



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: Mon. Dec. 16<sup>th</sup>, 2024**

Student First Aid: **Diba Darvishi and Jesslyn Stewart**

**NEW**






Timeline	Messages
<p>Dec 16-20 Mr. Rolph</p>	<p>Hey Lions! Winter break is almost here. You know what that means? It's time for <b>SNOW DAYZ!</b></p> <p>Between Dec 16- 20 show school spirit, have some fun, and celebrate that we are almost at the break.</p> <p> <b>Monday</b>- Come to the lower commons for holiday photos with Larry the Lion &amp; Santa. It's also PUFFER vs. FLANNEL DAY.</p> <p> <b>Tuesday</b>- Holiday Karaoke in the lower commons at lunch. Wear candy cane colours <b>red + white</b></p> <p> <b>Wed</b>- Dress festively. Holiday sweaters, sparkly outfits, and be merry and bright. Join us in the commons to play some reindeer games and win SNOW DOUGH.</p> <p> <b>Thursday</b>- Come early for our annual free pancake breakfast. Food service will begin around 8 am.</p> <p> <b>Friday</b>- We end the week with Frosty's Fun Fest. Come to the main gym for prizes, performances, Photo Booth, games and more. Let's end the calendar year on a fun note.</p>
<p>Dec 16 Mr. Leung</p>	<p> <b>Career Umbrella</b> is hosting another SPARK episode this month with BMSS alumni, David Chen. David is a first-year medical student at UBC, and completed his undergraduate degree at UBC, studying pharmacology. In this episode, David will discuss</p> <ul style="list-style-type: none"> <li>✓ <b>medical school myths,</b></li> <li>✓ <b>his journey to medical school,</b></li> <li>✓ <b>application process,</b></li> <li>✓ <b>UBC sites and finances, and more.</b></li> </ul> <p>Join Career Umbrella for SPARK Season 2, Episode 3 on Monday, Dec. 16th, in Room 301 to hear about his remarkable journey!"</p>

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Goal 1: To foster an educated, responsible and reflective community of Digitally Literate Citizens.

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<p>Dec 18 Mr. Leung</p>		<p><b>Hello Lions!</b> This year's <i>Krypto's Lockbox</i> has begun! If you are unfamiliar, this is a 12-day scavenger hunt / puzzle challenge with awesome prizes opened to all students here at Burnaby Mountain.</p> <p>None of the problems will require higher-level mathematics, so students from all grade levels can participate.</p> <p>The Lockbox itself, along with the rules and the first puzzles, is displayed in the office's waiting area. Good Luck, Have Fun!</p>
<p>Jan 13 Ms. Belyea</p>	<p><b>Grade 12 Scholarships</b> The following new scholarships are posted on Teams:</p> <p><b>Beedie Luminaries Scholarship</b> is for students with potential who are facing financial adversity. Students who are smart but constrained by circumstance. Students who are resilient and gritty. Students who are ready to make a positive change in their lives. (Value: \$44,000 per student / 4-year undergraduate degree, or \$22,000 per student / 2-year college or trade-school diploma) <b>DUE DEC 16</b></p> <p><b>BURGER KING Scholars</b> program assists employees, employees' spouses or domestic partners, employees' children and high school seniors in the United States, Puerto Rico and Canada in continuing their education. <b>DUE DEC 16</b></p> <p><b>BC Excellence Scholarships</b> available to recognize well-rounded B.C. graduates. Winners demonstrate service and leadership, both at school and in their communities. Winners also show aptitude and commitment to their chosen career paths. (Value \$5000) <b>DUE JAN 13</b></p> <p><b>Schulich Leader Scholarships</b> are Canada's most coveted undergraduate STEM scholarships. Every high school in Canada can nominate one graduating student each year to apply for the scholarship (Value \$100,000) <b>DUE JAN 13</b></p>	



**Work Experience Opportunities (gr. 11 & 12 only)**  
(Yes – these all count for work experience hours  
make sure you get paperwork from the Career Centre BEFORE you go)

