



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 25th ,2023

Student First Aid: Jiwon Ryu and Sol Park

NEW

May 26

Ms. Manning

Work Experience Opportunities

Please see bottom of bulletin for postings

May 26

Mr. Rolph

Student Council 2023-2024:

Thank-you to everyone who applied to be on next year's student council. It was a very challenging task with so many exceptional candidates. For those applicants who did not get a position next year, we hope that you will reapply the following year or get involved in your grade councils. We are pleased to announce and introduce your student council for 2023-2024 school year. The list is also published on Mr. Rolph's door in room 213

Executive Positions, Coordinators and Representatives

<div>Treasurer</div> <div>Amity Dominelli</div>	<div>Secretary</div> <div>Sol Park</div> <div>Assistant to Secretary</div> <div>Carrie Yeo</div>	<div>Events Coordinator(s)</div> <div>Daniel Chen</div> <div>Elvin NG</div>	<div>Social Media Coordinator(s)</div> <div>Alvin (Hungwoo) Park</div> <div>Sarah Leung</div>
<div>Artistic Directors and physical marketing coordinators</div> <div>Nathan Constantine</div> <div>Chantelle Dakis</div>	<div>Spirit Coordinator</div> <div>Juno Ang</div> <div>Marianna Fajardo</div>	<div>Clubs Coordinator</div> <div>Ahrin Oh</div>	<div>Health and Wellness Ambassador</div> <div>Armaan Jangi</div>
<div>Diversity and Inclusivity Ambassador</div> <div>Isaiah Soh</div>	<div>Talent Coordinator(s)</div> <div>Kathy Huang</div> <div>Ida Keita</div>	<div>Technical Director(s)</div> <div>Linus Fong</div> <div>Rex Yuen</div>	<div>ELL/ International Rep</div> <div>Rio Onda</div>

Grade Representatives and Members-at-Large


<div>Grad Co-Chair(s)</div> <div>Avai Ramesh</div> <div>Morva Zand</div> <div>Abby Kelcec</div>	<div>Grade 11 Representative(s)</div> <div>Anisha Nijjar</div> <div>Janet Zhao</div>	<div>Grade 10 Representative(s)</div> <div>Sally Firoz</div> <div>Anzal Majeed</div>
<div>Grade 9 Representative(s)</div> <div>Sierra Barnicoat</div> <div>Kayla Thai</div>	<div>Grade 8 Representative(s)</div> <div>TBD</div>	<div>Members-at-large</div> <div>Xeniya Lim</div> <div>Olivia Lee</div> <div>Connor Garland</div> <div>Karis Ng</div> <div>Ruth Jiang</div>

May 31

Ms. Moreno

Students in grade 9-11 who are still interested in traveling to South Korean during Spring Break 2024, come see Ms. Moreno in room 204.

There are a couple of spots left for the discounted price.



May 31

Mr. Kinoshita

Celebrating Health Month. Please see below.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
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.
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.		

NEW Work Experience Opportunities

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

Cameron Recreation Centre Kids Camps

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

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.

Fun Rec Summer Camps at Stoney Creek Elementary

Do you love to work with kids? Do you want to help run summer camps at Stoney Creek Community School? 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. Minimum 1 week commitment. Camps run July 4 – August 4.

Burnaby Tennis Club Tournament

Burnaby Tennis Club is seeking volunteers for an upcoming tournament, June 23-July 2. Come by the Career Centre if you are interested in signing up to help out.

RCMP Musical Ride

The RCMP Musical Ride is seeking volunteers at Swangaard Stadium on Monday, June 26th from 4 - 9 pm. Volunteers will assist with Greetings, Bike Valet, Family Zone & Imagination Playground, Lost & Found and more. Come by the Career Centre for more info.

City of Burnaby – Various Opportunities

The City of Burnaby has various volunteer opportunities at all of the Recreation Centres in the City as well many local parks. For more info and to apply go to : <https://app.betterimpact.com/PublicEnterprise/570204b9-44a5-450e-acc0-727dd26b9c2d>. If you are accepted as a volunteer you must get paperwork from the Career Centre BEFORE you go, so it can count towards your Work Experience hours.

Port Moody Ecological Society - National Indigenous Peoples Day

The Port Moody Ecological Society and the In the Presence of Ancestors Project is looking for volunteers on June 21st for a Coast Salish House Post Blessing Ceremony and Feast celebrating National Indigenous Peoples Day at Rocky Point Park. Help us to welcome the people of our community as we raise three house posts carved by Tsleil Waututh, Musqueam, Kwikwitem, and Kwantlin artists. We are looking for volunteers to help set up, greet guests, serve food and help clean up at the end of the evening. To get involved email volunteer@pofaproject@gmail.com. If you are accepted as a volunteer please stop by the Career Centre BEFORE the event to get paperwork.

Burnaby Elementary Summer School Volunteers

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.

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.

Low Entropy Thrift Store – Burquitlam Plaza

We are looking for enthusiastic and friendly volunteers to support us in person to operate our thrift store. You will perform a wide range of duties from customer service to sorting donations and organizing the store. Most volunteers work one shift per week. Available shifts : Monday – Friday 9am-1pm / 1pm-5pm / 5pm-9pm and Saturday – Sunday 10am-2pm / 2pm-6pm. To apply go

to : <https://app.betterimpact.com/PublicOrganization/4d580166-d7db-4d55-a867-aabdd6b15b6e/Gvi/72493870-bf25-4090-a5cc-7a927752e6bf/1>

Golden Spike Days

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. To apply go to : <https://www.goldenspike.ca/full-menu/get-involved/volunteers-Signup>

Place des Arts

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.

Belcarra Beachkeepers

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 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.

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/>

Royal Soccer Camp

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/>.

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>

Fly Over Canada Guest Services Intern

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.

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

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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>

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/>

Shoppers Drug Mart – Retail 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.

Theatre Under the Stars

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/>

UBC Physics Summer Camp Volunteer

The Phenomenal Physics Summer Camp is an annual summer camp program run by UBC Department of Physics & Astronomy on UBC campus. Camp participants engage in fun scientific activities designed to encourage thinking and experimenting. Volunteers are expected to commit to at least one week of volunteering for our summer camp program (Volunteer hours are Monday to Friday, 8:30am – 4:30pm, two-week commitment preferred). For more info pick up a handout in the Career Centre. To apply go to: <https://outreach.phas.ubc.ca/summer-camps/volunteer-opportunities/>

PedalHeads

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.

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 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 -

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>

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 – 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

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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

Langara College - Online Info Sessions

- June 6** – Library & Information Technology
 - June 7** – Education Assistant
 - June 8** – Recreation Programs
- To sign up go to: <https://langara.ca/news-and-events/information-sessions/index.html>

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

- May 23** – Interior Design
 - May 29** - Magnetic Resonance Imaging (MRI)
 - May 30** - Bachelor of Science in Nursing (BSN) / Food Technology
 - May 31** – Technology Support Professional / Medical Radiography
 - June 1** – HR and Business Management/ Medical Laboratory Science
 - June 6** – Accounting Finance & Insurance
- To sign up go to: <https://www.bcit.ca/events/category/infosession/list/>

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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Paid Work – The Fair at the PNE is Hiring!

Applications Due June 18. For more info pick up a handout in the Career Centre. To apply go to: <https://www.pne.ca/jobs/>

*Applicants must be at least 15 years of age by August 1st, 2023Successful applicants will receive an interview invitation via email in mid-June, and in this invitation it will allow all candidates to choose their preferred Fair jobs. Virtual group interviews will be held on July 4th, July 6th, & July 9th

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