



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

Click [here](#) to see the Daily Health Check for all students and staff updated on January 24, 2022.

**NEW** - For Questions and concerns about COVID, affecting your family please go to this [link](#) for more information.

**NEW** - When you're excusing your child from school please indicate if it is due to your child's illness (of any kind), or if you are excusing them for a different type of reason. It is important that we understand why your child is being excused from school.



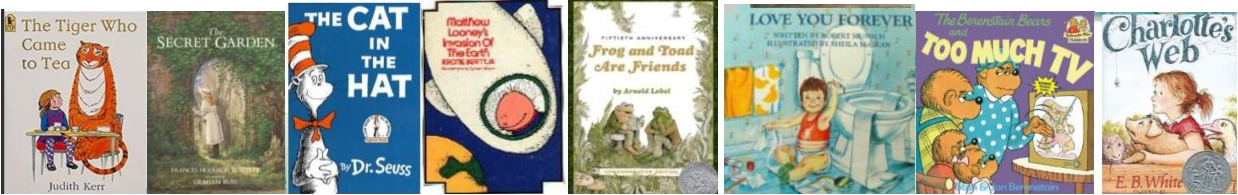


## DAILY HEALTH CHECK

KEY SYMPTOMS OF ILLNESS	WHAT TO DO
Fever (above 38°C)	<b>If yes to 1 or more of these symptoms:</b> Stay home. Contact a health care provider or call 8-1-1 about your symptoms and next steps.
Chills	
Cough	
Difficulty breathing	
Loss of sense of smell or taste	
OTHER SYMPTOMS	WHAT TO DO
Sore throat	<b>If yes to 1 symptom:</b> Stay home until you feel better.
Loss of appetite	
Headache	<b>If yes to 2 or more of these symptoms:</b> Stay home for 24 hours. If symptoms don't get better or get worse, contact a health care provider or call 8-1-1 about your symptoms and next steps.
Body aches	
Extreme fatigue or tiredness	
Nausea or vomiting	
Diarrhea	
INTERNATIONAL TRAVEL:	WHAT TO DO
Have you returned from travel outside Canada in the last 14 days?	<b>If yes:</b> Fully vaccinated students, staff and other adults who have travelled outside of Canada may qualify for the <a href="#">fully vaccinated traveller exemption</a> .  Students, staff and other adults who are not <a href="#">fully vaccinated</a> and have travelled outside of Canada <b>CANNOT attend school for 14 days after arrival</b> , as part of <a href="#">federal requirements</a> .
CLOSE CONTACT	WHAT TO DO
Have you been notified by public health that you are a close contact of a person confirmed to have COVID-19?	<b>If yes:</b> Follow the instructions provided by Public Health.

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Goal 2: To increase student awareness, understanding and practice of healthy living.