**Community Christmas Dinner Kitchen Helpers**

United Way BC seeking volunteers to assist with general meal and kitchen preparation for our Community Christmas Dinner on December 18th at St. Stephen Church, across from Lougheed Mall. This role is ideal for individuals looking to give back to the community, those interested in gaining experience in the kitchen and event planning, newcomers to Canada wanting to practice their English and gain local experience, students needing volunteer hours, and anyone who enjoys working in a team and meeting new people. December 18th shifts available from 4:30 – 8:00pm. Duties included dish washing, clearing tables, dinner service and takedown. You must attend an orientation on December 11th 5:00 – 6:30pm or December 14th 12:00 - 2:00pm or 2:30 – 4:30pm. To sign up go

to : [https://www.ivolunteer.ca/need/detail/?need\\_id=821583&fbclid=IwZXh0bgNhZW0CMTAAR3FPKRFzAgn-rlGsSSR2orTESAfMiStH8UC5ubs8lCwqoelAyj6F\\_Lf8\\_aem\\_gW29dLogct4mU7vXyxHQwQ](https://www.ivolunteer.ca/need/detail/?need_id=821583&fbclid=IwZXh0bgNhZW0CMTAAR3FPKRFzAgn-rlGsSSR2orTESAfMiStH8UC5ubs8lCwqoelAyj6F_Lf8_aem_gW29dLogct4mU7vXyxHQwQ)

**Chinese New Year Parade**

Chinese New Year, also known as the Spring Festival, is one of the most significant traditional holidays in China. Over time, it has evolved into a cultural celebration embraced by communities worldwide. Chinese Lunar New Year festivities highlight family togetherness, good luck, and prosperity for the upcoming year. As Vancouver Chinatown BIA Society (VCBIA) approaches the celebration of the upcoming Chinese New Year Parade on February 2, 2025 (Sunday), at 106 Keefer Street, Vancouver we are excited to invite you to join us in our parade. We are seeking volunteer Parade Walkers to help us make this event a spectacular success. Volunteers are needed from 8:30am – 2:30pm. Parade Walkers will help to hand out "Fook" (good luck red leaflet) to the crowd. To apply

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go to : <https://www.volunteerconnector.org/vancouver/eventsvancouver-chinatowncom/chinese-new-year-parade-volunteers-wanted>

### **Lucky's Doggy 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 have afterschool and weekend volunteer placements available now (Afterschool 3:30 – 6:30pm / Saturday or Sunday 10am – 6:00pm), and week long placements at winter and spring break (Monday to Friday 10:00am – 6:30pm) 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.

### **Learning Buddies – ONLINE Work Experience**

Learning Buddies Network is a non-profit organization dedicated to helping elementary school students develop essential literacy and math skills through free one-on-one, after-school mentoring in a fun group setting. They are looking volunteers for the Winter/Spring 2025 term (February - May) The program runs weekdays afterschool on Zoom. There is a choice of days and time you can volunteer. For more information stop by the Career Centre and pick up a handout. To apply go to: <https://www.learningbuddiesnetwork.com/mentor-application-form>

### **Fly Over Canada Guest Services Intern**

Come assist in guest services at one of Vancouver's best tourist attractions during the Winter Break and holiday season. Fly Over Canada is seeking students interested in gaining work experience in public relations, customer service and business. Come by the Career Centre for more information.

### **Stream of Dreams Murals Society Winter Day Camps at Burnaby Lake**

Stream of Dreams Murals Society offers free camp programs for Indigenous children ages 6-12 to learn about the natural environment and Traditional Ecological Knowledge from a variety of Indigenous representatives. We are looking for volunteers to help us deliver these programs on any of these dates: December 23, 27, 30 January 2, 3 from 8am – 4pm, at our office 6825 Cariboo Road, Burnaby (Bus # 101 comes right by our place) Volunteers help out with set up of tables, chairs and other supplies, as well as preparing snacks like veggies and fruit, and also watching children. Camps will be based indoors but also have outdoor activities. If this sounds like something you want to be part of please sign up: <https://tinyurl.com/bdhz4fyf>

