

**BURNABY MOUNTAIN SECONDARY SCHOOL**

*HOME OF THE MOUNTAIN LIONS*



**GRADE 8 WELCOME GUIDE**  
Burnaby Mountain Grads of 2027

Welcome to your first year of high school at  
Burnaby Mountain Secondary School!!!

## **A Few Cool Things About Burnaby Mountain Secondary**

Congratulations and welcome to Burnaby Mountain!



### **A little about Burnaby Mountain...**

Principal: Ms. L. Kristmanson  
Vice Principals: Mr. D. Adrian  
Ms. E. McGinley

Counsellors: Ms. T. Arron  
Ms. J. D-C.  
Mr. J. Gatzke  
Ms. E. Hart

**Welcome!** It is our sincere hope that your school year will be enjoyable and rewarding. Burnaby Mountain Secondary School is a place to grow – not only academically and intellectually – but also personally, socially and physically. The staff of Burnaby Mountain is here to help you by teaching, sponsoring clubs and activities, and encouraging you to develop to your potential. **This is your school.** We encourage you to get involved.

**Burnaby Mountain** is a community where learning, creativity and integrity are encouraged, valued, modelled and expected. Individual, as well as cooperative, effort and achievement are encouraged and recognized. Mountain students demonstrate good character and active citizenship.

**Our Mission Statement:** Our purpose is to develop lifelong learners who demonstrate respect for themselves, for others, and for the environment. Our focus is to educate students so that they can participate actively as contributing citizens in a changing world.

**A Place for Learning and Growing ...** learning and doing well in school is a huge part of being at Burnaby Mountain and over the next five years you can explore a diverse range of interesting courses, programs and learning opportunities, inside and outside the classroom.

**Burnaby Mountain Library Learning Commons ...** The Burnaby Mountain Library supports student learning by providing access to curriculum related materials in many forms. In addition to meeting the needs of students creating projects, undertaking independent study, and reading for pleasure, the Library, through its online catalogue, also provides support for independent scholarly research. Ms Williams also provide support for students completing essays and constructing projects.

**Get Connected to Burnaby Mountain** - We want parents and students to connect with us.

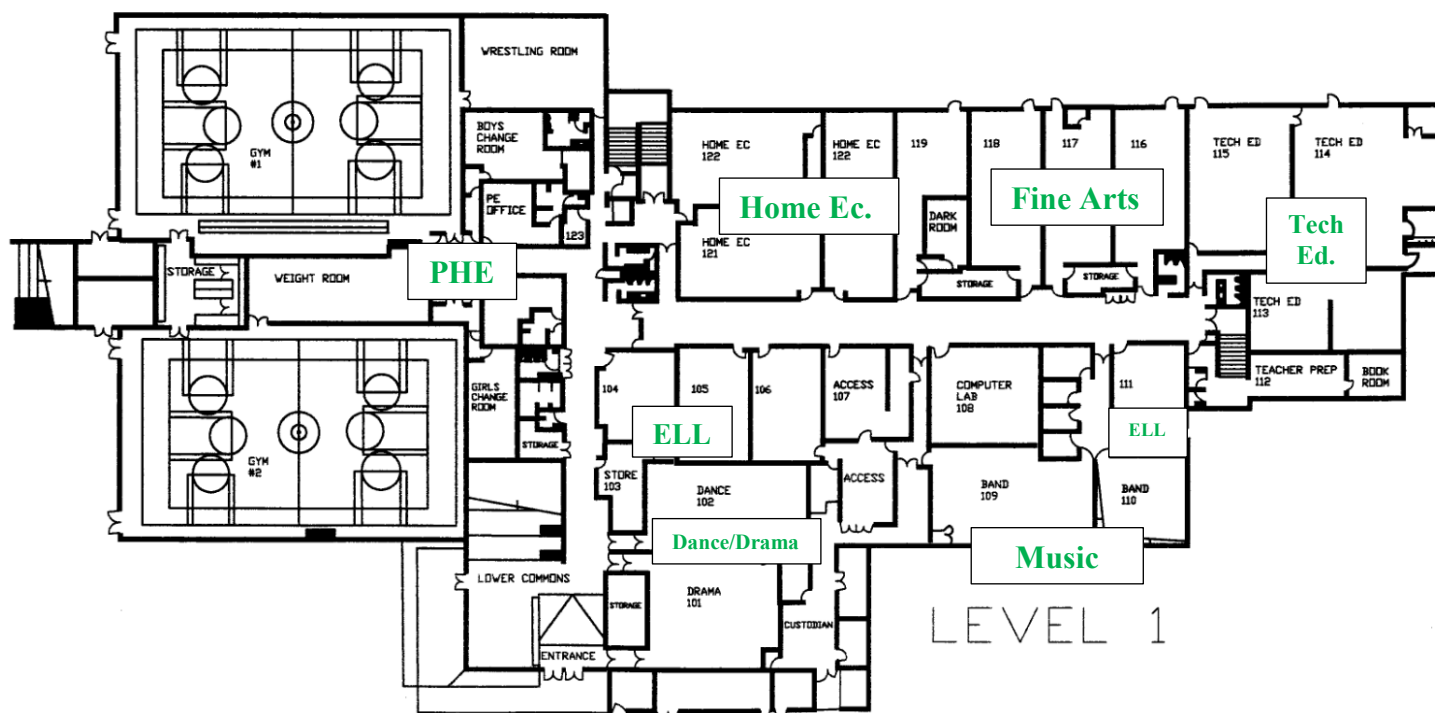
- Bookmark our website: <http://mountain.burnabyschools.ca>
- Follow us on Twitter @BurnabyMountainSec
- Follow us on Instagram @BurnabyMountain
- Make sure we have your up-to-date e-mail address - we send a lot of information to students and parents through e-mail.

