



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

| January 20, 2021

Rebels Newsletter

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.

The 5-4-3-2-1 Coping Technique

Ease your state of mind in stressful moments.

- 5** Acknowledge 5 things that you can see around you.
- 4** Acknowledge 4 things that you can touch around you.
- 3** Acknowledge 3 things that you can hear around you.
- 2** Acknowledge 2 things that you can smell around you.
- 1** Acknowledge 1 thing that you can taste around you.

#DeStressMonday DeStressMonday.org **DeStress MONDAY**

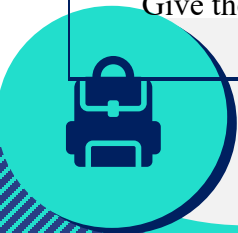
This week's Health & Wellness Focus is STRESS!

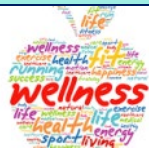
5 Senses Meditation

Feeling stressed? Need a moment to slow things down? Having trouble falling asleep? Try this simple yet effective 5 Senses Meditation to calm your mind by focusing on your environment instead of your thoughts.

1. Notice 5 things you can SEE.
2. Notice 4 things you can FEEL. For example, become aware to the texture of your clothing or the smooth surface of the table or chair you are sitting at.
3. Notice 3 things you can HEAR, such as background noises you would typically filter out, like a heater humming or birds chirping.
4. Notice 2 things you can SMELL. Bring your attention to scents you wouldn't usually notice.
5. Notice 1 thing you can TASTE, whether it's a sip of a drink, flavour of some chewing gum, or the current taste in your mouth.

Give the 5 Senses Meditation a try and compare how you feel afterwards!





Burnaby South Health and Wellness

Student Self-Assessment 2020-2021 (Quarter 2)

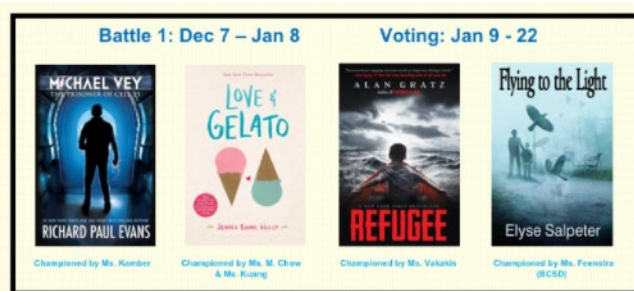
Burnaby South's Health & Wellness school goal aims to build student awareness and growth in four areas: **Sleep, Physical Activity, Food & Nutrition, and Understanding Stress**. Please use the following rubric to do a self-assessment of these criteria during Quarter 1 (Q1), Quarter 2 (Q2), Quarter 3 (Q3) and Quarter 4 (Q4).

Individual information collected in this self-assessment will not be shared with teachers, counsellors, administration or parents. This is not for marks. However, group data could be shared to help the school plan future Health Related activities to promote student health and wellness. For example, the majority of Grade 12s sleep less than 7 hours a night could be shared with school staff.

THE MAIN PURPOSE OF THIS SURVEY IS FOR YOU TO HOPEFULLY SEE GROWTH IN ONE OF THESE 4 AREAS OVER THIS SCHOOL YEAR.

[Burnaby South Health & Wellness Student Self-Assessment 2020-2021 \(Quarter 2\)](#)

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!



Attention all students! Are you interested in taking Dance Company next year? Auditions are now open to new members for the next school year. Due to the pandemic, Dance Company auditions will be done virtually between January 25-29. Click here to find out more. <https://blogs.sd41.bc.ca/south-dance/>



Career Education

Thank you to those of you who attended the Career Education Information Session on Thursday evening, and for your patience as we worked through some technical challenges. The available seats filled quickly and, unfortunately, not all participants were able to access the breakout rooms for information specific to programs.

Our apologies also to those of you who were unable to access the Career Education Information Session due to oversubscription.

We would like to invite you to explore the [Career Education website](#), which will provide you with program specific information. If you are unable to find the answer to your question(s), please reach out to us at

CareerEducation@burnabyschools.ca. We will be sure to provide you with the information you need.

You may also make a direct call to one of the Career Education Advisors at Burnaby South. They will be happy to provide you with the information you are looking for.

Application forms are available on the school website or a hard copy is also available in the Career Centre (rooms C105 and C106)

GOOD NEWS!! EARLY BIRD YEARBOOK PRICING EXTENDED!



You can still purchase the 2020-2021 yearbook for **\$50 until January 30th**. The Yearbook class is excited about this year's book- it's the same (in page numbers) but different!

We hope the early bird price extension will encourage those who have not yet purchased the year to do so. "Save" on a piece of history! Only a limited number of extra books will be ordered beyond the pre-ordered number. We have sold out in the past, so don't miss out.

GRADS- The Yearbook still needs photos!

The yearbook's 8-page grad gatefold still has space for your photos. We need a high-resolution image of the following:

- Your baby photo (baby to about 7 years of age)
- Then and Now- picture of you and a South friend(s) from way back, and a picture of you, together now. (list the full names on both images)

You can send the image to rebelgrads2021@gmail.com. Be sure it include your full name on both the baby photos and the Then and Now pictures.



CLC 12 Graduation Project Prep Meeting February 8th – 12th MJ Fox Theatre Please check your

schedule. This is a prerequisite to your presentation.

PROVINCIAL ASSESSMENTS

Just a reminder that Grade 10s and some Grade 11s will be writing their Literacy Assessment on Tuesday, Jan. 26 or Wednesday, Jan. 27. All students writing should have been given a letter stating their time and location. A complete list of all students writing, the time and assessment location, is now posted in front of Lab B119 and Lab B213. Morning assessments begin at 9 AM and afternoon assessments begin at 12:15 PM.

All students are expected to wear a mask when writing the assessment. Please bring your own pencil, eraser and photo ID (Go Card). You can try some sample assessments from the following website: https://www.awinfosys.com/eassessment/gradassessments_sample.htm.

Type in any random PEN number (123456789) and fill in the appropriate fields as shown below.

Instructions:

- Select either your school district, or independent school
- Enter your PEN or any 9-digit number
- Select a subject and then select one of the Assessment samples, and then click Login

Sample Assessments Login

School District: (Includes Offshore, Yukon and FN)	<input type="text" value="Burnaby (41)"/>
OR	
Independent Schools:	<input type="text" value="Select your independent school"/>
PEN:	<input type="text" value="123456789"/>
Subject:	<input type="text" value="Graduation Literacy"/>
Sample Assessment:	<input type="text" value="Grade 10 Sample Graduation Literacy Assessment - Form A"/>

Log in

APPLICATION 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 20, 2021
– Virtual Open House for Gr.7-11 Parents

• 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**
- Thursday, February 4, 2021 – American Math Contest for Gr. 9, 10, 11 and 12

“Education is the key to unlock the golden door of freedom.” George Washington Carver



Website:

<https://south.burnabyschools.ca/>



Contact:

604-296-6880



Email:

South.info@burnabyschools.ca