### **Shoppers Drug Mart – Pharmacy, 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.

### **Low Entropy Foundation Thrift & Thrive Future Leaders Internship Program**

Join the Low Entropy Foundation for their Thrift & Thrive Future Leaders Internship Program starting January 2025. Complete volunteer hours, gain retail, customer service, and cashier experience, receive mentorship and coaching, boost your resume and job prospects, opportunity to be involved in community engagement activities and events, and earn a program certificate and reference letter upon completion of the program. Participants must be 16+. Internship location is at their thrift store: 552 Clarke Rd, Coquitlam. Sign up online at: <https://lowentropy.org/programs/employment-services/thrift-thrive-youth-internship/>

### **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://tinyurl.com/4yjj93ct>

### **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 Mondays from 3:30 pm- 4:30pm, October to May. Come out and play games, do arts & crafts and build a connection and have fun! Apply NOW at: <https://www.bigbrothersvancouver.com/our-programs/teen-mentor/> After you have completed your online application, please come to the Career Centre so we can arrange work experience paperwork.

### **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 <https://www.vanartgallery.bc.ca/volunteer> Volunteers must be 16 yrs+.

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

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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. 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: <https://bcinvasives.ca/take-action/community-science/youth-team/>

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

#### **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: <https://www.burnabyhospice.org/form/thrift-store-volunteer-form>

#### **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/>

## **Career Exploration and Leadership Development**

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

#### **Career Umbrella SPARK Event @ Bby Mountain – Medical School**

Career UmBrella is hosting another SPARK episode this month with BMSS alumni, David Chen. David is a first-year medical student at UBC, and completed his undergraduate degree at UBC, studying pharmacology. In this episode, David will discuss medical school myths, his journey to medical school, application process, UBC sites and finances, and more. Join Career UmBrella for SPARK Season 2, Episode 3 on Monday, Dec. 16th, in Room 301 to hear about his remarkable journey!

#### **Mountains to Ocean Environmental Leadership Program**

Mountains to Ocean 3-week long invite-only program will immerse ambassadors in Vancouver's surrounding coastlines to learn about the interconnectedness of land and ocean through 3 learning journey day-trips, leading a project in their community, and meeting other youth leaders! Youth will complete an individual project to demonstrate that taking action in their everyday lives can make a difference, with the assistance of staff coaching and co-work days. This action project is designed to empower youth to become environmental stewards and leaders, bringing their communities along in the effort to protect the planet. This program will conclude with a Showcase Social event at the Ocean Wise office in February, 2025. Cohort 3: January 7 - 27, with learning journeys taking place on January 9, 11, 12 (Application Deadline: December 18) For more info and to apply go to : <https://tinyurl.com/32vnjk3e>

#### **UBC Geering Up Engineering STEM Leadership Program**

The UBC Geering Up STEM Leadership Program (STEM-LP) is a year-long (February – August) initiative focused on the professional development and training of high school students who support our summer camps for kids. Camps will be held in person at UBC Vancouver or an Offsite location (Coquitlam location near Coquitlam Centre)). Leaders-In-Training have the opportunity to learn hands-on Engineering skills and apply them in a summer-long Social Development Project (SDP). For more information about the program pick up a handout in the Career Centre. To apply go to: <https://geeringup.apsc.ubc.ca/join-us/general-information/volunteering/stem-leadership-program/>. Before submitting your application, you should register for an online info session (link to register is at the top of the application page). Online info sessions will be held on December 22 at 1pm & 4pm and December 23 at 2:30pm. Application deadline is January 3rd at 11:59 PM.

#### **Project Arrowroot - Climate Centric Career Workshops and Internship**

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Project Arrowroot encompasses a 4-month capacity-building program for senior high school students (grades 11 and 12) introducing and encouraging green careers, and the pathways to achieve them. Project Arrowroot seeks to engage high school students through workshops (outside of school) on climate action and get paired with an industry professional who they will chat and shadow in a week-long period (what this looks like is extremely flexible, and does not have to be in-person or for full-days)! For more info about the program and application process pick up a handout in the Career Centre.

