



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. Sep. 18th , 2026

Student First Aid:

Sep 18 Mr. Rolph	<u>Grad Council meeting Friday Sept. 18 at lunch.</u> This is a meeting for any grade 12s interested in being part of your grad council this year. Grad Council helps plan grad events, fundraisers, and has input on grad festivities and other memory making items. Have your say and help make your grad year incredible. Join us for a meeting this Friday at lunch in room 213.
Sep 18 Mr. Rolph	<u>Grade 8 Explorer Challenge Winner!</u> Congratulations to Kevin Tong whose name was drawn as our prize winner in our first ever grade 8 explorer challenge. Not only was his name drawn, but all answers were complete and correct. Welcome to Burnaby Mountain Kevin and all grade 8s. Your prize pack will be delivered to you in period 1 this week. Congratulations again.
Sep 18 Ms. Vangelista	ATTENTION ALL GRADE 8s! Reminder to please return your completed Grade 8 Retreat Field Trip forms to your Period 3 teacher by the end of this week! If you have any questions, please see Ms. Vangelista in Room 209. We're looking forward to a great Grade 8 Retreat.
Sep 18 Ms. Cardamone	Are you in Grade 11 or 12 this year? Have you completed French 11 OR taking French 11 this year? If yes, then you get the chance to join our trip to Montréal and Québec City to experience the French culture hands-on and to attend Quebec's Winter Carnaval 2027. Come see Mme Cardamone in room 324 for more information! Grab your spot by joining by this Saturday, September 19th!
 Ms. Manning	<u>Work Experience Opportunities</u> (gr. 11 & 12 only) Please see bottom of bulletin.
Sep 24 Mr. Rolph	<u>Kick off week events Sep 21-24</u> Sep 21 Monday: We're SO Socksy! 🧦 Start Spirit Week by showing off your socksiness! Wear bright, colourful, or fun socks, or take it to the next level and wear your socks over your pants. Student Council members will be on the lookout for the socksiest participants and will be handing out a small treat for those who join in the fun! Sep 22 Tuesday: We're SO Extra! ✨ Why dress normal when you can be extra? Wear that outfit you've been waiting for an excuse to show off. Think fancy clothes, suits, dresses, flashy accessories, sunglasses, or anything that brings a little extra style to your day. Have fun and don't be afraid to stand out! Come down to the commons at lunch and take photos of your EXTRAordinary self. Sep 23 Wednesday: Grad BBQ 🍖

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	Calling all Grade 12s! Head down to the Lower Commons for a free Grad BBQ. Enjoy a beef or veggie hot dog, chips, and a drink while spending time with your fellow grads. It's a great way to kick off your final year together! Sep 24 Thursday: We're SO Colourful! 🎨 Show your school spirit on our Terry Fox Run day by dressing in your grade colour: • Grade 8: White • Grade 9: Green • Grade 10: Red • Grade 11: Blue • Grade 12: Black • Staff: Pink Teachers are encouraged to take a photo of their Period 2 class and submit it for a chance to win a pizza lunch! Classes must have at least 10 participants in their photo to qualify. Email the photo to Mr. Rolph to be entered. Let's make this Spirit Week our most colourful, creative, and socksy one yet! 🧦
Sep 23 Ms. Belyea	<u>Scholarship Info</u> There will be a Scholarship Information Meeting for all interested grade 12s, on Tuesday, Sept 23 at lunch OR Wednesday, Sept 24 at lunch in room 304. You only need to attend one of these meetings. There is lots of money available, so join Ms Belyea to find out how to apply for it.
Sep 23 Mr. Richardson	Students will be coming around to collection donations for the Terry Fox Foundation during block 3 on Monday, September 21st, Tuesday, September 22nd, and Wednesday, September 23rd. Any donation size is welcome. Our annual Terry Fox Run will take place on Thursday, September 24th.
Sep 24	
Sep 28 Mr. Rolph	<u>GRADE 8 STUDENT COUNCIL REP APPLICATION</u> Grade 8s, are you looking for an opportunity to meet new students, get involved in your school, make a difference, help others create memories and start working towards making your graduation year amazing? If you said yes to any of the above, you might want to join our student council. Applications are now available from Mr. Rolph in room 213. Completed applications are due on September 28th. If you have questions about council, come to room 213 or speak to a current member of student council.
Sep 30 Mr. Rolph	<u>Club Proposal Forms Now Available:</u> Want to Run a Club This Year? Whether you're continuing a club from last year or starting a brand-new one, you'll need to complete a club proposal form. Forms are available now outside Mr. Rolph's room (213). All details about the process are included in the form itself. If you have any questions stop by Room 213 and see Mr. Rolph.



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)

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Cameron Elementary School Babysitting

Volunteers are need on Thursday September 24 from 5:45 – 9:00pm at Cameron Elementary School to look after children while their parents attend a PAC meeting. Come to the Career Centre to sign up.

