



Burnaby Mountain Secondary

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

Respect

Responsibility



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

DAILY HEALTH CHECK - REMEMBER TO WEAR YOUR MASK



Do you have any on the following KEY symptoms?

Circle One

| | | |
|-------------------------------------|-----|----|
| 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.

Student Bulletin

Date: Monday Jan 10th, 2022



Student First Aid: Stephanie Liu and Sin Sze Wat



Jan 24
Ms. Gingras

Career Education Industry Training INFO SESSION

Virtual Information Sessions:
January 13th 2022 at 7:00pm

Program Specific Presentations:

- January 17 @ 7:00-8:00pm** – Film & Broadcast, Music Production Technology, Graphics/Media Arts, DigiPen Game Development Academy
- January 18 @ 6:00-7:00pm** – Carpenter, Electrician, Metal Fabricator, Welder, Plumber
- January 18 @ 7:15-8:15pm** – Automotive Collision and Refinishing, Automotive Service Technician, Motorcycle and Power Equipment Technician, Heavy Duty Equipment Technician
- January 24 @ 6:00-7:00pm** – Professional Cook, Hairstylist, Tourism & Event Management, Fitness Instructor
- January 24 @ 7:15-8:15pm** – Cisco Networking, Palo Alto Cybersecurity, Robotics (Mechatronics), Health Sciences

* Zoom invitation will be sent to parent/guardian email addresses and student school district email addresses *



Jan 14
Ms. Manning

Work Experience Opportunities Stoney Creek Pen Pals

Are you thinking about a career area where you will work with kids, such as education, health care, recreation or psychology? Gain experience through our pen pal buddies program with Stoney Creek Elementary. You will be matched with a grade 4 or 5 student and you will exchange letters approximately once a month from January to June. We are also hoping to arrange an in-

