





We acknowledge and thank the Coast Salish Nations of Musqueam, Tseil-Waututh and Squamish on whose traditional territories we teach, learn and live.

Student Bulletin



Date: Wed. Mar. 5th, 2025

Student First Aid: Hannah Unrau and Marco Andrada

Timeline	Messages
<p>NEW Mar 14 Mr. Rolph</p>	<p>Lead the Way: Student Council Co-President Applications Now Open! Are you ready to make a difference at BMSS? Applications are now available for next year's Student Council Co-Presidents! This is your chance to step up, lead, and shape student life in the 2025-2026 school year.</p> <ul style="list-style-type: none"> ✓ Work as a dynamic duo—run as a pair! ✓ Take on a leadership role that's both challenging and rewarding. ✓ Make a lasting impact on your school community. <p>Pick up an application outside Room 213, and if you have questions, see Mr. Rolph. Deadline: Friday, April 4th. Don't miss out on this opportunity to lead BMSS into the future!</p>
<p>NEW Mar 7 Mr. Leung</p>	<p>"Hey Lions, want to win some prizes before Spring Break?"</p> <ul style="list-style-type: none"> ➤ Want to test your numeracy skills against your fellow students? ➤ Sign up for Mountain's first ever March MATHness, a five-day, team-based math competition happening <i>at lunch</i> from March 10 to 14. ➤ Sign up begins Tuesday in Room 301. ➤ Space is limited, so find your team of four and get ready today."
<p>NEW Apr 28 Ms. Welsh</p>	<div style="display: flex; align-items: center;"> <div style="text-align: center; flex: 1;">  <p>STUDENT TAX CLINIC Free Income Tax services available on: Tuesdays and Fridays during lunch in room 318. Let's get your money back!</p>  </div> <div style="flex: 2; background-color: #006400; color: white; padding: 10px;"> <h2 style="margin: 0;">Student Tax Clinic</h2> <p style="margin: 5px 0;">Tax Preparation</p> <ul style="list-style-type: none"> ✓ Support your school ✓ Trustworthy work ✓ Free services ✓ Potential tax rebates <p style="margin: 10px 0;">TIME AND PLACE</p> <p style="margin: 5px 0;">LUNCH at ROOM 318</p> <p style="margin: 5px 0;">Every Tuesday and Friday*</p> <p style="margin: 5px 0; font-size: small;">*Other Dates and Times Available Upon Request</p> </div> </div>
<p>Mar 7 Mr. Overes</p>	<p>Tryouts for the girls' soccer team will be taking place the week leading up to Spring Break! The season begins when we return to school after the break.</p> <p>When: Tuesday March 11 & Thursday March 13, 3:30 PM to 5 PM</p>

