Burnaby Mountain Secondary

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 15th , 2025

Student First Aid: Reena Redden and Jason Shin

Timeline	Messages
NEW Mr. Rolph Dec 15 , 16,17	**Frosty's Fun Fest is just around the corner!!** Student council and Leadership are working hard to put on this amazing winter event filled with fun games, music, prizes, and tons of energy! We're looking for showcase school spirit and talents. If you would like to perform, whether it's singing, dancing, playing an instrument, or any other performance skill, this is your chance! Come by room 213 to sign up. The call out is also open to interested staff. We're looking at you Madame Cardamone.
NEW Mr. Rolph Dec 15 , 16,17	**Speaking of holiday celebrations,** Snow Dayz is next week!!! Yes, it will be raining, but Rain Dayz just didn't sound festive. So, let's celebrate the holidays and the fact that we've almost made it to winter break by participating in a series of activities and dress up days. For now, let's just talk about Monday and Tuesday. We won't tell you that Thursday is PJ day and includes a free pancake breakfast starting at 8am. But we will tell you that Monday in Puffer vs Flannel Day and a tree decorating event in the commons. Tuesday is dress like a candy cane day, so let's see your red and white on display. Leadership will also be hosting a fun holiday card making in the commons at lunch Council members will be in the halls throughout the week looking to thank participants with surprise treats.
NEW Dec 18 Mr. Rolph	**It may be raining outside, but at BMSS it's SNOW DAYZ!** Leadership and Student Council are hosting a wide range of festive and fun events throughout the week to celebrate the holidays and count us down to the winter break. Here is what you can expect this week. In addition, watch for Student Council members who will be in the halls throughout the week looking to connect with you all and to thank spirit day participants with surprise treats.
	Monday: Trimming the trees: Join leadership for a festive tree decorating event in the Lower Commons! It's also PUFFER vs. FLANNEL DAY.
	Tuesday: Holiday card making with Leadership in the Lower Commons. Wear CANDY CANE COLOURS. Wear red + white.
	Wednesday: Festive photos with Santa, the Grinch, and Larry the Lion in Lower Commons. Dress in your cozy or most festive sweater.
	Thursday: Pancakes and PJs Day! Dress in your PJs and come early for our annual free pancake breakfast. Food service will begin around 8 and ends before 8:40. Also come to the commons at lunch for festive karaoke with Leadership.
	Friday:

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Goal 1: To foster an educated, responsible and reflective community of Digitally Literate Citizens.
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	It's the big day! Frosty's Fun Fest is here! Use that snow dough to enter some amazing prize draws. There are 26 options to enter into, including one prize drawn from folks who take the time to do some origami with Auragami club. Prizes $300 Metrotown Shopping Card, JBL Buetooth speaker, Sony Headphones, Vancouver Goldeneyes tickets, Apple Airpods 4, a Sol de Janeiro Rio, a FIFA World Cup 26™ Trionda League Soccer Ball, a Coca-Cola mini-Fridge, A Crossley record player, a Boost Quadrotor Drone Kit and many more. Scan the QR code on our Snow Dayz poster for the full list of prizes.
Dec 18 Mr. Leung	**Hello Lions!** This year's Krypto's Lockbox 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. None of the problems will require higher-level mathematics, so students from all grade levels can participate. The Lockbox itself, along with the rules and the first puzzles, is displayed in the office's waiting area. *Good Luck, Have Fun!*
Dec 18 Ms. Guerrero	**Interested in pursuing a degree in engineering?** Then come by Ms Guerrero's during lunch in room 208 on Thursday December 18th, to hear a talk from an Electrical Engineer and Senior Manager in the Asset Planning department at BC Hydro. He holds master's and bachelor's degrees in electrical engineering from the University of British Columbia, where he is also an Adjunct Professor of Electrical Engineering. Come and learn more about engineering and the career process. Timbits and donuts will be provided!

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)

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. We are now accepting volunteers for our 2026 Annual Vancouver Chinatown Spring Festival Parade on February 22, 2026! Come join over 3000 participants to celebrate the Lunar New Year in the heart of our Chinatown community. As one of our 200 volunteers, you will be part of a dynamic and hardworking team that will play an integral role in making our 2026 Parade a success, all while having a great time, meeting new people, and gaining valuable skills! For more info and to apply go to : https://tinyurl.com/ypeb4ab2

Long Table Society Community Holiday Meal

The Long Table Society is hosting a community holiday meal for local families in need on Wednesday, December 17th from 3:30 pm - 7:30 pm at St. Stephen's Church (across from Walmart at Lougheed Mall). They are seeking 10 volunteers to help out at the event with food distribution, set-up and clean-up duties. Come by the Career Centre if you are free to help out.

