

2023 – 2024 Bell Schedule

REGULAR DAY BELL SCHEDULE  
(Monday – Thursday)

Bell / Period	Time
Flexible Student Support Time	8:40 – 9:10
Period 1 / 5	9:10 – 10:22
Nutrition Break	10:22 – 10:32
Period 2 / 6	10:37 – 11:49
LUNCH	11:49 – 12:29
Period 3 / 7	12:34 – 1:46
Period 4 / 8	1:51 – 3:03

FLEX / COLLABORATION SCHEDULE  
(Friday)

Bell / Period	Time
Extended Flex / Collab Time	8:40 – 9:30
Period 1 / 5	9:30 – 10:37
Nutrition Break	10:37 – 10:47
Period 2 / 6	10:52 – 11:59
LUNCH	11:59 – 12:39
Period 3 / 7	12:44 – 1:51
Period 4 / 8	1:56 – 3:03

UPCOMING EVENTS – FEBRUARY

This week.....Kindness Week  
23<sup>RD</sup> .....Drumming Session in the Learning Commons at lunchtime with Squamish Elder  
26<sup>TH</sup> – March 1<sup>st</sup> .....Mental Health Week  
28<sup>TH</sup> .....Pink Shirt Day

**PROMPT CHALLENGES:** The Kindness Foundation Club is hosting a kindness prompt challenge during kindness week from February 21<sup>st</sup>-23<sup>rd</sup>. We encourage you to complete these daily prompts and spread kindness!  
Wednesday.....Reflect on what you did well today and write someone a thank you message  
Thursday.....Write and share three things that you are grateful for  
Friday.....Leave an encouraging note on someone’s locker  
Follow us @msskindnessfoundation for additional prompt! *Kindness Foundation Club/ Ms. Green*

**HEY MOSCROP!** Leadership 9 is hosting Kindness Week, from February 20<sup>th</sup> to 23<sup>rd</sup>. We’ll be taking a schoolwide photo, hosting a Kindness Bingo, Love Lock Display, and most importantly, we’ll have a pre-sale for vinyl’s and tattoos. Don’t forget to show your kindness! *Leadership 9/Mr. Hunter*

**HEY MOSCROP!** Leadership 9 is hosting a Jewelry Sale! The sale is in the Foyer February 26 and 27. Rings are \$1.50; Bracelets are \$2.50; Mystery Bags are \$3.00; and the Make Your Own are \$4:00. See you there! *Leadership 9/Mr. Hunter*

**HEY PANTHERS!** Sign up for fun mental health week events today and tomorrow at lunch in the multi! There is karaoke, Pilates, cooking and many more options! First come first serve! *Mental Health Club, L. Burgess/Ms. Quelch*

**MENTAL HEALTH WEEK:** Hey Moscrop! Get excited for mental health week happening from February 26<sup>th</sup> to March 1<sup>st</sup>. There will be so many fun events to try, like just dance in the gym or visiting bunnies! More information coming out soon on Instagram by following mss.mentalhealth. Thank you, *Mental Health Club, L. Burgess/Ms. Quelch*

**UNIVERSAL FUN CLUB FOR NEWCOMER STUDENTS:** You are invited to a presentation on Community Involvement and How to Start volunteering on Monday, February 26<sup>th</sup> from 3:10pm to 4:10pm in our school library. From this presentation you will learn about how to start volunteering and where to find those volunteer opportunities. *Settlement Worker/ Ms. Claire*

**WHAT IS BLACK HISTORY MONTH?** Black History Month is celebrated in Canada and several other nations during the month of February to honour the legacy and achievements of black people and their stories. Black History Month is “Black Excellence: A Heritage to Celebrate; a Future to Build”. *Ms. C. Wong*

**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 during lunch this week and next, until March 1<sup>st</sup>. Join us for an unforgettable night of talented performances and prepare to be starstruck by dazzling skills and artistry on March 13<sup>th</sup>. *Senior Leadership/Mr. Hunter*

**LIP SYNC BATTLE!** Hey Lip Syncers! Are you ready for it? Moscrops annual lip sync battle is back! Applications can be found outside of room 116 starting today, Tuesday 20<sup>th</sup> and are due on March 1<sup>st</sup>. Drop off your completed forms to the office. For more information check us out @moscropstudentgov on Instagram! *Student Government/ Mr. Albrino*

**KPOP CLUB:** Attention to dancers! The Kpop Club is holding an audition for our next dance project! Please come to room 112 on March 1<sup>st</sup> or 4<sup>th</sup> to show off your dance talents. Visit our Instagram page @moscrop\_kpopclub for audition details. *Kpop Club / Ms. Chow*

