

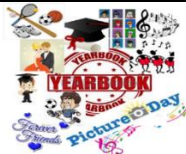


We acknowledge and thank the Coast Salish Nations of Musqueam, Tsleil-Waututh and Squamish on whose traditional territories we teach, learn and live.

Student Bulletin

Date: Tues. June 10th, 2025

Student First Aid: Gemma Leong and Hannah Unrau

Timeline	Messages																																																			
	<div></div> <div>YEAR BOOKS</div> <div>FOR SALE \$65.00</div> <div>PAY ONLINE OR AT OFFICE.</div>																																																			
<div><div>NEW</div><div>Jun 19</div><div>Mr. Rolph</div></div>	<p>Student Council 2025-2026: Thank-you so much to everyone who applied. This year's group of applicants was probably the strongest that we have ever seen and that made the selection process extremely competitive and challenging this year. We hope that those who applied but were not successful in getting a position that you will find other opportunities to leave your mark and reapply again.</p> <p>Having said that, we are proud and excited to announce next year's student council members. See a full list in the bulletin or on Mr. Rolph's door in room 213.</p> <table><tr><th colspan="2">Student Council 2025-2026</th><th colspan="2">Student Council 2025-2026</th></tr><tr><td>Co-presidents</td><td>Olivia Lee Connor Gradwell</td><td>Talent coordinator</td><td>Miguel Luco-Taje</td></tr><tr><td>Treasurer:</td><td>Anzal Majeed</td><td>Technical Director</td><td>MatteoDominelli Meher Singh</td></tr><tr><td>Secretary:</td><td>Sally Firoz</td><td>ELL / International Representative</td><td>Cocoha Yo</td></tr><tr><td>Events Coordinators (2)</td><td>Gus Hall Kenisha Sharma</td><td>Indigenous Representative</td><td>Sienna Brar</td></tr><tr><td>Social Media:</td><td>Caitlyn Yeo Mandi Ji</td><td>Grad co-chairs</td><td>Mariana Fajardo Linus Fong Juno Ang</td></tr><tr><td>Physical marketing / Art direction</td><td>Katherine Constantine Celeste Waller</td><td>Grade 11 Representative</td><td>Tony Zhang Sophia Tomkow</td></tr><tr><td>Spirit Coordinators</td><td>Jade Lai Kishin Kullar</td><td>Grade 10 Representative</td><td>Yuna Koh Yuna Lee</td></tr><tr><td>Clubs and community Coordinator</td><td>Karis Ng</td><td>Grade 9 Representative</td><td>Katherine Mincheva Milena Torres</td></tr><tr><td>Health and wellness:</td><td>Kaede Yamashita</td><td>Grade 8 Rep</td><td>TBD TBD</td></tr><tr><td>Diversity ambassador</td><td>Sarah Oki</td><td>Members at Large</td><td>August Henderson Vera Park Baran Hosseini</td></tr><tr><td>Student engagement coordinator</td><td>Xeniya Lim</td><td></td><td></td></tr></table>				Student Council 2025-2026		Student Council 2025-2026		Co-presidents	Olivia Lee Connor Gradwell	Talent coordinator	Miguel Luco-Taje	Treasurer:	Anzal Majeed	Technical Director	MatteoDominelli Meher Singh	Secretary:	Sally Firoz	ELL / International Representative	Cocoha Yo	Events Coordinators (2)	Gus Hall Kenisha Sharma	Indigenous Representative	Sienna Brar	Social Media:	Caitlyn Yeo Mandi Ji	Grad co-chairs	Mariana Fajardo Linus Fong Juno Ang	Physical marketing / Art direction	Katherine Constantine Celeste Waller	Grade 11 Representative	Tony Zhang Sophia Tomkow	Spirit Coordinators	Jade Lai Kishin Kullar	Grade 10 Representative	Yuna Koh Yuna Lee	Clubs and community Coordinator	Karis Ng	Grade 9 Representative	Katherine Mincheva Milena Torres	Health and wellness:	Kaede Yamashita	Grade 8 Rep	TBD TBD	Diversity ambassador	Sarah Oki	Members at Large	August Henderson Vera Park Baran Hosseini	Student engagement coordinator	Xeniya Lim		
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<div><div>Jun 12</div><div>Mr. Rolph</div></div>	<div><div></div><div><div>YEAR END CARNIVAL 2025!!!</div><div>On June 12th, we celebrate that another successful school year is wrapping up. Come have some carnival style fun! Event highlights include:</div><div><div>Free hotdogs.</div><div><div>Amazing Prizes</div><div>Fun Inflatables</div><div>Live entertainment and silly contests on the main stage</div><div>Staff vs Seniors Capture the Flag</div><div>Games on our carnival midway to earn prize draw tickets</div><div>A quieter play space for board / yard games as well</div></div></div></div></div>																																																			