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	<p>Where: Burnaby Lake West - Field 3</p> <p>See Mr. Overes or Ms. Lopez if you have questions.</p>		
<p>Mar 12 Ms. Belyea</p> 	<p>Grade 12s!!! This is a reminder that there are dozens of scholarships available with deadlines between now and spring break. Please check the Scholarship Team or see Ms Belyea in room 304 for more information.</p> <p style="text-align: center;">Grade 12s!!!</p> <p>There are 20+ District Scholarships available for grads who have financial need and or are overcoming obstacles, excelling in academics, trades, visual arts, performing arts, and community service. Criteria and application details on the Scholarship Team.</p> <p style="text-align: center;">DEADLINE: NOON on March 12 to Ms. Belyea (room 304)</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;"> <p style="text-align: center;">Facing Hardships Scholarships</p> <ol style="list-style-type: none"> 1. Jean Ip Foundation Scholarship 2. Clint Morrison Scholarship 3. Marlene Larson Scholarship 4. Neil Sandercock Scholarship 5. Ted Elphick Memorial Scholarship <p style="text-align: center;">Fine Arts</p> <ol style="list-style-type: none"> 1. Burnaby Arts Council Scholarship 2. Jayson McLean Memorial Bursary <p>** (Michael J Fox Theatre VPA Award was also posted soon, so stay tuned)</p> <p style="text-align: center;">Trades Scholarships</p> <ol style="list-style-type: none"> 1. Interworld Developments Scholarship 2. ETRO Constrution </td> <td style="width: 50%; padding: 5px;"> <p style="text-align: center;">Community Service and Financial Need Scholarships</p> <ol style="list-style-type: none"> 1. BCIT Pathways to Success Scholarship 2. RICOH Office Solutions Scholarship 3. BEES 4. Burnaby Civic Employees CUPE Local 23 Scholarship 5. Burnaby South War Memorial Scholarship 6. Chad Turpin Scholarship 7. Dr & Mrs A. H. Pontifex Scholarship 8. BEEM Financial Scholarship 9. Parkcrest Children's Centre 10. Rotary Club of Burnaby Scholarship 11. Granley Scholarship 12. Singh Excavation Scholarship 13. Parkland Refinery Award </td> </tr> </table> <p>Also, there are Elementary School Alumni awards for students who attended Stoney Creek, UHE, Forest Grove, or Lyndhurst Elementary.</p> <p style="text-align: right;">AND MANY MORE.....</p> <p style="color: red; text-align: center;"><i>CHECK THE SCHOLARSHIP TEAMS PAGE FOR MORE INFO / APPLICATIONS AND SEE MS BELYEA in Room 304 IF YOU HAVE ANY QUESTIONS.</i></p>	<p style="text-align: center;">Facing Hardships Scholarships</p> <ol style="list-style-type: none"> 1. Jean Ip Foundation Scholarship 2. Clint Morrison Scholarship 3. Marlene Larson Scholarship 4. Neil Sandercock Scholarship 5. Ted Elphick Memorial Scholarship <p style="text-align: center;">Fine Arts</p> <ol style="list-style-type: none"> 1. Burnaby Arts Council Scholarship 2. Jayson McLean Memorial Bursary <p>** (Michael J Fox Theatre VPA Award was also posted soon, so stay tuned)</p> <p style="text-align: center;">Trades Scholarships</p> <ol style="list-style-type: none"> 1. Interworld Developments Scholarship 2. ETRO Constrution 	<p style="text-align: center;">Community Service and Financial Need Scholarships</p> <ol style="list-style-type: none"> 1. BCIT Pathways to Success Scholarship 2. RICOH Office Solutions Scholarship 3. BEES 4. Burnaby Civic Employees CUPE Local 23 Scholarship 5. Burnaby South War Memorial Scholarship 6. Chad Turpin Scholarship 7. Dr & Mrs A. H. Pontifex Scholarship 8. BEEM Financial Scholarship 9. Parkcrest Children's Centre 10. Rotary Club of Burnaby Scholarship 11. Granley Scholarship 12. Singh Excavation Scholarship 13. Parkland Refinery Award
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<p>Mar 30 Ms. Belyea</p>	<div style="display: flex; align-items: center;">  <div> <p style="text-align: center;">Grade 12 Scholarships:</p> <p style="text-align: center;">These scholarships just posted on the Scholarship Team.</p> <p style="text-align: center;"><u>Michael J Fox Visual and Preforming Arts:</u></p> <p style="text-align: center;">Pursuing a post-secondary Degree or Certificate in an Arts discipline. (Due April 1)</p> <p style="text-align: center;"><u>Jean Ip Foundation Scholarship:</u></p> <p style="text-align: center;">For students who demonstrate resilience, academic excellence, and a dedication to the community (Due March 30)</p> <p style="text-align: center;"><u>Clean Energy BC:</u></p> <p style="text-align: center;">Interested in pursuing a future in clean energy at a post-secondary institution (Due April 11)</p> <p style="text-align: center;"><u>Farina Khondaker Perseverance and Progress Scholarship:</u></p> <p style="text-align: center;">Celebrates resilience, self-improvement, and the meaningful contributions students make to their communities while embracing challenges with a growth mindset (Due April 1)</p> <p style="text-align: center;"><u>The Charlene Reaveley Bursary:</u></p> <p style="text-align: center;">Graduating students who faced of adversity through the loss of a parent and/or sibling (Due April 11)</p> </div> </div>		

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Trevor Linden Community Spirit Scholarship:

Students who have demonstrated outstanding leadership abilities and exemplary contributions and commitment to enriching the lives of others in the community (Due April 18)

AND ALSO,

If you been offered any money from a University or a College or any external organization... Please email Ms. Belyea (tammy.belyea@burnabyschools.ca) a copy of the offer so it can be announced it during the grad ceremony. It doesn't matter whether you accept the offer or not, we still want to know. You worked hard and deserve to be recognized for it at the ceremony!

