


REMEMBER TO WEAR YOUR MASK

DAILY HEALTH CHECK


How are you today?	Do you have any on the following KEY symptoms?	Circle One	
<div>CHECK IN</div> 	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.




Burnaby Mountain Secondary

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


Respect

Excellence

Responsibility



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



Student Bulletin



Date: Wednesday Dec 1st ,2021

<div> <div>+</div> <div>Student First Aid: Jessica Kim and Melissa Luces-Taje</div> </div>	
<div> <div>NEW</div> <div>Ms. Der</div> <div>Dec 17</div> </div>	<div> <div>Grad 2022 Fundraiser - Tru Earth</div> <div> Want to be more Eco friendly? Want to gift with sustainability in mind? Consider switching to green eco-friendly laundry solutions along with shopping other sustainable friendly options with Tru Earth products! They have laundry eco-strips, dish cloths, wool dryer balls, steel straws, tote bags, reusable grocery bags, beeswax wraps and bags, bamboo cutlery and bamboo reusable makeup removers. Use the following link to help our 2022 Grads. A portion of your order will directly help grad events. Send the link to family and friends or purchase your shopping needs for gifts for your loved ones. http://shrsi.com/1th3x-1xxd-tzco </div> </div>
<div> <div>NEW</div> <div>Ms. Manning</div> <div>Dec 10</div> </div>	<div> <div>CLC11 & CLC12 Help Session</div> <div> Any student seeking support with their CLC 11/12 assignments, please come to Lab 217 at 8:40 am on Friday December 3 & 10 during the morning Flex Time – 8:40 am – 9:30. We can help with all CLC assignments and assist you in finding post-secondary info sessions that interest you. </div> </div>
<div> <div>Dec 6</div> <div>Ms. Manning</div> </div>	<div> <div>Cameron Rec Centre Redevelopment – City Planning Youth Feedback</div> </div>

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.

	<p>Interested in finding out how city planners gather information and feedback about city building plans and designs, from community members and stakeholders?</p> <p>Want to have a say in what the new Cameron Recreation Centre will look like?</p> <p>Join the upcoming Youth Zoom Presentation and feedback session on Monday December 6th at 6pm.</p> <p>To register send an email to Mark Frouws at Mark.Frouws@burnaby.ca and let him know you'd like to join the Cameron Rec Centre Zoom Meeting.</p>
Mr. Dardano	<p>Make a difference in our community!</p> <p>Please take an opportunity to check the Lost and Found Bins. Articles left over will be donated to the Paw'n Shop Vintage School Store.</p> <p>The Marketing 11 class is looking for lightly used clothing, such as Jeans * jackets * shirts * hoodies * footwear</p> <p>Please donate your previously loved articles to any of the "Paw'n Shop" bins located in the commons and throughout the school.</p>
Ms.Pattenaude 	<p>Ski and Snowboard 2021-2022 season</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>
	



WORK EXPERIENCE OPPORTUNITIES

Ms. Manning Dec 3

AUNTIE LEAH'S CHARITY TREE LOT

Aunt Leah's Place is a registered charity that, for over 30 years, has been helping prevent children in foster care from becoming homeless by providing supported housing, education, employment training and coaching on essential life skills. Our Christmas tree sales support our projects. All volunteer training and orientation takes place onsite. We have 5 locations with afterschool and weekend shifts available. We will also provide a letter of reference upon request. Some of the tasks include: Track sales, handle cash, operate debit/credit machine, reconcile sales after shift, answer customer questions, explain Aunt Leah's vision. Volunteers can sign up for shifts by contacting the Volunteer Coordinator by Email: hrayson@auntleahs.org by Phone: 236-521-7373 ext. 109 or 778-551-5535. For more information: <https://www.auntleahs.org/get-involved/tree-lots/> or stop by the Career Centre

FLY OVER CANADA GUEST SERVICES INTERN

Come assist in Guest Services, during the holiday season, at one of Vancouver's best Tourist Attractions. Please come by the Career Centre for more info and to sign up.

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>

MOUNT SEYMOUR SKI & SNOWBOARD SCHOOL WORK EXPERIENCE PROGRAM

The Mt Seymour's Bear Cub Instructor 100 hr. SKI Practicum 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
: <https://docs.google.com/forms/d/e/1FAIpQLSe368GIZmobdOoPLvCOsFcKI4BUTOMSXkM25Xb1d9Uvlnu22Q/viewform>

WILDLIFE RESCUE ASSOCIATION OF BC – BURNABY LAKE LOCATION

Students (ages 16+) can apply to get on their volunteer list. As positions become available, they will contact you.

