



Burnaby South Secondary School | November 10, 2020

Rebels Newsletter

Grade 8 Students - if you have not already done so, please fill-out the Yearbook's online questionnaire. You can get the link to the questionnaire at: <https://bit.ly/Grade8Rebels2021>.



[Grade 8 REBELS](#)

Welcome to your first year at Burnaby South Secondary! In this very unique year, the Yearbook class would like to do something different in the 2021 yearbook and we would like your help; We would like to hear from you. Please take a moment to fill out this short questionnaire.



Don't miss out on the savings! You can still purchase the 2021 yearbook at the early bird price of \$50 until November 30. Price increases to \$70 as of December 1. Get your copy of this historically significant year by pre-ordering on School Cash Online



Grad write up are due by Friday November 13 at midnight. The link to submit your write up is: <https://bit.ly/rebelgrads2021>



[Rebel Grads 2021 Yearbook Write--up](#)

Grads, here is your chance to put your thoughts into words, to thank the people who helped you get to this point, to make a comment about your time at South, your thoughts on starting your grad year with COVID-19, to offer words of wisdom! There is a limited amount of space so choose your words wisely. If you do not get your photo taken (Artona or Go-Card) your write-up will not be printed in the yearbook. If you choose not to send in a write-up, your yearbook photo will be organised in alpha order in the no-write-up grad section of the yearbook





This week's Health & Wellness Focus is **SLEEP!**

Why do teens need more sleep?

Teens need more sleep because their bodies and minds are growing quickly, and sleep helps to fuel your brain and body. To be at your best, **you need between 7 and 9 hours of sleep every day.** While you might not always be able to get this much, it's important to try and get as much as you can.

How do you know if you are not getting enough sleep?

Signs that you need more sleep can include:

- difficulty waking up in the morning,
- trouble concentrating throughout the day,
- falling asleep during classes, and
- feeling moody or even depressed.

What are some suggestions to help you sleep?

- **Have a relaxing bedtime routine.**
Try to go to bed at about the same time every night. Keep your room cool, dark and quiet but open the curtains or turn on the lights as soon as you get up in the morning.
- **Always fall asleep in your bed.**
Use your bed for sleeping only. Avoid doing homework, using a smartphone or tablet, or playing video games while in bed. Try to be in your bed with the lights out for at least 8 hours every night.
- **Limit screen time before bed.**
Using electronics and being exposed to the screen's light before trying to sleep can make it harder to fall asleep.
- **Get some exercise every day.**
However, avoid very hard exercise in the evening.

- **Avoid caffeine**
Stay away from coffee, tea, pop, and energy drinks, especially after mid-afternoon.
- **Make sure you are not trying to do too much.**
If you are having trouble sleeping because you have too much on your mind, try keeping a diary or to-do lists. If you write things down before sleep, you may feel less worried or stressed.



Attention Mathematicians

CNML #2 (Canadian National Mathematics contest) will be take place on **Tuesday, November 10th during lunch break (11:35 – 12:05 pm).** If you have not written CNML before and you are interested, please come to A207, A208, A209 and A210.

The **AMC 8 (American Mathematics Contest)** for grade 8 students will take place **on Tuesday, November 10th after school (3:00 pm) in A207.**

The AMC 8 is a combination of questions and multiple choices designed to promote the development of problem-solving skills.

Attention Grade 8 Mathematician!

Know that Math is the sport of the mind and PRACTICE MAKES PERFECT.....

Do you enjoy Math? Do you enjoy being challenged? Why not participate in a Math Contest. Burnaby South is providing opportunities for students to participate in external Mathematics Contests. Come and join a group of students who love Math. For more information on Math Contests, please see Mr. Marzouk in A207.



If you have photos of you at your favourite local restaurant, your favourite hangout place, or of you and your pet, please send them to rebelsyearbook2021@gmail.com, they may just end up in the yearbook. Please include a brief name of the restaurant, location, and pet(s). Thank you, from the Yearbook 11/12 class.

APPLICATION DEADLINE **ATTENTION ALL GRADS**

- Dec. 1st - UBC Early Admission Deadline
- Dec. 15th - SFU Undergraduate Scholars Entrance Deadline
- Jan. 8th - Student Scholarship Profile due to Mr. Kwan
- Jan. 15th - UBC Regular Admission Deadline
- Jan. 31st - SFU Regular Admission Deadline
- Feb. 7th - SFU Deadline to Self-Report Grades for Beedie School of Business & Sustainable Energy Engineering Program
- Mar. 15th - SFU Deadline to Self-Report Grades (all faculties except Beedie School of Business and Sustainable Energy)



- **Tuesday, November 10th** – CNML Math Contest #2 (All Grades – 11:30 – 12:30pm)
- **Wednesday, November 11th** – Remembrance Day – School Closed
- **Monday, November 16th** – Quarter Turn Around Day – **No Classes**
- **Tuesday, November 17th** – Quarter Turn Around Day – **No Classes**
- **Wednesday, November 18th** – Quarter 2 begins
- **Monday, November 23rd - November 26th** - CLC 11 – **Second Meeting (MJF – see posted schedule** outside Student Services)
- **Friday, November 27th** – Pro D Day – School closed

“The true sign of intelligence is not knowledge but imagination” – Albert Einstein

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