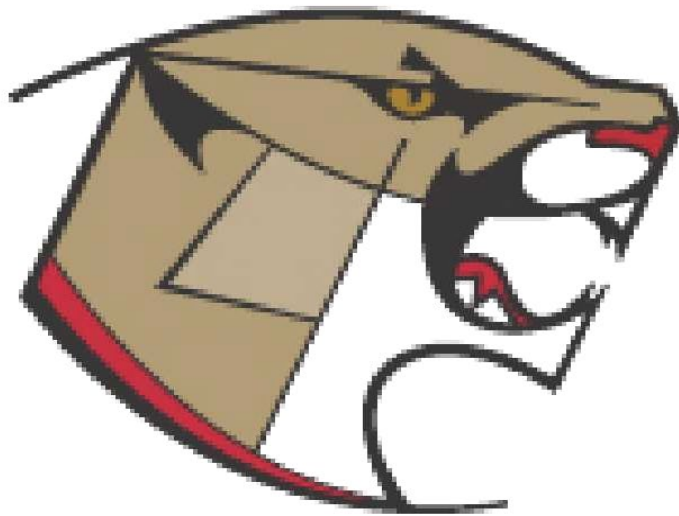


BURNABY CENTRAL SECONDARY SCHOOL

HOME OF THE WILDCATS



GRADE 8 WELCOME GUIDE **The Burnaby Central Grads of 2026**

**Welcome to your first year of high school at
Burnaby Central Secondary School!!!**

A Few Cool Things About Burnaby Central Secondary

Congratulations and welcome to Burnaby Central!



A little about Burnaby Central...

Principal: Ms. D. Carr
Vice Principals: Ms. E. McGinley
Mr. D. Goeson

Counsellors: Ms. A. Basran
Ms. R. Jones
Ms. O. Loong
Ms. B. Lawrence

Welcome! It is our sincere hope that your school year will be enjoyable and rewarding. Burnaby Central Secondary School is a place to grow – not only academically and intellectually – but also personally, socially and physically. The staff of Burnaby Central is here to help you by teaching, sponsoring clubs and activities, and encouraging you to develop to your potential.

This is your school. We encourage you to get involved.

Burnaby Central is a community where learning, creativity and integrity are encouraged, valued, modelled and expected. Individual, as well as cooperative, effort and achievement are encouraged and recognized. Central students demonstrate good character and active citizenship.

Our Mission Statement..... Our mission is to facilitate life-long learning for staff and students in a caring and respectful environment while encouraging a socially responsible lifestyle.

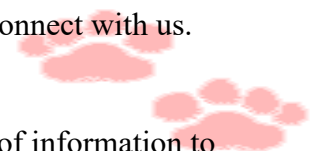
A Place for Learning and Growing ... learning and doing well in school is a huge part of being at Burnaby Central and over the next five years you can explore a diverse range of interesting courses, programs and learning opportunities, inside and outside the classroom.

Burnaby Central offers a Pre-AP/Incentive Program this is a cross-grade, cross curricular program designed to challenge highly motivated and capable students to reach their full potential, so that by the time these students enter Grade 12, they are well-prepared to take on the rigors of Advanced Placement (AP) university preparatory courses should they so choose, and eventually to move on to university or college.

Burnaby Central Library Learning Commons ... The Burnaby Central Library supports student learning by providing access to curriculum related materials in many forms. In addition to meeting the needs of students creating projects, undertaking independent study, and reading for pleasure, the Library, through its online catalogue, also provides support for independent scholarly research.

