

2023 – 2024 Bell Schedule

REGULAR DAY BELL SCHEDULE (Monday – Thursday)		FLEX / COLLABORATION SCHEDULE (Friday)	
Bell / Period	Time	Bell / Period	Time
Flexible Student Support Time	8:40 – 9:10	Extended Flex / Collab Time	8:40 – 9:30
Period 1 / 5	9:10 – 10:22	Period 1 / 5	9:30 – 10:37
Nutrition Break	10:22 – 10:32	Nutrition Break	10:37 – 10:47
Period 2 / 6	10:37 – 11:49	Period 2 / 6	10:52 – 11:59
LUNCH	11:49 – 12:29	LUNCH	11:59 – 12:39
Period 3 / 7	12:34 – 1:46	Period 3 / 7	12:44 – 1:51
Period 4 / 8	1:51 – 3:03	Period 4 / 8	1:56 – 3:03

FOOD TRUCK FRIDAY! Hey Moscrop! Get ready for another food truck Friday! Taco N’ Todo are coming back for another round of delish. Get your hands on some delicioso Mexican cuisine! Drop by the rainbow crosswalk on Friday at lunch. Cash and card are both accepted. See you there – *Student Government/Mr. Albrino*

WELLNESS WEEK ENDS TODAY! A big thank you to all staff and students who have shown their support and participated in the workshops, presentations, and animal visits this week. And an extra special thanks to all staff who have helped by hosting a session this week - Laura Dato, April Greenside, Leanne Ellis, Mark Sidney, Kristen Green, Stephanie Langille, Ashley Chow, Shawn Robinson, Ryan McLean, and Paul Sandhu. Thank you for being so generous with your time! - O. Vancic

WELLNESS WEEK – FUN FRIDAY!

Today’s events are:

- An Art Therapy Collaborative Art Piece at lunch in room 114
- A discussion on body image in the library at lunch

Reminder: this morning, at 8:30am is the soap making workshop with Mr. Sidney.
Thanks for participating panthers!

	Theme Day	Activities @ Lunch
Friday Mar 1	Fun Friday	<ul style="list-style-type: none">• Soap Making Workshop (FLEX time, in Science Lab)• Art Therapy (room 114 @ lunch)• "Body Image & Self Talk" (library @ lunch)

FUNDRAISING INITIATIVE

Hello Moscrop! Thank you to everyone who submitted organizations for this year's fundraising initiative!

This year, there are 9 non-profits to choose from. Select one initiative you want the school to raise money for this year and select it in the form below. Descriptions for each non-profit can be found within the form. Each student/staff can only vote once.

The link expires on March 8th at 11:59 PM

Voting Form: https://docs.google.com/forms/d/e/1FAIpQLSfQXfmoR-7j7iaGCG5FSNI06MDv23oQsCUKy7lRh44CncmA/viewform?usp=sf_link

The selected non-profit will be announced on **March 9th, 2024**.
Thank you for participating in the vote! *Student Government/Mr. Albrino*

STAR FEST CLUB: Do you want to know what lies in your future? Star Fest Club is doing Tarot Card readings from Monday to Friday in the Multi at lunchtime! Ask us a single question and /or have your own personal reading! See what your future holds and help us go to Nationals. *Star Fest Club/Ms. MacLean*

HEY MOSCROP! Are you an audio expert that has experience working with sound equipment? Are you looking to gain some volunteer hours? Please see Mr. Hunter in Room 116 to sign up to help out during Evening of Talents on March 13th. Thank you, Senior Leadership/Mr. Hunter

EVENING OF TALENTS: Moscrop, get ready to shine bright! Ticket sales for Evening of Talents are now open! Grab your tickets for yourself and for family and friends! Tickets are \$6 each. We’ll be in the foyer until March 1st. Join us for an unforgettable night of talented performances and prepare to be starstruck by dazzling skills and artistry on March 13th. *Senior Leadership/Mr. Hunter*

LIP-SYNC BATTLE is returning with a prize of \$250 for the winning contestant(s) and \$100 for 2nd place. Applications are available outside of room 116 from now until March 1st. Soloists or teams of up to 20 are allowed to sign up. Please head to @moscropstudentgov on Instagram for more details. *Student Government/ Mr. Albrino*

DIVERSITY DANCE: Attention All Students, on Wednesday March 6th the Burnaby School District will be hosting our annual District Diversity Dance. This dance is open to all high school students in the Burnaby school district, in the spirit of celebrating the diversity and inclusivity of our students. The dance will be held from 6pm-9pm at Byrne Creek Community School. Tickets will be on sale in the school office until Tuesday March 5th for \$10. There are only 35 tickets available per school, so buy them early to avoid missing out. The theme of the dance is “Enchanted Forest” so wear your best themed outfits! Hope to see you all there! *Ms. Green*