Low Entropy Foundation Thrift & Thrive Youth Internship Program

Join the

Low Entropy Foundation for their Thrift & Thrive Youth Internship Program starting October 3, 2026. Participants complete weekly volunteer shifts at our Thrift & Fund store in Coquitlam (552 Clarke Rd), gaining practical experience in retail, customer service, teamwork, and communication. Through interactive workshops, youth also build leadership skills, learn about financial literacy and career readiness, and develop practical skills to recognize and respond to discrimination and help create more inclusive communities. Participants must be 16+. Sign up online: <https://lowentropy.org/thrift-thrive-youth-internship/>

Total Therapy Physio, Sports & Wellness Clinic

Are you interested in exploring a career in kinesiology, physiotherapy or sports medicine? Total Therapy Metrotown Clinic is open to hosting work experience students this Fall after school or on Saturdays. Come by the Career Centre if you are interested.

Korean Language School at Miller Park Elementary School

The Korean Education Society is looking for volunteers for the Greater Vancouver Korean Language School (Coquitlam Campus) operating out of Miller Park Community School (800 Egmont Ave, Coquitlam) on Saturdays from 9am – noon. Must be fluent in Korean. For more info and to apply please come to the Career Centre.

Cameray Child and Family Services – Afterschool Program

Cameray Afterschool Program runs at Stoney Creek Elementary on Wednesdays and Cameron Elementary on Fridays from 3:30 – 6:00 pm. Volunteers help grade 5-7 students with the successful transition from elementary school to high school through group activities, homework help and mentorship. Volunteers also help to prepare dinner. For more info and to apply stop by the Career Centre.

Code Ninjas

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 and Saturday shift are available. For more info and to sign up come by the Career Centre.

Creekside Youth Centre

Creekside Youth Centre (next to Stoney Creek Community School), is seeking high school students to assist with their Pre-Teen programs afterschool on Mondays and Wednesdays from 3:15 - 5:00 pm. If you have an interest in education, psychology, social work, counselling or just love working with younger students, sign up at the Career Centre. Volunteers must be outgoing and comfortable taking initiative to start conversations and build relationships. Volunteers should commit to one day per week, for 8 -10 weeks.

Science World

Science World is seeking Science Facilitator Assistants for December & March. Students are expected to commit to 80 hours of work experience over 3 weeks. If you have a passion for science and want to gain more skills working with the public, this placement is for you. Come by the Career Centre for more info.

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 next orientation: Date TBD. Once you have completed an 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. 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.

The Madison & Lakeshore – Seniors Care Homes

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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.

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>

Vancouver Writers Festival

The Vancouver Writers Fest is looking for volunteers to help in a variety of roles through their festival week, October 18 -25, 2026. We have shifts available selling raffle tickets, helping as an event assistant, assisting with book sales, helping prep food in the kitchen, setting up and cleaning up after events and many more. For more info and to apply go to: <https://writersfest.bc.ca/volunteer-information>. Volunteers must volunteer at least 12 hours and must be 16+. There will be volunteer orientation evenings on Granville Island on October 13 and 15. Volunteers will be asked to attend just one of those evenings. If you are accepted as a volunteer please stop by the Career Centre to pick up paperwork BEFORE you volunteer, so you can count this towards your Work Experience hours.

Invasive Species Council of Metro Vancouver (ISCMV) Invasive Plant Removal

Join us and help protect and restore Metro Vancouver Parks! Volunteers are needed to remove invasive species. Learn about invasive species like Himalayan blackberry, Morning glory, & Lamium including how to identify them, what the impacts of invasive species are, and have fun removing them to enhance the habitat value of parkland! No experience necessary - training, gloves, & tools are provided! Upcoming invasive plant removals dates and locations : Smiling Creek Coquitlam : September 19, Lafarge Lake Coquitlam: September 26 & October 3, Pock Point Port Moody : October 1, Central Park Burnaby : October 3. For more info go to: <https://iscmv.ca/events/>

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/>. You must be comfortable around large groups of dogs of all types and sizes. Students volunteer once a week for 8 – 10 weeks. Shift options: Mon - Friday 3:45 – 6:30 / Sat & Sun 10am – 2pm or 2pm – 6pm. If you are interested, please stop by the Career Centre to sign up.

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.

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+.