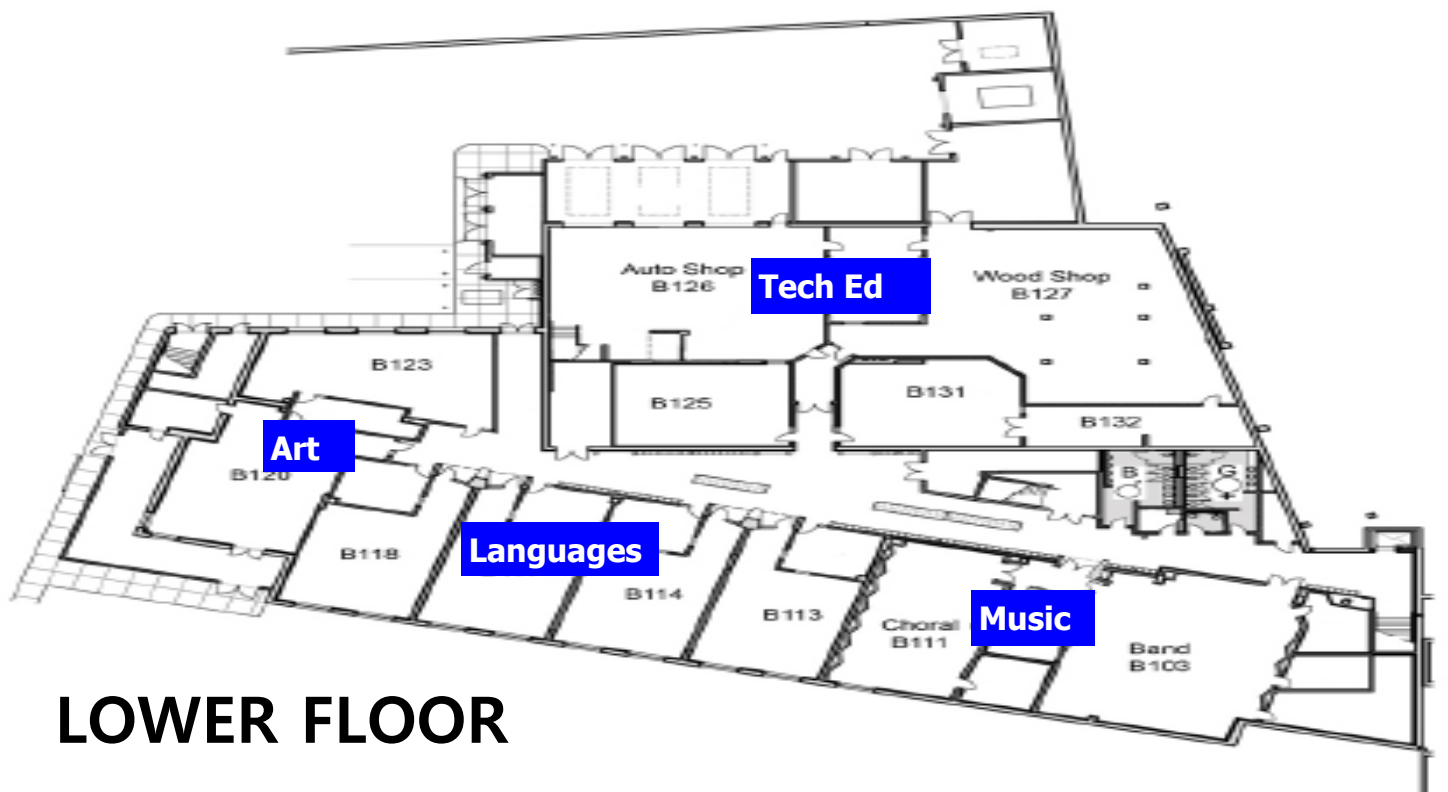
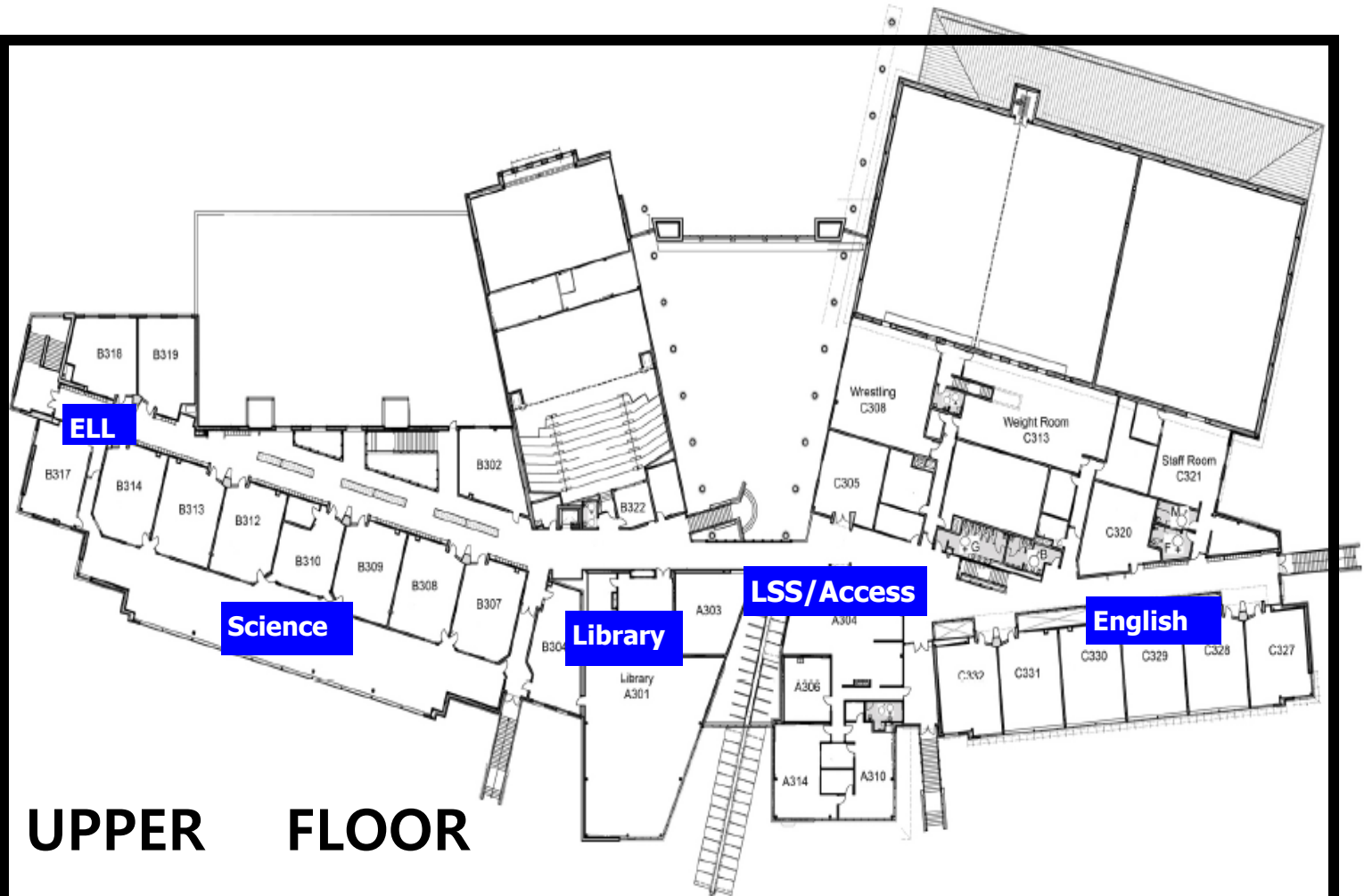
Get Connected to Burnaby Central - We want parents and students to connect with us.

