

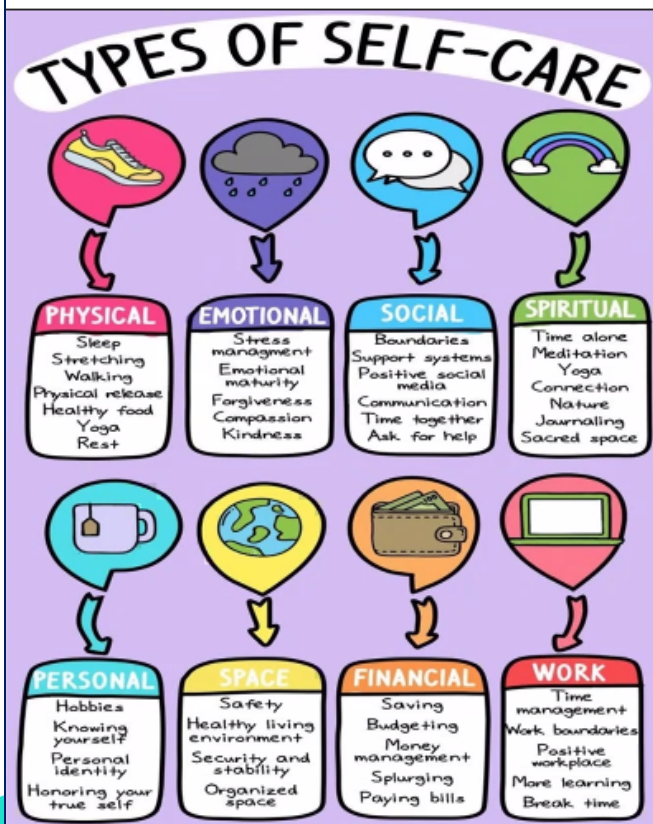


**Burnaby South Secondary School and
The BC Provincial School for the Deaf**

| December 16, 2020

Rebels Newsletter

As we enter the Christmas holiday season, we hope that you can use this time to continue working on the 4 focus areas found in the Student Health & Wellness Self-Assessment. They are sleep, physical activity, nutrition and understanding stress.



For ideas to help you with sleep, look back at the November 10th newsletter.

For ideas on how to keep physically active, look at the November 18th newsletter.

For quick breakfast ideas, look at the November 25th newsletter.

To gain ideas on how to understand and respond to stress, check the December 2nd newsletter.

Continue to look for more tips and ideas on the topics of sleep, physical activity, nutrition and stress in future newsletters. Remember that all students can do another self-assessment of their health and wellness at the end of quarter 2.

Until then, check out these self-care strategies that you may want to use over the two-week holiday break.





Grade 12's Reminder

Hey Grade, 12's, don't forget to complete your Student Transcript Service to send your

Transcripts to ALL Canadian Post-Secondary schools. This is a **REQUIREMENT** for ALL students applying to Colleges/Universities in Canada.

Please see the link for the Student Transcript Service below for you to complete your STS à Hint: **DO IT TODAY** 😊

<https://www2.gov.bc.ca/gov/content/education-training/k-12/support/transcripts-and-certificates/order-a-high-school-transcript-or-certificate>



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:

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 Students

Cafeteria will be **closed on Friday, December 18th**.



Rebels, drop by the library this week & get some books to read over the Break. Audio or digital copies of the Rebels Read titles are available via the school's library catalogue. You can also grab a print copy from the

BPL. Voting for the first Rebels Read book battle has been extended to January 22, 2021 to give you more time to read these titles. #readlikearebel

Rebels Read Battle of the Books

2020/2021

Battle 1: Dec 7 - Jan 8		Voting: Jan 9 - 22	
Championed by Mr. Swanson	Championed by Ms. W. Clark & Ms. Young	Championed by Mr. Swanson	Championed by Ms. Finkler

Battle 2: Jan 14 - Feb 24		Voting: Feb 25 - Mar 1	
Championed by Mr. Swanson	Championed by Ms. Reid	Championed by Ms. Kaganovich	Championed by Ms. Swanson

Battle 3: Mar 2 - Apr 5		Voting: Apr 6 - 9	
Championed by Mr. Swanson	Championed by Ms. Reid	Championed by Mr. Reid	Championed by Ms. Reid

Final Battle: Apr 10 - May 20
Voting: May 21 - 28

**APPLICATION
DEADLINE**

**ATTENTION ALL
GRADS**

- 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)






- **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



Warmest thoughts and best wishes for a wonderful holiday and a happy new year.

“An investment in knowledge pays the best interest.” Benjamin Franklin

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