Student First Aid: Sin Sze Wat and Stephanie Liu

<div><div>NEW</div></div>	
Apr 1 Ms. Manning	<div><div>Work Experience Opportunities</div><div>Please see postings starting on page 3</div></div>
April 1 Mr. Rolph	<div><div>2022 Talent Show Auditions!</div><div>Do you have an amazing talent like singing, dancing, juggling or even rollerblading? Be sure to sign up to audition for the BMSS Talent Show on April 28th! Auditions will be held after school on Thursday, March 31<sup>st</sup> and Friday, April 1<sup>st</sup> , both in the band room. Let's celebrate our talents! Sign up with this Google Form: <a href="https://forms.gle/sjdnvkuPc3BEeFUR9">https://forms.gle/sjdnvkuPc3BEeFUR9</a>. or in room 213 Hope to see you there!</div></div>
Apr 5 Mr. Rolph	<div><div>Blurb:</div><div>Burnaby District Student Advisory Council presents the 2nd annual: <b>Solutions Through Discussion:</b> Pathways to Positive Mental Health and Well Being. Join us along with students across the district on Wednesday, April 6th and Thursday, April 7th from 4pm-6pm to learn about mental health and how you can take action from experts in the field! All Burnaby high school students are invited to attend. Register now through: <a href="https://bit.ly/DSAC_MHC">bit.ly/DSAC_MHC</a> or through the link in @burnabydsac's Instagram bio.</div></div>
Apr 8 Mr. Rolph	<div><div>Student council co-president applications:</div><div>Are you looking to have an impact on school culture and community? This is your chance. Apply now to run for next year's student council co-president position. Applications are now available. Once again, we are asking applicants to run as a pair who will work as co-presidents in the 2022-23 school year. This is a significant but rewarding commitment and opportunity to impact student life at BMSS. Pick up form outside of room 213. If you have any questions, see Mr. Rolph. Applications are due Friday April 8th.</div></div>
Apr 14 Ms. Williams	<div><div><div></div><div><div>The annual Burnaby Mountain bookmark contest is starting today!</div><div>Design a bookmark to celebrate your favourite book from childhood.</div><div>Come to the library for a template.</div><div>The contest will run until April 14.</div></div></div></div>
Apr 18 Ms. Pattenaude	<div><div><div></div><div><div>New Award Grades 8 – 11 Bmss Mountain Lion Award</div><div>The BMSS Mountain Lion award is open to all students in grades 8 – 11.</div><div>Each award includes a plaque and \$100. </div><div>There is one award available for each grade and will be given to students who are well-rounded with diverse experiences demonstrating our school motto of respect, excellence, and responsibility.</div><div>Application forms and further information can be found on the school's website: <a href="https://mountain.burnabyschools.ca/honour-roll-2020-2021/">https://mountain.burnabyschools.ca/honour-roll-2020-2021/</a></div></div></div></div>

BELL SCHEDULE SEMESTER 2

Mon-Thurs	Mon	Tue	Wed	Thu	Fri	Fri
8:40-9:10	Flexible Student Support Time				Extended Flex /Collab	8:40-9:30
9:10-10:23	Period 5	Period 5	Period 5 (includes break time)	Period 6 (includes break time)	Period 5	9:30-10:38
10:23-10:38	Break	Break			Break	10:38-10:53
10:38-11:51	Period 6	Period 6			Period 6	10:53-12:01
	Lunch					
12:36-1:48	Period 7	Period 7	Period 7	Period 8	Period 7	12:46-1:53
1:53-3:05	Period 8	Period 8			Period 8	1:58-3:05

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# Work Experience Opportunities

## Vancouver International Children's Festival

The Vancouver International Children's Festival (**May 31-June 5** at Granville Island) has been educating, entertaining, and inspiring young audiences since 1978. Whether you'd like to help kids with crafts or games, or work onsite with our admin or festival staff, or take on a more advanced role, this is a great opportunity. Sharpen your leadership skills, get Work Experience hours, meet great people, and have tons of FUN. Sign on for a simple two-shift commitment, or take on a greater role - visit <https://www.childrensfestival.ca/about/volunteer-application-form/> for more info and to apply. Come by the Career Centre for more info.

## Community Policing Committee

Interested in a career in policing, law-enforcement, politics or law? Join the Burnaby Community Policing Committee engage with local community stakeholders. The committee meets once a month and is looking for interested high school students. For more information and to apply please stop by the career center ASAP.

## Shoppers Drug Mart – Retail

Work Experience Opportunity at the Shoppers Drug Mart located on the corner of Cameron and North Road. Spots are available weekdays after school and weekends starting in **April/May**. Gain valuable skills working in busy retail environment. Go to the Career Centre for more information and to sign up.

## 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/>

## SFU Camps \*SUMMER

SFU Summer Camps are seeking volunteers 14+ years old for their children's summer camps. Volunteering for SFU Camps offers practical experience in a safe & fun environment. Volunteers will get an opportunity to work with children & youth, build leadership skills, meet new people and have a rewarding summer as part of SFU Athletics & Recreation! Minimum 2-week commitment. Applications are open at the following link : <https://www.sfu.ca/camps/opportunities/volunteer-opportunities.html>.