- bookmark our website: <http://central.burnabyschools.ca>
- follow us on Twitter @bbycentralSD41
- make sure we have your up-to-date e-mail address - we send a lot of information to students and parents through e-mail.



Different Teachers, Different Classmates, Different Classrooms: You will have different teachers (e.g. a Math teacher, a English teacher, a PE teacher, etc.) and meet in different classrooms. This is a big difference from elementary school, but it also offers exciting opportunities to meet and learn with many people in different classrooms, labs and specialized spaces. Most Grade 8s really like this aspect of high school!

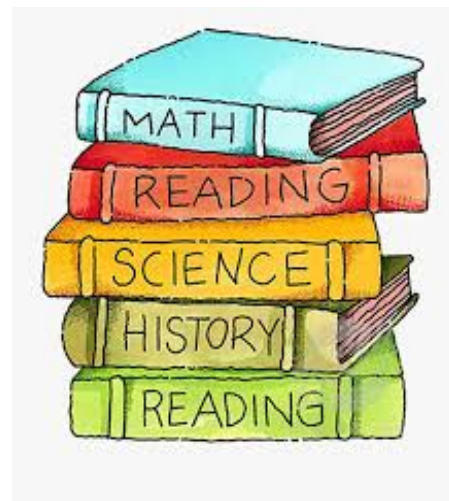
MAIN FLOOR



What courses will I take next year?

All students are expected to take 8 courses each year with the following core courses:

1. English 8
2. Social Studies 8
3. Mathematics 8
4. Science 8
5. Physical & Health Education 8
6. French 8
7. Fine Arts - one of :
 - Fine Arts Rotation (Art 8, Drama 8, Dance 8)
 - Beginner Band 8 or Band 8
 - Choir 8 (7:20 am) - Can be taken as a 9th course
8. Applied Skills and Technologies:
 - Applied Skills & Design Rotation (Business Tech 8, Technology Education 8, Home Economics 8)



ENGLISH 8

Students will read and study novels, short stories, and poetry. Drama, non-fiction and mythology may also be addressed. Writing will be approached as a process, with students becoming more familiar with the stages of writing as they apply these skills directly to the pieces of literature being studied. Group discussion and debate will also figure prominently as students learn to critically examine and reflect on their reading and writing.

SOCIAL STUDIES 8

Social Studies 8 is an overview of the period from 600-1750CE, where students research and analyze how societies form, interact, and change over time. Students explore how factors such as contact and conflict, human and physical geography, and major shifts in culture influence social and political structures. Students examine how the practices of exploration, expansion and colonization have varying consequences for different groups. Social Studies 8 is grounded in the historical thinking skills that are used to examine history at the high school level and beyond. On completion of Social Studies 8, students are well on their way to becoming historians, ready to engage with, and create history.



MATHEMATICS 8

Foundations of Math 8 is the first course in secondary school Mathematics. The units studied include number concepts and operations, patterns and relations, variables and equations, shape and space, statistics and probability, and financial literacy. The curriculum focuses on curricular competencies that include reasoning and analyzing, connecting and reflecting, communicating and representing, and understanding and solving.

SCIENCE 8

As students investigate cells, atomic theory, light, and plate tectonics they will increase their understanding of the Scientific Method and our natural world. Communication, critical and creative thinking, personal awareness, and social responsibility are skills that will be developed throughout the year. Students will also be provided with the opportunity to develop the processes, attitudes, and scientific habits of mind that allow them to pursue their own inquiries. The big ideas as developed by the Ministry of Education are as follows:

FRENCH 8

French 8 brings together a concept-based approach to learning and a focus on the development of competencies, to foster deeper, more transferable learning. It introduces French with an emphasis on communication rather than language accuracy. Topics explored range from describing oneself and others, to discussing the world around us. Cultural content is integrated and explored throughout. Students engage in reading, writing, speaking and listening activities.

PHYSICAL & HEALTH EDUCATION 8

Physical and Health Education 8 is an opportunity for students to increase their understanding of this subject's concepts: to increase their ability to perform specific movement and activity skills, to improve their level of physical fitness and to increase their ability to appreciate and enjoy physical activities. Core activities and topics include: Active Living, Badminton, Basketball, Dance, Field Sports, Ice Skating, and Volleyball. Additional selections may include Field Hockey, Field Lacrosse, Football, Pickleball, Rugby, Soccer, Softball, Track and Field, and Ultimate.



What is Applied Design, Skills and Technologies: (You will take a rotation of the following)

ENTREPRENEURSHIP & MARKETING 8 (Business Technology 8)

This course brings business and computers together. Be introduced to some exciting business concepts like marketing, entrepreneurship and much more. All courses in school require computer generated reports and presentations, you will learn life-long skills that you will use in school, at work, or in your personal life. Learn to type properly and improve your speed and accuracy.