BCIT ENGINEERING INFO SESSION, Tuesday, March 5 (5:00-6:30pm) @ BCIT's Burnaby Campus. Learn more about the diploma and degree engineering programs, ask questions at the panel discussion and info booths, and learn about hands-on learning experiences. Register at bcit.ca/Engineeringinfo. *(Ms. Vancic)*

NIGHT OF 1000 GUITARS - The Music Department presents A Night of 1000 Guitars concert on Wednesday March 6 at 7 pm in the Multi-Purpose Room. Moscrop guitarists will be presenting solos, duets, trios, quartets, and rock band with music by classical and modern composers. Admission is by donation. *Mr. Haas*

“IN SCHOOL” VOLUNTEER SERVICE HOUR RECORD for February is due next week. Please hand in your Service Hours Record (green form) to Ms. Clements in the Office. Make sure that your name is legible otherwise you risk not getting credit for the service. Service Hours Record must be submitted MONTHLY. Forms are available at the Office. Ms. Clements

“IN SCHOOL” VOLUNTEER SERVICE HOURS

Students who give of their time beyond the requirements of a course and in service to the school will receive recognition at year end. Here is a summary of the minimum “in-school” volunteer service hours required to receive recognition:

- Grade 8s 20 hours or better
- Grade 9s 30 hours or better
- Grade 10s 40 hours or better
- Grade 11s and 12s 60 hours or better

Last week of each month, please submit your Record of Service Hours (for the months September 2023 to April 2024) to Ms. Clements in the office. ***The deadline for all records submissions is April 30, 2024.*** Service hours for May and June 2024 may be submitted to the office for inclusion the following year. Ms. Clements

GRADE 11s

CLC 11 has begun! Your first video and assignment have been posted in the CLC TEAM. Make sure you take a look and get them done by the deadlines. Below is a reminder of the CLC 11 dates and deadlines for Feb – June. - *Ms. Dato*

DATE/DEADLINES	TASK DESCRIPTION
Between Feb – May	All students must plan to attend at least one post-secondary information session & gather proof (can be virtual or in person) for assignment #5
By Feb 20	Watch instructional video #1 & submit attendance form
Feb 26 - Mar 1	As part of Assignment #1 – attend ONE “Wellness Week” lunch hour activity
Mar 3	Complete Assignment #1 in TEAMS
By Mar 14	Watch Instructional video #2 & submit attendance form
April 7	Complete Assignment #2 in TEAMS
By April 24	Watch instructional video #3 & submit attendance form
May 5	Complete Assignment #3 in TEAMS
By May 21	Watch instructional video #4 & submit attendance form
June3	Complete Assignment #4
June 3	Turn in Assignment #5

GRADE 12s

ATTENTION GRADE 12'S: This is your last reminder to complete the **Grad Gown survey** and submit your height. If we don't get your height, we can't order you a gown for the School Leaving Ceremony in May. **Just go to the "Grade 12 Grad Info" Team** and complete the survey which can be found there. Please make sure to submit your height in feet and inches! *Thank you, Counsellors*

CLC 12 SCHEDULE

Dates/Deadlines	Description
February 25 th	Final deadline to hand in overdue CLC12 assignments to Ms. Dato

CHOLARSHIP INFORMATION

ATTENTION Grade 12's interested in finding out more about Scholarships:

- a TEAM has now been created, see link below:
 - [Join the Scholarship Team \(Grad 2024\)](#)
 - Join code: **wusjr9r**
 - Watch the video posted in the TEAM for general information
- For details about scholarships, subscribe to: <https://moscropsecondaryscholarshipsblog.wordpress.com/>

SCHOLARSHIP	DEADLINE
Indspire Bursaries, Scholarships, and Awards	August 1, 2024, at 11:59 PM (EST Eastern Standard Time)
BC Excellence Scholarship	February 5, 2024, to Ms. Wong
BCGEU Scholarships	February 15, 2024
District Scholarships - see TEAMS for more information	March 13, 2024 on Scholarship TEAMS (Assignment)
Kochhar & Co. CPA Scholarship	March 31, 2024
South Burnaby Metro Club	April 15, 2024
Burnaby Sports Hall of Fame	May 31, 2024

STRESS

5 THINGS YOU NEED TO KNOW

1



CAN BE YOUR FRIEND

Not all stress is bad.

2



CANNOT BE CONTROLLED

Your relationship to it can be.

3



CAN BE CHANNLED

Think of it as excitement instead of anxiety.

4



CAN BE A SOURCE OF STRENGTH

Gives your body access to mental and physical reserves.

5



CANNOT BE AVOIDED

Life has its stressful times.

It's ok not to be ok. Reach out for help if you need it.

Learn more: www.burnabyschools.ca

 @burnabyschools