Vancouver Fan Expo

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Interested in being a part of the FAN EXPO Vancouver Team? The show can't go on without your help. FAN EXPO Vancouver relies on its army of volunteers and team leads who commit their time, skills, and passion of comics and pop culture to help deliver the ultimate and unforgettable experience. You could be keeping our Creator Guests fueled and fed, greeting and providing fans with direction and info, managing line control, presenting the Sorting Hat in the Kids' Zone, distributing goodies to your fellow Crew Members, or keeping a watchful gaze over Autograph and Photo Op lines and so much more. FAN EXPO happens **February 14 – 16**, 2026 at the Vancouver Convention Centre. Connect with us and become a part of the experience fans remember. To apply go to : https://fanexpohq.com/fanexpovancouver/volunteer/ Volunteer applications are open until January 30 at 10pm.

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

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 currently have weekday and weekend volunteer placements available (Monday to Friday 3:30 – 6:30pm / Saturday or Sunday 10am – 2pm or 2pm - 6pm). Students volunteer one day per week, for 6 – 8 weeks. You must be comfortable around large groups of dogs of all types and sizes. If you are interested, please stop by the Career Centre to sign up.

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.

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. 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/

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

New Vista – Seniors Care Home

New Vista is a Seniors Care Home located in Burnaby (near Edmonds Community Centre). They are looking for volunteers Monday to Thursday evenings, and Sunday morning & afternoons, to help with their social and recreational programs. This is a fantastic work experience for anyone interested in health care. To sign up come to the Career Centre. *Specifically seeing volunteers who can speak Korean*

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+.

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 / / 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

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32nd Annual Winter Solstice Lantern Festival

The Wnter Solstice Lantern Festival invites people to celebrate the longest night of the year by creating a lantern and joining one of the 3 LANTERN PROCESSIONS that converge in the Water Park on Granville Island. The Winter Solstice Lantern Festival provides a variety of volunteer opportunities such as preparing and staging décor, ensuring public safety, caring for the Labyrinth Of Light, collecting donations, leading a procession, or packing up at the end of the night. We love finding the right task for every volunteer and want you to enjoy a wonderful winter solstice experience with our team. Pick up a handout in the Career Centre with more details. Volunteers are needed at Granville Island and Yaletown. Most roles will be on Sunday, **December 21**, 2025, and shift times will primarily be between **5:00 - 11:00 PM**. (Please note - this is a late evening volunteer role in Vancouver). For more info and to sign up go to: https://www.secretlantern.org/volunteer-roles

Vancouver International Children's Festival

The Vancouver International Children's Festival, **May 25-31** 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**.** Sign up in the Career Centre or online at https://app.betterimpact.com/Application?OrganizationGuid=fc7ac456-0bb1-42b0-9869-194498a46166&ApplicationFormNumber=1

Place des Arts

Place des Arts is a not-for-profit arts education centre with a mission to inspire the artist in everyone. Place des Arts has many volunteer opportunities for youth and adults throughout the year. From providing classroom assistance in our arts education programs to helping out at events, we provide meaningful ways to get involved in the arts and contribute to the community. For more info and to apply go to : https://placedesarts.ca/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)

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/ Application deadline is January 3rd at 11:59 PM.

New Westminster Student Police Academy

The New Westminster Police Department is looking for students aged 16-18 who have a desire to learn about a career in policing. The Student Police Academy is a week-long program (**March 16 to 20, 2026**) designed to provide students with an unforgettable and educational experience in law enforcement. Participants will have the opportunity to engage in hands-on activities, learn from experienced professionals, and develop valuable skills that extend beyond the classroom. This program is ideal for students who are looking to expand their knowledge and get a behind the scenes look at all aspects of policing. From physical conditioning and self-defense tactics, to scenario-based simulations and firearm safety, you will receive the most up to date police training.
This is your opportunity to see what it takes to be a police officer! Applicants must be Canadian citizens or permanent residents. To apply go to : **Application deadline: January 7.** To apply go to : https://www.nwpolice.org/join-nwpd/student-police-academy/

UBC Chemical & Biological Engineering High School Event

Grade 11 or 12 students are invited to experience a day in the UBC Chemical and Biological Engineering program on Saturday **February 28**, 2026 from 9 a.m. to 4 p.m. Learn about the exciting careers of Chemical and Biological Engineers; Participate in fun, interactive workshops to better understand how engineers work together to solve real-world problems; Attend short lectures to experience what it's like to be a Chemical and Biological Engineering student at UBC; Tour the laboratories; Meet professors and current students. This one-day experience is FREE.