See Ms Belyea in room 304 if you have any questions.

NEW

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)

Code Ninja's *Spring Break

Code Ninjas Coquitlam (1130 Austin Ave) is looking for volunteers for their "Learn to Code" program for kids. This is a great opportunity to get experience in a computer science industry. Afterschool, Saturday, and Spring Break shift are available. The next orientation **Thursday March 6th** at 5:30pm - 8pm. For more info and to sign up come by the Career Centre.

YWCA After School Mentorship Program Here at BMSS

The YWCA is hosting a Guide to High School Program for local Grade 7 students in the spring right here at Burnaby Mountain Secondary. The program will discuss topics like friendship, stress management, resisting peer pressure, and dealing with bullies. The program is seeking mentors in Grades 10-12 at our school to act as High School Ambassadors for Grade 7 students. The program runs on Wednesdays after school from 3:10 pm - 5:45 pm **April 2-May 28** here at BMSS. Come get a Certification in Inclusive Leadership & Facilitation, get work experience in education, non-profit, social justice and facilitation, develop skills like public speaking, teamwork, and group management and meet new people and become a youth leader. Come by the Career Centre to pick up a handout and apply online at: <https://tinyurl.com/y9ndernf>

Queen's Academy of the Arts *Spring Break

Queen's Academy of the Arts runs Musical Theatre camps for kids and they are looking for volunteers for their Spring Break camps. Musical theatre performance camps offer a blend of singing, dancing, acting, storytelling, and art! Kids explore their creativity, emotions, and teamwork through music activities and drama games. The camps run Monday – Friday, 9am – 5pm at SFU. To apply pick up an info sheet in the Career centre and email Queen at : queensacademy@hotmail.com.

Port of Vancouver Business Leadership Intern *SUMMER

This summer opportunity is for Grade 10 & 11 students assisting the Port of Vancouver Community Relations Team at various community events throughout the Lower Mainland. Includes training to build leadership skills, develop public speaking and presentation skills & gain knowledge about the Port of Vancouver. Amazing opportunity for anyone interested in business or marketing, or looking to develop leadership and communication skills. Come to the Career Centre to pick up a flyer with more information. Apply online at <https://forms.office.com/Pages/ResponsePage.aspx?id=LMiXELljEyw0JrdWgZ2aDxjahcEirlLrgoul1RaKXBUMUVROVFIMDI0Rk1ZWkIXQ1pOSEdLTEQ1Ry4u>. Deadline to apply is April 14th.

BCIT Biotechnology Career Awareness Workshop

Grade 11 & 12 Students - are you interested in a hands-on lab experience at BCIT? This biotechnology workshop includes a gel electrophoresis lab, a DNA fingerprinting lab as well as a visit to a local biotechnology company. Come learn about the biotechnology industry in a fun and engaging way. The workshop runs from **April 28 – May 2, 2025**. A fee does apply to this workshop. Visit the Career Centre for more information and an application. Applications close March 21.

Royal Soccer Camp *SUMMER

The Royal Soccer Club (RSC) is a non-profit, community organization who has hosted unique soccer camp experiences in Burnaby, New Westminster and Coquitlam. Camps operates Monday to Friday from June 30 until August 29, 2025. Volunteers can apply for: morning sessions 8:30am – 12:30pm, afternoon sessions 12:30pm –

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4:30pm or full days sessions Mon-Fri, 8:30am – 4:30pm. Minimum volunteer time is one week. Volunteers at our summer day camps may assist staff with coaching and supervising children at camp and help with equipment collection and maintenance. For more info go to: <https://royalsoccerclub.com/employment/jobs/british-columbia/>. To apply go to : <https://royalbc.campbrainstaff.com/> Pick up a handout in the Career Centre for more details.