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

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	<ul style="list-style-type: none"> • Free Air brush tattoos • Photos with your friends at the free photobooth • Treats available to purchase from grade councils • High Strike Hammer challenge \$1 per try \$2 for three with chances to win a Door Dash Gift Card. <p>Don't miss out on this incredible event organized and run by your student council and leadership students!</p>
Jun 13 Ms. Vriend	Welcome to Muslims at BMSS, a safe space for Muslims to meet, chat, make new friends, connect with other Muslims. Our goal is to build a community or Muslims to feel comfortable and included. Anyone who is curious about Islam or who is Muslim is welcome to join. We meet every Friday at lunch in room 325.
June 10	Athletic Banquet Period 6 Student Recognition Evening 6pm
June 12	Year-end Carnival
June 18	Locker cleanout Period 8
June 23	Lions Day – New grade 8 students
June25	Grad Dinner and Dance/Dry Grad



Work Experience Opportunities

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

Stoney Creek Elementary Fun Fair

Stoney Creek is looking for volunteers for their Fun Fair on **May 23rd** from 4:30 – 9:00. Lots of jobs available including concession, games attendant, and photo booth attendant. Come to the Career Centre ASAP to sign up!!!!

Lion for a Day @ Burnaby Mountain

Volunteers are needed for the Grade 7 orientation day here at Burnaby Mountain on **June 23rd** from 9am – 3pm. Sign up in the Career Centre.

Cameron Elementary School Summer Session*SUMMER

Cameron Elementary School is seeking volunteers to assist with their summer school classes July 3 - 18. You can sign up for full days (8:30 am - 3:30 pm) or half days (8:30 am - 12:30 pm) for one or multiple weeks. If you want to gain some experience assisting in an elementary school classroom come by the Career Centre to sign up.

Fun Rec Summer Camps at Stoney Creek Elementary*SUMMER

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 June 30 – August 1.

Vancouver Food Bank – Winston Street Location (near Costco) *SUMMER

Sign up to volunteer at the Winston Street warehouse – help sort the hundreds of donations that arrive at the foodbank every day. Volunteers are asked to commit to one shift per week, for a minimum of 2 months – you pick the dates and times that work for you! You can even sign up with a friend! For more details about how to sign up please go to the Career Centre and pick up an info sheet. ***Applications OPEN May 20th** <https://foodbank.bc.ca/volunteer/individual-volunteers/>

Code Ninja’s *SUMMER

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. Summer, week long, shift are available. The next orientation will be on **June 19th** at 5:30pm. For more info and to sign up come by the Career Centre.

Camp Madawaska*SUMMER

Volunteers needed for City of Burnaby summer camp for kids a 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. For more info and to sign up come to the Career Centre.

Creekside Youth Centre

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Creekside Youth Centre (next to Stoney Creek Community School), is seeking high school students to assist with their Pre-Teen programs afterschool on Thursday from 3:15 - 5:00 pm for their Girls Group. If you have an interest in education, psychology, social work, counselling or just love working with younger students, sign up at the Career Centre.

