

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

**PROMPT CHALLENGES:** The Kindness Foundation Club is hosting a kindness prompt challenge. Today.....Leave an encouraging note on someone’s locker  
Follow us @msskindnessfoundation for additional prompt! *Kindness Foundation Club/ Ms. Green*

**DEAR PANTHERS:** Even though Kindness Week has ended, this does not mean we must forget about it until next year! Kindness Week is a reminder that we must all spread positivity and treat other how we want to be treated. Wear your **Pink Shirt on Wednesday, February 28<sup>th</sup>** and join us in the Multi at the start of lunch for a school-wide photo.  
*Leadership 9/Mr. Hunter*

The **HOPE Club** is at it again with another fire food sale. This drink is literally hot! Get your **hot chocolate** for just \$2.00 at lunch in the foyer today, Friday, February 23. This is your last chance for some hot cocoa right before winter comes to an end. *Hope Club/Ms. Ignas*

**DRUMMING TODAY!** 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*

**HEY PANTHERS!** Sign up for fun **mental health week** events today 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*

**MOSCROP'S WELLNESS WEEK is next week (February 26 - March 1<sup>st</sup>)!** - There will be many fun wellness activities taking place, and all students are welcome to join in! The Mental Health Club will be doing sign-ups during lunch time - stop by and sign up for these activities to participate! And come to the foyer next week to enter into a Gratitude Prize Draw for a chance to win some great prizes. See you there, Moscrop!

	Theme Day	Activities @ Lunch
Monday Feb 26	Mindfulness Monday	<ul style="list-style-type: none"><li>Meditation &amp; Mindfulness (room 232)</li><li>Meal Prep Monday - Healthy Lunch prep (room 329)</li><li>Music/Karaoke in the Multi</li></ul>
Tuesday Feb 27	Tech Free Tuesday	<ul style="list-style-type: none"><li>Disconnect &amp; Decompress w/ Hot Chocolate, Tea, Music &amp; Board Games (Library)</li><li>Poetry Workshop (room 319)</li></ul>
Wednesday Feb 28	Workout Wednesday	<ul style="list-style-type: none"><li>Boxing Fitness - Large Gym</li><li>Yoga - small gym</li><li>Pilates – mat room</li><li>Mindfulness -Guided Meditation (room 112)</li></ul>
Thursday Feb 29	Animal Therapy Thursday	<ul style="list-style-type: none"><li>Time Management Tips (library)</li><li>Building Minds with Lego (room 322)</li></ul>
Friday Mar 1	Fun Friday	<ul style="list-style-type: none"><li>Soap Making Workshop (FLEX time, in Science Lab)</li><li>Art Therapy (room 114 @ lunch)</li><li>"Body Image &amp; Self Talk" (library @ lunch)</li></ul>

**HEY MOSCROP!** Leadership 9 is hosting a Jewelry Sale 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*

**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*

**SCHOOL GOLF TEAM:** There is an important meeting Wednesday, February 28 at lunch in Room 315 for all students interested in joining the school Golf Team. See Mr. Tyfting for more information.

**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 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*

**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
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*

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

# 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)