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>

Lower Mainland Green Team - Remove Invasive Plants @ Eagle Creek, Burnaby

Looking for a constructive way to improve the health of our environment? Want to support your own health and be part of a community? Join the Lower Mainland Green Team, Eagle Creek Streamkeepers, & City of

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Burnaby on Saturday, September 26 from 9:45 AM to 1:00 PM and connect with your community celebrating World Rivers Day by removing invasive English Ivy and Himalayan Blackberry to steward this watershed! NO EXPERIENCE needed. ALL AGES & abilities welcome! Just bring yourself, curiosity & willingness to get your hands a little dirty. We'll provide instruction, tools, gloves & snacks! Comes for as long as you are able to! This activity will run RAIN OR SHINE! Meet at the trail entrance to Charles Rummel Park at the corner of Mark Cres and Kraft P. To sign up for this event go to : <https://tinyurl.com/326rh9y4> Pick up an info sheet in the Career Centre BEFORE you go to count this for Work Experience hours. 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/>

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)

BCIT Biotechnology Career Awareness Workshop

Grade 11 & 12 Students - are you interested in a hands-on lab experience at BCIT? This biotechnology workshop includes a gel electrophoresis lab, a DNA fingerprinting lab as well as a visit to a local biotechnology company. Come learn about the biotechnology industry in a fun and engaging way. The workshop runs from December 7 -11, 2026. (you will miss school for the week). The cost for the program is \$263. Visit the Career Centre for more information and an application. Application deadline is November 9.

Career Exploration and Leadership Development

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

MINERVA – Career Boost 2026

Minerva is excited to host Career Boost – a free in-person youth career mentorship event in Vancouver! We know that stepping into the working world for the first time can feel both exciting and a little overwhelming for youth. Career Boost is designed to help self-identified girls and gender-expansive youth ages 15–24 gain the clarity and confidence they need to take their next steps in education and career. Participants will: hear from inspiring keynote speakers; take part in hands-on, career skill-building workshops; connect with mentors from a wide range of fields and meet our leaders jumpstarting their career journeys! Join us on November 20th, 9:30am-4pm at an office in Vancouver (location TBD) Registration

Link: <https://www.eventbrite.ca/e/career-boost-2026-tickets-1985527658676?aff=oddttdtcreator>

Pathways to Science

Pathways to Science is a free online program designed to help high school students explore career pathways and strengthen foundational scientific skills. Held online once a month between September 2026-June 2027, hear directly from researchers and health professionals working in science and medicine. Participants will explore how scientific discoveries are made, learn about different education and career pathways, and gain insight into what it's really like to work in research and healthcare. This program is open to Grade 11-12 students in BC and the Yukon. Students may sign-up at any time during the series, but enrollment is limited to the first 1000 eligible participants. Registered students who attend 7 out of 10 lectures in the series will be eligible for a certificate of participation. To see the schedule, program details and registration form, visit the **Pathways to Science website**

SFU – Science Alive – Hour++ of Code

The Hour ++ of Code event features various FREE workshops for high school students to learn how to code and implement popular digital tools. All workshop are virtual/online. For more info and to register go to

: <https://sciencealive.ca/hour-of-code>

Port Moody Museum – Youth Ambassador Program

POMO Museum is offering a Youth Ambassador Program where students in high school looking to fulfill their work experience can come and volunteer at a museum! Interested in Marketing? Events? Or Research? We have a few options that you can pick up as a personal project and help make an impact in our community. For up to 11 weeks over the weekends (must be available Saturday, Sunday, or both from 11 am - 5 pm— with some exceptions e.g., evening events) , have a chance to represent the museum and

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develop your own sense of leadership, confidence and purpose. For more info and to apply go to : <https://tinyurl.com/ye22whwb>

Post-Secondary Info Sessions

Burnaby Mountain Secondary Hosts The Following Info Sessions:

September 28: [University of Alberta](#) @ Lunch in Rm. 200

October 13: [University of Calgary](#) @ Lunch in Rm. 200

October 14 – SFU (Simon Fraser University) @ Lunch in Rm. 200

November 6 – SFU – Beedie School of Business @ Lunch in Rm. 200

UBC - Planning Your Future in Engineering

Fall is a great time to plan for the future! UBC Engineering has created a [road map](#) to use as a guide for high schoolers to plan your post-secondary journeys ahead. Filled with advice, planning and your next steps, this road map will help you on your path from high school to university to a rewarding career. You can also connect with [UBC Engineering Ambassadors](#) to learn all about the student experience. Check out the upcoming events to learn more:

[UBC Engineering: Everything You Need to Know](#) - Wednesday, September 23, 5:00 - 6:00 pm PT