Applications open October 1, 2025. Spaces are limited, apply early! https://chbe.ubc.ca/news/2025/high-school-student-visits-2025-2026/

University of Calgary – Online Medical Lecture Series - Artificial Intelligence in Medicine
January 12, 2026 To register: https://snyder.ucalgary.ca/mini-med/series-eleven

Project Arrowroot – Youth Activator Climate Centric Internship
Project Arrowroot encompasses 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's (free) Youth Activator program helps participants to earn volunteer hours, build your network, do good, and pick up the skills needed for life after high school. There is an opportunity to gain research experience and lead a mini project. The time commitment is just 1.5 hrs per week. The next cohort starts in November. For more info about the program and application process pick up a handout in the Career Centre.

Lower Mainland Green Team
Looking for a constructive way to improve the health of our environment? Want to support your own health and be part of a community? Green Teams of Canada (GTC) invites community, particularly youth, to engage in hands-on environmental action projects to: Develop a sense of belonging to community and place, connect to nature, cultivate leadership skills, and learn about environmentally responsible actions. For more info about Green Team Lower Mainland, and to sign up for upcoming invasive species removals, park clean-ups, and other events, go to : https://greenteamscanada.ca/locations/lower-mainland-green-team/

CDL Apprentice Program
Creative Destruction Lab (CDL) is a non-profit organization that helps technical founders and scientists build businesses. The CDL Apprentice Program empowers young women+ to pursue careers in STEM and Entrepreneurship. Selected students will have the exciting opportunity to attend a CDL Session Day, held on one of the following dates: **February 10, 11, 12, or 13**. During this experience, they will observe CDL's renowned mentorship program, hosted at UBC. Students can choose to explore one of four specialized streams: Climate, Biomedical Engineering, Compute, or Minerals. Learn how science and technology is used to solve problems and connect with likeminded peers. Applications are now
Open! https://creativedestructionlab.com/program/apprentice/application/ Applications will close January 5th, 2026

UBC Medicine Youth Outreach Mentorship Program
This program connects high school students, especially those who come from equity deserving and underrepresented populations who have an interest in medicine, with UBC medical students to learn more about university life, self-care, and the application process for UBC medical school. Learn more at https://mdprogram.med.ubc.ca/admissions/before-you-apply/md-ambassador-outreach-program/. Students can apply at https://ubc.ca1.qualtrics.com/jfe/form/SV_cTsW47ErtAzYAyW

CyberStart Canada: Free Cybersecurity Program for Youth
CyberStart Canada is a free, immersive, gamified learning experience that helps students develop cybersecurity skills while having fun. Supported by RBC and in collaboration with TryHackMe, CyberStart Canada allows young Canadians to dive into the world of cybersecurity through hands-on labs, challenges, and puzzles. You'll gain confidence, practical experience, and the skills to impress higher education institutions and future employers. Whether you're hacking machines, investigating attacks, or solving complex puzzles, CyberStart Canada will ignite your passion for cybersecurity. For more info and to register go to : https://cybersecurecatalyst.ca/cyberstart/

Emily Carr Teen Art Contest – Win a Summer Program Scholarship
We invite all teens to submit up to 3 art pieces that reflect your artistic journey where you have experimented, taken risks, and created artworks that matter. The theme invites you to celebrate your creativity, share your unique perspectives, and demonstrate how art can inspire others and make a meaningful impact. You are encouraged to combine curiosity and imaginative thinking to create work that is expressive, thoughtful, and truly your own. Senior Teens Category Prize: **1 Full Scholarship** to the Summer Institute for Teens 2026 + a certificate of award. Contest closes on **January 16, 2026 at 11:59 p.m.** Winners will be notified by mid-February 2026. For more info and to apply go to : https://summerteens.ecuad.ca/

Burnaby Mountain Career Presentation - Electrical Engineering
Nathan Ozog is an Electrical Engineer and Senior Manager in the Asset Planning department at BC Hydro, where he has worked for 18 years. His work involves leading teams that invest in and maintain the power system. He

holds Master and bachelor's degrees in electrical engineering from the University of British Columbia, where he is also an Adjunct Professor of Electrical Engineering. He has also been heavily involved with Engineers and Geoscientists BC (EGBC) for 15 years, and he's an avid squash player! Come learn about the career path of an Electrical engineer! Nathan Ozog will be here at Burnaby Mountain on **December 18th** at lunch in **room 208**.

