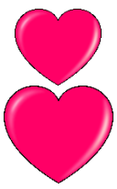
Burnaby Mountain Secondary

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: Fri. Feb. 13th, 2026

Student First Aid: Evelyn Chua and Sarah Cruz

Timeline	Messages
NEW Feb 20 Mr. Dudley	 **The BMSS music department is hosting another Open Mic Night ON** **April 1st**, sponsored by Cobs Bread and held in the Lower Commons! Open Mic Night is an event where music students will showcase their enthusiasm for music by performing their favourite pieces and showcasing extraordinary talent with solo or group performances. Come support our music students and enjoy a fun evening of music starting at 6:00pm on April 1st!
Feb 13 Mr. Rolph 	**Valentine's Spirit Week is back from February 9–13 with many fun, warm, and sweet activities.** • **Thursday** is a relationship-status dress-up day: red for taken, green for single, blue for complicated, and pink for looking for a friend. Watch out for student council members coming around with tic tac toe boards and Hershey Hugs and Kisses for those who play. • **Friday**, wear pink or red and take photos at the photobooth during lunch in the lower commons. • **Friday** is also a grade 8 only dance from 4-6pm. Throughout the week, you can support the grade councils as well by purchasing Valentines related goods and treats.
Feb 13 Mr. Rolph 	 **Grade 8 Valentines Dance!!!!!** Hey grade 8s, your grade 8 council is hosting a Valentine's sweetheart dance. It will be held in the gym from 4-6 pm on Friday, February 13th. Come with friends, come on your own, come with your sweety, but most of all come to have a great time. Tickets are just $5 and will be selling at lunch in the commons between February 9th to 13th. For added convenience, you can also pay through school cash online. We are looking forward to seeing you there!
Feb 18 Mr. Der	**ATTENTION Gr 8 and Gr 9 Boys!** Our first volleyball tryout will be Wednesday, Feb 18th right after school 3-5pm in Gym 1.
March 11 Ms. Belyea 	**Grade 12 Scholarships!!!** **DEADLINE: NOON on March 11 to Ms. Belyea (room 304)** 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.

Facing Hardships Scholarships

1. Jean Ip Foundation Scholarship
2. Clint Morrison Scholarship
3. Marlene Larson Scholarship
4. Neil Sandercock Scholarship
5. Ted Elphick Memorial Scholarship

Fine Arts

1. Burnaby Arts Council Scholarship
2. Jayson McLean Memorial Bursary

(Michael J Fox Theatre VPA Award was also posted soon, so stay tuned)

Community Service and Financial Need Scholarships

1. BCIT Pathways to Success Scholarship
2. RICOH Office Solutions Scholarship
3. BEES Community Scholarship
4. BEES STEAM Scholarship
5. Burnaby Civic Employees CUPE Local 23 Scholarship
6. Burnaby South War Memorial Scholarship
7. Chad Turpin Scholarship (BEES)
8. Dr & Mrs. A. H. Pontifex Scholarship
9. BEEM Credit Union Scholarship
10. Parkcrest Children's Centre

SCHOOL GOALS:
Goal 1: To foster an educated, responsible and reflective community of Digitally Literate Citizens.
Goal 2: To increase student awareness, understanding and practice of healthy living.

Trades Scholarships

1. Interworld Developments Scholarship
2. ETRO Construction
11. Rotary Club of Burnaby Scholarship
12. Granley Scholarship
13. Singh Excavation Scholarship
14. Parkland Refinery Award

Also, there are **Elementary School Alumni** awards for students who attended Stoney Creek, UHE, Forest Grove, Cameron or Lyndhurst Elementary.

AND MANY MORE……

CHECK THE SCHOLARSHIP TEAMS PAGE FOR MORE INFO / APPLICATIONS AND SEE MS BELYEA (my schedule is posted on the door on 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)

City of Burnaby – Camp Madawaska at Warner Loat Part *Spring Break
The City of Burnaby is looking for volunteers for their outdoor day camp, Camp Madawaska, during Spring Break. The camp runs March 23-27th, volunteer shifts are 9am-4pm, at Warner Loat Park. Volunteers assist with outdoor activities and games, set up and clean up, and supervision. Must be age 15+. Sign up in the Career Centre.