City of Burnaby – Summer Camps at Christine Sinclair Centre *SUMMER

Volunteers are need for kids summer camps at Christine Sinclair Community Centre. Camps run every week this summer from Monday – Friday. Shift time are 8:30am-3:15pm. Sign up for one week or more! Help the Camp Leader set up and take down crafts and games, greet children as they arrive at camp, encourage and include all children to participate in activities, help the leaders on out-trips and with other camp activities, contribute to activity planning and evaluation by suggesting ideas for activities and giving feedback to the Camp Leader. To apply go to : <https://tinyurl.com/ytr89rd4> Pick up an info sheet in the Career Centre to help with the application.

Arts Assistants for BAG's (Burnaby Art Gallery) Summer Camps 2025! *SUMMER

Students that have an interest working in an art gallery, supporting professional artists, and working with children would be best suited for this opportunity. Duties include: Support and assist art instructor deliver art programs; Support printmaking in the classroom and manage the printing press (training will be provided).

Utilize public speaking skills to lead a group of children and maintain their attention; Help with set up, clean up and general tidying of the programming space. Applicants should have experience and/or enjoys fine arts and crafts.

We are accepting 2 volunteers per week and have 12 positions available. Applicants must commit to a full week.

Placements available July 7 – August 15th. Pick up an application in the Career Center ASAP.

Coquitlam & Port Moody Summer Farmers Market*SUMMER

The Coquitlam and Port Moody Farmers Markets are currently looking to fill all volunteer positions for the 2025 Farmers Market season (May – October) including Set up, Take down, Kid's Power of Produce tent and our Kid's Craft Tent.

Please go to the volunteer application, linked below, and indicate your availability and the position(s) you are interested in. We will be in touch if we have volunteer shifts to offer you. To apply go

to: <https://www.makebakegrow.com/volunteer-application>

Belcarra Beachkeepers *SUMMER

Beachkeepers is a fun stewardship program that runs June 28 – August 31 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/PublicOrganization/46f4140f-db5f-42be-ac8a-b0e65c38c382/Gvi/f5a716f1-493e-4ec8-be84-7dd067414b15/1> Applications close May 23.

Burnaby Central Railway*SUMMER

The Burnaby Central Railway is one of Burnaby's most popular and beloved attractions, offering miniature train rides to the public. The railway is open to the public from **Easter to Thanksgiving on weekends and stat holidays**. We are looking for student volunteers aged 14 +. Previous experience not required, but a positive attitude is a must. A second language is an asset. Learn more at bcsme.org. Shifts may be half day or full day, 10am – 5:30pm. Volunteer tasks include marshalling the passenger maze and loading trains, crossing guard attendant, general help at the garden railway and non-operating day help with grounds maintenance and site operations. To sign up for an upcoming orientation email : communications@bcsme.org. Send you first and last name, school name, and ask when the next orientation will take place.

Golden Spike Days*SUMMER

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 28 to July 1**. 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://goldenspike.ca/volunteers-Signup>

City of Burnaby Volunteer Info Session

Looking to have an awesome summer while also making a difference in the community? Come join our energetic summer volunteer team and develop leadership skills in a positive and fun environment! Volunteers will be working side by side with experienced summer camp and park leaders to create lifelong memories for children and families in Burnaby. We recommend all volunteers attend a recruitment session at one of the following locations. Pre-registration is required to attend. Summit Youth Centre Sa, **May 24** 3-4:30 pm / Christine Sinclair Community Centre W, **May 28** 4:30-6 pm / Bonsor Recreation Complex Sa, **May 31** 5-6:30 pm / Edmonds Community Centre Tu, **June 10** 4:30-6 pm. Register at Burnaby.ca/WebReg. Pick up an info sheet in the Career Centre.

