



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**

Student First Aid: Smika Snow and Brenen Suzuki

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JANUARY





- This friday is another phone free friday
- It is always great to give your brain a break from the screen
- Spend the day to socialize with others
- There will be activities in the commons and the MPR
- After school will go much smoother than previous due to the removal of surveys
- We have more prizes to win
  - o Chance at 6 20 dollar Lougheed gift cards
  - 1 100 dollar Playstation gift card!
  - o Guaranteed prize of candy and ....

Come to the commons in the morning to grab an envelope and do your brain a favour and give it a break!





### **Winter Formal**

Date: Thursday January 11<sup>th</sup>, 2024

The winter formal is coming up on Thursday January 18, 2024.

It is open to all grade 11 & 12 students.

Tickets are \$45 and can be purchased at the main office cash or cheque or through school cash online.

The deadline to order tickets is Friday, January 12, 2024.

Make sure you buy your tickets before the deadline.

We look forward to seeing you there!



#### The CUB (Career UmBrella) club

"Curious about what a day in the life of an architect is like? Or the steps you should take to become an architect? Career UmBrella is hosting their 4th SPARK episode with architect, Wayne Yan.

This event will happen at lunch in room 301, on Monday the 15th. Drop by to learn about his current work projects, pre-architecture schoolwork, application process, and gain valuable insights in architecture!"

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#### BMSS Career Umbrella Event – The University Experience

Curious about what a day in the life of an architect is like? Or the steps you should take to become an architect? Career UmBrella is hosting their 4th SPARK episode with architect, Wayne Yan. This event will happen at lunch in room 301, on Monday, January 15th. Drop by to learn about his current work projects, pre-architecture schoolwork, application process, and gain valuable insights in architecture!

Feb 12 Ms. Reily



The Waterloo Pascal, Cayley, and Fermat math contests for grade 9 - 11 students are happening on Wednesday February 28 during periods 5 and 6. If you are applying for enriched math next year, writing contests is a fun challenge and it does look favorable on your application.

Please get a form from outside Ms. Reily's door (room 307).

The forms are due Monday Feb 12th.

Use the QR code to get resources for preparing for the contests:

Jan 12 Ms. Gingras

#### Grade 11 Students - CLC 11 Mandatory Session - Friday, January 12th at 8:35 am:

Reminder to all Grade 11 students that there is a mandatory session for your Career Life Connections 11 course this Friday, January 12th at 8:35 am in the Small Gym. For more information, visit your CLC 11 MS Team or visit the Career Centre. We will have a microphone this time! See you there!



# **NEW** Work Experience Opportunities

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

#### **Creekside Youth Centre – Afterschool Program**

Creekside Youth Centre, located at Stoney Creek Elementary, is looking for volunteers for their Pre-Teen program afterschool on Mondays and Wednesdays from 3:20 – 5:00pm. This is a great opportunity for students who are planning to go into education, social work or psychology. Minimum commitment is one day a week after school for 8 weeks. For more info and to sign up go to the Career Centre.

#### **Code Ninjas**

Code Ninjas Coquitlam (1130 Austin Ave) is looking for volunteers for their "Learn to Code" program for kids. Basic understanding of computer programing is an asset. Afterschool and weekend shifts are available. This is a great opportunity to get experience in a computer science industry. Group orientation on January 22 after school. Come to the Career Centre to sign up.

#### **Burnaby RCMP Youth Academy 2024**:

The Burnaby RCMP is hosting a Youth Academy March 18-22, 2024 at Burnaby Central Secondary School for students in Grade 11 or 12 with an interest in exploring a career in law enforcement. Come by the Career Centre ASAP for an application and more information. Deadline to apply is January 12th.

