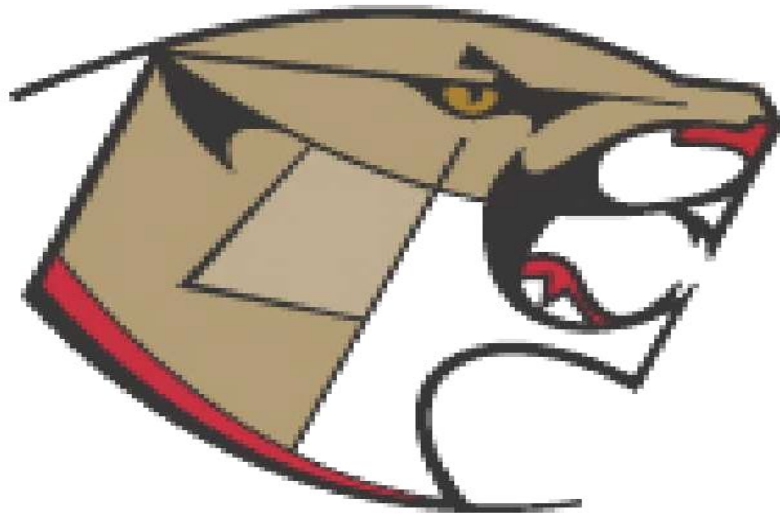


BURNABY CENTRAL SECONDARY SCHOOL

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: Mr. D. Goeson
Ms. A. Basran

Counsellors: Ms. B. Lawrence
Ms. R. Westinghouse
Ms. R. Jones
Ms. O. Loong

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.

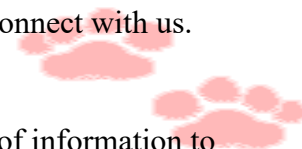
A Place for Learning and Growing ... learning and doing well in school is a huge part of being at Burnaby Central and over the next five years you can explore a diverse range of interesting courses, programs and learning opportunities, inside and outside the classroom.

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.

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. Ms Strong also provide technical support for students completing essays and constructing projects.