**JANUARY’S ATHLETE OF THE MONTH** - January was a very busy month with basketball games, table tennis competition, ski/snowboard races, and gymnastics. All 11 teams competed in January and there were several athletes who had quality performances, showed excellent dedication, and had great sportsmanship. For the month of January, 6 students were nominated for Athlete of the Month. Congratulations to the following athletes for being nominated:

- Abduss Usman (Grade 10...Junior Boys Basketball)
- Luna Ashitomi (Grade 12...Senior Girls Basketball)
- Mohammad Farhat (Grade 11...Senior Boys Basketball)
- Maya Piesik (Grade 9...Gymnastics)
- Mariia Kolenchenko (Grade 9...Gymnastics)
- Ally Chu (Grade 10...Gymnastics)

**Congratulations to Mohammad Farhat for being awarded as the Athlete of the Month for January!!**  
Mohammad had shown incredible dedication to senior boys’ basketball games and practices this season. Though he was working part-time, going to rugby practices, and balancing being a student-athlete, he would still show up for all practices and games. Mohammad always had a positive attitude when communicating with his coaches, refs, and the opposing team. He kept this attitude with his teammates on and off the court. He played well both offensively and defensively and had a 10-point average per game. Mohammad also won the player of the game at the Lions Classic tournament. Well done, Mohammad! *Mohammad now needs to see Mr. Spracklin in the PE Office to claim his t-shirt, Sport Chek gift card, and have his photo taken for the awards cabinet in the foyer.*

**DIVERSITY DANCE:** Attention All Students, on Wednesday March 6<sup>th</sup> 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 5<sup>th</sup> 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*

**ARE YOU INTERESTED IN BECOMING A MEMBER OF THE STUDENT GOVERNMENT!?** If you enjoy planning events, aspire to be the voice and leader of your student body, and are passionate about making a positive impact on both the Moscrop community and beyond, then this opportunity is for you! **Apply to run in the grade 8-11 elections scheduled for Monday, April 8<sup>th</sup>.** Student Government is a 4-credit course held outside the regular timetable, right after school on day 2’s. Please note that only grade 12’s are permitted spares in their schedule; for grade 8-11’s, this would be your 9<sup>th</sup> course. **Applications, calendar dates and information are available outside room 116.** Make sure to carefully follow all the rules and refrain from any early campaigning, as it may result in immediate disqualification. We are excited to receive your applications!

**Student Government Roles/Responsibilities Descriptions:**  
[\(Revised 2024\) Positions and Responsibilities](#) *Student Government / Mrs. Greenside & Mr. Albrino*

**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
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**

See our website for information on grad events.  
<https://moscrop.burnabyschools.ca/information-for-grads/>

**Hey grads!** Please **SUBMIT YOUR GRAD QUOTES** via the google form below by February 29<sup>th</sup>. You will have an option to add an image alongside your quote, and all submissions will be reviewed by our team. Thank you!  
<https://forms.gle/hUPNueZkfQX1DM1t8> -The Moscrop Yearbook Team / Mr. Botting

CLC 12 SCHEDULE

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

SCHOLARSHIP INFORMATION

ATTENTION GRADE 12'S:

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)
<a href="#">BC Excellence Scholarship</a>	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)
<a href="#">Kochhar &amp; Co. CPA Scholarship</a>	March 31, 2024
South Burnaby Metro Club	April 15, 2024
Burnaby Sports Hall of Fame	May 31, 2024

DRUMMING FEBRUARY 23RD

Come drum with Elder Bucky! On Friday February 23rd at lunch in the Learning Commons all staff and students are welcome to an Indigenous drumming session led by Elder Bucky. This is a great opportunity to spend time with an Indigenous Elder and Knowledge Keeper. Learn more about the importance of drumming and Indigenous culture. No experience necessary! Drums provided. See you Friday! Ms. Campbell

DRUMMING SESSIONS  
2023-24

FRIDAY DECEMBER 15

FRIDAY JANUARY 12

FRIDAY FEBRUARY 23

FRIDAY APRIL 12

Led by K’etximtn  
(Alroy Baker aka Bucky)  
Squamish Elder  
Language & Culture Keeper

LEARNING COMMONS ROOM  
12:10 PM-12:44 PM  
The sessions are open to all staff & students





# IT DOESN'T OWN YOU

## Your Healthy Digital Life

Before you post, think about how it might reflect on you



Be kind & mindful that there's a real person behind the screen

Take a break if you get angry & wait before you respond



Talk it out in person if you have a conflict with someone you know

Respect other people's privacy when you share things digitally



Know when to leave your device alone & balance time offline

Think Critically. Use technology to connect & create in positive & powerful ways.

Learn more: [www.burnabyschools.ca](http://www.burnabyschools.ca)