### **JEDI Champions Program (short for Justice, Equity, Decolonization, and Inclusion)**

The Federation of Canadian Secondary Students / Fédération des élèves du secondaire au Canada (FCSS-FESC) is an entirely non-partisan youth-led charity that aims to inform, educate, and ultimately empower high school students to foster social justice initiatives in their schools and local communities. The JEDI Champions is a program that allows for students to obtain up to a total of 40 community involvement work experience hours. This volunteering program is completely remote and self-paced within a timeline, and available to all secondary students in Canada.

The overall goal of the JEDI program is to provide students with the opportunity to gain crucial skills required in their academic careers, with an end objective for students to develop a project proposal relating to a world issue. JEDI Champions undergo a comprehensive online learning module to orient themselves to critical social justice theory and approaches before making concrete changes in their local community. To apply go to : <https://jedichampions.paperform.co/>

## **Volunteer Service Opportunity (gr 10 – 12)**

### **PEAK Support Program – Peer Tutors Wanted!**

The PEAK program is looking for peer tutors in all subject areas. PEAK runs here at Burnaby Mountain, Monday to Thursday from 3:15 to 4:00. It is a place for students to get support with homework or simply have a quiet space to work. Volunteers typically commit to one day a week for the semester or school year. Hours can count towards the Service Award, and it looks great on a resume or scholarship application! To apply please email Ms Smith at: [Jillian.Smith@burnabyschools.ca](mailto:Jillian.Smith@burnabyschools.ca)

### **Sending Sunshine**

Sending Sunshine is a volunteer-driven initiative aimed at spreading positivity and love to our senior community through making them handwritten cards and messages. Our main goal is to be able to involve more youth in this organization and make a significant impact on the lives of seniors in our community as it is a very easy and casual volunteering opportunity for those who might not have the time to attend weekly meetings or make a commitment. Students who want to be a part of the "club" can sign up, and then make cards at home with their own supplies whenever they might have free time. Once they make a card(s), they give them to us and we (the Chapter leaders) will mail them over to the headquarters back in Ontario. After that, volunteers will receive their volunteer hours. For more information go to : Sending Sunshine: <https://www.sendingsunshine.ca/chapters>

Sending Sunshine BBY website: <https://linktr.ee/sendingsunshinebby> .

Sign-up form: [https://docs.google.com/forms/d/e/1FAIpQLSdO-Hpf302wgVDxrKx4w88-LmqK\\_42t4z6xdA5gPQmT3MFIsQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdO-Hpf302wgVDxrKx4w88-LmqK_42t4z6xdA5gPQmT3MFIsQ/viewform)

## **Post-Secondary Info Sessions**

### **Burnaby Mountain Secondary Hosts The Following Info Sessions**

Tuesday December 10 – Douglas College at LUNCH in Room 200

### **SFU (Simon Fraser University) – Applicant Workshop**

January 9, 16 & 29 - Join this virtual workshop specifically designed to help BC high school students complete their applications for Fall 2025 admission. 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 : <https://www.sfu.ca/students/admission/tours-events/events.html>

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

Join a campus tour! Campus tours give you an opportunity to spend some time with a knowledgeable student guide, who can: Lead you on a tour of key locations and notable spots for student use around campus; share insight into the student experience at SFU beyond the classroom; and answer your questions about student life, our supports and services, faculties, and more. Even if you have been to the SFU campus before, these guided tours are useful. Our campus tours include assistance for prospective students in learning to navigate Education

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Planner BC (EPBC) and understanding the application process for SFU. Your guide will provide a demonstration at the end of your tour. Next campus tour dates: Surrey Campus: December 14 10am & 12pm. / Burnaby Campus: January 18 10am & 12pm. See website for more dates and to register : <https://tinyurl.com/3e34jbef>

