

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

**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*

**MOSCROP'S WELLNESS 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>

**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 / Ms. MacLean*

**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.

**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!** Are you interested in completing in a lip-sync battle? Moscrop Student Government’s annual LIP SYNC BATTLE is returning with a prize of \$250 for the winning contestant(s) and \$100 for 2<sup>nd</sup> place. Applications are available outside of room 116 from now until March 1<sup>st</sup>. 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*

**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*

**BCIT ENGINEERING INFO SESSON** - 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](https://bcit.ca/Engineeringinfo). (*Ms. Vancic*)

**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*

**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

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

**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 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://moscropsecondariescholarshipsblog.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

# YOUR BRAIN'S WORKOUT

Supporting Mental Wellness



BOARD OF EDUCATION  
**BURNABY**  
SCHOOL DISTRICT 41

 @burnabyschools

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



Work Your <b>POSITIVITY</b>	Work Your <b>NETWORK</b>	Work Your <b>MUSCLES</b>	Work Your <b>GRATITUDE</b>	Work Your <b>RECHARGE</b>
Brains have a negativity bias, so look for the good every day	Strong social support is critical for resilience	Physical exercise strengthens your mind too	Being thankful is connected to happiness	Getting enough sleep supports mental wellness

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