre and pick up an info sheet.

## **Lucky's Dog Daycare**

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Do you like dogs? Would you like to work and play with LOTS of dogs? Lucky's Doggy Daycare is looking for volunteers. They are located a short walk from Gilmour Skytrain Station in Burnaby. Check out their website for more info: <https://www.luckysdaycare.com/> They currently have weekend volunteer placements available ( Weekdays 4 – 7pm and Weekends 10am – 6:00pm starting in December). You must be comfortable around large groups of dogs of all types and sizes. If you are interested, please stop by the Career Centre to sign up. \_

## **Post-Secondary Info Sessions**

### **University of Victoria**

If you're thinking about applying for undergraduate studies at UVic, join us for an online Discover UVic event and learn what it really means to be a UVic student. More than just getting into university, we'll explore the possibilities and what your education can be. You'll hear about our co-op program and why hands-on learning is so important, how you can engage with your surroundings, and how our community can inspire you to succeed. The next sessions is: October 27 @ 5pm. Register at : <https://www.uvic.ca/undergraduate/tours-events/events/index.php>

### **Douglas College**

Douglas College info sessions provide important details such as admissions requirements, co-op opportunities, career pathways, university transfer options, curriculum guidelines and more. Plus, each program-specific information session is led by a faculty member from that program, so you get to interact and converse with your future instructor(s). Upcoming session – November 16 at 5pm. Please see our information session page to find out which programs will be present at this information session. Currently, our information sessions are being presented virtually via Zoom. For more info and to register go to: <https://www.douglascollege.ca/future-students/explore-douglas/information-sessions>

### **BCIT**

BCIT offers a variety of programs – from [business](#), [computing](#), and [health](#) to [engineering](#), [trades](#), and [applied sciences](#). Find out more by joining one of our upcoming online info sessions.

- HVAC Info Session – October 28 5:00 pm – 7:00 pm
- [Ecological Restoration](#) (Bachelor of Science) – October 28 – 6:00-7:30pm
- Environmental Engineering – November 3 – 4:00 – 5:00pm
- Automotive & Motorcycle Repair & Technician – November 3 6:00 -9:00pm
- Software Systems Developer – November 16 5:30 – 6:30pm
- Electrical Foundations for Women – November 18 5:30 – 6:30pm

For more info and to register go to : <https://www.bcit.ca/events/category/infosession/online/list/>

### **University of British Columbia**

Sign up for a UBC virtual tour and information session. Register early as spaces are limited. Check the website regularly for new sessions. Upcoming sessions:

Bachelor of Pharmaceutical Sciences Information Session – October 26 6:00 – 8:00pm

General Info Session - October 30 – 9:00 am – 10:00 am

Discover UBC's Okanagan Campus – November 4 – 4:00pm

UBC Engineering Virtual Open House – November 6 – 10am

For more <https://account.you.ubc.ca/s/events?information-sessions>

### **UBC Sauder School of Business**

Representatives from UBC will be here November 5 at lunch in the Multipurpose room.

### **Vancouver Community College**

Participate in Experience VCC on October 26-27 9:30 am - 5:00 pm and browse over 140+ programs, learn about student services, and talk to instructors about programs in arts, health sciences, certified trades, university transfer, and more. [https://www.eventbrite.ca/e/experience-vcc-fall-2021-virtual-open-house-tickets-181386821867?aff=odeimcmalchimp&mc\\_cid=f52306c5e1&mc\\_eid=2483010b60](https://www.eventbrite.ca/e/experience-vcc-fall-2021-virtual-open-house-tickets-181386821867?aff=odeimcmalchimp&mc_cid=f52306c5e1&mc_eid=2483010b60)

### **University of Toronto**

U of T Info Session for Burnaby Schools - Tuesday, November 2, 2021 at 06:00 PM until 07:00 PM PT. Please register to attend : <https://apply.adm.utoronto.ca/register/2burnaby2021>

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## Career Exploration and Leadership Development

### **Burnaby Fire Department Youth Academy**

This 4-day academy will take place April 25 – April 28 from 8:00am to 3:30pm. If you are selected to participate in the Youth Outreach Academy, you can expect to learn: Firefighting skills, belay techniques, fire hose operations, search and rescue techniques, the use of self-contained breathing equipment, fire prevention and lifesaving skills and CPR (successful graduates receive CPR-C certification). For more info and to apply pick up an application package in the Career Centre.

### **Junior Achievement of BC - Business & Entrepreneurship Program**

Junior Achievement of BC Company Program is a 16-week virtual course that allows students in grades 11 & 12 to learn about business and entrepreneurship. The program runs Nov. 16 - April 19 one evening per week 5:30 pm - 7:30 pm. To sign up go to: <https://jabc.ca/companyprogram/>. The deadline to apply is this Sunday, November 14th. After you submit your application come by the Career Centre so we can give you paperwork to count this for work experience hours.

### **Discovery Day in Health Sciences at BC Children's Research Institute**

Discovery Days in Health Sciences is a one-day event that gives secondary school students and teachers the opportunity to explore a variety of career options in medicine and the health sciences. Organized by The Canadian Medical Hall of Fame and hosted by BC Children's Hospital, the day is comprised of a dynamic keynote lecture, hands-on workshops and a career panel discussion. Students gain a clear picture of what it would be like to be a health professional by interacting with researchers, clinicians and educators in their real-life work setting.