### **SFU (Simon Fraser University) Pre-recorded Webinars**

SFU has a number of recruitment at applicant videos available for students. Topics include “How to: Admissions and Application for BC High School Students”, “A day in the Life of a Domestic Student at SFU” and “BC High School Applicants” You can find these videos here: <https://www.sfu.ca/students/admission/tours-events/events/past-webinars.html>

### **UBC (University of British Columbia) – Bachelor of Kinesiology (BKIN)**

Join a virtual Information Session on December 12th. Gain key insights into our program structure, curriculum, and admissions process. These sessions offer comprehensive guidance on the admissions timeline and the BKIN degree structure at UBC. Discover how our program can help you pursue your passion for human movement and reach your academic and career goals. Register via the School of Kinesiology website here: <https://ubc.zoom.us/meeting/register/u5crdu2gqDwjGtdsym33eCQn8QUBQrgHC0cx>

### **UBC (University of British Columbia) – Campus Tours**

December 14 - In Person Campus Tour

To register go to: <https://tinyurl.com/yv2yv6xm>

### **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 December 12 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 : <https://www.uvic.ca/undergraduate/tours-events/events/index.php>

### **Langara College - Online Info Sessions**

December 16 – Engineering Programs

January 15 – Studio 50 Acting and Production

January 19 – Bachelor of Science in Nursing

January 27 – Criminology and Criminal Justice

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

### **U of T (University of Toronto) – Online Info Session**

Join us online to learn more about the University of Toronto! Hosted by members of our Student Recruitment team, these webcasts will feature an overview of U of T, our three campuses, 700+ academic program options, and the cornucopia of opportunities we offer outside the classroom and in the wider world. You'll also learn all about the application and admissions process for high school students and have a chance to ask us any questions you may have. \*\*\* Please note that times listed are in Eastern Time\*\*\*

December 12 at 7:00 PM– Ask Our Students Anything

January 9 at 7:00 PM – U of T – Ask a Recruiter

For all of these online event, and more, go to : <https://future.utoronto.ca/visit/webcasts/>

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

December 9 – Accounting

December 10 – Front End Web Developer / Broadcast and Media Communications

December 11 – Environmental Education / Healthcare Administration

December 12 – Office Admin / Software Systems Developers

December 17 – Front End Web Developer

December 18 – Railway Training

To register go to : <https://www.bcit.ca/events/category/infoession/list/>

### **Justice Institute of BC (JIBC) – Law Enforcement Info Session**

Are you a team player? Are you active in your community, physically and mentally fit, and want to be a sought-after graduate pursuing a rewarding career in law enforcement and public safety? Then this program is for you.

Attend our info session on February 26th from 6 – 7pm to learn more about the Law Enforcement Studies Diploma (LESD) and discover what it takes to pursue a career in law enforcement or public safety. Learn about the education, applied skills, and specialized knowledge required to become a superior candidate in the recruiting process. Register at : <https://www.jibc.ca/event/law-enforcement-studies-diploma-lesd-info-session-0>

### **KPU Discovery Days**

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Join us for KPU Discovery Days and explore everything we have to offer! These fun-filled events are packed with interactive activities, engaging workshops, and hands-on campus experiences designed to help you discover the educational path that's right for you. Come discover our Richmond Campus on Thursday, January 23, 2025, from 4:00 pm to 7:00 pm and learn more about our Wilson School of Design, Entertainment Arts, Melville School of Business, Faculty of Science, Physics for Modern Technology, and Traditional Chinese Medicine (Acupuncture). Come discover our Langley Campus on Monday, February 10, 2025, from 11:00 am to 2:00 pm and learn more about our Faculty of Health, Horticulture, Melville School of Business, and Faculty of Arts programs. Come discover our Surrey Campus on Friday, February 21, 2025, from 11:00 am to 2:00 pm and learn more about our Faculty of Arts, Melville School of Business, Fine Arts, and Faculty of Science programs. For more info and to sign up go to : <https://www.kpu.ca/discovery-days>

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