PoMo Museum – Program, Event, Marketing, Landscaping, Collections & Maintenance Positions
The PoMo Museum is located near Rocky Point Park in Port Moody. The museum preserves and celebrates the heritage and historical town site of IOCO. Volunteers support the museum from cleaning and organizing gallery space, gardening & landscaping, assisting with programs & events, and promoting the museum. Volunteer positions include: birthday event assistant, museum event assistant, landscaping assistant, gardening assistant, content creator marketing, activity creation, event planning assistant, archives & collections assistant and museum maintenance. For more information go to : https://www.pomo.museum/volunteers-1 Click the Volunteer Package Information link for more details or pick up a handout in the Career Centre.

Charles Rummel Centre *Family Day, Pro-D Day and Spring Break
There are multiple volunteer opportunities coming up at Charles Rummel Centre (near Seaforth Elementary School). Volunteers assist camps leaders, by helping with set up, games and activities, and supervising children, and clean up. Volunteers are needed for Family Day, **February 16th**, the Pro-D Day, **February 27**, and Spring Break **March 16-20** and **March 23 - 27**. Shifts are 8:30 – 3:30. Sign up in the Career Centre for one or more dates.

Temporary Cameron Library & Rec Centre at Lougheed Mall *Family Day Event
We are looking for volunteers for our Family Day event on Monday February 16th from 10:15am – 2:30pm at the Temporary Cameron Library & Rec Centre at Lougheed Mall. Volunteers duties include set up, helping with crafts, games and face painting, and clean up. To sign up come to the Career Centre ASAP!

Port of Vancouver Business Leadership Internship * SUMMER
The Vancouver Fraser Port Authority Leadership Program offers grade 10 and 11 students the chance to gain meaningful work experience, build leadership and communication skills, and make new friends. Through this program, leadership students: GAIN hands-on work experience and an understanding of key workplace competencies BUILD leadership skills through team-building activities DEVELOP strong communication and presentation skills CREATE connections with peers and university student mentors EMERGE with increased confidence and greater self-awareness. The program begins with two mandatory training sessions on: Sunday, May 3 and Sunday, May 10. Both sessions run from approximately 9:00 a.m. to 3:00 p.m. Application deadline: Wednesday, April 1, 2026. Students must complete a minimum of 80 volunteer hours through both training and volunteer work at community events across the Lower Mainland and at Canada Place. Upon completion of the program, students are eligible to receive a $1,000 honorarium. Sign up in the Career Centre today.

BC Technology for Learning Society
Are you interesting in gaining some computer refurbishing experience at a local non-profit organization. For more information go to: https://reusetechbc.ca/. Come by the Career Centre if you are interested in a Spring Break or Summer volunteer placement there. Students complete one week of work experience with an 8am - 4pm schedule.

Festival Du Bois
For over thirty years, Festival du Bois has been proud to present the music and culture of French Canada and from the francophone world in Maillardville, a BC community settled by French Canadians over 100 years ago. Our

yearly event welcomes folks of all ages, cultures and backgrounds to Coquitlam's Mackin Park for a weekend of great live music and dance, fabulous food, performances for kids, fun activities – and to experience its special spirit of warmth and vitality, its *joie de vivre*. We are looking for dynamic, dedicated and enthusiastic volunteers who would like to help us over the Festival du Bois weekend, **March 6, 7 & 8.** If you'd like to get involved and volunteer, please fill out the online Volunteer Form: https://www.festivaldubois.ca/volunteer-form/

Code Ninja's

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. For more info and to sign up come by the Career Centre.

Bettie Allard YMCA

The Bettie Allard YMCA is a modern recreation centre located near the Burquitlam Skytrain Station. They run a variety of programs for children, youth and adults and they are look for dedicated volunteers to help with their community programs. Interested students can sign up in the Career Centre to attend the orientation on **February 19** at 3:45pm at the YMCA. Once you have completed the orientation you can sign up to volunteer for the classes and events that interest you and work for your schedule. There are afterschool and weekend programs and events, as well as Spring Break and Summer programs. Student must commit to completing a minimum of 50 hrs, but there is no timeline to complete the hours. Sign up in the Career Centre now.

Shoppers Drug Mart –Retail

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.

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

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.