Interested in participating? The next Discovery Days in Health Sciences is scheduled virtually for Tuesday, November 16, 2021 from 8:30 am - 12:15 pm. **Registration opens Tuesday November 2 @ noon.** Go to : <https://cdnmedhall.ca/bcchri2021> If you plan on applying you MUST let the career Centre teachers know BEFORE November 2<sup>nd</sup>.

### **Youth Empowering Youth: Free Online Leadership Program**

Youth Empowering Youth is a division of Low Entropy, a non-profit organization that is making personal growth accessible to all. The next program runs on Sundays from November 14 – January 16<sup>th</sup> 1:00 - 2:30PM. For more information and to sign up for the FREE program go to : <https://lowentropy.org/programs/youth-empowering-youth/>. Once your registration has been accepted, please stop by the Career Centre so we can give you paperwork to count this for work experience hours.

### **Come Meet an Eye Surgeon...**

Are you interested in learning more about a career as an eye surgeon? Come virtually meet with Dr. Cody Lo, an ophthalmologist (eye surgeon) Nov 27, 2021 at 3:00 PM Register in advance for this meeting at: <https://us06web.zoom.us/meeting/register/tZEtdE-grTIsE9CYPWw7jdGZ0pRiQ5qZMp2D>

**Canadian Wildlife Federation Wild Outside Program** at the same time? Join the Canadian Wildlife Federation Wild Outside Program where you can participate in shoreline cleanups, invasive species removal, tree planting and more. More information on how to sign up is at: <https://cwf-fcf.org/en/explore/wild-outside/#background>. Once you have registered please stop by the Career Centre to pick up paperwork.

### **Place des Arts – Youth Arts Council**

Opportunity to develop leadership skills and be involved in the arts community. The council helps to plan two annual events at Place des Arts (located at 1120 Brunette Ave, Coquitlam). Pick up an application in the Career Centre.

### **TiE Young Entrepreneurs**

TiE Young Entrepreneurs (TYE) is a Global Program fostering future generations of entrepreneurs by teaching high school students the rewards and challenges of becoming an entrepreneur. We are an Entrepreneurship Academy, where we teach students how to utilize modern skills and tools to build a concept using customer feedback, iteration, and lightweight business models. The TYE programs take place in over 20 Chapters around the world. Each year, the TYE Global Final Competition is held in a different city every year where high school students compete for cash prize and awards for their entrepreneurial spirit and business idea. The Vancouver

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course will be online biweekly Saturdays (Dates TBA) for 13 weeks. (starting in December or January) Applications are due November 1st, 2021 The program fees is \$50 To apply go to : <https://www.tyevancouver.com/> Once you have registered stop by the Career Centre to pick up paperwork so you can count this towards you Work Experience hours.

**YWCA High School Mentorship Program Info Sessions**

This virtual program matches young cis and trans women, and gender-diverse youth in Grades 11 and 12 with volunteer professionals for a **one-to-one mentoring relationship**. Register for Info Sessions at <https://ywcavan.org/programs/mentorship/high-school-mentorship>: Thursday, October 14th 4:30-5:30 pm

**Am4teens Virtual Volunteer**

Through partnering with [international] well-known organizations, Am4teens provides students with the opportunity to solve global problems through community changing projects without worrying about transporting to volunteer sites outside of their state/country/region. Our organization encompasses blog writing, outreach, advocacy, graphic designing, coding, and so many other fields of interest. From creating learning resources for children in need, art for the #blacklivesmatter movement, designing social media posts to raise awareness on social justice issues and so much more, Am4teens has an opportunity for everyone. For more info and to sign up go to : <https://www.am4teens.org/home>

**Leadership Programs (pay to attend)**

**BC Youth Parliament**

BCYP is a youth organization that recognizes every young person's potential to lead and serve in the community. BCYP is not affiliated with any political party. This year's parliament will take place from December 27 - 31, in Victoria BC. Participants will learn and use the parliamentary style of debate to plan educational and service projects. The fee to attend is \$425. This includes transportation to and accommodation in Victoria. For more details and to apply go to: <https://bcyp.org/>

**Burnaby Neighbourhood House - Future Leaders**

Grades 10-12 - This 12-week youth leadership development and volunteer program offers youth the opportunity to learn new skills and work with children in recreational settings, community events and another Burnaby Neighbourhood House Programming. Through a variety of workshops, activities and certification training, we aim to help instill the confidence and skills needed to be the leaders of their community! Volunteer Hours: 80. Training can vary depending on the season but generally the trainings are Tuesdays from 3:45-6:00pm ~24 hours of training Youth must also complete 24hrs of Leadership Development training Cost: \$100 To apply go to : [https://burnabynh.ca/get-involved\\_youth/](https://burnabynh.ca/get-involved_youth/)

**Language Challenge Exam**

The *Delta School District* is again offering Language Challenge Exams for Grade 11 and 12 language courses offered in:

<a href="#">French 11/12</a> <a href="#">Japanese 11/12</a>	<a href="#">Korean 11/12</a> <a href="#">Mandarin 11/12</a>	<a href="#">Punjabi 11/12</a> <a href="#">Spanish 11/12</a>
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To register go to the Delta School District “language challenge exams” and fill-in the online application and print it out. Then turn in the completed form to Mr. Gatzke in the counselling area complete with a passport size photo and a refundable cheque for \$50. The deadline is Nov. 5 to turn in applications.

**Naloxone Training for Teens**

Where: Creekside Youth Centre

When: Tuesday, Oct. 26, 2021

Time: 6:00pm

Free Pizza for all participants!

\*Please sign up in the Career Centre

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