#### **Special Olympics BC**

Special Olympics BC is an excellent organization seeking volunteers to help individual with special needs at local events and sports (basketball, aquatics, bowling, etc). Various dates, times and events available. The program schedule for Burnaby is here Schedules | Special Olympics BC Burnaby (sobcburnaby.org). Sign up to volunteer at:

https://www.specialolympics.ca/british-columbia/get-involved/volunteer For Burnaby opportunities, visit: <a href="https://sobcburnaby.org/?page">https://sobcburnaby.org/?page</a> id=381

#### 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. To register for an info session, visit <a href="https://www.vanartgallery.bc.ca/volunteer">https://www.vanartgallery.bc.ca/volunteer</a> Volunteers must be 16 yrs+.

#### <u>Shoppers Drug Mart – Pharmacy, Retail or Cosmetics Department</u>

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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.

#### **Wildlife Rescue Association**

The Wildlife Rescue Association volunteer work experience program is currently accepting applications. Students must be 16yrs+ and must commit to 80+ hrs of volunteering (one 4-5 hr shift per week) at the Wildlife Rescue Hospital at Burnaby Lake (5216 Glencarin Dr, Burnaby). For more information about how to apply pick up a handout in the Career Centre.

#### <u>The Madison & Lakeshore – Seniors Care Homes</u>

The Madison & Lakeshore are Seniors Care Homes located in Coquitlam (just off Como Lake Ave). They are both looking for volunteers Monday to Thursday from 5:30 – 7pm to help with their evening social programs. The Lakeshore Care Centre is seeking volunteers on the weekends as well. 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.

#### **Burnaby Fire Department Youth Academy**

Are you interested in learning more about a career in firefighting? The Burnaby Fire Department is hosting a 4-day academy, April 29 – May 2, 2024 where students will learn firefighting skills, fire hose operations, search and rescue and belay techniques and much more. Come by the Career Centre for an application.

#### <u>Low Entropy Thrift Store – Burquitlam Plaza</u>

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. To apply go

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

#### Big Brothers Big Sisters - Big Buddies Program

Be a Teen Mentor to an elementary-aged child from Stoney Creek Community School. Be a safe, positive role model and a friend to a child in Grades 1-7. Meetings every Monday from 3:30 pm- 4:30pm, January to May. Come out and play games, do arts & crafts and build a connection and have fun! Apply NOW at: <a href="https://www.bigbrothersvancouver.com/our-programs/teen-mentor/">https://www.bigbrothersvancouver.com/our-programs/teen-mentor/</a> After you have completed your online application, please come to the Career Centre so we can arrange work experience paperwork.

#### <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 :<a href="https://app.betterimpact.com/Application?OrganizationGuid=f100c7a4-7d7f-4f35-816b-9e895866e0ae&ApplicationFormNumber">https://app.betterimpact.com/Application?OrganizationGuid=f100c7a4-7d7f-4f35-816b-9e895866e0ae&ApplicationFormNumber</a>

#### New Vista – Seniors Care Home

New Vista is a Seniors Care Home located in Burnaby (near Edmonds Community Centre). They are looking for volunteers on weekends and weekday evenings to help with their social and recreational programs. This is a fantastic work experience for anyone interested in health care. To sign up come to the Career Centre.

#### **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: <a href="http://burnabyhospice.org/volunteer/thriftstore/">http://burnabyhospice.org/volunteer/thriftstore/</a>

#### **Invasive Species Youth Environmental Program**

Do you want to make an impact in your community, but don't know where to start? Join the Invasive Species Council of BC Youth Program and help prevent the spread of invasive species and help keep ecosystems healthy.