## Royal Soccer Camp \*SUMMER

The Royal Soccer Club (RSC) is a non-profit, community organization who has hosted unique soccer camp experiences in Burnaby and Coquitlam. Camps operates Monday to Friday from July 4 until September 2, 2022. Volunteers can apply for: morning sessions 8:30am – 12:30pm, afternoon sessions 12:30pm – 4:30pm or full days sessions Mon-Fri, 8:30am – 4:30pm. Minimum volunteer time is one week. Volunteers at our summer day camps may assist staff with coaching and supervising children at camp and help with equipment collection and maintenance. To apply go to : <https://royalsoccer.com/staff/jobs/british-columbia/>. Pick up a handout in the Career Centre for more details.

## 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/>

## Theatre Under the Stars \*SUMMER

Theatre Under the Stars (TUTS) is an outdoor summer theatre at Malkin Bowl in Stanley Park. Every year over 200 volunteers contribute their time, energy, and skills to make each season a great success! We require energetic, committed individuals to help in the front of house: ushering, taking tickets, greeting, and staffing the coffee bar. Perks of volunteering include complimentary tickets to a TUTS production and letters of reference (upon request). For more info and to apply go to : <https://tuts.ca/programs-and-rentals/volunteer/>

## Bard on the Beach \*SUMMER

Bard on the Beach is Western Canada's largest not-for-profit, professional Shakespeare Festival. Presented in Vancouver's [Señákw](#)/Vanier Park against a spectacular backdrop of mountains, sea and sky, the Festival runs from June 8 to September 24, 2022, and includes productions of *A Midsummer Night's Dream*, *Harlem Duet* by Djanet Sears, and *Romeo and Juliet*. Our team of 300+ dedicated volunteers serve as ambassadors for the Festival by providing a friendly, welcoming face to our patrons. Volunteers work in the Front of House area as Greeters, Ticket Takers or Ushers; in retail as Boutique or Concession Assistants. For more info and to apply go to : <https://bardonthebeach.org/current-opportunities/volunteer/#!/view/overview>

## PedalHeads \*SUMMER

Our Junior Instructor program (volunteer program) accepts applicants who are interested in gaining experience in children's recreation by volunteering at our spring break bike camps. There are camp locations in Burnaby, Port Moody, Coquitlam and Vancouver. Our bike camps concentrate on bike safety and skills for kids ages 2 -12. We have 6 levels teaching everything from training wheels to trail riding. Each level includes 5 learning categories: safety knowledge, safety skills, trail riding, street riding, and bike maintenance. During camp, volunteers will be paired up with an experienced instructor to provide leadership, motivation, encouragement, and comfort to the kids under our care. Proof of vaccination is REQUIRED for all staff and volunteers. To apply go to: <https://pedalheads-bike-camps.breezy.hr/p/0943921078d8-junior-instructor-volunteer-application-canada> . Please note that applying does not guarantee a spot. We will email you to confirm your application to be a volunteer.

## 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

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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.

#### **Canadian Blood Services – Blood Donor Clinic**

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>

#### **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. To apply go

to : <https://www.volunteerconnector.org/surrey/progressive-intercultural-community-services-society/volunteer-siyscorps-full-virtual-volunteering-opportunity>

#### **Liberal Party Burnaby North-Seymour Youth Council**

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>

#### **Farmers Market**

Are you interested in volunteering with a Thriving Market that supports BC farmers, small local businesses and serves the community? Local Farmers markets are currently accepting volunteer applications. Duties may include set up and take down as well providing general assistance to vendors and visitor, crowd control and helping with special events To apply go to:

New Westminster: <https://newwestfarmers.ca/support/volunteer/>

Coquitlam and Port Moody: <http://makebakegrow.com/get-involved-at-the-market/>

#### **ScotFestBC: The 90th British Columbia Highland Games**

The British Columbia Highland Games is back on **June 17 & 18**, 2022 at Town Centre Park in Coquitlam. Celebrating all things Scottish, the games include west coast highland games, pipe bands, caber tossing, lots of piping, dancing, singing and live Celtic music. Volunteers are the heartbeat of the event, and it's a great way to give back at an event that welcomes everyone. You are registering for 3-4 hours of volunteer time. In return, we have a tee-shirt and lunch for you, and lots of time to enjoy the Games. There will be mandatory training (via Zoom) on Tuesday evening, **June 14, 2022 at 7:00 pm**. To sign up go to : <https://scotfestbc.com/volunteer/>

#### **Golden Spike Days \* SUMMER**

Golden Spike Days is looking for enthusiastic, reliable volunteers to help us bring one of the oldest and longest running family events in BC back to Port Moody from **June 30 to July 3**. The festival is held at Rocky Point Park around Canada Day, attracting upwards of 40,000 people with live entertainment, special events and activities for all ages.

We are seeking volunteers to man the gates, supervise bike valet and parking, man the information booth, bus tables, man booths and rides etc etc etc. To apply go to : <https://www.goldenspike.ca/volunteer>

### **Career Exploration and Leadership Development (these also count for Work Experience Hours)**

#### **Prosper Vancouver - UBC Sauder School of Business**

Prosper is Vancouver's premiere youth business conference and case competition in one day – **June 4**, 2022 at UBC Sauder School of Business! Business mentors from all over the world will be attending not only to speak but to help youth deepen their understanding and passion for business. For more info pick up an info sheet in the Career Centre and to register go to : <https://www.prospervancouver.org/>

#### **Future Science Leaders**

Future Science Leaders (FSL) is an after-school science enrichment program at Science World for teens designed to unleash creative potential and build a life-long network of like-minded peers while engaging curious minds with the nature of STEAM) in sessions led by diverse experts and professionals. The program is for curious, open-minded, collaborative, compassionate, and creative students entering grade 10 or 11 in **September 2022**. The cost of the program is \$500 plus tax. Financial assistance is available for those who need it. Apply

at : <https://www.scienceworld.ca/futurescienceleaders/>. Applications are now open and will close on May 1.

#### **Youth To Sea - Environmental Marine Biology Program**

Are you interested in the environment, conservation, marine biology or nature and science-based career paths? - Then this is for YOU! YouthToSea is a program for youth aged 15-18 in the lower mainland that aims to empower them to make a difference towards ocean conservation. It brings together 80 youth to provide them with opportunities to develop their ocean conservation knowledge and personal skills. It is a hands-on service-learning program that has three main components, (1) immersive learning journeys that help the youth explore their connections to nature and science-based career paths (2) skill building workshops that work with the youth to improve on their soft skills, and (3) ocean service

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projects which give the youth an opportunity to create their own service project in their community. This program is **FREE**, and it includes over 100 hours of Work Experience! For more information pick up a handout on the front table in the Career Centre. **Apply online at the link below on April 12th - Deadline is April 24<sup>th</sup> - <https://ocean.org/learn-explore/youth-programs/youthtosea/>**

### **Emily Carr Summer Institute for Teens**

The Summer Institute for Teens 2022 runs in-person and online from **July 4-29**, 2022, Monday through Friday, from 9am-4pm. SIT is an intensive pre-university program featuring small classes taught by professional, practicing artists to prepare students for the next step in their creative career. This immersive, one-month experience engages students through intensive studio practice and visual culture. Studio practice is complemented by discussion, in-class critique and field trips to engage with the diverse art and design community of Vancouver. The program culminates with a public exhibition of student work. Various Programs are available, including : 2D Animation, 3D Animation, Drawing, Illustration  
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. 3 (Digital or Traditional), Industrial Design, Media Arts and Painting. For more info and to register click: <https://www.ecuad.ca/academics/teen-programs/summer-institute-for-teens>