Learn to use the Microsoft Office 365 Package which is provided to each student free of charge to use at school and home. We will cover the Digital Literacy portion of the curriculum as we learn to protect your online presence as we discuss cyber bullying, viruses, online scams and how to manage your digital tattoo.

HOME ECONOMICS 8

This hands-on course helps you learn "SKILLS FOR LIFE"! You will learn about kitchen safety, metric measurement, healthy eating habits, and how to prepare delicious snacks. Not only will you get to show your creativity with food, but you will get to express your personal style by creating your very own apron or gym bag. You will be able to impress your friends and family with your enhanced skills and learn healthy eating habits too!

TECHNOLOGY 8

The philosophy that underlies broad-based technological education is that students learn best by doing. This curriculum therefore adopts an activity-based, project-driven approach that involves students in problem solving as they develop knowledge and skills and gain experience in the technological subject area of their choice. In Technology Education 8, we explore three technological areas where students demonstrate an understanding of Isometric drawing. Learn the concept of isometric and orthographic views. Convert isometric shapes into architectural structures. They learn about an electronic system and some of the components used. They learn about resistors, capacitors, transistors and etc. Students learn about safety in the wood fabrication shop and build projects to go along the three technology areas.

What is Fine Arts 8: (You will take a rotation of the following)

ART 8

This class is an exciting and dynamic introduction to high school Art courses offered at Burnaby Central. Art 8 gives our students an initial opportunity for creative and intellectual exploration of fun and challenging art making techniques and processes. Students will explore contemporary and historical aspects of art in both two-dimensions and three-dimensions.

DANCE 8

Dance 8 is part of the Arts rotation experience at Burnaby Central. Through Dance, students build self-confidence, reflect on thoughts and experiences and explore creative expression. Learning to take risks in a supportive environment, personal and physical awareness, dance etiquette, community building and working as a team are emphasized. Students are introduced to basic dance terminology, movement elements, various genres of dance and dance history. Students build their sense of rhythm, strength, flexibility, co-ordination, and dance technique through a daily warm-up, dancing across the floor, learning choreography and creating movement sequences.

DRAMA 8

Drama 8 is part of the Arts 8 rotation experience at Burnaby Central. It is the introduction course in developmental drama and builds on skills and concepts of dramatic arts. Students have the opportunity to build confidence through the creation of short scenes and techniques. They connect with other students through numerous group work opportunities in a safe and comfortable environment.

BEGINNER BAND 8 Beginner Band 8 (You may choose Beginner Band 8 or Band 8)

Beginning Band is an introductory course introducing students to the maintenance, technique and rudiments of a selected band instrument. Technical and musical concepts, such as articulation, embouchure, blend, balance, tone, and style are introduced to form a foundation of musical awareness that encourages expression, reflection and performance. There are a limited number of school instruments available, however, most students will be required to provide/rent/purchase their own instrument from a local music store. Students who have not taken Grade 7 Band should take this course.

CONCERT BAND 8

Band 8 provides an opportunity for students to expand on the grade 7 band experience. Students will continue to develop skills, techniques, and musical concepts through individual and collaborative study on their instrument. Repertoire is selected from a wide variety of musical styles (appropriate to their level) ranging from classical to modern music. (*Pre-requisite Grade 7 Band and/or Instructor Approval*)

CONCERT CHOIR 8 (*Offered outside the timetable, Possible 9th Course*)

No prior experience is required for this course. Students will develop music-reading skills, knowledge of music and vocal technique through performance in a choral ensemble. As this is a multi-grade group (grades 8-12), assessment and evaluation is done individually and students are graded at the appropriate level for their grade. **Choir is at 7:20 a.m. on alternate days throughout the school year.**

What is Period X and Period Y?

Period X and Period Y are early morning classes that provide instruction time for Burnaby Central's Music program. If you take Choir 8, this is when your class will be scheduled. If you choose to take Choir as one of your eight scheduled classes, you will have Choir every second day all year beginning at 7:20 a.m.

What is a Semester System?

Schools on a semester system are divided into 2 parts. Students take half (4) of their courses from September to January, and the other half (4) from February to June. For example, if you are assigned to Science 8 in September, you will have Science every day until the end of January. Then you will not have Science again until grade 9. A typical grade 8 schedule could look something like this:

Semester 1 (Sept-Jan)		Semester 2 (Feb-June)	
Period		Period	
1	Science 8	1	Mathematics 8
2	Applied Skills Rotation	2	Social Studies 8
3	English 8	3	French 8
4	PE 8	4	Fine Arts Rotation

You will not know what your schedule looks like until you arrive at school in September.

Quarter System during COVID-19

A quarter consists of four 10 week sessions as detailed in below diagram. Students will complete 2 courses in each 10 week quarter. Students will complete an overall of 8 courses throughout the school year.

4 Quarters	10 week Quarters	Cohort (Complete 8 classes in total)
Quarter 1	Sept – Mid Nov	2 Classes
Quarter 2	Mid Nov – End of Jan	2 Classes
Quarter 3	Feb – Mid April	2 Classes
Quarter 4	Mid April - June	2 Classes

Most students entering secondary school enroll in the regular academic program. There is flexibility however to adjust or enrich work, depending on the needs of the student.