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Place des Arts *SUMMER

Place des Arts is seeking summer work experience students for our visual and performing arts camps: Our **Summer Fun!** program runs for six weeks from July 7 – August 15, 2025, and offers a variety of visual and performing arts camps. We are seeking responsible, caring, and committed volunteers with an interest in working with children,. Experience working with children 5-12 years old, (for example babysitting, daycare, volunteering with elementary schools, day camps and other children’s programs) is preferred. Shifts are daily (Monday-Friday) and you can choose between: 8:30am-12:50pm / 11:45am-4:00pm / 8:30am-4:00pm. Minimum 2 week commitment. Applicants must attend an orientation session on July 2 from 4:30 – 6:30pm. For more info and to apply pick up an info form in the Career Centre, and apply at: <https://placedesarts.ca/volunteer/summer-volunteers/> Deadline to apply is June 20th.

Lucky’s Doggy Daycare*SUMMER

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 – Mondays or Fridays 3:30 – 6:30pm / Sunday 10am – 6:00pm), and week long placements during the 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.

Shoppers Drug Mart – Pharmacy, Retail or Cosmetics Department *SUMMER

Work Experience Opportunity at the Shoppers Drug Mart located on the corner of Cameron and North Road. Pharmacy Available: one week summer placements July 22 – 26 or July 29 – Aug 2. Retail Available: Monday, Tuesday or Friday 4-8pm or one week summer placements open all summer. Stop by the Career Centre for more details and to sign up.

Low Entropy Thrift Store – Burquitlam Plaza*SUMMER

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 1-2 shift per week. You must commit to a minimum of 80hrs. 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*SUMMER

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/>

Burnaby Hospice Society Thrift Store *SUMMER

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>

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/>

The Madison & Lakeshore – Seniors Care Homes *SUMMER

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.

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. 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. Grow your network while gaining practical, hands-on work experience in a safe and inclusive space. To apply

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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/>

Theatre Under the Stars *SUMMER

Theatre Under the Stars (TUTS) is an outdoor summer theatre at Malkin Bowl in Stanley Park. Every year over 200 volunteers contribute their time, energy, and skills to make each season a great success! We require energetic, committed individuals to help in the front of house: ushering, taking tickets, greeting, and staffing the coffee bar. Perks of volunteering include complimentary tickets to a TUTS production and letters of reference (upon request) For more info and to apply go to: <https://tuts.ca/programs-and-rentals/volunteer/>

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: (Tuesdays, 4:00-5:00pm) Share stories and books with kids to help them improve their reading skills / Tutoring for Kids: (Wednesdays, 4:00-5:00pm) 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+.

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/4yiy93ct>

Shadbolt Centre for the Arts *SUMMER

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/3fmvtikj>. 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.

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 operate Monday to Friday from June 30 until August 29, 2025. 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 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.

PedalHeads *SUMMER

Our Junior Instructor program (volunteer program) accepts applicants who are interested in gaining experience in children's recreation by volunteering at our spring break bike camps. There are camp locations in Burnaby, Port Moody, Coquitlam and Vancouver. Our bike camps concentrate on bike safety and skills for kids ages 2 -12. We have 6 levels teaching everything from training wheels to trail riding. Each level includes: safety knowledge, safety skills, trail riding, street riding, and bike maintenance. Volunteers will be paired up with an experienced instructor. For more info pick up a handout in the Career Centre. To apply go to: <https://tinyurl.com/zxr76v6c> Please note that applying does not guarantee a spot. We will email you to confirm your application to be a volunteer.

Burnaby Open Tennis Tournament

Volunteers are needed for the annual Burnaby Open Tennis Tournament June 21 & 22 7:30am – 11:30am and 5:30pm – 11:00pm, June 27 3:30 – 11:00pm, June 28 & 29 7:30am- 11:30am. Volunteer duties include : Escorting players to their court, Timing warmup time, Refilling water bottles, Setting up / packing up booths and Checking players in. The tournament is at the Burnaby Tennis Club : 3890 Kensington Ave, Burnaby. To sign up drop by the Career Centre.

