







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: Thursday May 11th ,2023

Student First Aid: **Melissa Luces-Taje and Gemma Leong**

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| <div>May 12</div> <div>Ms. Manning</div> | <div><u>Work Experience Opportunities</u></div> <div>Please bottom of bulletin for Opportunities.</div> |
| <div>May 13</div> <div>Ms. Belyea</div> <div></div> | <div>If you have been offered ANY money from a University, College or any external organizations....</div> <div>Please email Ms. Belyea (tammy.belyea@burnabyschools.ca) a copy of the offer so we can announce it during the grad ceremony.</div> <div>I need this info by May 13! You worked hard and deserve to be recognized for it at the ceremony!</div> |
| <div>May 18</div> <div>Ms. Gingras</div> | <div><u>Grade 12 Students - Grad Dinner Dance Table Seating & Dietary Requests:</u></div> <div>Grade 12s - the Grad Dinner Dance is on Friday, June 16th at the Fairmont Waterfront Hotel. The Career Centre is helping to organize the event. At the event, you will be allowed to sit 10 people maximum per table. Please come by and pick up a Table Seating Request Form in the Career Centre. Only one form needs to be completed per group of 10 students. This form also allows student to indicate if they have any specific dietary requests (food allergies, vegan, etc.) This form is due back to the Career Centre no later than May 18th.</div> |
| <div>May 18</div> <div>Ms. Der</div> | <div></div> <div><u>Attention all Grads!</u></div> <div>Grad Council is putting together a Grad slide show to play at the Dinner Dance. We are looking for your photos to add to the slide show. Please submit your photos to bmssgrads2023@gmail.com.</div> <div>We want photos from everyone over the past 5 years. Let's make this a memorable slide show!</div> |
| <div>May 31</div> <div>Mr. Kinoshita</div> | <div>Celebrating Health Month for May</div> <div>Please see calendar below.</div> |
| <div>Ms. Welsh</div> | <div></div> <div>Please see Ms. Welsh room 318 for more information.</div> |

Work Experience Opportunities

(Yes – these all count for work experience hours – make sure you get paperwork from the Career Centre BEFORE you go)

Burnaby Elementary Summer School Volunteers * SUMMER

Several Burnaby Elementary schools, including Cameron Elementary, are seeking student volunteers to assist in the classrooms this summer from July 5 – 21. Morning or afternoon shifts available. If you enjoy working with children, this placement is for you. Come by the Career Centre for more info.

SCHOOL GOALS:

- Goal 1: To foster an educated, responsible and reflective community of Digitally Literate Citizens.
- Goal 2: To increase student awareness, understanding and practice of healthy living.

BURNABY BLOOMS Festival

The City of Burnaby is hosting the BURNABY BLOOMS FESTIVAL at Deer Lake Park **May 13-14**. They are seeking volunteers to assist at the event in various roles and also with some floral design prep shifts the week of May 8-12 if interested. No experience is needed, just friendliness and a willingness to lend a hand. Love of plants and nature is a bonus! Student volunteers must be at least 15 years of age and can apply online at <https://app.betterimpact.com/PublicOrganization/ab0969d9-d6f7-473a-bc25-a775aff77b98/1>.

Cameron Recreation Centre Kids Camps *SUMMER

Do you love to work with kids? Do you want to help run summer camps at Cameron Recreation Complex? Come by the Career Centre to sign up as a summer camp assistant helping run games, activities, sports and field trips for elementary-aged students this summer.

Camp Madawaska*SUMMER

Volunteers needed for City of Burnaby summer camp for kids at Warner Loat Park in Burnaby (near Government Rd). Minimum 1 week commitment – July or August. Camp runs Monday to Thursday. Volunteers will assist with games and activities at this outdoor camp. Training is on June 28th from 6 – 8pm. For more info and to sign up come to the Career Centre.