Creekside Youth Centre

Creekside Youth Centre (next to Stoney Creek Community School), is seeking high school students to assist with their Pre-Teen programs afterschool on Mondays and Wednesdays from 3:15 - 5:00 pm. They are also looking for a volunteer for their Dungeons and Dragons Club on Thursdays from 3:15 – 5:00. If you have an interest in education, psychology, social work, counselling or just love working with younger students, sign up at the Career Centre. Volunteers should commit to one day per week, for 8 -10 weeks.

Vancouver International Children's Festival

The Vancouver International Children's Festival, **May 27-June 2** at Granville Island, has been educating, entertaining, and inspiring young audiences since 1978. Whether you'd like to help kids with crafts or games, or work onsite with their admin or festival staff, or take on a more advanced role, this is a great opportunity. Sharpen your leadership skills, get Work Experience hours, meet great people, and have tons of FUN. Minimum two-shift commitment, sign up with a friend. Go to <https://tinyurl.com/y6vcedee> for more info and to apply.

The Madison & Lakeshore – Seniors Care Homes

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.

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 spring break and summer (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.

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>

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>

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/>

Shadbolt Centre for the Arts

The Shadbolt Centre offers volunteer opportunities throughout the year in Fine Arts programs such as Spring Break and Summer Camps, Art Workshops, Special Events, and Community Events. To apply for volunteer opportunities at Shadbolt Centre you must first register as volunteer at MyImpact : <https://tinyurl.com/3fmvtkjk>. As soon as your application is accepted you will be able to view and sign up for opportunities, and you will be contacted whenever new positions arise. Once you have confirmed a specific volunteer position please stop by the Career Centre to pick up paperwork, so you can record this for work experience hours.

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

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/4yjy93ct>

Port Moody Library – Teen Volunteer Programs

The Port Moody Public Library provides volunteer opportunities for teens to get experience, leadership skills, and volunteer hours working with kids. They are currently accepting applications for the following programs : **Book Buddies:** Share stories and books with kids to help them improve their reading skills / **Code Buddies:** Help kids learn how to code in **Scratch**, a block-based programming language. Build games and animations together. You do not have to know how to code to be a volunteer / **Homework Help:** Help kids with homework and gain valuable tutoring experience. For more info and to apply go to : <https://www.portmoodylibrary.ca/en/programs-and-events/teen-volunteer-programs.aspx>

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+.

Human Nature Projects (HNP) Canada

HNP is a federally incorporated, youth-led, not-for-profit organization with the mission to increase environmental literacy by raising awareness about current environmental issues to inspire meaningful and equitable environmental action. Please feel free to check out our website to learn more about our organization and past initiatives: <https://www.hnpontario.org/>. We're excited to announce that we are currently seeking passionate and motivated individuals to join HNP Canada and it's associated branches as volunteers! This is a great opportunity to:

Build your resume, Develop soft skills, Expand your network and Create tangible impacts. To apply, students can use this google form: <https://forms.gle/NCamWj7FsS536Wdi7>

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.

Fraser River Discovery Centre – Summer Camp Assistant *SUMMER

The Fraser River Discovery Centre (FRDC) in New Westminster, is an interactive display of the diversity of the river's people and stories, and it's contribution to the life, history, and the future of British Columbia. The Fraser River Discovery Centre offers educational, rewarding, and fun summer camps for kids and they are looking for volunteers. Summer Camp Assistants gain valuable volunteer work experience, develop leadership skills, and complete volunteer hours for graduation. Minimum commitment of 2 weeks / 60 hours. To apply go to : <https://fraserriverdiscovery.org/becomeavolunteer/>

UBC Geering Up Engineering - Junior Instructor *SUMMER

UBC Geering Up Engineering is a non-profit, student-run organization, dedicated to promoting science, engineering, and technology. UBC Geering Up Camps are led by current UBC Engineering students. Junior Instructors support our Instructors in leading one week-long STEM camps with up to 30 youth over the summer. Junior Instructors are required to work a minimum of one one-week. Camps run from 9:00 AM - 4:00 PM Monday to Friday. Junior Instructors can volunteer at one of the following locations: UBC Vancouver, Richmond, South Surrey, North Vancouver, or Coquitlam. **Applications OPEN on March 1st.** To apply go to : <https://geeringup.apsc.ubc.ca/join-us/general-information/volunteering/junior-instructor-program/>

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.