## FINDING YOUR WAY AROUND AND OUR SCHOOL MAP

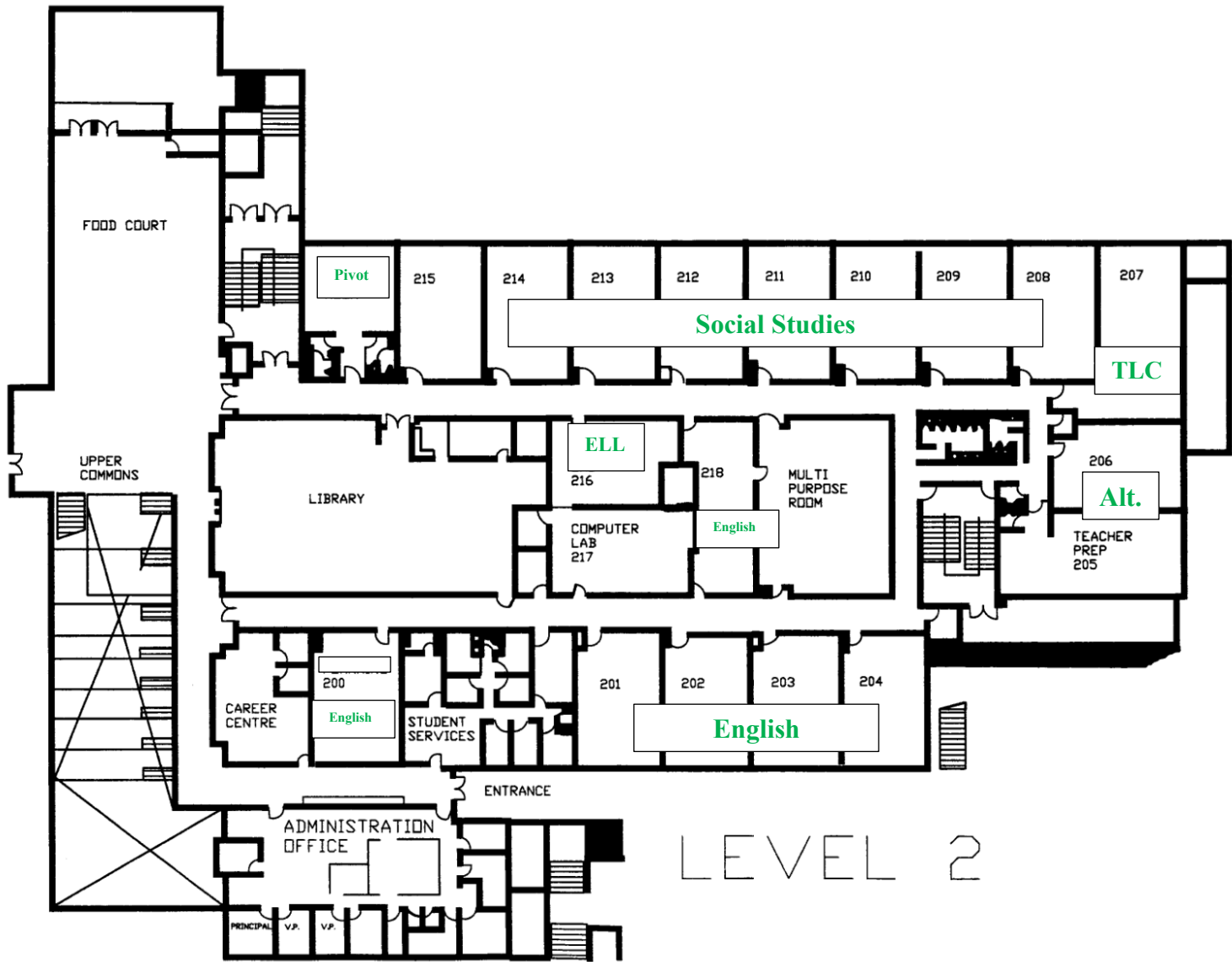
Different Teachers, Different Classmates, Different Classrooms: You will have different teachers (e.g. a Math teacher, a English teacher, a PE teacher, etc.) and meet in different classrooms. This is a big difference from elementary school, but it also offers exciting opportunities to meet and learn with many people in different classrooms, labs and specialized spaces. Most Grade 8s really like this aspect of high school!