Place des Arts *SUMMER

Place des Arts is seeking summer work experience students for our visual and performing arts camps: Our **Summer Fun!** program runs for six weeks from July 4 – August 11, 2023, and offers a variety of visual and performing arts camps. Place des Arts is seeking responsible, caring, and committed volunteers with an interest in working with children, ages 5-12 years. Shifts are daily (Monday-Friday) and you can choose between: 8:30am-12:50pm / 11:45am-4:00pm / 8:30am-4:00pm. A minimum commitment of two weeks over the course of the summer and experience working with children 5-12 years old, (for example babysitting, daycare, volunteering with elementary schools, day camps and other children's programs) is required. For more info and to apply pick up an info form in the Career Centre, and apply at : <https://placedesarts.ca/summer-volunteers/>.

The Madison – Seniors Care Home

The Madison is a Seniors Care Home located in Coquitlam (just off Como Lake Ave). They are looking for volunteers Monday to Thursday from 5:30 – 7pm to help with their evening social programs. Volunteers attend one day a week for a minimum of 12 weeks. This is a fantastic work experience for anyone interested in health care. To sign up come to the Career Centre.

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. To apply go to: <https://pedalheads-bike-camps.breezy.hr/p/f32fbc5e2d88-summer-volunteer-application-canada> Please note that applying does not guarantee a spot. We will email you to confirm your application to be a volunteer. Applications closed May 15th.

Belcarra Beachkeepers *SUMMER

Beachkeepers is a fun stewardship program that runs June 24th to September 4th on weekends and holidays. We meet at the Belcarra Regional Park picnic area. This volunteer position involves four main activities: Scientific crab study (measuring and sexing crabs and recording any injuries), answering questions and educating park visitors about intertidal creatures, explaining fishing regulations and beach etiquette to park visitors and caring for live ocean animals (animal handling). An average weekend shift is from 10:45 am to 4 pm and would involve a combination of all four activities and a half an hour lunch break. The time commitment required is a minimum of thirty hours (6 five hour shifts). No previous knowledge of marine life or fishing regulations is required, as training is provided. To apply go to : <https://app.betterimpact.com/Application?OrganizationGuid=738bce4c-3c89-456a-b0cb-2a0491697eec&ApplicationFormNumber=2>

Burnaby Art Gallery Summer Art Assistant *SUMMER

Are you interested in helping as an Art Assistant for the Burnaby Art Gallery summer camps? Do you love visual arts and want to gain experience working with children? Come by the Career Centre for a flyer and application. Only 12 spots available.

Burnaby School District Family Pride Event

The Burnaby School District is seeking student volunteers for a Family Pride Event on Friday, **June 1st**, 4-7pm, at Burnaby Central Secondary. Volunteers are needed for set up, booth assistance and clean-up from 3:30-7:30 pm. Please email Ms. Costa at elise.costa@burnabyschools.ca or come by the Career Centre if you are interested in volunteering.

Tweedsmuir Community Carnival Event

Tweedsmuir Elementary School in New Westminster is seeking volunteers for their Community Carnival after school on Friday, **June 9th**. If you are interested, please sign up online at the following link: <https://signup.com/client/invitation2/secure/2713841300121/false#/invitation>

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 run Monday to Friday from July 3 until September 1, 2023. 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 assist staff with coaching and supervising children at camp and help with equipment collection and maintenance. Previous soccer experience is an asset, but is not necessary. Pick up a handout in the Career Centre for more details. To apply go to : <https://royalsoccerclub.com/employment/jobs/british-columbia/>.

BASES Family Thrift Store

Located at 7825 Edmonds Street, Burnaby. We provide opportunities for developing cashier and customer service skills, organization, and sorting skills. We work together as a family for our common cause to support our local community. No experience is necessary. We are looking for volunteers who enjoy Thrift Stores and love giving back. For more info and to apply go to : <https://basesburnaby.ca/>

Fly Over Canada Guest Services Intern *SUMMER

Come assist in guest services during the summer season at one of Vancouver's best tourist attractions. Come by the Career Centre for more info.