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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/>

Bard on the Beach *SUMMER

Bard on the Beach is Western Canada's largest not-for-profit, professional Shakespeare Festival. Presented in Vancouver's Senákw/Vanier Park against a spectacular backdrop of mountains, sea and sky, the Festival runs from June to September 2025, and includes productions of *Much Ado About Nothing*, *The Two Gentlemen of Verona*, and *The Complete Works of William Shakespeare (abridged) [revised] [again]*. Our team of 300+ 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; and Boutique or Concession Assistants. Volunteers must be 16yrs+. To apply go to : <https://bardonthebeach.org/current-opportunities/volunteer/>

Career Exploration and Leadership Development

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

SFU STEM Speakers Series – My Journey as a Computing Science Undergrad

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 March session speaker is Jin Song is a fourth year computing science (CS) student at SFU! This presentation will cover Jin's perspective as a CS undergrad student at SFU. She will talk about why she went into CS, what she's been learning in her courses, and some projects she has done. She will talk about how CS is a really broad field with applications in pretty much every industry in modern times since we are living in a "digital era." Jin will also showcase her most recent project (web publishing site) and go over her workflow as a full stack solo(ish) developer. You can join the virtual session on **March 15** from 1:00 – 2:00pm on Zoom. To register go to: <https://sciencealive.ca/stem-speaker-seriesz>

United Way BC - Hi Neighbour Initiative

Calling Burnaby Mountain students! Do you want to make a positive difference in your community? Do you want to earn volunteer hours while building your leadership, project management, and communication skills? You are invited to pitch a social good project for a grant of up to **\$1000** from United Way BC's Hi Neighbour Initiative. Whether you dream of hosting a workshop, leading a neighborhood clean up, building a community garden, supporting newcomers, or hosting a community music jam, the possibilities are endless. Pitch as a team or pitch on your own by filling out this form: <https://forms.office.com/r/JG35rVwGLi>
Applications are accepted on a rolling basis.

SFU – Science Alive – Hour++ of Code

The Hour ++ of Code event features various FREE workshops for high school students to learn how to code and implement popular digital tools. All workshop are virtual/online. The following workshops are available: **March 8** –HTML & CSS and Intro to Java (girls workshop) / **March 15** –HTML & CSS / **March 29** –Intro to Java. To sign up go to : <https://sciencealive.ca/hour-of-code>

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

The Federation of Canadian Secondary Students (FCSS) 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 program 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. The overall goal of the program is to provide students with the opportunity to gain 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/>

MINERVA – Learn to Lead Program Spring 2025

Learning to Lead™ is a leadership program open to self-identified girls in high school (Grades 10-12). Participants gain confidence through a series of interactive workshops and activities. They leave the program with greater self-awareness, and the inspiration to take on new challenges and opportunities. This interactive program invites young women to develop a leadership mindset in a supportive and fun environment. We are offering the interactive, virtual program, in a 4-week (1 session/week) format. Participants will attend 2-hour Zoom sessions once a week for 4 weeks from **April 9 – 30** (Wednesdays, 6-8pm. There is no cost to participants, thanks to the support of our generous donors. To apply go to : <https://minervabc.ca/learning-to-lead/>

MINERVA – Rise and Shine Mental Health Program

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Rise and Shine provides participants with the opportunity to develop key mental and emotional wellness skills through dynamic, interactive workshops while building connections with a supportive network of peers and mentors. The program features sessions on navigating: self-awareness and avoiding thinking traps; Setting and maintaining boundaries; Practicing self-compassion; Coping with sadness, stress, anxiety, and depression ; and Exploring different ways to practice self-care. The program runs virtually over zoom from 10 – 11:30am on the following dates: **March 17, 18, 19, 20, 25, 26, 27.** Our youth program is free of cost to participants thanks to our generous funders who believe in empowering youth wellness. To apply go to : <https://tinyurl.com/y6dac57n>
Applications close March 13th.