1. Students who have difficulty with the academic curriculum receive support in a variety of ways.
 - A. **Outreach** – Support to allow students to be successful while remaining in their academic courses. Outreach can be accessed before school, at lunch and after school. Subject teachers may also refer students to outreach for extra support during class time.
 - B. **Access/Pre-employment Program** – Supports students with mild to profound learning challenges and/or those who may be physically challenged. Individual Educational Plans are developed for each student. Parents, outside agencies, and school staff meet to develop a program to meet the needs of each student. The major emphasis of these programs is on functional academics, social skills and personal planning skills. Inclusion in regular elective classes is an important feature of the student's program. Graduates from this program receive a School Leaving Certificate.

Get involved and you will get more out of your high school experience!

How do I join?

Listen for the announcements in the morning and look for them in the daily student bulletin regarding when to sign up for these teams and clubs. The daily bulletin is also posted on our website.

The Student Council at Central is very active and organizes lots of fun activities: pep rallies, noon hour activities, Carnival Day and special activities at Halloween, Christmas, and Valentine's Day. You will have the opportunity to run for grade 8 representative in September. Grade 8 students also participate in a student orientation session one day in September.



So, what else is offered at Central?

Athletics:



Fall Season	Winter Season	Spring Season
Girls Volleyball (8-12) Boys Volleyball (10-12) Boys Rugby (8) Cross Country Running Senior Boys Soccer Junior Boys Soccer	Wrestling Basketball Swimming	Badminton (8-12) Boys Rugby (9/10) Senior Boys Rugby Tennis Girls Soccer Golf Track Boys Volleyball (8/9) Ultimate

Clubs and organizations:

30 Hour Famine
Annual
Art Council
ELL Club
Book Club
Chess Club
Dance Club
Green Club
Guitar Club
Bike Club
Business Club
WISH

Debating
Fine Arts Council
First Aid Club
Library Monitor Club
T.R.U.S.T.
Snow Club
Bhangra Team
K-Pop Club
Anime Club
Math Club
Robotics Club

Sports Officials
- referees
- timers
- scorers

Sports Council
Students' Council



Student Government

Volunteer to be a part of the school's governing body. Elections for Grade 8 Representative will be done at the Grade 8 Retreat in September. Spots to be on the Auxiliary which helps government will be held for grade 8's in October



BELL SCHEDULES: 2020/2021 –

Quarter System

JUNIOR PROGRAM (Gr. 8 & 9)

PERIOD	BELL TIMES
ENTRY TO SCHOOL	Gr 8: 8:30 (Front Entrance) Gr 9: 8:40 (North Entrance)
PERIOD 1	8:45 – 11:35
LUNCH BREAK	11:35 -12:15
PERIOD 2	12:15 – 2:45

**BURNABY CENTRAL
REGULAR BELL SCHEDULE**

<u>PERIOD</u>	<u>BELL TIMES</u>
PERIOD X	7:20 - 8:35
WARNING BELL - 8:35	
PERIOD 1	8:40 - 10:00
NUTRITION BREAK 10:00 – 10:15 WARNING BELL - 10:10	
PERIOD 2	10:15 – 11:35
LUNCH BREAK (Cafeteria) 11:35 - 12:20 (WARNING BELL - 12:15)	
PERIOD 3	12:20 - 1:40
PERIOD 4	1:45 - 3:01
Period Y	3:06-4:21

Flex Schedule

<u>PERIOD</u>	<u>BELL TIMES</u>
PERIOD X	7:20 - 8:35
WARNING BELL - 8:35	
PERIOD 1	8:40 - 9:45
NUTRITION BREAK (WARNING BELL – 9:55)	
Flex Time	10:00 – 10:55
Period 2	11:00 – 12:05
LUNCH BREAK (Cafeteria) 12:05 -12:45 (WARNING BELL – 12:45)	
PERIOD 3	12:50 - 1:55
PERIOD 4	2:00 - 3:01

What Does It Mean To Be A Wildcat?



Similar to the Burnaby School District, we have a Code of Conduct and our school expectations are in the Student Agenda Booklet and on our website – please read these. As a school, we are introducing a way to share what it means to be a part of the Burnaby Central community and build school connectedness. A way of remembering these expectations involves using our school phrase: RESPECT

Our most important expectations are that we show RESPECT:

R – Respect
E – Equality
S - Supportive
P – Positive
E – Encouraging
C – Community
T - Tenacity

School-wide connectedness is a strategy for encouraging positive behaviour with all students. School-wide expectations are based on values that we want to see reflected in our students. These expectations enhance connectedness among our students, staff, and community, creating an overall climate and culture in the school that is welcoming and safe.

What About Cell Phones and Other Devices?

All Burnaby Central students are expected to be thoughtful digital citizens and only use their smart phones and devices in class with the permission of their teacher. If you are old enough to have your own smartphone, you are expected to be responsible enough to regulate your behaviour. We have WiFi in the school and you will be able to connect to the internet. Remember, the internet is forever – always THINK before you text, post, like or share an image or message. If it is unkind, hurtful, and inappropriate or you would not want your parents or teacher to see it, then DON'T do it! The staff and school are not responsible for any loss, theft or damage to your cell phone.





Your First Day of High School –We hope your first day of high school is exciting, positive and enjoyable! The Grade 8s will have an orientation on and will be welcomed by student leaders.

After the welcome orientation, you will be led by leadership students and teachers. We will share important information, go for a school tour led by our Leadership students and participate in fun filled activities before being dismissed. The first day is shorter than a regular school day.

