



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

| January 13, 2021

Rebels Newsletter

This week's Health & Wellness Focus is PHYSICAL ACTIVITY!

Do you need some motivation to get you to exercise? Here are some more fun facts that may inspire you to get started.

1. Working out sharpens your memory.

Exercising increases the production of cells that are responsible for learning and memory.

2. Increases Productivity

Exercising increases the number of endorphins that are released into your body and increases productivity.

3. More muscle mass = burning more fat while resting.

The more muscle mass you have, the more fat your body will burn while resting. Think about that if you are a person who doesn't like exercising!

So now try one of 3 strength building exercises teens can do at home. There's no need for special equipment, expensive gym fees, or lots of time.



Sit Backs: Step 1

- Sit on floor, legs bent
- Arms straight in front





Sit Backs: Step 2

- Lean back gradually
- Keep arms straight and Tummy tight
- Take it as far back as comfortable
- Slowly return to sitting position
- Repeat



Chair Squats: Step 1

- Stand tall
- Chair behind you



Chair Squats: Step 2

- Arms straight in front
- Slowly start to sit down
- Stop before your butt hits the chair
- Slowly straighten to standing Repeat



Butterfly Breath: Step 1

- Stand tall
- Feet hip width apart
- Arms lifted out to the sides



Butterfly Breath: Step 2

- Exhaling, lift right knee and touch it with left elbow
- Inhaling, return to position one
- Switch sides and repeat

About Sets and Reps

Most fitness instructors recommend repeating a strength training exercise several times in a row. These are known as repetitions, or “reps,” and they’re done in “sets.” Each set consists of a specific number of reps, usually between 8 and 15. Fitness instructors often recommend that people rest after one set and then perform another set (or more) of the same number of reps. For the exercises shown above, start with 10 reps, adding sets of 10 as you get comfortable. Rest for 30 seconds between sets.

Jan. 15th - UBC Regular Admission Deadline

Don't forget to vote for your favourite Rebels Read title at <http://blogs.sd41.bc.ca/south-library/> You can also scan this QR code to vote. Thanks!



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>

Career Life Connections



CLC 11/12 – Quarter 2 assignments are due on **Friday, January 15th**. Please submit in Teams.



DON'T FORGET TO PRE-ORDER YOUR 2021 YEARBOOK!

Although it has been a crazy school year, this year's annual will still have 272 pages of content, an 8-page gatefold, and 8 extra autograph pages. Whether this is your first year or your last year at South, you will want the book that captures the memories that documents the pandemic-year of school! **You may think you want to forget this year, but it is history!**

You can order your yearbook via School Cash Online. The order will be going in this week with only a limited number of extra yearbooks purchased beyond what has been pre-ordered, so don't miss out on this once in a lifetime yearbook, year! <https://burnaby.schoolcashionline.com/>

APPLICATION DEADLINE

- 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)



- Wednesday, January 13, 2021 – Compass Health Survey Online for Gr.9-12
- Friday, January 15, 2021 – Black Shirt Day
- Wednesday, January 20, 2021 – Virtual Open House for Gr.7-11 Parents (6:00-7:30pm)
- Tuesday, January 26, 2021 – Literacy Assessment (AM only)
- Wednesday, January 27, 2021 – Literacy Assessment (All Day)
- Monday, February 1st, 2021 – Quarter Turn Around Day – **NO CLASSES**
- Monday, February 1st, 2021 – AP Exam Registration Deadline for Quarter 2 AP Courses
- Tuesday, February 2nd, 2021 – Quarter Turn Around Day – **NO CLASSES**
- Tuesday, February 2nd, 2021 – MyEd Student Portal Opens for course Selection Entry
- Thursday, February 4, 2021 – American Math Contest for Gr. 9, 10, 11 and 12

"If a man empties his purse into his head, no man can take it away from him. An investment in knowledge always pays the best interest." Ben Franklin

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