Finding your way around the school can seem a little scary at first. We encourage you to carry a map around for the first week or so and ASK if you need some help. Our hallways can seem busy, BUT you will be fine once you travel to your classes a few times.

### FIRST FLOOR

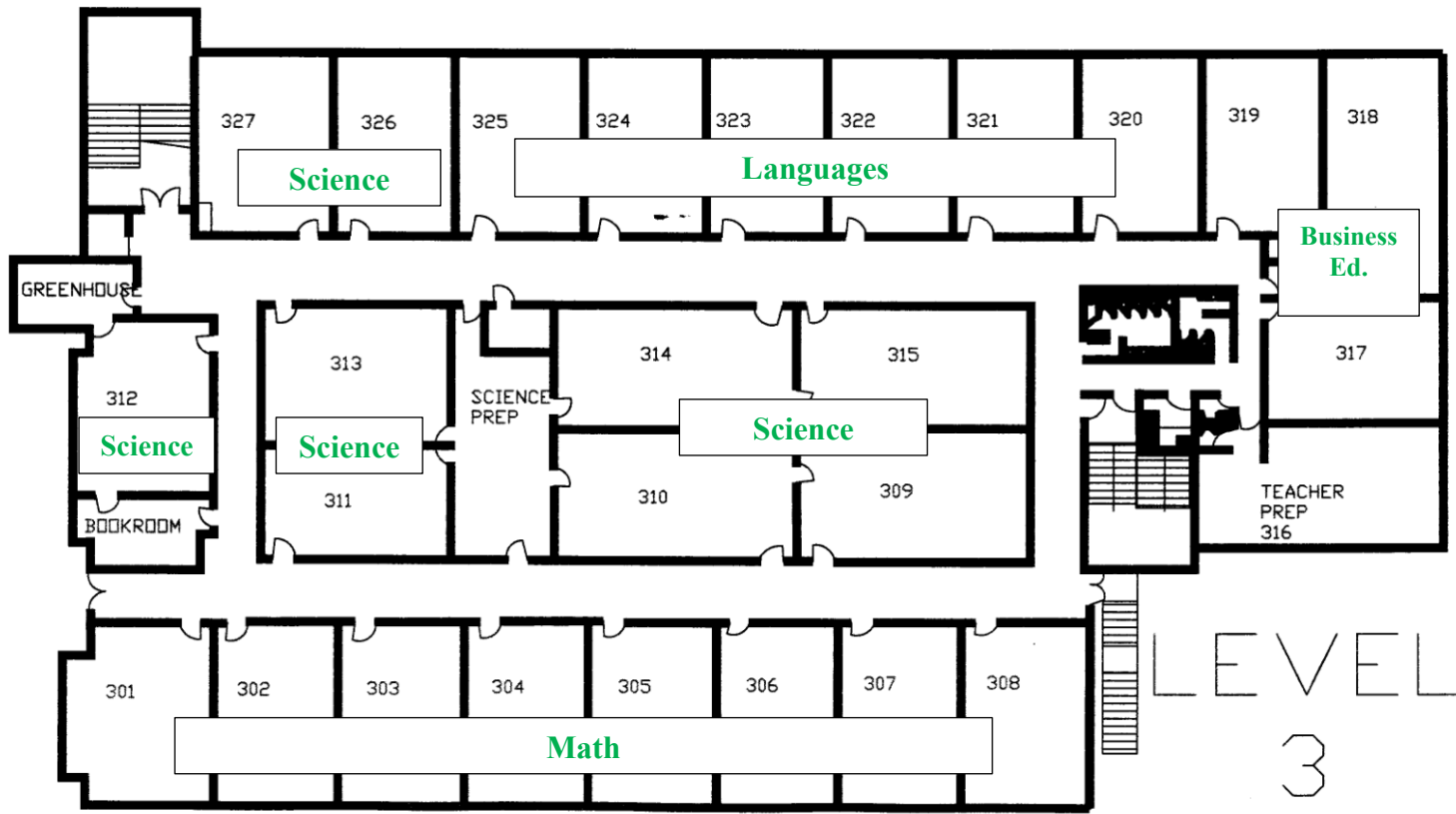


SECOND FLOOR



LEVEL 2

THIRD FLOOR



LEVEL  
3

## School Schedule 2022-2023

(Mon-Thu)	Mon	Tue	Wed	Thu	Fri	(Fri Only)
<b>8:35-9:05</b>	<i>Flexible Student Support Time</i>				<i>Extended Flex /Collab</i>	<b>8:35-9:25</b>
<b>9:05-10:20</b>	Period 1	Period 1	Period 1	Period 1	Period 1	<b>9:25-10:30</b>
<b>10:20-10:35</b>	<i>Break</i>					<b>10:30-10:45</b>
<b>10:35-11:45</b>	Period 2	Period 2	Period 2	Period 2	Period 2	<b>10:45-11:55</b>
<b>11:45-12:30</b>	<i>Lunch</i>					<b>11:55-12:40</b>
<b>12:30-1:45</b>	Period 3	Period 3	Period 3	Period 3	Period 3	<b>12:40-1:45</b>
<b>1:50-3:00</b>	Period 4	Period 4	Period 4	Period 4	Period 4	<b>1:50-3:00</b>

## School Expectations

### What Does It Mean to Be A Mountain Lion?

Similar to the Burnaby School District, we have a Code of Conduct and our school expectations are on our website – please read these. As a school, we are introducing a way to share what it means to be a part of the Burnaby Mountain community and build school connectedness. A way of remembering these expectations involves using our school moto:

**RESPECT**  
**RESPONSIBILITY**  
**EXCELLENCE**



School-wide connectedness is a strategy for encouraging positive behaviour with all students. School-wide expectations are based on values that we want to see reflected in our students. These expectations enhance connectedness among our students, staff, and community, creating an overall climate and culture in the school that is welcoming and safe.

## What About Cell Phones and Other Devices?

All Burnaby Mountain students are expected to be thoughtful digital citizens and only use their smart phones and devices in class with the permission of their teacher. If you are old enough to have your own smartphone, you are expected to be responsible enough to regulate your