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

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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. Next Cohort starts in June. Sign up online ASAP at: <https://lowentropy.org/programs/employment-services/thrift-thrive-youth-internship/>

City of Port Moody – Events and Programs Volunteer

Get involved in Port Moody by volunteering for recreation programs, day camps, or community events like Canada Day, Car Free Day, Cheer at the Pier, and the CP Holiday Train. Volunteers must be at least 14 years old, have an active recreation registration account (register here : <https://tinyurl.com/yuhjmrnd>), and be able to communicate by email for training and scheduling. A cleared Police Information Check and attendance at an orientation session are required before signing up for volunteer shifts. Canada Day (July 1, 11:00am–7:00pm), Car Free Day (August 17, 10:00am–7:00pm), Recreation Programs (July–August): To apply go to : <https://www.portmoody.ca/en/city-hall/volunteering.aspx#Frequently-asked-questions>

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 - UBC Engineering Info Session @ Mountain

Are you curious about what your 1st year of university might look like and what you can look forward to? Career UmBrella is hosting a SPARK episode with UBC engineering students, Michael, Ethan, and Song Ha on **May 26th in room 301 at lunch** where they will be sharing about their experiences and tips! This is a great opportunity for Grade 12 students who have already been accepted to UBC Engineering for next year, as well as Grade 10 & 11 students interested in hearing what UBC Engineering is all about.

Mountains to Ocean

Mountains to Ocean is a 3-week immersive program for youth aged 15–21 that explores the deep connections between land and sea. Through three outdoor learning adventures, participants gain hands-on experience, connect with like-minded youth leaders, and design a community project inspired by what they've learned. Example excursions* (taking place outside school hours), include: A guided hike up the Sea to Sky gondola to learn about to discuss geology, glaciers, biodiversity, climate change, and mountains across cultures and time; Volunteer and learn about native plants and the importance of community gardens at The Norquay Community Food Forest; A boat tour along Stanley Park, West Vancouver, Lighthouse Park, visiting a thriving seal colony and the iconic Siwash Rock and False Creek. Mountains to Ocean aims to help alleviate eco-anxiety through learning and action, while making tangible, lasting differences in youth's communities for a healthier, more sustainable future. Upcoming cohorts > Pick one: Cohort 1: **June 3 – 23, 2025**. Application deadline: May 25, 2025 / Cohort 2: **July 10 - 31**. Application deadline: July 3, 2025. Learn more and apply at: <https://ocean.org/mountains-to-ocean/>

Minerva Ride & Shine - Tools for Mental and Emotional Wellness*SUMMER

Rise and Shine is a wellness program for girls and gender diverse youth ages 15-24. This program contains 7 workshops designed to help youth develop essential skills to nurture their mental and emotional health and walk away with valuable and practical tools for navigating their resilience and building their confidence. Rise and Shine will take place via Zoom over 7 sessions from 10-11:30am: August 11th: Welcome and Opening Circle August 12th: Self-Awareness and Thinking Traps August 13th: Boundary Setting August 14th: Self-Compassion August 19th: Stress and Anxiety August 20th: Sadness and Depression August 21st: Self-Care Tools for Mental and Emotional Wellness Applications close August, 7th. Join us and apply today! To apply go to: <https://minervabc.ca/youth-programs/rise-and-shine/>

JA Business Entrepreneurship Company Program*SUMMER

The JA Company Program Summer Camp is an immersive experience that empowers students to design and pitch real-world business ideas with guidance from knowledgeable mentors. Based on a condensed version of the JA Company Program, students will be placed in teams and work collaboratively to learn about human-centered design thinking, public speaking, product viability, e-commerce, more! Students will also develop teamwork, decision making and critical thinking skills before pitching their ideas to a panel of expert judges in a final competition. Completion of this program grants students eligibility to a wide array of awards, mentorships and further opportunities. This program will be held at the Chartered Professional Accountants of BC offices in Vancouver 800-555 West Hastings Street, Vancouver) from **August 25 – 29**. It is a free event and participants are expected to attend in person. Register ASAP to reserve a spot. <https://www.tfaforms.com/5123918>

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>

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SFU STEM Speakers Series – Understanding ALS : The Genetic Mystery Behind TDP-43