Ivey High School Business Case Competitions

The Ivey High School Case Competitions (IHSCC) offer high school students worldwide the opportunity to immerse themselves in the exciting world of business. In these dynamic, one-day events hosted every spring by Ivey Business School at Western University, participants tackle real-world business challenges while building essential skills like problem-solving, teamwork, and presentation. IHSCC challenges students to collaborate in teams, solve business cases, and present their ideas to a panel of judges. The best part? No prior experience is required! Whether you're new to business or have some background, this event focuses on fun, learning, and growth in a supportive and high-energy environment. You'll register individually and be placed on a team with peers from different schools, making it a fantastic way to meet new people, explore creative solutions, and develop skills for your future. The 2025 Ivey High School Case Competitions will be held in Vancouver, British Columbia, at *Mulgrave School* on **Saturday, April 5th, 2025**. Please complete and submit your application by Friday, February 28 at 11:59pm (EST). Accepted applicants will be notified in March 2025. There is a \$50.00 Participation Fee (for students who are selected to compete). To apply go to: <https://www.ivey.uwo.ca/high-school-case-competitions/>

CPABC COIN Competition 2025

If you are a BC high school student, come out and show us what you're made of! The CPABC COIN Competition is an annual multiple-choice-question exam focusing on accounting, entrepreneurship, business acumen and introductory financial literacy concepts. Registration Deadline: Monday, March 31, 2025 at 9:00 am. Exam Date and Time: **Saturday, April 12, 2025, 1:00 pm - 2:00 pm (virtual)** **What's in it for you?** COIN provides students with an opportunity to compete provincially with other students who share an interest in business and accounting. The Top 25 highest-scoring students will be presented with cash prizes in May 2025. There are also prizes for the top schools in various categories. More details, including cash prize amounts, can be found in the official COIN Rules and Regulations. To register go to : <https://www.bccpa.ca/become-a-cpa/events/cpabc-coin-competition-2025/#:~:text=COIN%20provides%20students%20with%20an,top%20schools%20in%20various%20categories>.

TRIUMF– Saturday Morning Lecture Series Frontiers of Modern Physics

TRIUMF, Canada's Particle Accelerator Centre, in partnership with UBC and SFU, presents FREE lectures every Saturday at SFU Surrey Central and TRIUMF – Canada's Particle Accelerator at UBC. This is a great way to visit these campuses and to hear from experts in their field. Pick up an info sheet in the Career Centre. To register go to: <https://triumf.ca/about/public-events/saturday-morning-lectures/>

Arts Umbrella – Architecture Summer Intensive *SUMMER

This program provides teens with the unique opportunity to work with some of Metro Vancouver's leading architects and other industry experts to develop their portfolios and applied art practices. Participants learn about creative approaches to building public spaces and discover new ways of seeing the built environment. In an immersive studio environment, students engage in research, critique, and making, drawing, and building models to highlight their ideas. This program also works collaboratively with Urbanarium to give participants an opportunity to create new connections and gain a deeper understanding of the discipline. To celebrate their learnings, a small reception is held at the end of the program for family, friends, program partners, and donors. The program is open to students ages 15-19 and runs August 5-15, 2025 (no classes on August 9 & 10) at Arts Umbrella on Granville Island. This program is FREE as cost are covered by BTY Global. Applicants must submit a portfolio and letter of intent. For more info and to apply go to : <https://www.artsumbrella.com/programs/art/scholarship-programs/architecture-summer-teen-intensive/>

Camp Ignite – Firefighting Program for Females *SUMMER

Camp Ignite is a three-night, three-day camp (August 7 – 10, 2025) that educates and inspires young women to follow their dreams. We aim to show our campers a future of limitless opportunities and demonstrate that anything is possible. The camp is open to girls currently in grade 12 or entering grade 12 in 2025, who are currently living in British Columbia. Our camp offers an introduction to the exciting world of firefighting, along with fitness, nutrition, health and teamwork. We are a not-for-profit society and strive to keep the camp affordable and accessible to those interested. We offer our campers the chance to explore the many aspects and specialties associated with firefighting. They will have an opportunity to learn about the various tools and skills needed to be successful in the fire service including auto-extrication, hazmat operations, and technical rope rescue operations
To apply go to : <https://tinyurl.com/mtjh4z3j>