behaviour. We have WiFi in the school and you will be able to connect to the internet. Remember, the internet is forever – always THINK before you text, post, like or share an image or message. If it is unkind, hurtful, and inappropriate or you would not want your parents or teacher to see it, then DON'T do it! The staff and school are not responsible for any loss, theft or damage to your cell phone.

## Your First Day of High School

Starts on Tuesday, September 6<sup>th</sup> at 10:00am! We hope your first day of high school is exciting, positive and enjoyable! The Grade 8s will have an orientation on Sept 6<sup>th</sup> in their period 1 class and will be welcomed by student leaders, administrators and counsellors.

After the welcome orientation, you will be led by leadership students and teachers. We will share important information about your timetable, lockers and go for a school tour led by our Leadership students and participate in fun filled activities before being dismissed. The first day is shorter and you should be done for the day by 12:00pm.



## What will the rest of the first week look like?

The first FULL day of school starts at 9:05 AM on Wednesday, September 7<sup>th</sup>. We will start the day with going to your Period 1, 2, 3, and 4 on Wednesday, and you will follow your schedule set for the school year.

## What Will I Need for Class?

The first day in all your classes will be a welcome and introduction to the course and the teacher. You will get a course outline that describes what you will learn and do in the class, the expectations of the teacher and any supplies you will need. Listen to each teacher as they may have specific requirements for class materials, but here some helpful suggestions for Grade 8s:

- Use separate binders with dividers for each “core” subject such as English, Math, Science, Social Studies & French (unless otherwise requested by the teacher) and LOTS of lined paper!!!





