




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

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.




Respect






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

Responsibility

Student Bulletin

Date: Tuesday Nov 9<sup>th</sup>,2021

 Student First Aid: Vanessa Galindo & Insha

	 
Nov 9 Ms. Lopez	<b>Junior Boys Soccer</b> There will be a meeting with Coach Frank for all players in room 117 after school on Tuesday, November 9, 2021. If you have not returned your jersey, please bring it to the meeting. See you all Tuesday.
Mr. Dardano	<b>Make a difference in our community!</b> The Marketing 11 class is looking for lightly used clothing, such as jeans, jackets, shirts, hoodies and footwear. Please donate your previously loved articles to any of the “Paw’n Shop” bins located in the commons and throughout the school. Goods will be resold in our Thrift Store later in the commons.
Ms. Williams	 <b>Mountain Reads! 2021/22</b> Check the hallway display cabinet each day this week and next as the titles for this year are revealed and highlighted. Then read, read, read!
Mr. Ko	 Yearbook survey for Grade 8 -11 students. Please complete the survey <a href="#">here</a> ( <i>press control + click to get to link</i> ) to share your opinions in the yearbook

SCHOOL GOALS:

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Ms.Pattenaude 		<b>Ski and Snowboard 2021-2022 season</b> 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.
Ms D.C.	<b>Representatives from the following institutions are coming to Mountain, in person, to provide information to interested students:</b> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">   <b>KWANTLEN POLYTECHNIC UNIVERSITY</b>            Kwantlen Polytechnic University  <b>Friday Nov. 12</b>  <b>Flex Time In MPR</b> </div> <div style="text-align: center;">   <b>UNIVERSITY OF ALBERTA</b>            University of Alberta  <b>Monday Nov. 15</b>  <b>Lunch Time In MPR</b> </div> </div>	
		



## Work Experience Opportunities for Grade 11 & 12

Nov 15<sup>th</sup> Ms. Manning

### Seasonal Gift Wrap Volunteer at Brentwood Mall

Volunteer Burnaby will be holding their annual gift wrap fundraiser in partnership with The Amazing Brentwood. For the month of December, we will be operating our gift wrap booth to raise money for our organization and to spread awareness about the benefits of volunteering. Volunteers will have the option to wrap gifts or act as front desk reception by helping manage the gift-wrapping operation. This position is very flexible. We ask that our volunteers commit to 3 volunteer shifts, each shift ranges from 4 - 4.5 hours in length. There are 3 shifts each day for volunteers to choose from. To sign up go to

: <https://docs.google.com/forms/d/e/1FAIpQLSdWsv9C4eJzPAEw-HJ84ZbqjC3hCV2KkSpHJFyPgTwKNBdZ2Q/viewform>. 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 your Work Experience hours.

### Seasonal Gift Wrap Volunteer at Lougheed Mall

Lougheed Mall Gift Wrap Lounge is seeking volunteers during the month of December. Students will be gift wrapping, handling cash, and answering guest inquiries. Interested candidates must be available for at least 7 shifts of 3-4 hours in length from December 15-24 and be available for one training on either December 11 or 12. Please apply with a resume to the Guest Services Supervisor, Amir at [anikravan@shapepm.com](mailto:anikravan@shapepm.com) by **November 14, 2021**. 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 your Work Experience hours.

### Canadian Blood Services – Blood Donor Clinic

Volunteers are responsible for greeting donors with a smile, making conversation, and accompanying them throughout their donation process. Help them feel welcome and comfortable. The care and attention you give is very often a key reason why donors return. As one of the last faces donors see on their way out, you play a critical role in the success of future blood donor clinics. Pick up an info sheet in the Career Centre. To apply go to

: <https://app.betterimpact.com/Application?OrganizationGuid=f100c7a4-7d7f-4f35-816b-9e895866e0ae&ApplicationFormNumber>

### The Bay - Retail

LAST CALL - Work Experience opportunity at The Bay at Lougheed Mall. LAST GROUP INTERVIEW FOR THE YEAR IS THIS THURSDAY NOVEMBER 11. 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.

### Grouse Mountain Snow School - Leaders in Training Work Experience Program

Grouse Mountain is pleased to offer students aged 15-18 who have a passion for Skiing and Snowboarding a chance to complete a work experience placement with the Grouse Mountain Resort Snow School. We are excited about helping students train to become better skiers and riders while they take on a leadership role and discover a possible career within the ski or snowboard industry. Applications are due ASAP and can be completed online at the following link - come by the Career Centre if you are accepted to get paperwork

<https://can61.dayforcehcm.com/CandidatePortal/en-US/grousemountain/Posting/View/1751>

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### **Mount Seymour Ski & Snowboard School Work Experience Program**

The Mt Seymour's Bear Cub Instructor Apprentice Program is an exclusive program for 8 snowboarders and 16 skiers who are committed to becoming an instructor at Mt Seymour in the future. This program will run as an 8-week commitment with 1.5 hours of on snow training per week on weekends, evenings and breaks. It will focus on improving both your skiing and riding technique to meet CSIA and CASI level 1 standards, along with your teaching and assessment skills to make you a better instructor. Applications are due ASAP and can be completed online at:

<https://docs.google.com/forms/d/e/1FAIpQLSe368GIZmobdOoPLvCOsFcKl4BUTOMSXkM25Xb1d9Uvlnu22Q/viewform>

### **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, during Winter Break. Gain valuable skills working in busy retail environment. Go to the Career Centre for more information and to sign up.