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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)

Structured Work Experience and Training (S.W.E.A.T.) at LaSalle College *Spring Break

Explore creative career opportunities in our high school workshops as you learn to create project-based portfolio work with industry related technology and equipment. Be inspired! March 24 to 27– 8:45 a.m. to 5 p.m. Fee : \$150. Participate in one of our hands-on workshops in the following areas and receive 30 hours of work experience: 3D Modeling & Animation| Digital Media Content Creation | Game Design | Professional Recording Arts | Culinary Arts and Baking & Pastry | Fashion Design | Jewelry Design | Graphic Design | Interior Design. To register go to: <https://www.lasallecollegevancouver.com/events/sweat-workshop-mar-2024>

Vancouver Film School – Creative Break High School Camps *Spring Break

VFS is offering virtual programs over March Break. Each program explores related careers in the entertainment industry. Workshops are led by experienced professionals. Workshop titles include: Film Production – Cinematic Story Telling, Visual Art & Design, Acting, Animation: Visual Effects for Film, Film Production: Finishing the Story, and Makeup for Stage and Screen. Sign up for the area you are interested in exploring. March 17-18 or March 19-20 or March 24-26 – 9am – 4pm daily. There is a cost to this program - \$200 - \$225. per workshop. To register go to: <https://vfs.edu/programs/creative-break>

Paid Work Opportunities

Earls Hiring Day

We're excited to share that we have a company wide Hiring Day on **March 11 and 12th** and we can't wait to meet you! Come join us at our Hiring Days to: Meet our leadership team / Learn about the exciting opportunities we have available across all positions / Discover what makes Earls a great place to work – from team culture to growth opportunities. Local Earls Locations include Port Coquitlam, Brentwood - Burnaby and Metrotown – Burnaby. Pick up and info sheet in the Career Centre and Register to secure an interview : <https://earls.ca/openings/>

Playland is Hiring

Come work for Vancouver's favourite amusement park – Playland at the PNE! We are looking for over 200 enthusiastic and motivated individuals to join our Games, Rides, Guest Experience, Playland Maintenance, and Food & Beverage teams for this year's exciting Playland season. Playland is open from **May 17th – September 1st**. Applications can be submitted via the PNE website at www.pne.ca/jobs and will be accepted until the roles are filled. **Preference will be given to candidates who submit their resume before Sunday, March 9, 2024.** To apply go to : <https://www.pne.ca/jobs/>

Pedalheads - Spring Break

PedalHeads is currently hiring for Bike/Trail Camp Instructor positions starting in March! Come gain leadership skills and work in a fun team environment outdoors helping young children. No experience necessary. Paid training is provided and you must be 16 years of age to apply. For more information and to apply go to:

https://workforcenow.adp.com/mascsr/default/mdf/recruitment/recruitment.html?cid=f9bd9e7e-6e77-4e73-b320-a15025f315ac&cclid=19000101_000001&lang=en_CA&jobId=526629

Post-Secondary Info Sessions

EducationPlannerBC Online Learning Sessions

Education Planner is the website that ALL students will use to apply to all public (and some private) post secondary schools in BC. Join us virtually on Tuesday, March 4, 2025, from 6:30-7:30 p.m. This free presentations is open to anyone interested in learning about post-secondary education and career planning. To register go to : <https://events.teams.microsoft.com/event/f8130504-3f04-4850-93f1-91294efe3f96@31f68b85-2fd5-401e-88a4-bda85d3294b0>

Study and Go Abroad Fair

Canada's largest International university and student travel expo is happening on Sunday **March 9th** at the Vancouver Convention Centre. Meet with top universities and professional schools from Canada and around the world. For more info go to : <https://www.studyandgoabroad.com/vancouver/>