Sprouting Chefs at Forest Grove Elementary

Sprouting Chefs Sprouting Chefs runs afterschool cooking and gardening class at Forest Grove Elementary and they are looking for volunteers. Students can apply for a "build your own schedule" placement with Sprouting Chefs **Programs: Wednesdays at Forest Grove Elementary Cooking Classes – 3:00 pm to 5:00 pm & Fridays at Forest Grove Garden Club – 3 pm to 4:30 PM – all year.** Garden Club duties include: Supervision and Support with children ranging from 7 to 13 yrs old; Ensuring children are using garden tools and kitchen tools properly; Helping with garden tasks such as planting, weeding, watering, and possibly building trellis structures. You will learn about what seeds need to grow, managing existing plants, and when to plant for most effective results using organic methods. As a holistic nutritional student, your knowledge of conscious eating habits and the health benefits of eating foods growing in the gardens will be highly valued. Cooking Classes duties include: washing dishes and supervising students in small groups while preparing and cooking food. Required Skills: Good English-speaking skills, strong work ethic, responsible and reliable with good time management. Volunteers must enjoy being outside in nature and being with children, leadership skills and or environmental awareness are strong assets. For more information please stop by the Career Centre. To apply complete the online Volunteer Application Form: https://docs.google.com/forms/d/e/1FAIpQLScyAYosTRiep_Any8V7Nu-UEfFRcC06ifmy56tPjL_y1DWYw/viewform

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/

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 (all links are clickable in Teams and the school bulletin)

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

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+.

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. Afterschool, weekend, Spring Break and Summer shifts are available. For more info and to apply go to : https://placedesarts.ca/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: 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

Vancouver Sun Run
With over 40,000 participants, volunteers are needed to assist with every aspect of the race weekend from start to finish. This race would not be possible without the volunteers! Encourage your friends and family to join in the fun. Each volunteer will receive a special souvenir T-shirt and refreshments. Student volunteers will receive a letter of completed volunteer hours via email (one week after the race).With over 1,500 volunteers needed to make this incredible event happen, it wouldn't be hard to find a volunteer position that is just the right fit for you! Volunteer Roles Include: SUN RUN PACKAGE PICK UP: **April 17 & 18** at the Vancouver Convention Centre; INFORMATION SERVICES: **April 19** outside BC Place and WRAP PARTY: **April 19** inside BC Place. Pick up an information flyer in the Career Centre. To apply go to: **https://event.vansunrun.com/172858/volunteer**

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

Royal Soccer Day Camps *SUMMER

SCHOOL GOALS:
Goal 1: To foster an educated, responsible and reflective community of Digitally Literate Citizens.
Goal 2: To increase student awareness, understanding and practice of healthy living.

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 29 until September 4, 2026. 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.

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

Engineering Job Shadow Day for Females - Binnie & Associates
Binnie & Associates, a Burnaby company, is hosting an event called "Introduce a Female to Engineering Day" on Thursday, **February 26th** from 8:30am – 2:30pm. This opportunity is hosted by Binnie and lead by RISE, a staff lead initiative supporting female-identifying experiences in the engineering workplace. The agenda for the day includes a company overview, activity challenge, fireside chat Q&A and site visit. Lunch is included. Come by the Career Centre to find out how to sign up and to pick up a parental consent form. Deadline to apply is February 13th.

Girls in STEAM Volunteer Ambassadors
Girls in STEAM is a Canadian non-profit organization that supports access to STEAM (Science, Technology, Engineering, Art & Design, Maths) education for girls, women, gender-diverse* people, and the LGBTQ+ community across North America. We aim to help balance the gender disparity in the tech industry through creating community, educational programming, and an accessible network for girls, women, gender-diverse* people, and the LGBTQ+ community to kick start their early careers. Deadline to apply is February 12th.
Ambassadors Participate in a leadership role at the only GIS InnovateHer conference in March 2026
Perks and benefits include: Food, snacks, drinks, and fun freebies included on the conference day; Receive a professional reference letter or letter of appreciation; Networking opportunities; and Learn more about STEAM education pathways and careers.

Burnaby Art Gallery - Arts Alive Program
The Burnaby Art Gallery is offering two different work experience opportunities during March Break: Records and Labels Management (**March 17-20**, 10am – 4pm). This position works with documentation and records related to the Arts Alive exhibit - including the artists, schools, projects, art materials, measurements and more. Mentored by staff, the student works with Excel and Word and maintains consistency in information across various platforms. The student will then work with the information collected to create labels for each work of art. Virtual Exhibit Creation (**March 24-27** 10am - 4pm) This position exposes students to Adobe Photoshop and asks them to edit and label numerous photo images for a virtual exhibit at the gallery. A third position is open in March as well: Photo Documentation (**March 3-6** 8:30am – 3:00pm) This position exposes students to the process of building a selection based exhibition. A primary task will be to photograph artwork with accurate colour representation, neat framing, and clear focus for photo documentation. Students must have strong photography skills and be comfortable using a DSLR camera. Spots will fill quickly. Come by the Career Centre ASAP for more info and to pick up an application.