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Vancouver International Children's Festival

The Vancouver International Children's Festival is looking for volunteers from **May 30th to June 4th** on Granville Island. Take part in this exciting community event and contribute to the fun, festive environment! Meet new people, develop a variety of skills, and get work experience credit. The Children's Festival aims to create an inspiring experience for everyone involved. The minimum commitment is 2 shifts, plus training. Contact Ami Onda or Sonia Yu via school email or visit the career center to sign up. Online application: <https://app.betterimpact.com/Application?OrganizationGuid=fc7ac456-0bb1-42b0-9869-194498a46166&ApplicationFormNumber=1>

Sun Life Walk to Cure Diabetes

Volunteer at this year's Sun Life Walk to Cure Diabetes for JDRF, the largest fundraising event in Canada to support type 1 diabetes (T1D) research. On **Sunday, June 11th** we need the support of our committed volunteers to help make the day a success! **Location:** Lumberman's Arch, Stanley Park, 845 Avison Way, Vancouver, British Columbia, V6G 3E2 **Time:** 7:00 am – 3 pm. We have a variety of roles. For more details pick up an info sheet in the Career Centre. To sign up go to : <https://app.betterimpact.com/PublicOrganization/9226eace-8fa9-4e97-aa52-06e0e6715608/Gvi/3bc54b51-779e-49cd-b972-2c7e36e1856f/3>

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 weekday and weekend volunteer placements available (Monday to Friday 3:30 – 6:30pm / Saturday or Sunday 10am – 6:00pm). Spring Break placements are also available. Students volunteer one day per week, for 6 – 8 weeks. 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.

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>

Bard on the Beach *SUMMER

Bard on the Beach is Western Canada's largest not-for-profit, professional Shakespeare Festival. Presented in Vancouver's *Senākū*/Vanier Park against a spectacular backdrop of mountains, sea and sky, the Festival runs from June 8 to September 30, 2023, and includes productions of *As You Like It*, and *Julius Caesar*. 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. To apply go to : <https://bardonthebeach.org/current-opportunities/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/>

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/>

Burnaby Neighbourhood House

Burnaby Neighbourhood House is a community driven and community funded agency with a unique focus on neighbours supporting neighbours. They have a variety of youth volunteer opportunities, including Food Bank Assistant, Office Assistant, Day Camp Helper and Special Events Helper. To find out more about these opportunities register at : <https://burnabyhnh.ca/get-involved-volunteer/>

IKEA

Are you interested in gaining experience working with a sales team? Do you love IKEA and their products? Are you interested in interior design? If any of these questions appeal to you, then a work experience placement at IKEA is for you. Come by the Career Centre to learn more and to sign up for an interview.

Shoppers Drug Mart – Retail, Pharmacy or Cosmetics Department

Work Experience Opportunity at the Shoppers Drug Mart located on the corner of Cameron and North Road. Stop by the Career Centre for more details and to sign up.

Career Exploration Work Experience (Pay to attend Programs)

(Yes – these also count for work experience hours – make sure you get paperwork from the Career Centre BEFORE you go)

Emily Carr – Portfolio Workshop for Teens

This intensive workshop focuses on the production of digital and physical portfolios, from creation to documentation. This workshop is aligned with the new ECU Admissions Guidelines and will help students through a holistic engagement with the application process, as well through peer and instructor review. Students will need to have at hand all the work they are considering for their portfolio. Issues surrounding selection of work, photo documentation and practical approaches to building a strong portfolio will be discussed. This workshop is ideal for students looking to study art and design at the post-secondary level. **August 12 - 19, 2023 | Saturdays | 10:00am - 5:00pm Tuition: \$257.60| 2 sessions.** To register go to : https://www.ecuad.ca/academics/teen-programs/courses-workshops/portfolio-workshop-for-teens_

UBC Future Global Leaders Program - Summer

UBC Future Global Leaders is an exciting pre-university program for high school students ages 15–18. Try an academic course taught by UBC professors and instructors, get a taste of life at a top university, and prepare for your future beyond high school. Make friends from around the world as you explore your interests and passions. Programs are available in a WIDE variety of subject areas. Cost : \$1710 - \$3415. For more info go to : <https://extendedlearning.ubc.ca/programs/future-global-leaders>

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Career Exploration and Leadership Development

(these also count for Work Experience Hours – but you MUST get paperwork from the Career Center BEFORE you go)

