



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

September 15, 2021

Rebels Newsletter



Welcome back to another school year! As a reminder, here again is the Burnaby South Health & Wellness Self-Assessment for you to view during the year. Burnaby South's Health and Wellness school goal consists of 4 focus areas: sleep, physical activity, food and nutrition and stress. Look out for more activities and health reminders around the school and through this newsletter



**BURNABY SOUTH SECONDARY SCHOOL
Health & Wellness School Goal Self Assessment**



Student Name: _____ Grade: _____ Student Number: _____

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 the beginning in mid October, mid January and mid April.

CRITERIA	EMERGING (EM)	DEVELOPING (D)	PROFICIENT (P)	EXTENDING (EX)	Oct	Jan	Apr
Sleep	I sleep LESS THAN 6 hours the night before school.	I sleep for 6 - 7 hours the night before school.	I sleep for 7 - 9 hours the night before school.	I sleep for 7 - 9 hours EVERY NIGHT of the week.			
Physical Activity	I am doing 20 minutes of physical activity per day.	I am doing 30 minutes of physical activity per day.	I am doing 30 - 60 minutes of physical activity per day.	I am doing MORE THAN 60 minutes of physical activity.			
	I am doing mostly LIGHT physical activity.	I am doing mostly LIGHT to MODERATE physical activity.	I am doing mostly MODERATE to INTENSE physical activity.	I am always doing MODERATE to INTENSE physical activity.			
Food and Nutrition	I do NOT eat breakfast regularly before coming to school.	I do eat breakfast before coming to school each day.	I eat a healthy and nutritious breakfast before coming to school.	I eat a healthy and nutritious breakfast EVERY DAY of the week.			
Understanding Stress	I am struggling to recognize my signs of stress.	I am learning how to recognize my signs of stress.	I can recognize my signs of stress.	I can cope well with my stress.			
	I need help to respond to stressful situations proactively.	I am learning how to respond to stressful situations proactively.	I can respond to stressful situations in a proactive way.	I respond to stressful situations proactively, and I can support others.			



CLIMATE CHANGE

Do you want to have your voice heard on the global climate movement?



South students will have a chance to participate in **#Decarbonize #Decolonize**, a global youth climate change project. From September to December, you can be part of a movement of students from over 50 countries, in months of dialogue on climate resilience, climate mitigation, climate justice, and climate ACTION.



Come to **Room A139** at **LUNCH** this **Friday, September 17** to find out more.



CLC 11

First session (all Grade 11 Mandatory Meeting)
Friday, September 17th,
8:40 am – 9:20 am, MJ

Fox Theatre. ***Grade 12 (new to BBY South Secondary, are required to attend this meeting)



The GSA is back, and we have a new name! SOGI Council. Meetings will run on Wednesdays at lunch in A118 (Ms Holt's room). Please join us for our first meeting on Wednesday, September 22nd. We hope to see you there!

SOGI Council is a safe space for BSS and BCSD (an interpreter will be present for meetings and events) LGBTQ+ students and allies. If you have any questions, please speak to or email Ms Dubé, Ms Holt, Mr Sanyshyn or Mr Macdonald.



Attention Grad Council

First meeting, Wednesday, September 22nd at 12:00 pm in the Multipurpose Room

SCHOOL SUPPLY DRIVE



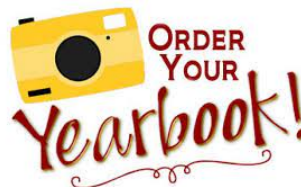
From September 13th to the 23rd, the Burnaby South Kids Club will be hosting a school supply drive with all donations

going local elementary school students. All donations can be placed into donation boxes found around the school and in classrooms. The items we are looking for are: markers, pencil crayons, liquid glue, glue sticks, pencils, pens, highlighters, lined paper, erasers, pencil cases/boxes, rulers, and binders. For students that aren't able to donate school supplies but still want to participate, we have set up a SchoolCash Online <https://burnaby.schoolcashionline.com/> where they can provide money donations.

Lockers



Due to technical issues with locker automated system, we are extending the option for students to choose their own locker until **September 17th**.



South is celebrating 100 years! Don't forget to pre-order your 2022 yearbook commemorating this great achievement! **Early bird pricing is \$50 until**

November 30. Starting **Dec 1** yearbooks are **\$70**, only a limited number of yearbooks are ordered, don't miss out!



Grads- the link to send in your yearbook write up is bit.ly/SouthGrads2022 (web address is case sensitive).

https://docs.google.com/forms/d/16atwsUEmhjuiJfgI5CXTaesg6TjbiAEzAcNWXqgHBqM/viewform?edit_requested=true

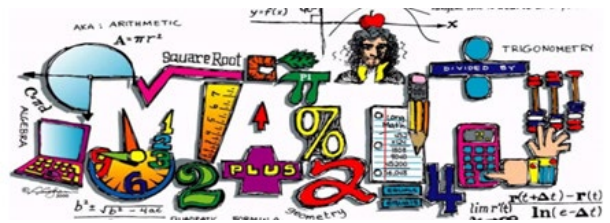
Here is your chance to give a shout out to you friends, to thank those who helped you, or to share your words of wisdom! Deadline is Nov.19 at midnight, late submissions will not be accepted.



Grads- don't forget to book your appointment to get your grad photos taken! Artona will be

bringing the studio to South so there will be no excuse to not get your photo taken. Go to: <https://artona.com/schools/BBYS/programs/graduation> It's that easy! If you decide not to purchase your photos, the \$60 will be refunded.

Mathematics Corner



Hello Mathematician

Do you know that math is the Sport of the mind and PRACTICE MAKES PERFECT ...

If you enjoy mathematics and want to think about it in a different way, participate in a contest. Burnaby South is providing opportunities for students to participate in **external mathematics contests**.

It is important for students to have opportunities to compete against their peers. If you have not sign up for a Math contest and like to join a big group, please contact Mr. Marzouk in A207 to see what Math contests our school offering this year.



FALL SOCCER REGISTRATION
2021/2022

LET'S GET BACK TO THE BEAUTIFUL GAME!

REGISTER TODAY FOR OUR FALL SOCCER PROGRAMS AND DON'T MISS OUT ON THE FUNNEST YOUTH SPORT IN BURNABY!

CHECK US OUT AT: WESBURNSOCCER.COM

"Education's purpose is to replace an empty mind with an open one." Malcolm Forbes

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