Burnaby Art Gallery – Spring Art Camps
Join the BAG as an Artist Assistant with their annual program, *Spring Art Camp*. The candidate will assist the instructor with set-up and cleanup of program supplies, help to monitor the behavior and conduct of program participants, ensure the children are engaged and comfortable in the class and ensure that any problems or issues are reported to the instructor and staff. The student will also be able to recognize when a participant might benefit from extra assistance with an art project or assignment and assist as required. **March 16 to 20**, 8:30am-3:30pm daily & **March 23 to 27**, 8:30am-3:30pm daily. Spots will fill quickly for these programs. Come by the Career Centre ASAP for more info and to pick up an application.

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

UBC Women in Orthopaedics (WORTH) Workshop
UBC would like to extend an invitation to the Women In Orthopaedics (WORTH) workshop on Saturday, **February 21st**, 2026, from 10:00-11:30 am on Zoom. This workshop is open to all young women in high

schools (grades 10-12), including women-identifying individuals and non-binary and gender non-conforming students interested in pursuing a career in healthcare. We aim to provide more insight and clarity on careers particularly in the areas of orthopaedics and engineering Applications can be found here: https://ubc.ca1.qualtrics.com/jfe/form/SV_3lVyzPqL5LxlZGK

MINERVA – Future Ready - Essential Skills Workshops

Minerva BC is excited to invite young women and gender-diverse youth aged 17–25 to join Future Ready, a free, interactive program designed to help youth build confidence, strengthen real-world skills, and connect with an inspiring community. They'll learn from young leaders who have recently transitioned into the workplace, gain insights from senior leaders, and practice skills they can use right away in school, work, and life. All sessions will take place over Zoom on Tuesday evenings this spring (**March 10 – June 2**) from 6-7:30pm. For more info pick up a flyer in the Career Centre and to apply go to : https://www.surveymonkey.com/r/FutureReady26

Rise Up! Strengthening Food Systems and Environmental Stewardship Program

Are you interested in food, the environment, or making a real impact in your community? Through the Rise Up! Strengthening Food Systems and Environmental Stewardship program, you'll have the chance to discover and grow your passion for food systems, the planet, and your community. You don't need to be an expert or have prior experience, just bring your curiosity and willingness to learn! Rise Up! is funded in part by Canada Service Corps and is designed specifically for youth aged 15–30. Youth volunteers will be required to commit a total of 120 hours within 12 months, which will include the following: Hands-on volunteer service placement with host organization (40-60 hours); 1-day regional gathering in summer 2026, and a 4-day provincial retreat in fall 2026 (40-50 hours). There is no cost to you for accommodation, travel, and food. Self-paced learning modules, webinars, personal reflections, and check-ins (20-30 hours) Applications for the Spring 2026 cohort are currently accepted (until all placements have been filled). For more info and to apply go to : https://riseup-phabc.ca/youth-volunteers/

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

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/

Burnaby Fire Department Youth Academy 2026

Are you interested in learning more about a career in firefighting? The Burnaby Fire Department is hosting a 4-day academy, May 4-7, 2026, where students will learn firefighting skills, fire hose operations, search & rescue and belay techniques and much more. Pick up an application in the Career Centre. Deadline to apply is March 23rd.

University of Calgary – Online Medical Lecture Series: Decoding Liver Cancer

Join us on **February 9** for an informative hybrid public lecture that explores how scientific research is transforming our understanding of liver cancer. From the biological mechanisms that drive disease development to advances in detection, risk stratification, and treatment, research is reshaping how liver cancer is studied and managed. In this lecture, learn how liver cancer develops, what current research is revealing, where progress is being made, and how these discoveries are guiding more precise and effective approaches to care. This lecture features Dr. Mayur Brahmania a leading researcher and clinicians from UCalgary's Cumming School of Medicine. To register to join online: https://snyder.ucalgary.ca/mini-med/series-eleven