Encryption Event with SFU'S WOMEN IN ENGINEERING

Science Alive and SFU's Women in Engineering are hosting a digital literacy workshop on May 25th from 4 – 5pm! In this FREE workshop, participants will define cyber security, learn about cyber safety, and code an encryption game. We will also explore Integrate AI/ ChatGBT as accessible tools for folks to learn about artificial intelligence. As this workshop falls around dinner time, pizza will be provided. This is a FREE event that will educate, inspire and equip girls* with the digital skills, confidence and resources needed to pursue education in technology, computing and engineering. Careers in technology, computing and engineering are the fastest growing industry. To sign up go

to : <https://coursys.sfu.ca/outreach/apsc-encryption-event-with-sfus-women-in-engineeri/register>

SFU STEM Speakers Series – Robotics

The Science, Technology, Engineering, and Mathematics (STEM) Speaker Series provides secondary school students with the opportunity to meet and interact with university students, faculty members, and/or working professionals in STEM fields. The May talk is with Paige Tuttosi, a Ph.D. student in the School of Computing Science at SFU. Her current research interests are human computer/human robot interaction, technology aided language learning and general social good uses for AI. Before all of this, Paige used to be a physical anthropologist and studied Asian religion, then she turned to statistics and computer engineering and dabbled in French the whole way through. Join us on **May 20** from 1:00 – 2:00pm on Zoom.

To register go to : <https://websurvey.sfu.ca/cgi-bin/WebObjects/WebSurvey.woa/wa/survey?446144356>

SFU STEM Speakers Series – Health Sciences

The Science, Technology, Engineering, and Mathematics (STEM) Speaker Series provides secondary school students with the opportunity to meet and interact with university students, faculty members, and/or working professionals in STEM fields. The June talk is with Dr. Malcolm Steinberg is the Director of Public Health Programs in the Faculty of Health Sciences at Simon Fraser University where he is an Associate Professor. He has experience in research programme management, health strategy, policy and programme development and evaluation, primary health care and chronic disease management, public health consulting in Sub-Saharan Africa and Southeast Asia, and public health teaching. Dr. Steinberg is the Director of the Masters in Public Health training program. Dr. Steinberg's research interests are in exploring and reclaiming Indigenous medicine practices and supporting collaboration between Indigenous healers and the western medical system. He pursues these interests in BC and South Africa where he has an adjunct appointment with the Traditional Medicine Unit in the School of Public Health at the University of Kwazulu-Natal. Join us on **June 3** from 1:00 – 2:00pm on Zoom. To register go to : <https://websurvey.sfu.ca/cgi-bin/WebObjects/WebSurvey.woa/wa/survey?446158961>

SFU - HOUR++ OF CODE – Various Workshops

The Hour Plus Plus of Code event features various workshops for high school students to learn how to code and implement popular digital tools. Between **May and June** we will be offering multiple ONLINE workshops. Topics include : UX & UI Design; Python Programming; Mobile App Development, Python & Data; Python and Game Development; HTML & CSS; Intro to GIT and Java Programming. For more info and registration instructions pick up a handout in the Career Centre.

UBC Women In Orthopaedics (WORTH) Workshop

UBC would like to extend an invitation to the Women In Orthopaedics (WORTH) workshop on Saturday, **June 10th**, from 8:30 am to 3 pm. This workshop is open to all young women in high schools (grades 10-12), including women-identifying individuals and non-binary and gender non-conforming students interested in pursuing a career in healthcare. We aim to provide more insight and clarity on careers particularly in the areas of orthopaedics and engineering. We aim to have an interactive set of sessions including hands-on learning workshops and career panels featuring incredible women orthopaedic surgeons, researchers, engineers and allied health workers. The workshop will take place at BC Children's Hospital. Details for registration can be found here https://ubc.ca1.qualtrics.com/jfe/form/SV_0GJJJ69UR1HfSck. Deadline to submit an application is May 25, 2023.