- Have a pencil case with pens, pencils, highlighters, erasers, a ruler, a glue stick, calculator and post-it/sticky notes.
- Have PE strip – for hygiene reasons, you should change from your school clothes into shorts or sweats and a t-shirt or hoodie and running shoes on the days you have PE. It is a very good idea to take your PE strip home regularly to be washed too.
- **Always use your first and last name** – and write this on your pencil case and everything you hand in to the office and all of the work you hand in to your teachers.

## Other Important Information

### Peak Program

Burnaby Mountain's Peak Program is an after-school homework support program that aims to assist students with their various homework needs. The Peak program is open to all Burnaby Mountain students to use as a drop-in homework support centre. **The program operates out of room 206 from 3:00 to 4:00 p.m., Monday through Thursday.**

### Flex Time

Students have the opportunity to own/be actively engaged in their own learning and manage their time during Flex. While some school wide initiatives might occur during Flex Time, teachers will not be teaching new course material. Teachers will be available to students for additional help and guidance on current and ongoing work. The goal is to support you in your current learning, not to generate more work for you or your teachers. You may ask for additional practice or support to work on during FLEX, especially when working through a challenging concept, but your teachers are not expected to create more "stuff/assignments".



Acceptable uses of flex time include...

- Receive help from a teacher or a peer
- Complete missed assignments and tests following absences
- Prepare/study for tests & quizzes
- Make progress on long term assignments
- Practice presentations
- Develop/improve skills: Reading, writing, drawing, performance, construction, organization, study, etc...
- Work out and improve fitness
- Or...anything you need to do to help you succeed at school
- **Reminder:** if you are in the building during this time, you are expected to be in a learning space and here with a purpose



## Important Dates

September 7 <sup>th</sup>	Photo Day
September 22	Terry Fox Run (9:15am)
September 22 <sup>st</sup>	Meet the Teacher (6pm)
September 23 <sup>th</sup>	Professional Development Day (No Classes)
September 26-29	Truth & Reconciliation Week
September 30 <sup>th</sup>	National Day of Truth & Reconciliation (School Closed)
October 6 <sup>th</sup>	Clubs Days (At Lunch)
October 6 <sup>th</sup>	Taking Care of Ourselves Presentation
October 7 <sup>th</sup>	Photo Retakes & Group Grad Photo

## ADST Rotation

All grade 8s will take a course called ADST (Applied Design, Skills, & Technology) that includes a rotation of 3 different courses over one semester: Home Economics, Technology Education, & Business Education. Below is a breakdown of the ADST rotation for this year.

### Semester 1 (Periods 1, 4)

- Rotation 1: Sep 7- Oct. 24, 2022
- Rotation 2: Oct. 25- Dec. 5, 2022
- Rotation 3: Dec. 6- Jan. 26, 2023

### Semester 2 (Period 8)

- Rotation 4: Jan. 30- Mar. 27, 2023
- Rotation 5: Mar. 28- May 11, 2023
- Rotation 6: May 12- Jun. 23, 2023

## Counselling Services



### **What do high school counsellors do? Do I need an appointment?**

One of the great things about high school is that all students are assigned to a school counsellor – these are teachers with master’s degrees in counselling. Many Grade 8 students may not feel they need to see their school counsellor, but our counsellors are here to help all students in many different ways over your five years at Burnaby Mountain Secondary School. The counselling center is located directly across the hall from the office and is open from 8am to 3:30pm every school day.

Your counsellor is assigned to you by alphabet, based on your last name. If you need to see your counsellor and it is during class time, you can ask your teacher if you can come to see them or go to them first thing in the morning and they will give you a note to get back into class. Most students come to see their counsellor at breaks and at lunchtime, or after school, but if something is really bothering you, just go see them right away as they are here to help students be successful!

### **What kinds of things do counsellors help with?**

Counsellors are available to help you select your courses for next year, explain graduation, college and university requirements and to help you decide what your post-secondary plans may be. They are also specially trained in counselling and can talk to you about other topics, and this can include personal or family situations or issues with friends. They are here to support Burnaby Mountain students to be balanced, healthy and happy people.



**We look forward to welcoming all of our new grade 8 students next week!! Welcome to the Mountain Lion Pride!!**