MANifest - A free program for male identifying youth to prevent gender-based violence (GBV)

Through a series of interactive workshops, discussions, and activities, participants will delve into critical topics such as power dynamics, patriarchy, intersectionality, and their relationship to gender-based violence (GBV). Our program is dedicated to preventing GBV, supporting survivors, facilitating healing, and seeking justice through collaborative solutions. MANifest Change is a multi-session series project, consisting of five sessions per series. Each session spans two hours and involves discussion workshops facilitated by counselors, facilitators, and mentors. Participants are encouraged to step outside their comfort zones and engage in the learning process. Note that this program requires participants to take part in all five sessions (two hours each session). For more info and to sign up go to : https://www.burnabyfamilylife.org/manifest-program

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Goal 2: To increase student awareness, understanding and practice of healthy living.

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/

Youth 4 Action Sustainability Leadership Boot Camp - March Break
Think Global, Lead and Act Local. Ready to make a difference? Join high school students from across Metro Vancouver this March break (**March 16 – 18**, 9am – 4pm daily) for three action-packed days of leadership, learning, and fun! Location : Metro Vancouver Head Office, 4515 Central Boulevard, Burnaby. This **free**, experience-based program is designed for youth who want to create positive change and take action for sustainability in their communities. What's in store? Behind-the-scenes tour of a Metro Vancouver facility; Meet inspiring professionals and explore unique sustainability career paths; Learn about climate change impacts and share strategies for adaptation and mitigation; Get to know Metro Vancouver's role and services and provide input on upcoming initiatives Connect with like-minded youth and brainstorm ways to make an impact. Apply by Wednesday, March 4, 2026. To register go to : https://metrovancouver.org/school-programs/youth-leadership-events

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)

UBC & LMI Technologies Tech Tour For Females
Join UBC GIRLsmarts4tech and LMI Technologies, a Burnaby company, for an in-person tour and behind-the-scenes sensor technology workshop on the Pro-D Day **February 27** from 1 pm - 5 pm at the LMI Office in Burnaby. You will meet their IT team and learn more about cyber security, hear from their Software Engineers about their journey and meet their Research and Development Engineers as well. Come by the Career Centre for more info and visit this link to register: https://www.cs.ubc.ca/girlsmarts4tech/registration. There is a $35 fee to attend.

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. (FYI – Vancouver Film School is currently gathering feedback from high school students via a brief online survey. As a thank-you for participating, students who complete the survey will receive a 25% discount code that can be applied toward Creative Break programs, and other VFS offerings. Survey Link - https://www.surveymonkey.com/r/92LMF7T) To register for Creative Break go to: https://vfs.edu/content/creative-break-2026

Emily Carr University – Spring Break art Camps *Spring Break
Our Spring Break Art Camp is designed to inspire creativity, provide space to explore and give opportunities to meet other young creatives. We've curated a range of courses so you can explore

popular studio practices in art and design through hands-on classes taught by practicing professional artists, designers and educators. With a focus on foundational skills and creative process, courses are open to students at all experience levels. We want to make your Spring Break fun, memorable and inspirational! Camps run **March 16 – 20** and **March 23 –** 27 from 8:40am - 3:10pm. Sign up for one week or two! Cost per week is $736. To apply go to : https://www.ecuad.ca/academics/teen-programs/spring-break-art-camp

Paid Work Opportunities

Playland is Hiring : 2026 PNE Summer Jobs - Playland & FIFA Fan Festival™

Come work for Vancouver's favourite entertainment destination! We are looking for over 1000+ enthusiastic and motivated individuals to join our 2026 season for the Playland Amusement Park (May – October) and support the delivery of the FIFA Fan Festival™ (June – July)! As a part of this once in a lifetime experience, you'll have the opportunity to learn new skills, gain valuable work experience, and create lasting memories either as a part of the Playland or FIFA Fan Festival™ venue operational teams. A wide variety of positions are available in departments such as Food & Beverage, Guest Experience, Ticketing, Games, Rides, Public Safety, Parking, and Grounds Clean-Up. For more info pick up a handout in the Career Centre or go to : https://careers-pne.icims.com/jobs/2018/2026-pne-summer-jobs---playland-%26-fifa-fan-festival%e2%84%a2/job. Preference will be given to candidates who submit their resume before **March 9, 2026.**