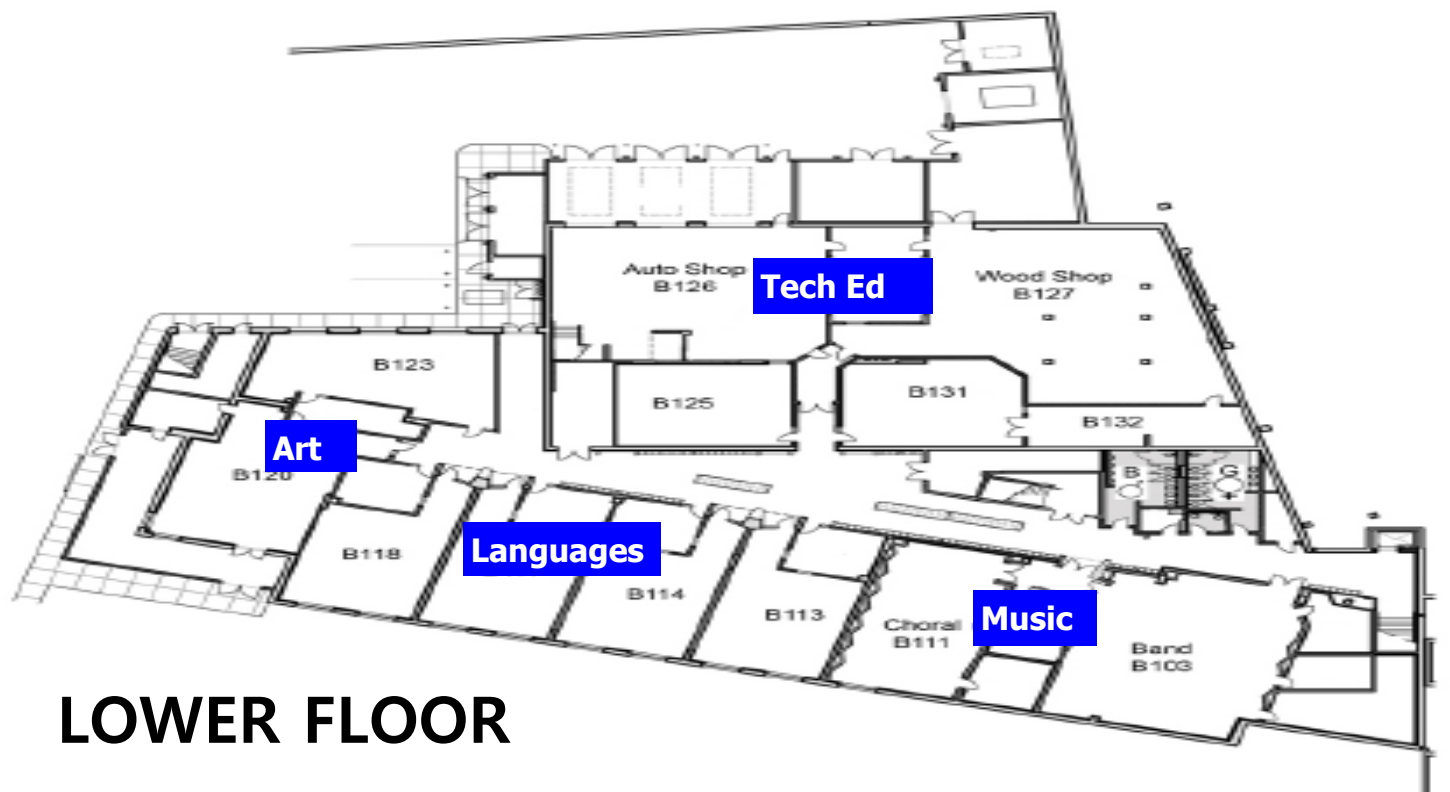
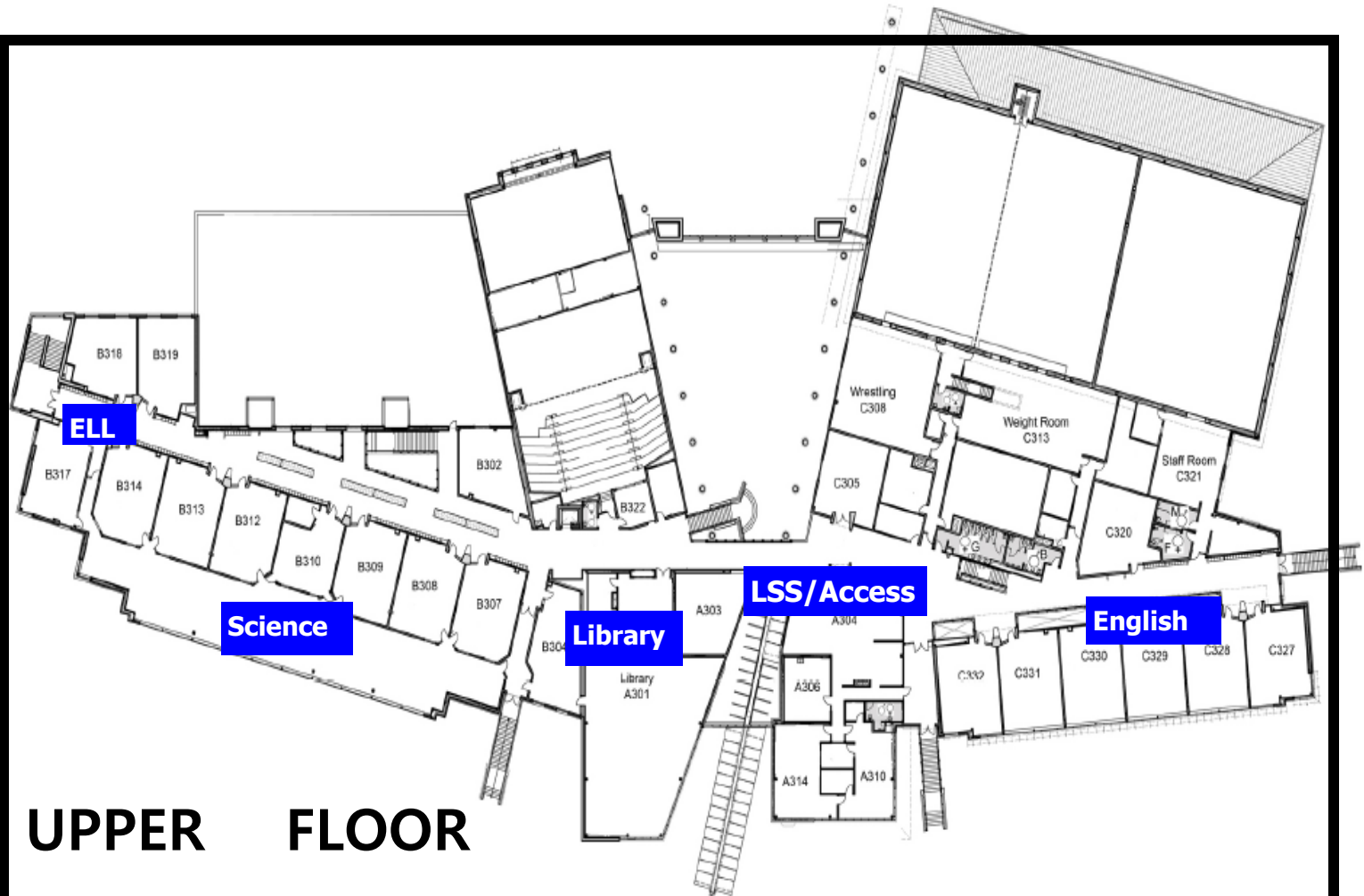
Get Connected to Burnaby Central - We want parents and students to connect with us.