Burnaby Central Agenda:

In the month of September, you will also get your own Burnaby Central Agenda. This is a great tool to record your timetable, keep track of homework and know all the Burnaby Central important dates and events in advance. The first section contains all school expectations, rules and all kinds of helpful info about our school! Also, be sure to write your full name on page 1.

What will the rest of the first week look like

The first FULL day of school starts at 8:30 AM. We will start the day with going to your period classes every day for the first week, you will follow your schedule set for the school year.

What Will I Need For Class?

The first day in all your classes will be a welcome and introduction to the course and the teacher. You will get a course outline that describes what you will learn and do in the class, the expectations of the teacher and any supplies you will need. Listen to each teacher as they may have specific requirements for class materials, but here some helpful suggestions for Grade 8s:

- Use separate binders with dividers for each “core” subject such as English, Math, Science, Social Studies & French (unless otherwise requested by the teacher) and LOTS of lined paper!!!
- Have a pencil case with pens, pencils, highlighters, erasers, a ruler, a glue stick, calculator and post-it/sticky notes.
- Bring your Burnaby Central Agenda to your classes as your teachers may require you to record due dates and other information.
- **Always use your first and last name** – and write this on your pencil case, your Burnaby Central Agenda and everything you hand in to the office and all of the work you hand in to your teachers.

COUNSELLING SERVICES



What do high school counsellors do? Do I need an appointment?

One of the great things about high school is that all students are assigned to a school counsellor – these are teachers with master’s degrees in counselling. Many Grade 8 students may not feel they need to see their school counsellor, but our counsellors are here to help all students in many different ways over your five years at Burnaby Central Secondary School. The counselling center is located down the hall from the office and is open from 8am to 3:30pm every school day.

Your counsellor is assigned to you by alphabet, based on your last name. If you need to see your counsellor urgently during class time, you can ask your teacher if you can come to see them, or go to them first thing in the morning and they will give you a note to get back into class. Most students come to see their counsellor at breaks and at lunchtime, or after school, but if something is really bothering you, just go see them right away as they are here to help students be successful!

We look forward to reopening school, the Burnaby Central counselling team wants you to know how deeply committed we are to continue supporting our students and families. All counsellors are available by email and can continue to arrange in-person appointments, and phone/ zoom check-ins for students during these unprecedented times.

What kinds of things do counsellors help with?

Counsellors are available to help you select your courses for next year, explain graduation, college and university requirements and to help you decide what your post-secondary plans may be. They are also specially trained in counselling and can talk to you about other topics, and this can include personal or family situations or issues with friends. They are here to support Burnaby Central students to be balanced, healthy and happy people.



F.A.Q.s – FREQUENTLY ASKED GRADE 8 QUESTIONS

TEACHERS:

Q. What are the teachers like at Burnaby Central Secondary?

A. Every teacher at Burnaby Central is focused on helping you learn. While your teachers may have different teaching styles and personalities and you will be expected to listen and participate, all staff care about you and want you to be successful!

Q. How can I ask for help from my teachers?

A. Teachers will explain when they are available outside of class, but you can always speak to your teachers during class or just before or after class. Teachers also have email addresses posted on the school website if you or your parents want to ask a question about school or request a meeting.



HOMEWORK:

Q. Will I get a lot of homework?

A. Homework is a part of life in high school. It will vary from teacher to teacher and generally increase as you move from Grade 8 to Grade 12. The important thing is to stay on top of what you need to do and finish it in a timely manner (stay organized and use your agenda) and if you do this, you will manage all your homework just fine. Also, if you use class time wisely, you will have a lot less homework!

Q. What happens if I forget my homework?

A. Different teachers have different policies, so be sure to know your teacher's expectations. Again, being organized means knowing what's for homework and having your homework done on time.

ABSENCES AND BEING LATE:

Q. What happens if I'm late to class?

A. Attendance is important at Burnaby Central and we expect students to be in class, before the bell goes. However, sometimes being late is unavoidable – so please don't freak out! Generally, if you are late, enter the classroom quietly and sit down. If you are late frequently, you can expect the teacher to speak with you and make a phone call home to speak with your parents.

Q. What if I have to leave school before the end of the day?

A. Go to the office, and if you have a dentist or other appointment, we will phone a parent to confirm or you can bring a signed note from a parent/guardian and our office staff will "sign you out". Don't forget to let your classroom teacher know that you are signing out and show them the note as well. If you feel sick, come to the office and we will call home to be sure your parents say it is okay for you to go home.

Q. How do you phone the school if you are sick?

A. If your son or daughter is ill or absent from school, please call into the main office at 604-296-6850 to notify the school of the excused absence. Students CANNOT phone in for themselves. When your child has missed a class that is unexcused, or been late to a class, you

may be contacted with a message from the notify express.

Q. What happens if I'm sick?

A. Please be sure that your parent/guardian phones in and leaves a message. When you return, it will be your responsibility to find out what you missed, when you can make it up, and submit any missing assignments. If you think you will be sick for more than a couple of days, your parent can email your teachers or phone the office to request a homework package.

Q. What happens if I'm going away for a family trip or a tournament?

A. We do not recommend that you miss school for an extended period of time. However, if you are going away, your parents must let both the office and your teachers know, in writing, before you leave. Although teachers may be able to accommodate your homework requests ahead of time, it is expected that you will make up the work missed when you get back. It will be your responsibility to find out what you missed, when you can make it up, and submit any missing assignments. It helps to let your teachers know ahead of time if you know you will be absent from school.

