



Burnaby South Secondary School | November 25, 2020

Rebels Newsletter

Health & Wellness



As part of the Health & Wellness School Goal, we will be highlighting one of the 4 focus areas found in the Student Health & Wellness Self-Assessment.

This week's Health & Wellness Focus is NUTRITION!

Why is breakfast important for students?

Breakfast means "break the fast", as your last meal was probably 8 to 10 hours before waking up in the morning. Breakfast is important in re-fueling the body with energy and nutrients. If you skip breakfast, you could then feel slow and tired. This can lead to difficulty concentrating in class and regulating your behavior at school.

Do you think it is too hard to get up and make a nutritious breakfast?

Breakfast meals can be simple and quick to make. A healthy breakfast should include:

- * 1 fruit or veggie
- * 1 protein food
- * 1 grain food

Try one of the following quick breakfast ideas this week!

Quick Breakfast #1

Banana + Peanut butter + Whole wheat toast

Quick Breakfast #2

Apple + Cheese + ½ whole wheat muffin

Quick Breakfast #3

Oatmeal + almonds + blueberries

Hopefully after eating a quick to make breakfast, you will feel more alert and energetic while learning at school!



Monday, December 14th: Holly Jar of Star – Giveaway

Visit the showcase by the parking lot doors of the school and guess how

many stars are inside the jar.

How to enter: Comment your guess on our Instagram post, giveaway open from **Monday, December 14th - Thursday, December 17th at 3:10pm**. Winner for a gift card will be announced on Thursday, December 17th.

Tuesday, December 15th: Photos with Santa

There will be photo booths with Santa for 2 digital photos and a Polaroid photo! **Buy your ticket from Monday, November 23rd – Monday, December 14th through [School Cash Online](#)**. Make sure you book your photo session for a group of up to **3 people!** **Price; \$3**

[Book a Photo Session & for more information](#)

Wednesday, December 16th: Letters from Santa (Christmas Cards)

Send personalized messages to your friends and teachers! Card sales from Monday, November 23rd - Thursday, December 3rd (11:59pm) through [School Cash Online](#) . Then, fill out an **order form** with your information and message!

Prices; 1 card for \$1, 2 cards for \$1.50

Thursday, December 17th: Free Candy Canes

Interact executives will be giving out free candy canes in the morning from 8:30am - 9am at both school entrances!

Friday, December 18th: Pajama Day

Wear your comfy pajamas on the last day of school before winter break and tag us **@southinteractclub** on your **Instagram** story! before winter break and tag us **@southinteractclub** on your **Instagram** story!

For more information about what Interact is, visit our website:

<https://southinteractclub.wixsite.com/interact>

Email us if you have any serious inquiries:

southinteractclub@gmail.com

& check out our **Instagram** account!

@southinteractclub



Attention Mathematicians

CNML #3 (Canadian National Mathematics contest) will be take place on **Tuesday, December 8th 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.



Thank you so much for your continued support and understanding during these difficult times. Now that Quarter One is over and Quarter 2 is just beginning, I would like to ask for your input on our current learning organization. Please follow the following link to respond to our very short survey.

[Parent Survey](#)

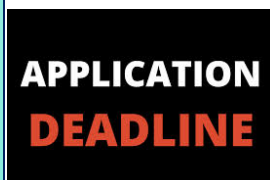
[Student Survey](#)

Thank you for your time.



CLC 11

Reminder CLC Session 2 in M.J. Fox Theatre. Please check your schedule. If you have missed your time, please drop by any available session.



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)



- **Monday, November 23rd - November 26th - CLC 11 – Second Meeting (MJF – see posted schedule outside Student Services)**
- **Friday, November 27th – Pro D Day – School closed**
- **Monday, November 30th - Last Day to purchase Yearbook at early bird price**
- **Friday, December 18th – Quarter 2 Mid Term Marks posted on “MyEducation BC”**
- **Monday, December 21 to Friday, January 1, 2021 – School Closed for Winter Vacation**
- **Monday, January 4th, 2021 – School re-opens**

“Education is the most powerful weapon you can use to change the world.” — BB King

	Website: https://south.burnabyschools.ca/		Contact:		Email:
			604-296-6880		South.info@burnabyschools.ca