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| | <p>person meet up at some point in May or June. You will receive credit for a minimum of 20 Work Experience hours. If you are interested please come by the Career Centre to sign up.</p> <p><u>Canadian Blood Services – Blood Donor Clinic</u> Volunteers are responsible for greeting donors with a smile, making conversation, and accompanying them throughout their donation process. The care and attention volunteers give is very often a key reason why donors return. As one of the last faces donors see on their way out, volunteers 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</p> <p><u>Place des Arts</u> 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/</p> <p><u>SIYSCorps Program - VIRTUAL Volunteering Opportunity</u> 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 customized volunteer placement at an organization of their choice that fits their interest and skills. To apply go to : https://www.volunteerconnector.org/surrey/progressive-intercultural-community-services-society/volunteer-siyscorps-full-virtual-volunteering-opportunity</p> <p><u>Burnaby Hospice Society Thrift Store</u> 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/</p> <p><u>Vancouver Food Bank – Winston Street Location (near Costco)</u> 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.</p> <p><u>NDP Deer Lake Youth Council</u> Deer Lake Youth Council (DLYC) is a partisan youth-based council, under the guidance of Anne Kang, MLA for Burnaby -Deer Lake. DLYC seeks to stimulate interest in civic engagement and provides insight into federal, provincial and municipal governments, while providing opportunities for leadership training and career development. Join us Saturday January 15th from 2:00 - 3:00pm for a virtual zoom information session and find out how you can join our council. Register in advance for this meeting at : https://us06web.zoom.us/join/zoom/register/tZYoce2vpjMoGN3FCtj_jl1-ldvoTzBZI3i_</p> <p><u>Liberal Party Burnaby North-Seymour Youth Council</u> Member of Parliament Terry Beech for Burnaby North-Seymour is renewing his non-partisan Constituency Youth Council this January, and applications are now open for students. This unique opportunity offers young people the chance to interact and network with political stakeholders, community leaders and work with community-based policy. We tailor the program to match that year's cohort to ensure the activities meet the needs of our group. Depending on the group's comfort level, it will be a virtual or hybrid meeting. Here is information about Terry: http://terrybeechmp.ca. Unfortunately, the website does not include his new Parliamentary Secretary role for the Deputy Prime Minister or Ministry of Finance. The application link: https://forms.gle/p8ZcxR6VV4YQU8bg6</p> <p>Career Exploration and Leadership Development (these also count for Work Experience Hours) <u>BE-STEMM conference</u> The Canadian Black Scientists Network is pleased to host you for a rich, four-day virtual program featuring outstanding research, career & recruitment opportunities, and facilitated connections across sectors. The program will run from January 30 - February 2. We will engage Canadians from across the country to focus on action to remove barriers to attracting and retaining Black Canadians in Science, Technology, Engineering, Mathematics, Medicine & Health (STEMM). Highlights include keynote talks by established and rising star Black Canadian scholars in STEMM and a dynamic virtual Career Fair. A unique part of BE-STEMM is the Leadership Summit day, with a focus on sharing effective practices and programs for supporting Black Canadians in STEMM. We welcome broad participation. This conference is for everyone, but showcases/centres presenters who are Black identifying in STEMM for the first time nationally! To register go to : https://be-stemm.blackscientists.ca/</p> <p><u>UBC's Engineers Without Borders Youth Venture Case Competition</u> Engineers Without Borders would like to invite students to participate in our upcoming Case Competition. This event will allow students to learn about the engineering design process and gain experience developing a solution to a real-world problem. This year, the competition will focus on finding treatment solutions to various types of water pollution. The competition will take place January 29th and 30th. The first day will be held over Zoom, where a panel of professional speakers will introduce students to engineering and the current barriers to clean water. The second day will be held in-person at the UBC Vancouver Campus, where students will work in teams to design solutions for a specific type of water pollution. Sign up at : https://forms.gle/2hVHM54j2DTRnsY16. Sign-up closes on January 16th at 11:59pm, and there is a limited capacity of 100 students for the event. Students will also be asked to provide the email address of a teacher who can verify their commitment to participating in the competition.</p> |
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| | <p><u>Burnaby Youth Leadership Certificate Course *Pay to Attend*</u> Prepare for success by gaining skills in financial literacy, resume writing, public speaking, interviews and entrepreneurship. Learn about local governance, environmental stewardship and parks & recreation opportunities. Hikes, out-trips and fun outdoor expeditions offer experiential learning to round out the program. Participant will get certified in: Emergency First-Aid & CPR, FoodSafe and High Five Recreation Safety. Cost for the program is \$290.00. You must attend an orientation session first, on January 6, 8, 11 or 13. For more info go to : https://webreg.city.burnaby.bc.ca/webreg/Activities/ActivitiesAdvSearch.asp</p> <p><u>MineralsEd Secondary Student Career Exploration Day</u> 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/</p> <p><u>Burnaby Fire Department Youth Academy</u> 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.</p> <p><u>The Coding Foundation</u> 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 below and you will get a response soon! Link to Form : https://thecodingfoundation.carrd.co/</p> <p><u>Youth Empowering Youth: Free Online Leadership Program</u> 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 info and o 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.</p> <p>Other Opportunities <u>Interested in Journalism?</u> CBC is looking to assemble a team of teen editorial consultants from across Canada. They'll help keep their content relevant and relatable. They're looking for teens aged 15-17 years old who are able to communicate their thoughts openly, honestly and candidly. They need to have 4 hours to spare every week - this is a paid position! If interested, contact Jessica Singer directly at jessica.singer@cbc.ca</p> <p style="text-align: center;">***if you apply online for any of these opportunities, please stop by the Career Centre so that we can arrange paperwork for you to count this for Work Experience***</p> |
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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*

FALL SOCCER REGISTRATION

2021/2022



EST. 1949

WESBURN

FOOTBALL CLUB

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REGISTER TODAY FOR OUR FALL SOCCER PROGRAMS AND DON'T MISS OUT ON THE FUNNEST YOUTH SPORT IN BURNABY!

CHECK US OUT AT: [WESBURNSOCCER.COM](https://www.wesburnsoccer.com)

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