REO 2026 UBC Research Exploration Opportunity
Research Exploration Opportunity (REO) provides high school students, particularly those from traditionally underrepresented communities in STEM, the opportunity to experience research in a university laboratory during spring break. This program enables students to explore the world of research, immerse themselves in scientific inquiry, and discover pathways into the field. 2026 REO at UBC takes place during the Spring Break (March 16th - 20th) for the 2025-2026 school year and will be located at the University of British Columbia (UBC). This program is run by the STEM Fellowship UBC club, a subsidiary of the Alma Mater Society of the University of British Columbia (AMS). The program is free of charge and is intended to provide widespread guidance to youth from underrepresented groups through mentorship with experts in STEM fields. REO aims to reach underrepresented, low-income, and Indigenous Canadian communities but is open to any high school student (Gr. 9 - 12) who is interested in this opportunity. Application deadline: January 9th, 2026. For more info and to apply go to: https://docs.google.com/forms/d/e/1FAIpQLSdQ0zhxyUGcsL5c_KRs8uhjQhhy0MRYHtetWkiNx5sdLmq_pw/viewform

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)

RISE (REAL-WORLD INDUSTRY SKILLS AND EXPERIENCE) 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 23 to 26**– 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 | Jewellery Design | Graphic Design | Interior Design. To register visit: https://lasallecollegevancouver.lcieducation.com/en/news-and-events/events/2025/10/rise-2026 Applications Open December 1st.

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, Stop Motion & Design Magic, Acting, Design and Animate a Title Sequence, Animation - Visual Effects for Film, and Makeup for Stage and Screen, Visual Art & Design Fundamentals and Intro to Sound Design Sign up for the area you are interested in exploring**. March 16 -17** or **March 18-19** or **March 23-24** – 9am – 4pm daily. There is a cost to this program - $200 - $225. per workshop. To register go to: https://vfs.edu/content/creative-break-2026

Post-Secondary Info Sessions

Burnaby Mountain Secondary Hosts The Following Info Sessions:
February 5 : Douglas College @ Lunch in Room 200

SFU (Simon Fraaser University) Online Applicant Workshop | Grade 12 Students in BC
Are you a grade 12 student in British Columbia applying to Simon Fraser University for your undergraduate studies starting in Fall 2026? Join us on **December 18th** or **January 14th** at 6pm Online for an informative webinar designed to help you navigate the admissions process with confidence. We'll cover: Our diverse range of undergraduate programs / Admission requirements and evaluation of your high school courses / Step-by-step walkthrough of our online application portal / Tips to support your application to SFU's undergraduate programs / Guidance on completing supplemental applications for the Beedie School of Business and the School of Contemporary Arts in the Faculty of Communication, Art and Technology / Scholarship opportunities / A live Q&A session to get your questions answered. To register go to : https://tinyurl.com/mwzthvfj

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SFU(Simon Fraaser University) Beedie Business School - High School Applicant Webinar
Discover your future in business at the SFU Beedie School of Business Webinar for High School Students on **December 17** (4:00pm - 4:45pm) online. Learn about programs, admission requirements, and tips to make your application shine. Hear how SFU Beedie students are driving real change—and get your questions answered in the live Q&A! SFU Beedie is home to those who believe that business has the power to spark new ideas, fuel social innovations and advance society. Through teaching and learning powered by world-class research, meaningful community engagement, and global outlook, we take business education beyond the walls of academia. We empower people from diverse backgrounds and perspectives to reimagine the role that business plays in tackling society's most significant challenges. Learn more about our program and admission requirements, get answers to your questions, and decide on whether SFU Beedie is the right place for you. Register at: https://tinyurl.com/jt349yay

UBC (University of British Columbia) – In Person Campus Tours
Join us on our Vancouver campus for a guided walking tour with a UBC Student Ambassador. After the tour, an advisor will be available to answer your questions about our undergraduate programs, admissions, scholarship opportunities, and more. Tour happen Monday – Sunday at various times. To see the schedule and sign up go to : https://tinyurl.com/5bt6b6es

Emily Carr University of Art & Design
December 10 – Admissions Webinar
January 13 – Admissions Webinar
For more info an to register go to : https://www.ecuad.ca/events/audience/future-students

Van Arts (Vancouver Institute of Media Arts – Open House
Visit our campus on Terminal Avenue (333 Terminal Avenue, Vancouver) in Vancouver (one block from Main Street/Science World Station), including our classrooms, acting and photography studios on Saturday, **December 13t**h – 1pm to 4pm (Drop by anytime!) **Link to Register:** https://vanarts-openhouse-dec13.eventbrite.ca

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 virtual info session **January 22nd** 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

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 **Thursday January 8th at 5 pm** 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://tours.uvic.ca/details/399749/discover-uvic

BCIT (British Columbia Institute of Technology) – Online Info Sessions
December 17 – Railway Training
To register go to: https://www.bcit.ca/events/category/infosession/list/