[Applying to UBC Engineering](#) Thursday, October 8, 5:00 – 6:00 pm PT

[Applying to UBC Engineering](#) Friday, October 9, 8:30– 9:30 am PT

[UBC Engineering: Virtual Program Fair](#) Friday, November 6, 6:00 - 8:00 pm PT

[UBC Engineering Student Stories](#) Wednesday, December 9, 5:00 - 6:00 pm PT

[UBC Engineering Application Q&A](#) Tuesday, January 12, 5:00 – 6:00 pm PT

For more info go to : <https://tinyurl.com/6yzdj2u3>

UK University Fair

StudyIn's UK University Fair is happening Date: Friday, October 2nd 2026 from 3:00 pm - 7:00 pm at the Vancouver Convention Centre, East Building Vancouver. This is a unique and valuable opportunity to meet representatives from top-ranked UK institutions in Canada. Attendees include the University of Cambridge, University College London (UCL), University of Birmingham, University of Leicester, and many more. As the official representative of 100+ UK universities, StudyIn supports Canadian students applying to competitive undergraduate and postgraduate programs, including Law, Medicine, Physiotherapy, and more. For more info go to : <https://lp.gostudyin.com/canada/fall-fairs-vancouver-2026>

Emily Carr - Campus Tours

Designed for prospective undergraduate students, Emily Carr offers guided tours throughout the year. This student-led tour brings you into our 300,000 square foot state-of-the-art purpose-built campus. During your visit, you will: Explore studios, labs, and creative spaces across campus; See a range of creative disciplines in action, from visual arts to media and design; Learn about student life and the ECU experience from a Student Ambassador; and Gain a feel for our hand-on and studio-based learning environment. Your tour will conclude with an optional presentation and Q&A session, where you gain further insights into the application process, the admission requirements and portfolio tips. For more info and to sign up go to : <https://welcome.emilycarru.ca/portal/campus-tours>

National Portfolio Day at Emily Carr

Planning on applying to Art, Media or Design school – this event is for you! National Portfolio Day is a unique opportunity for emerging artists and designers to share their work with representatives from accredited art and design schools. Students bring their portfolio—finished pieces, works-in-progress or sketchbooks—and receive direct, constructive feedback from faculty or admissions professionals. This undergraduate event is designed for high school students considering post-secondary art or design studies and anyone preparing to apply to a creative program. Attendees can meet with multiple schools in one place, ask questions about programs, facilities and admissions requirements, and gain insight into how to strengthen their portfolio for success. Participants leave with personalized guidance, a clearer sense of the expectations at different schools and inspiration to grow their practice and refine their application materials. National Portfolio Day Vancouver is Saturday, November 21, 2026. Pick up an info sheet in the Career Centre. Register to attend : <https://ecuaad.ca/events/save-the-date-national-portfolio-day-vancouver-november-21/>

BCIT Big Info – In Person

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Big Info is the largest program expo and information session at BCIT. It's your chance to find out about all our programs – from business and media, computing and IT, engineering, health sciences, trades and apprenticeships, and applied and natural sciences Join us in person on Wednesday, October 14 from 4:00 – 7:00 p.m. at our Burnaby Campus for this FREE event. For details go to: <https://www.bcit.ca/about/visit/big-info/>

University of Victoria - Discover UVic

Learn how choosing UVic's top-ranked campus will help you get career-ready and reach further than you thought possible. We cover everything from admission requirements to paid co-op work experience, international exchange, residence, scholarships, student supports, campus life and more. Watch Discover UVic for Canadian students on Youtube : https://www.youtube.com/watch?v=cJbqe_wousc

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 Tuesday September 29th 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>

Douglas College Info Fair – In Person

Join us at the Douglas College Info Fair at our New Westminster location on October 27 at 4 pm – 7 pm. Drop-in at any time during the event to explore the programs you're interested in, talk with instructors one-on-one and see our campuses. Each campus will showcase different programs, so you can join us for one or both nights, depending on your interests. For more info go to : <https://www.douglascollege.ca/information-sessions>

EducationPlannerBC Online Info Session

EducationPlannerBC is the website that all BC high school students will use to apply to most public post-secondary institution in BC (ie – Douglas College, SFU, UBC, UVIC, BCIT(some programs), Emily Carr, Langara . . .) Learn about the website, the schools and programs you can apply for, and how to create an account at an upcoming online info session: Register for the date that works best for you: Wednesday October 21 or Wednesday November 4 or Tuesday November 17. Register at : <https://www.educationplannerbc.ca/go/virtual-sessions>

CUE Canadian Universities Event

This year the Canadian University Events will feature representatives from participating universities ready to answer questions, provide resources and stay connected. Our events will be taking place: For Burnaby School District Students Only : Monday, October 5th from 9am until 11am at Burnaby South Secondary (in their Gym) and Monday, October 5th from 6 – 8pm at the Hilton Metrotown. Participating universities include : Acadia University, Alberta University of the Arts, Capilano University, Carlton University, Concordia University, Dalhousie University, Emily Carr, Kwantlen, McMaster University, Mount Royal University, Ontario Tech University, Queens University, Royal Military College of Canada, SFU, Thompson Rivers University, Toronto Metropolitan, University of Alberta, University of Calgary, University of Guelph, University of Ottawa, University of Waterloo, Western University, York University and Many More. For more info go to: <https://cuebc.org/>

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