Post-Secondary Info Sessions

Post-Secondary BC Virtual Spring Mini-Fair:

PSBC is hosting a virtual mini-fair on Wednesday, **May 10th** from 9 am - 3 pm and from 6 pm - 8 pm. It is a drop-in fair where you can meet with university, college, and polytechnic representatives and explore more about potential post-secondary options for yourselves. To attend the fair, students can pre-register through the PSBC website at www.postsecondary.ca.

Justice Institute of BC - In-Person Info Session

May 17 - 6 - 8 pm – Law Enforcement Studies Diploma Program

To sign up go to: https://www.jibc.ca/event/law-enforcement-studies-diploma-info-session-may-17-0?utm_source=Email_marketing&utm_campaign=HighSchoolCounsellors&cmp=1&utm_medium=Email

BCIT (British Columbia Institute of Technology) – Online Info Sessions

May 11 – Office Administration with Technology

May 15 – Forensic Science and Technology

May 31 – Technology Support Professional

To sign up go to: <https://www.bcit.ca/events/category/infosession/list/>

Langara College - Online Info Sessions

May 17 – Social Service Worker

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

Douglas College - Online Info Sessions

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 – **May 23 & 25** at 5pm. See our information session page to find out which programs will be present. For more info and to register go to : <https://www.douglascollege.ca/future-students/explore-douglas/information-sessions>

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| <div> <div>MAY 2023</div> <div>Celebrating Health Month</div> </div> | | | | | | |
|--|--|--|--|---|--|----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 7 SLEEP | 8 FACT: REM sleep makes up about 20% of total sleep time and is often when you have your most vivid dreams | 9 FACT: Quality of sleep is just as important as quantity of sleep. Deep, restorative sleep is necessary for physical and mental health. | 10 FACT: Regular exercise can improve sleep quality and duration, but it's important to avoid vigorous exercise close to bedtime. | 11 FACT: Sleep is important for memory consolidation and learning, and lack of sleep can lead to decreased cognitive function. | 12 FACT: Getting enough sleep is essential for good health, as it plays a vital role in many bodily functions, including physical and mental restoration and repair. | 13 |
| 14 NUTRITION | 15 FACT: A balanced diet is important for good health: Consuming a variety of foods from all food groups including fruits, vegetables, whole grains, lean proteins, and healthy fats can provide the necessary nutrients for maintaining good health. | 16 FACT: Hydration is crucial for the body: Drinking enough water and fluids is important for many bodily functions such as regulating body temperature, and flushing out toxins,. | 17 FACT: Processed foods and added sugars should be limited: Consuming a diet high in processed foods and added sugars can increase the risk of chronic diseases such as obesity, diabetes, and heart disease. | 18 FACT: Adequate intake of vitamins and minerals is important: A balanced diet should provide all necessary vitamins and minerals for optimal health. Certain vitamins and minerals such as Vitamin D, calcium, and iron may need to be supplemented if levels are deficient. | 19 NO SCHOOL | 20 |
| 21 EXERCISE | 22 NO SCHOOL | 23 FACT: Regular exercise is essential for good health: Engaging in regular physical activity can improve cardiovascular health, boost the immune system, and reduce the risk of chronic diseases such as diabetes and heart disease. | 24 FACT: Exercise can improve mental health: Physical activity can help reduce stress, anxiety, and depression, and improve overall mood and cognitive function. | 25 FACT: Different types of exercise have different benefits: Aerobic exercise can improve cardiovascular health, while strength training can build muscle and improve bone density. | 26 FACT: Exercise can improve brain function: Exercise has been shown to improve cognitive function, memory, and mood by increasing blood flow and oxygen to the brain. | 27 |
| 28 NATURE | 29 FACT: Nature can promote a sense of well-being and connectedness: Being in nature can promote feelings of calmness, connectedness, and awe, which can improve overall well-being and quality of life. | 30 Exposure to natural light can improve sleep: Exposure to natural light during the day and darkness at night helps regulate the body's circadian rhythm, which can improve sleep quality. | 31 FACT: Being active outdoors can improve physical health: Outdoor activities such as hiking, biking, or gardening can provide exercise and fresh air, which can improve cardiovascular health, strengthen muscles, and reduce the risk of chronic diseases. | | | |

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