**\*\*\*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\*\*\***

## **Post-Secondary Info Sessions**

### **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, faculty members from many programs will be available so you can interact and converse with your future instructor(s). Upcoming sessions –**March 29 & 31 and April 19 & 21**. Please see the information session page to find out which programs will be present and to sign up here : <https://www.douglascollege.ca/future-students/explore-douglas/information-sessions>

### **University of British Columbia (UBC)**

Sign up for a UBC campus tour (all sessions are virtual unless notes otherwise). Check the website regularly for new sessions. For more and to register : <https://account.you.ubc.ca/s/events?information-sessions>

### **Emily Carr University of Art & Design**

Emily Carr does not have any upcoming info sessions but you can explore there program offerings here : <https://www.ecuad.ca/future-students>

### **Vancouver Community College**

Join an info session and find out more about VCC wide range of programs (see website for more dates and programs)

**March 29** - Hospitality Management

**March 30** - Dental Technology / Early Childhood Education

**March 31** - Music

**April 4** - Medical Office Assistant

**April 5** - IT Operations

**April 7** - Nail Tech / Hair Design / Esthetics

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

### **KPU - Kwantlen Polytechnic University**

For more than 40 years, Kwantlen Polytechnic University (KPU) has provided students with the skills they need for the careers they want. We offer a range of degree, diploma, certificate, and citation programs with opportunities for hands-on experience and experiential learning. For more information attend on of upcoming info sessions:

To register go to : <https://www.kpu.ca/info-sessions>

### **Simon Fraser University (SFU)**

SFU does not have any upcoming scheduled info sessions but you can view recordings of past Info Sessions at : <https://www.sfu.ca/students/admission/tours-events/upcoming.html>

### **Langara College**

Our Recruitment Officers are hosting online drop-in sessions to answer your questions about applying to Langara. Drop-in sessions are held via Zoom **Monday-Friday** from **2:00 pm-4:00 pm**. Join the Zoom

Meeting <https://langara.zoom.us/j/67030601916>. Program Coordinators host online Information Sessions for specific programs. Upcoming sessions:

**March 30** - Bachelor of Science in Bioinformatics

**March 31** - Fine Arts

**April 4** - Studio 58 Acting and Production Program

**April 5** - Recreation Programs / Registered Massage Therapist / Graphic Novelist

**April 6** - Social Services Worker

For more info and to sign up go to : <https://langara.ca/news-and-events/information-sessions/index.html>

### **Vancouver Art Gallery**

Are you interested in art? Are you curious about what goes on behind the scenes at the Vancouver Art Gallery? You can now join their friendly and dedicated team of Gallery Volunteers! Volunteers are an integral part of the visitor experience at the Vancouver Art Gallery. On Tuesday, **April 5 at 6 PM**, they are hosting an in-person volunteer orientation to go over the different volunteer positions currently available at the Gallery. This session will run from 6 to 8 PM. Registration is

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required. Capacity for this event is limited. To register, please contact Volunteer Coordinator Mimi Shewchuk by email at [mshewchuk@vanartgallery.bc.ca](mailto:mshewchuk@vanartgallery.bc.ca). Volunteers must be 16 yrs+.

**Young Women in Public Safety (YWPS)**

YWPS Program will take place from **July 11-15**, 2022, virtually. This unique program has been created to introduce female high school students to diverse and exciting employment opportunities available in the realm of public safety and security. Through this program, we hope to inspire young women to take a leadership role in their communities and pursue a meaningful and exciting career in areas of public safety such as border security, corrections, correctional investigation, community safety, information and intelligence, policy development and more! Please note that the priority will be given to grade 11 students. The application period for the Summer 2022 edition is open until **April 4**, 2022. Applications for the program must be submitted through the direct link below.  
[Young Women in Public Safety – Student Employment Opportunity \(cfp-psc.gc.ca\)](#)

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