The Science, Technology, Engineering, and Mathematics (STEM) Speaker Series provides secondary school students with the opportunity to meet and interact with university students, faculty members, and/or working professionals in STEM fields. The May session speaker is Josephine Esposto, a PhD student in the Environmental and Life Sciences program at Trent University. Her research is focused on protein therapeutics and misfolding in ALS, with an emphasis on the biochemical mechanisms of TDP-43 proteins. This presentation will explore how certain genes, especially those involving the protein TDP-43, contribute to the development of Amyotrophic Lateral Sclerosis (ALS). We'll break down the role of TDP-43 in nerve cells and how its malfunction can lead to the loss of muscle control seen in ALS. We will also talk about how research is conducted at the institutional level and a few pathways others have used to get there! You can join the virtual session on **May 24th** from 1:00 – 2:00pm on Zoom. To register go to: <https://sciencealive.ca/stem-speaker-seriesz>

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/> The application deadline is Saturday, May 31 at 11:59pm.

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/>

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 Workshops for Teens

Portfolio Review for Teens: This workshop will offer strategies, prompts and insights to ensure your intent is clear, your voice comes through, and your work best reflects your creative identity. Guided by instructors and complemented by peer-to-peer feedback this Portfolio Workshop is ideal for students ready to apply to study art and design at the post-secondary level. This workshop does not focus on the creation of new works; students will need examples of work they are considering for their portfolio already prepared. **Saturdays, Aug 2 - 9 / 10:00am - 5:00pm / Tuition: \$268.** To register go to : <https://www.ecuad.ca/academics/teen-programs/courses-workshops/portfolio-workshop-for-teens#learning-outcomes>

Portfolio Development for Teens: This Workshop helps students start building a portfolio that best reflects who they are as an artist or designer. This course will explore different prompts to help jumpstart your creativity, the value of experimentation and risk taking, best practices for documenting your work, and how to write about yourself as an artist or designer. This course can be taken alongside any of our other courses for teens, and is best suited for those still in the early stages of building their portfolio. **Saturdays, Jul 26 - Aug 23, 9:30am - 12:30pm / Wednesdays, Jul 30 - Aug 27, 4:30pm - 7:30pm / Thursdays, May 29 - Jun 26, 4:30pm - 7:30pm. Tuition: \$348.08**

To register go to : <https://www.ecuad.ca/academics/teen-programs/courses-workshops/portfolio-development--for-teens>

GeneSkool Summer Science Program

Join us for hands-on molecular biology and biochemistry experiments, exciting guest speakers, and more! This Summer, you or your teen can gain hands-on lab experience investigating a scientific marvel turned mystery using biotechnology, genomics, fibre, blood typing, microbiology and microscopy. Fellow scientists, grab your lab coat and join us! The programs runs from **August 18 – 22, 2025** at Capilano University. Registration is now open! The registration fee is \$350. For more info and to register go to: <https://genomebc.swoogo.com/gskssp>

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Paid Work Opportunity

The Fair at the PNE

For more info pick up a handout in the Career Centre. To apply go to: <https://careers-pne.icims.com/jobs/1894/2025-pne-fair-summer-jobs/job> *Applicants must be at least 15 years of age by August 1st, 2025. Preference will be given to candidates who submit their resume before **Sunday, June 8, 2025**. Successful applicants will **receive an interview invitation via email in late June**. Virtual group **interviews will be held on July 2nd, July 3rd, & July 5th**. The interview invitation will allow all candidates to choose their preferred Fair jobs.

Post-Secondary Info Sessions

Langara College - Online Info Sessions

May 27 – Library & Information Technology

June 5- Computer Science

June 12 – Bachelor of Science in Nursing

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

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 **June 12th** 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>

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>

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

May 21 - General Insurance + Risk Management / Railway Training

May 27 – Healthcare Administration

To register 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 **June 26th** 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>

UBC (University of British Columbia) – Online Info Sessions

June 4 – UBC Engineering – Everything You Need to Know

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

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