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Learn how to engage the public and build an effective team, gain experience in project management and budget building, get access to training opportunities in habitat restoration, invasive species management, leadership, and more! Design and lead your own community project or join another one and have your project funded – up to \$5,000 available per project. Connect with youth across Canada and grow your network while gaining practical, hands-on work experience in a safe and inclusive space. To apply you must be 15-30 years old and have Canadian citizenship, permanent resident status, or refugee status. To apply go to: <a href="https://bcinvasives.ca/take-action/community-science/youth-team-2/">https://bcinvasives.ca/take-action/community-science/youth-team-2/</a>

#### **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: <a href="https://basesburnaby.ca/">https://basesburnaby.ca/</a>

# **Career Exploration and Leadership Development**

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

#### IYSCorps Program - Leadership & Volunteering Opportunity

The **IYSCorps** program is looking for passionate youth between the ages of 15-29 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. IYSC Program provides youth with 5 weeks of essential skills training such as resume writing, financial literacy, stress management, and looking for jobs. Youth are then offered with 12 weeks at a volunteer placement of their choice or have the opportunity to create their own fully funded community project. To apply go

to: <a href="https://www.volunteerconnector.org/surrey/progressive-intercultural-community-services-society/volunteer-ambassador-youth-service-corps-3">https://www.volunteerconnector.org/surrey/progressive-intercultural-community-services-society/volunteer-ambassador-youth-service-corps-3</a>

#### <u>SFU STEM Speakers Series – Innovation for a Sustainable Future</u>

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 January Talk is with Dr. Rahul Singh, Director of Innovation & Technology at the BC Centre for Agritech Innovation. His passion and expertise lie addressing the pressing challenges posed by climate change, impacting both our communities and the planet. He enjoys discussing cutting-edge science, engineering, and biotechnology and their social, economic, ethical and environmental impacts Join us on January 20 from 1:00 – 2:00pm on Zoom. To register go to: <a href="https://sciencealive.ca/stem-speaker-series">https://sciencealive.ca/stem-speaker-series</a>

# **Post-Secondary Info Sessions**

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

January 9 – Broadcast 7 Media / Accounting & Finance

January 15 - Digital Arts Media & Design / Forensic Science

January 17 - Marketing Management

To register go to : <a href="https://www.bcit.ca/events/category/infosession/list/">https://www.bcit.ca/events/category/infosession/list/</a>

#### **SFU (Simon Fraser University)** – Online Info Sessions

**January 11 & 16** – <u>SFU Applicant Workshop:</u> Join this virtual workshop specifically designed to help BC high school students complete their applications. We'll cover admission requirements, how to self-report your grades, important dates, and address topics and frequently asked questions from BC applicants.

To register go to: <a href="https://www.sfu.ca/students/admission/tours-events/events.html">https://www.sfu.ca/students/admission/tours-events/events.html</a>

#### **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

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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 **January 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: <a href="https://www.douglascollege.ca/future-students/explore-douglas/information-sessions">https://www.douglascollege.ca/future-students/explore-douglas/information-sessions</a>

#### Langara College - Online Info Sessions

January 8 – Studio 58 Acting and Production Program

January 9 – Design Formation / Social Services Worker

January 16 – Programs in Gerontology

January 22 - Criminology & Criminal Justice

January 23 – ECE (Early Childhood Educator) & EA (Education Assistant)

February 15 – Recreation Programs

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

#### UVic (University of Victoria) – Online Info Session

If you're thinking about applying for undergraduate studies at UVic, join us for an online Discover UVic event on **January 18** at 6pm and learn what it really means to be a UVic student. More than just getting into university, we'll explore the possibilities and what your education can be. You'll hear about our co-op program and why hands-on learning is so important, how you can engage with your surroundings, and how our community can inspire you to succeed. Register at: <a href="https://www.uvic.ca/undergraduate/tours-events/events/index.php">https://www.uvic.ca/undergraduate/tours-events/events/index.php</a>

# **Career Education & District Programs Info Night**

The Burnaby School District has a multitude of programs available to students in their Grade 11 & 12 years. Did you know you can complete post-secondary level training, in a variety of fields, while you are still in high school? If you are interested in learning more about what programs are available, you are invited to attend the Career Education & District Programs Info Night, on January 16 at 6:30pm-8:30pm at Burnaby Central Secondary and drop by the Career Centre for more info. For more info on all the programs: <a href="https://burnabyschools.ca/careereducation/">https://burnabyschools.ca/careereducation/</a>