Rocky Point Ice Cream Hiring Fair

Want to spend your days scooping smiles, making memories, and being part of an awesome team? Come meet us at our Rocky Point Ice Cream Hiring Fair. We're hiring for all locations: Port Moody, New West, Coquitlam, & Port Coquitlam. **Hiring Fair Details: The Canteen & Creamery (2920 Murray Street, Port Moody) Sunday, February 22 10am to 2pm** We're looking for friendly, hardworking people who love teamwork, good vibes, and incredible ice cream. How to Apply: Bring a printed copy of your resume / Fill out the application form (link below) and bring it with you**.** Please note: resumes and completed applications are required to interview. Applicants must be Canadian Permanent Residents. View details and application here & https:// www.rockypointicecream.com/workwithus

Pedalheads Bike Camps for Kids: Spring Break Instructor

It's that time of year again - Pedalheads is hiring Instructors for their Spring Break bike camps! Gain work and leadership experience, build up your resume, spend time outside, and help kids learn how to bike. Pedalheads offers programing for kids ages 2-12 where they learn about fundamental bike skills and develop a love for biking! We're looking for people to join our dynamic, high-energy team to create breakthrough, happy dancing, high-fiving, "I did it" moments by teaching kids all about biking. Camp locations include: Brentwood, Burnaby - Brentwood Park Alliance Church / South Burnaby New West - Location TBD / Como Lake, Coquitlam - Queen of All Saints School. Camps run : **March 16th-20th** & **March 23rd-27th**. For more info and to apply go to : https://tinyurl.com/2cy8wbkh

Pedalheads Soccer Camps for Kids: Spring Break Instructor

Do you have a passion for working with children and LOVE sports? We are looking for confident characters to teach foundational soccer skills to our 2–12 year old soccer stars. Pedalheads Soccer is a program like no other which requires our coaches to channel their inner child and put their imagination and creativity to the test. Our coaches use humor, songs and story-telling to make our little players fall in love with soccer. Experience in either playing or coaching sports is preferred though this does not have to be soccer specific, as full training will be given. Camp locations include: Brentwood, Burnaby, and Deer Lake, Burnaby. Spring Break Camps run : **March 16th-20th** & **March 23rd-27th**. For more info and to apply go to : https://tinyurl.com/ynh2yduk

City of Burnaby - Program Leader – Summer Camps (Grade 12 Only)

Do you have an interest in leading safe, fun and quality recreation programs for children, youth and families? If so, then this is a fantastic opportunity for you to join our Parks, Recreation and Culture department as a Program Leader! Your responsibilities in this role will include providing exceptional customer service, planning, scheduling, implementing and leading a variety of social, cultural, sport, fitness, and general interest activities, including Summer Camps and Playgrounds. Qualifications include completion of grade 11 and related experience working with children. Experience in coaching, camp counselling, leading Scouts or Guides, tutoring, or volunteering in a recreation or childcare environment is considered an asset. A First Aid Certificate and Cardiopulmonary Resuscitation Certification – Level C are required for this position. (you must get this before starting) **Pay Rate:** $25.22 per hour + 12% in lieu of benefits (2024 Rates) **Location:** Various Burnaby locations. **Hours of**

work: This is an auxiliary position; hours and shifts are based on operational requirements and do not provide guaranteed hours of work. Shifts may vary throughout the week from Monday – Saturday, 8:00 AM – 8:00 PM. July & August Please apply online at https://tinyurl.com/mpfr7w2u by **Friday, February 20, 2026.**

Post-Secondary Info Sessions

Study and Go Abroad Fair

Canada's largest International university and student travel expo is happening on Saturday **February 28th** and the Pinnacle Hotel Harbourfront in Vancouver. Meet with top universities and professional schools from Canada and around the world. For more info go to : https://www.studyandgoabroad.com/vancouver/

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

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 **February 24th** 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 **Tuesday March 17th 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

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

Are you a team player? Are you active in your community, physically and mentally fit, and want to be a sought-after graduate pursuing a rewarding career in law enforcement and public safety? Then this program is for you. Join us for our upcoming Law Enforcement Studies Diploma (LESD) Info Session on February 25th from 6 – 7pm at JIBC in New Westminster to learn more about how this program can help you achieve your goals! Learn about the education, applied skills, and specialized knowledge required to become a superior candidate in the recruiting process. Register at: https://www.jibc.ca/event/info-session-law-enforcement-studies-diploma-lesd