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>

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Langara College - Online Info Sessions

March 5 - Engineering Programs

March 10 – Studio 58 Acting and Production

March 11 – Education Assistant Programs

March 12 – Social Services Worker

March 13 – Bachelor of Nursing

March 19 – Full Stack Web Development

March 20 -Recreation Leadership, Recreation Management

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

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

March 3- Occupational Health & Safety / Heavy Duty Equipment Technician

March 4 - Computer Information Systems Administration / Diagnostic Medical Sonography (Ultrasound)

March 6 – Aviation Management & Operations

March 10 – Technology Support Professional

March 11 – Aircraft Maintenance Engineer

March 13 - Commercial Airline or Helicopter Pilot

March 19 – Railway Training

March 20 – Front End Web Developer

March 27 – Software Systems Developer

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

BCIT (British Columbia Institute of Technology) - Engineering Open House

Join us in-person on Wednesday March 5th from 2:00- 6:00 pm. to get your questions answered, and get additional information to potentially start an exciting new career. This in-person Open House allows for you to walk around campus, drop into the classrooms and have an inside look of the program areas and the way they are taught. We welcome high school students, parents and friends to come and explore career options. The programs that are offered this evening from the engineering sector: [Biomedical Engineering Technology](#) / [Chemical and Environmental Technology](#) / [Civil Engineering and Civil Technology](#) / [Electrical Engineering](#) / [Environmental Engineering Bachelor of Technology](#) / [Geographic Information Systems Bachelor of Technology](#) / [Geomatics](#) / [Industrial Instrumentation](#) / [Industrial Network Cybersecurity](#) / [Mechanical Engineering](#) / [Mechatronics and Robotics](#) / [Mineral Exploration and Mining](#) / [Power Engineering](#). (If the program you are interested in is not listed above, it will not be covered). There will be prizes. Register here: <https://www.bcit.ca/event/engineering-open-house/>

UBC (University of British Columbia) – Online Info Sessions

March 10 - All About UBC Info Session / Bachelor of Kinesiology Information Session

March 13 – Forestry

March 19 – Programs for the Planet – Environmental Studies Programs

April 2 - UBC Engineering – Women in Engineering

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

UBC (University of British Columbia) – Engineering

Students who have applied to start UBC Engineering at the Vancouver and/or Okanagan campus in September 2025 are invited to attend a number of upcoming online info sessions.

March 12 - [UBC Engineering: Campus to Career, Alumni Insights](#) By graduating from UBC Engineering, you'll join tens of thousands of alumni spread across the world who are making an impact. Join us to hear from our alumni panel and learn how UBC Engineering set them up for success.

April 9 - [UBC Engineering: Meet Your First Year Professors](#) Come meet your future professors! Join us to hear directly from our professors on what UBC students can expect from their first year courses and how you can prepare for your first day in September.

For more info and to register go to : <https://tinyurl.com/ysuncr97>

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 **March 20** 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>

Vancouver Film School – 3D Animation program

VFS All Access Pass your exclusive backstage access to VFS's 3D Animation & Visual Effects program (ranked #1 in the world by Animation Career Review!) and a chance to experience your future in 3D & VFX for the

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entertainment and game industries. Join us on Saturday **March 8th** from 10am – 1pm at VFS (151 West Cordova St, Vancouver) You'll join Industry Talks, experience Unreal Engine and motion capture demos, tour our 64,000 cubic ft. motion capture volume, and more. For more info go to : <https://vfs.edu/events/vfs-all-access/3d>

Vancouver Film School – Action for Film and Television

VFS All Access Pass is your exclusive backstage access to VFS's industry-leading Acting for Film & Television program and an opportunity to experience your future as a feature film, sitcom television, voice, and motion performance actor. Join us on Wednesday, **March 5** from 5:30 – 7:30pm at VFS (151 West Cordova St, Vancouver). You'll meet our industry faculty, join an Industry Roundtable (special guests to be announced!), experience demos in motion capture acting, sitcom, & ADR, and more! For more info go to: <https://vfs.edu/events/vfs-all-access/ac>

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 **April 16th** at 5pm 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>

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