CLASSES:

Q. Where are my classes? Will I get lost?

A. You will have classes in many rooms around the school. Finding your way in a new place takes a little time, but you will quickly get used to it. If you're unsure of where a room is, just ask an older student or any staff member and they will help you!

Q. What if my classes are too difficult for me?

A. This year, 99% of Grade 8 students said that when they attended class and did their work to the best of their ability, high school was "about what I expected or easier than I expected". At Burnaby Central we expect our students to be actively engaged in their own learning. However, if you are having difficulties, speak with your teacher as soon as you can about your concerns. If you continue to have issues, talk to your parents and see your school counsellor to discuss further opportunities for support. We want all Burnaby Central students to be successful and we will help you!

Q. What if I don't know how to do my homework?

A. If you don't understand your homework, the first person to see is your teacher. In addition to this though, the Outreach academic support room is open, offering extra help to students before school, at lunch, and after school. Sometimes your teacher may refer you to Outreach for extra help during class time. It also helps if you know how to contact another student in each class so that you can ask for help. See your counsellor if you still have concerns.

Q. What happens if I lose my textbooks?

A. Please take care of your textbooks as you will need to pay the full replacement cost if you lose or damage yours. If you do lose a textbook, please tell your teacher!

Q. Can I change my courses?

A. Grade 8s have similar schedules and rarely need to change their timetables. If you have a question or concern about your timetable (or there is an error – for example, you seem to have Math 12), you will need to see your counsellor and they will help you.

Q. Will I have lots of tests and exams?

A. Just like elementary school, Burnaby Central teachers will use a variety of formative and summative assessment formats to assess what you know, understand and can do (e.g. creating and answering questions, doing projects, presentations, posters, charts, paragraphs, role plays and quizzes and tests). Teachers will clearly explain the criteria before you begin, and you will know all test and due dates ahead of time and be given opportunities to review.

Q. When do I get report cards?

A. Report cards are issued quarterly. Interim report cards are issued in November and April with Semester Final reports issued in February and June at each semester's end. As well, you may receive classroom interim reports between formal reporting periods. Sometimes teachers' issue an "I" report meaning that you are missing assignments or have work that is incomplete. The "I" report gives you an opportunity to make up some or all of what is missing in order to pass the course. If you do not complete what is expected of you, the report following an "I" is a failing mark.

FRIENDS:

Q. Will I make any friends?

A. Making friends is one of the most rewarding parts of high school. At first, you will be meeting many new people and it can feel a little overwhelming. Please take part in our Grade 8 Orientation activities, this is a great way of meeting students! And remember, being a friend is the best way to make a friend. Try saying hello, socializing between classes socially distanced of course, being a part of the Burnaby Central community as these will be your best way to find others with similar interests.

OTHER RANDOM BURNABY CENTRAL QUESTIONS:

Q. Is there Wi-Fi?

A. Yes. There is a Wi-Fi network for students. You will get the password when you arrive in September.



Q. Where do I eat lunch?

A. Most students bring lunch from home and find a place in the school where they and their friends like to eat. We have many tables for students, but you will often see students eating in front of their lockers or outside when the weather is nice.

Q. When does lunch start?

A. Lunch is after first period this school year. Students are free to go where they want during lunch, and are allowed to leave the school grounds without having to sign out in the office, but are expected to manage the time and arrive to their class on time.

Q. Can I ride my bike or skateboard to school?

A. Yes, you can. We ask you to be safe and, if riding your bike or boarding, wear a helmet and follow the laws of the road. If boarding or rollerblading, be careful around traffic and other pedestrians and do not board or blade inside the school! As you would anywhere else, it is very important to lock your bike with a high-quality lock.

Q. What are the people at Burnaby Central like?

A. The people at Burnaby Central are caring and kind. Whenever you need help (whether it's with homework or finding your way around), there are many students (and teachers and support staff) that are willing to help you.

Q. How do I act towards older grades?

A. You treat the older grades with respect, as you should with every other student and teacher at Burnaby Central Secondary. The Grade 11s and 12s are role models, and if you ever need advice, they're a great source as they've had the experience and have been at the school the longest. You should never be afraid of older grades. We all have a mindset that we're in this high school journey together, and we help each other along the way.

Q. Is there bullying?

A. We expect students to treat one another with kindness, care and respect every day and also grow into resilient, independent people. Bullying is not normal at Burnaby Central; it is uncool and it is not welcome. If you ever feel bullied or see it happening to others (in person or online), the best thing to do is to talk to a trusted adult - a vice principal or principal, a teacher or your counsellor. Everything you tell a teacher or a counsellor will be confidential – and we will take it seriously and we will help!

Q. Who can I turn to if I want some help?

1. Any of your subject teachers, your counsellor, or the administration
2. Your counsellor is available to help you make decisions about school or coursework and to help cope with problems with school, friends, or family.
3. The Outreach teachers are available to help with study skills, organization, time management, reading, writing and math skills. Outreach is open before school, during lunch and after school.
4. Safe School Specialist – Wayne Best can help mediate peer issues
5. Indigenous Youth & Family Support Worker – Kwakwee Baker is available to support Indigenous students and their families.
6. Indigenous Success Teacher – Bryan Dunse is available to support Indigenous students in achieving their educational goals.