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For more info and to apply : <https://app.betterimpact.com/PublicOrganization/18f3ec17-501f-4dd1-9465-58f258a9c69a/1>

BURNABY ART GALLERY ARTIST APPRENTICESHIP WORK EXPERIENCE

This opportunity is for students in Grades 11 or 12 who are interested in working with professional artists and staff at the Burnaby Art Gallery. Students will create artwork to be featured in an exhibit at the Burnaby Art Gallery in the spring. Students will also develop and promote the exhibit working with other young artists in Burnaby. Deadline to apply is December 3rd. Come by the Career Centre to pick up an application.

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 shifts available Friday afterschool from 4 – 7pm and weekends 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

PSBC VIRTUAL FAIR

Watch live presentations from 29 post-secondary schools across BC. Connect with institutional representatives through text and video chat. Download program information and watch additional video content. Door Prizes: Every student who visits the fair will be automatically entered into a draw for one of twenty-five \$100 Amazon gift cards. The Virtual Fair will be open from 9am - 7pm on December 1 & 7. To register go to : <https://www.postsecondarybc.ca/virtual-fair/>

VANCOUVER COMMUNITY COLLEGE

Join an info session and find out more about VCC wide range of programs

December 1 – Music / American Sign Language

December 7 – Occupational and Physical Therapy Assistant / Hospitality Management / Hair & Esthetics

December 9 – Early Childhood Education

December 13 – Fashion

December 14 – Pharmacy Technician / Baking

December 15 – Counselling Skills

Sign up now at : <https://www.vcc.ca/applying/apply-now/info-sessionstours/>

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!

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 29 @ 5pm. Register at : <https://www.uvic.ca/undergraduate/tours-events/events/index.php>

DOUGLAS COLLEGE

Douglas College in-person info sessions provide important details such as admissions requirements, co-op opportunities, career pathways, university transfer options, curriculum guidelines and more. Plus, faculty members from many programs will be available so you can interact and converse with your future instructor(s). Upcoming sessions –December 14 at 5pm at the Coquitlam Campus and December 16 at 5pm at the New Westminster Campus. Please see our information session page to find out which programs will be present. Sign up here : <https://www.douglascollege.ca/future-students/explore-douglas/information-sessions>

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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.

BCIT 101 – Part time Studies (various programs) - November 30 - 5:00 – 6:00pm

Auto Technician, Auto Repair, Auto Finishing – December 1 – 6:00 – 9:00pm

Front End Web Developer – December 7 – 5:30 – 6:30pm

Railway Training – December 8 – 6:00 – 7:30pm

Software Systems Developer – December 9 – 5:30 – 6:30pm

Office Administration – December 16 – 1:30 – 2:30pm

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:

Virtual UBC Application Workshop – December 13 3:30 – 4:30

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

CAREER EXPLORATION AND LEADERSHIP DEVELOPMENT

CAMERON REC CENTRE REDEVELOPMENT – CITY PLANNING YOUTH FEEDBACK

Interested in finding out how city planners gather information and feedback about city building plans and designs, from community members and stakeholders? Want to have a say in what the new Cameron Recreation Centre will look like? Join the upcoming Youth Zoom Presentation and feedback session on Monday December 6th at 6pm. To register send an email to Mark Frouws at Mark.Frouws@burnaby.ca and let him know you'd like to join the Cameron Rec Centre Zoom Meeting.

MINERALISED 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://mineralised.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.

THE CODING FOUNDATION

Want to try coding but don't know where to start? Join our FREE coding workshops! This is an amazing opportunity to learn about computer science and its languages! The workshops we are offering are: C++, C++ Advanced, HTML/CSS, Java, NodeJS, Java Advanced, Python, and Python Advanced!

Make sure you have a discord account! This is the main way you will get contacted about joining meetings for the workshops. Please fill out the short form below and you will get a response soon! Link to Form : <https://thecodingfoundation.carrrd.co/>

MONEY BASICS FOR TEENS

This FREE virtual event is for youth ages 15 – 17 who want to get a head start with information that will help them make good financial decisions.

December 2 & 8th 4:00 – 5:30pm. Topics include: budgeting, debt, financial goal setting, student loans and more. To register go to

: <https://www.bccpa.ca/cpa-financial-literacy-program/financial-literacy-sessions/money-basics-for-teens-1/>

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 Mondays from January 24th - March 28, 7:00 – 8:00pm. 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.

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>

****if you are in Grade 11 or Grade 12, and you have signed up for ANY volunteer 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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