### **Place des Arts**

Place des Arts has many volunteer opportunities for youth and adults throughout the year. From working with children at art camps or helping at exhibitions and events, we provide meaningful ways to get involved in the arts and contribute to the community. To apply go to: <https://placedesarts.ca/volunteer-2/>

### **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.

### **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**

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 a weekend volunteer placement available Sundays from 10am – 6:00pm. 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**

### **Simon Fraser University**

Do you have questions about becoming an SFU student? Join us for one (or more!) of our upcoming online information sessions. We'll cover a range of topics like how to apply, student life, program options, and more!

How to: SFU – All About Admission – November 9 8:00 – 9:00am

SFU 101- The Student Experience - November 16 5:00 – 6:00pm

Emerging Technologies at SFU (Tech. Science. Artificial Intelligence) – November 18 5:00 – 6:00pm

SFU Financial Aid and Awards – November 25 5:00 – 6:00pm

Info Session for Indigenous Students - November 30 5:00-6:00pm

A Day in the Life @ SFU - December 2 5:00-6:00pm

How to: SFU (All About Admission - December 7 5:00-6:00pm

Register at : <https://www.sfu.ca/students/admission/tours-events/upcoming.html>

### **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 are : November 8 15, 23 & 29 @ 5pm. Register at : <https://www.uvic.ca/undergraduate/tours-events/events/index.php>

### **Douglas College**

Douglas College virtual 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. Information sessions are being presented 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.

- 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 (all sessions are virtual unless notes otherwise). Register early as spaces are limited. Check the website regularly for new sessions. Upcoming sessions:

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Your Degree at UBC (intro to UBC) - November 13 9:00 – 11:30am  
UBC Application Workshop – November 15 4:00pm  
All about UBC for Indigenous Students – November 16, 10am  
UBC Sauder BCom – Sauder School of Business Fall Preview – November 15 4:30 – 6:00pm  
All About UBC – November 20 9:00am – 10:00am  
UBC Engineering IN PERSON on Campus – November 20 10am  
UBC Faculty of Arts Info Session– November 23 4:00pm  
For more and to register : <https://account.you.ubc.ca/s/events?information-sessions>

#### **UBC Cancer Association Club - Student Chat**

High school students are invited this Friday, November 12th at 5 pm for a chat with members of the UBC Cancer Association Club to ask questions about academic life at UBC, its application process and more. Register at the following link: <https://docs.google.com/forms/d/e/1FAIpQLSewBGbP6PH-D816qPbVGu86TaWT1Biy47ABmLFkhEQ5uJm11w/viewform>

#### **Vancouver Community College**

Join an info session and find out more about VCC wide range of programs  
November 9 – University Transfer / Network Technology / Fashion Programs / Culinary Arts / Baking & Pastry Arts  
November 10 – Music / Dental Hygiene  
November 15 – Occupational Physical Therapy Assistant  
November 17 – Pharmacy Technician / Graphic Design / Computer Systems Technology  
Sign up now at : <https://www.vcc.ca/applying/apply-now/info-sessionstours/>

#### **Career Exploration and Leadership Development for Grade 11 & 12**

##### **MineralsEd Secondary Student Career Exploration Day**

On February 1, 2022 come explore the conference tradeshow and learn about the diversity of companies with unique roles and career opportunities in the mineral exploration and mining industry. This event is suitable for secondary students in grades 10-12 who have a special interest in geoscience, mining, or engineering and indirectly related fields such as chemistry, technology, environmental science, business and accounting, investment banking and securities, human resources, backcountry expediting, etc. Come by the Career Centre to be nominated. Click on this link for more information: <https://mineralsed.ca/events/student-events/secondary-student-career-exploration-day-roundup-2022/>

##### **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.

##### **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/j/84461212704?pwd=ZEtde-grTlsE9CYPWw7jdGZ0pRiQ5qZMp2D>

##### **Junior Achievement of BC - Business & Entrepreneurship Company 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. **DEADLINE TO APPLY IS NOVEMBER 14<sup>TH</sup>**. After you submit your application come by the Career Centre so we can give you paperwork to count this for work experience hours.

##### **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.

##### **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 signup is at: <https://cwf-fcf.org/en/explore/wild-outside/#background>. Once have registered please stop by the Career Centre to pick up paperwork.

##### **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/>

**if you apply online for any of these opportunities please stop by the Career Centre and let us know so that we can arrange paperwork for you to count this for Work Experience**

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BURNABY MOUNTAIN BELL SCHEDULE 2021 - 2022

(Mon-Thu)	Mon	Tue	Wed	Thu	Fri	(Fri Only)
8:40-9:10	Flexible Student Support Time				Extended Flex /Collab	8:40-9:30
9:10-10:23	Period 1	Period 1	Period 1 (includes break time)	Period 2 (includes break time)	Period 1	9:30-10:38
10:23-10:38	Break	Break			Break	10:38-10:53
10:38-11:51	Period 2	Period 2			Period 2	10:53-12:01
	Lunch					
12:36-1:48	Period 3	Period 3	Period 3	Period 4	Period 3	12:46-1:53
1:53-3:05	Period 4	Period 4			Period 4	1:58-3:05

Prep Time Breakdown for Flex Time & Collaboration

**Flex:** For every 8 Flex days (2-week period), you can take 1 Flex period off for your prep time

**Collab:** For every 8 Collab days (2-month period), you can take 1 Collab period off for your prep time

*\*Please coordinate your prep time off within your departments so not every department member takes the same day(s) off*

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