What do I have to wear for Physical and Health Education?

Physical Education strip is required for every class. You may wear any type of shorts (except cut-offs), a T-shirt (a change of shirt is recommended), socks, and running shoes. Sweatpants/track suits may also be worn. You should be prepared to go outside – bring extra clothing when necessary. If you don't go to class with the correct gym strip you may not be allowed to participate and your mark will be affected.

TAKING CARE OF YOUR MENTAL HEALTH

SELF CARE For Students

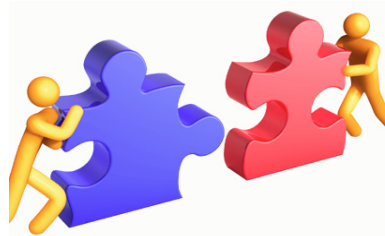
EAT We all need to refuel. But sometimes when we're stressed, our habits can change – maybe we eat junk food, or don't feel like eating at all. It is important to focus on eating foods that will provide you with the nutrients you need.

HYDRATE Try to increase your water intake and decrease your caffeine intake. Caffeine has been shown to create a stress reaction in your body and might cause you to feel nervous, irritable or restless

SLEEP Getting a healthy number of hours each night helps you to better deal with the stresses of everyday life.

MOVE Being physically active has many positive effects on your health. It increases your energy, enhances your immune system, reduces insomnia, stimulates brain growth and has been shown to decrease feelings of sadness.

ENJOY Take time to discover things you enjoy. Do things that make you feel good as often as you can. It may not be what others find fun, and that's okay! We're all different. Maybe there's a book you want to read, a show or movie you've been meaning to watch, a skill you've been interested in, or something new!



CONNECT Strong social connections are one of the most powerful influences on our mood and mental health. Spending time with friends and family help to increase your levels of happiness. Getting involved in something bigger than yourself or doing nice things for others can give you a mental health boost. If you can't see the people you care about every day, send them a text or make a phone call; it will make their day and yours!

PAUSE Make sure to take time for yourself during the day, to listen to music, take a few deep breaths, meditate, write in a gratitude journal.

RECOGNIZE Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care. Finding a healthy outlet to process your emotions and positive self-talk, although always important, is super important during stressful times. When thinking, ask yourself? Is this helpful/true? If not, challenge yourself to find a positive/true alternative. Remember to speak kindly to yourself, everyone has good and bad days. Don't be too hard on yourself!

REFLECT Take time to think about what's important to you. It can be easy to get caught up in the negative messages, instead look for kindness and positivity. This can come in different forms like people doing good things for others or positive posts on social media.

REPEAT Did you know that trying a new skill, habit, or routine for 21 days in a row will increase the likelihood of maintaining this new practice?



If you or someone or
you know is in crisis,
call 9-1-1.

You can also reach out to Kids
Help Phone at 1-800-668-6868

BEST HIGH SCHOOL ADVICE EVER?



Almost every Burnaby Central Secondary School student is interested in doing well. They go to class regularly and keep everything they do for each class organized in a binder and then, once a test is announced or a project is due, they spend time catching up, researching, studying and preparing. This is normal. However, if every day you spend just a little time reading over and re-writing some of your notes, keeping up with all of the assigned pages/chapters and reading maybe a few pages ahead, an amazing thing happens. When you go to class next, you will understand what your teachers are talking about. You will be able to ask and answer thoughtful questions and you will learn more deeply. Studying for tests will be easier and school will be more enjoyable. Your friends and classmates will think you're "really smart", but really, it's about being a better student. Go ahead – try it – see what happens.

Developing Strong Habits of Study: At Burnaby Central, we believe the primary focus for students should always be achieving as much academic success as possible; however, students must be allowed to maintain a balance between studying and other activities and pursuits. Success in school relies on the strong and effective partnership between the student, the school and the home. Active support from parents/guardians in the completion of homework is necessary, recommended and encouraged. Make these top 5 “study habits of successful students” part of your school/homework routine:

1. Go to class prepared to learn.
2. Complete your work.
3. Ask questions and get help.
4. Be organized
5. Practice homestudy regularly.



Questions?



At any time please feel free to contact your child's counsellor to discuss any concerns you may have. Phone the school directly at (604) 296-6850 and they will put you in contact with your child's counsellor.

Specific classroom concerns can be addressed directly to your child's subject teacher. Phone the main office and the office staff will notify the teacher with whom you wish to consult. As well, teachers' email addresses are available on our website if you wish to contact your child's teacher or counsellor directly.

If your son or daughter is ill or absent from school, please call into the main office to notify the school of the excused absence. When your child has missed a class that is unexcused, or been late to a class, you may be contacted with a message from the notify express.

Central's website is a great place to get specific information on our school and its programs:

www.central.burnabyschools.ca



Get Involved!

Like your child, you will get more out of the "high school experience" if you are involved. You are now a member of Burnaby Central's Parent Advisory Council (PAC) and are encouraged to attend monthly meetings which happen on the first Monday of each month. Check your child's planner, our website or the online school calendar for dates of parent teacher meeting opportunities in each semester. **Please be sure that your email address to be added to our Listserv to receive school information and updates.**



In Grade 7, these are my thoughts about coming to high school...something fun to read again when I get to Grade 12!