- 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





Period X 7:20 – 8:35	Period X 7:20 – 8:35	Period X 7:20 – 8:35	Period X 7:20 – 8:35	Period X 7:20 – 8:35
Warning Bell 8:35	Warning Bell 8:35	Warning Bell 8:35	Warning Bell 8:35	Warning Bell 8:35
FLEXIBLE STUDENT SUPPORT TIME 8:40 – 9:10	FLEXIBLE STUDENT SUPPORT TIME 8:40 – 9:10	FLEXIBLE STUDENT SUPPORT TIME 8:40 – 9:10	FLEXIBLE STUDENT SUPPORT TIME 8:40 – 9:10	EXTENDED FLEX / TEACHER COLLAB 8:40 – 9:30
Period 1 9:10 – 10:23	Period 1 9:10 – 10:23	Period 1 9:10 – 11:51	Period 2 9:10 – 11:51	Period 1 9:30 – 10:38
NUTRITION BREAK Warning Bell 10:28	NUTRITION BREAK Warning Bell 10:28			NUTRITION BREAK Warning Bell 10:48
Period 2 10:38 – 11:51	Period 2 10:38 – 11:51			Period 2 10:53 – 12:01
LUNCH BREAK Warning Bell 12:31	LUNCH BREAK Warning Bell 12:31	LUNCH BREAK Warning Bell 12:26	LUNCH BREAK Warning Bell 12:26	LUNCH BREAK Warning Bell 12:41
Period 3 12:36 – 1:48	Period 3 12:36 – 1:48	Period 3 12:36 – 3:05	Period 4 12:36 – 3:05	Period 3 12:46 – 1:53
Period 4 1:53 – 3:05	Period 4 1:53 – 3:05			Period 4 1:58 – 3:05
Period Y 3:11 – 4:26	Period Y 3:11 – 4:26	Period Y 3:11 – 4:26	Period Y 3:11 – 4:26	Period Y 3:11 – 4:26

BELL SCHEDULE: 2021/2022

SCHOOL EXPECTATIONS

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 – Tuesday, September 7th at 10:15am! We hope your first day of high school is exciting, positive and enjoyable! The Grade 8s will have an orientation on Sept 7th in their period 1 class and will be welcomed by student leaders, administrators and counsellors. After the welcome orientation, you will be led by leadership students and teachers. We will share important information about your timetable, lockers and go for a school tour led by our Leadership students and participate in fun filled activities before being dismissed. The first day is shorter and you should be done for the day by 12:30pm.

What will the rest of the first week look like?

The first FULL day of school starts at 8:40 AM on Wednesday, September 8th. We will start the day with going to your period 1 and period 3 on Wednesday, and 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.
- Have PE strip – for hygiene reasons, you should change from your school clothes into shorts or sweats and a t-shirt or hoodie and running shoes on the days you have PE. It is a very good idea to take your PE strip home regularly to be washed too.
- **Always use your first and last name** – and write this on your pencil case 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 and it is 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!

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 agenda planner) 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 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 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. Will I be able to eat in class?

A. This depends on the teacher. However, you will not be allowed to eat in the science labs, computer classes, or the library.

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.

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, joining a club or team, and 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. What does the Burnaby Central food taste like?

A. Most students say the Burnaby Central food is delicious and the prices are reasonable! Fresh hot and cold food is available daily with a good selection of items!

Q. Are the line-ups long for the cafeteria?

A. While there will be a line-up at the cafeteria, it is supervised and it moves efficiently and quickly.

Q. When does lunch start?

A. Lunch starts at 11:51am. 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. How do you open a locker?

A. All Gr 8 students will be assigned a locker and a 3-number combination lock. Practice opening a lock before school starts – it is not complicated, but it takes a little practice.



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. How can I join a sports team/club?

A. We want every Burnaby Central student to feel that they belong at our school. The best way to do this is to join a positive group, club or team. At the end of September, we will have a "Clubs Day" where all clubs gather and set up tables with lots of information about what they do. Students can walk around and see what's available and what they would like to sign up for. We have dozens of clubs to choose from, and there's always at least one club out there for everyone. For Burnaby Central sports, there will be a sign up and many announcements saying when there will be try-outs or open gyms, so you will always be notified when try outs are for all teams and sports!

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!

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.



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

