



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

November 10, 2021

# Rebels Newsletter

## BURNABY SOUTH HEALTH & WELLNESS SCHOOL GOAL FOCUS: FOOD AND NUTRITION

### Tomato and Egg Stir Fry Recipe:

Serves 6  
Prep: 5 min Cook: 10 min

#### Ingredients:

- 12 small-medium tomatoes
- 3 green onions
- 12 eggs
- 10 mL salt
- 10 mL sesame oil
- 60 mL oil
- 5 mL white or black pepper

#### Steps:

1. Cut tomatoes into wedges and finely slice green onions
2. Beat eggs vigorously in bowl with salt, pepper and sesame oil
3. Heat half the oil over medium heat and fry scallions until fragrant
4. Add eggs and scramble until solid before setting aside on a plate
5. Turn heat to medium-high, add remaining oil, then cook tomatoes until softened and slightly thickened
6. Add eggs back in, thoroughly mix, season to taste, then serve with rice if desired

- Traditional breakfast from China
- Optional: serve with rice
- Vegan Alternative: replace eggs with firm tofu

### Does What You Eat For Breakfast Matter?

- A nutritious breakfast has a balance of carbs, protein, healthy fats and fiber
- Protein helps to satiate hunger, making unhealthy cravings less likely
- Carbohydrates replenish glucose levels, which helps to control appetite and maintain energy levels
- High sugar breakfasts don't provide many nutrients and don't satiate hunger as long
- Fruit and vegetables provide vitamins and minerals



**OUR 4 FOCUS AREAS FOR THE YEAR:**  
**SLEEP**  
**FOOD & NUTRITION**  
**PHYSICAL ACTIVITY**  
**RECOGNIZING & UNDERSTANDING STRESS**





## Remembering Former Burnaby South Secondary Students Who Served During WWII

Take a walk with me to visit a significant yet little-known part of Burnaby South Secondary's history. As a Burnaby South Student, chances are you've passed by **Burnaby South Memorial Park**, located south of Beresford Street and north of Southoaks Crescent, a block west of the Nikkei Cultural Centre. (The park is along our school's Terry Fox Run route.) Burnaby South Secondary (known from 1940-1942 as Hugh M. Fraser High School) was located by the park until it moved to its current location in 1993. Walking by the park, you'll notice one of the former school buildings (built in 1913 and first used as Kingsway East Elementary School until 1921, before Burnaby South Secondary opened there in 1922.) Chances are, you'll also see people playing tennis on any of the three **tennis courts** at the park.

How did our school's name go from Burnaby South Secondary (from 1922-1939) to Hugh M. Fraser (from 1940-1942) and then back again to its current name? During the Depression, the town of Burnaby was on the brink of bankruptcy. Hugh M. Fraser was the reeve (similar to mayor) of Burnaby and his leadership helped save Burnaby financially. When he died in 1940, our school's name was changed to honour him. The Hugh M. Fraser High 1942 yearbook is dedicated to students who left school and their homes to serve in the armed forces during WWII. In 1943, a new school board policy did not allow schools to be named after people and so our school's name reverted back to Burnaby South Secondary. During the war, Burnaby South students busied themselves with activities to support the war effort, like Cadet Corps, the Red Cross, Navy league, and War Saving Stamps. (During WWII, even children were asked to support the war effort. A child could buy War Savings Stamps for 25 cents each. They could exchange \$4 worth of stamps for a War Savings Certificate worth \$5.)

Tucked in on the north side of the tennis courts is a special part of Burnaby South Secondary's history. Look closely between the tall ferns and you'll find a **cenotaph**, dedicated in 1948 to the memory of 51 former Burnaby South students who were killed during WWII. (A cenotaph is a monument to someone buried elsewhere,

typically, commemorating people who died in a war.) The tennis courts are intended to serve as a "living memorial" to the young men who lost their lives in the Second World War, rather than a "useless monument." Many Remembrance Day services have been held at Burnaby South Memorial Park, which was designated a Heritage site by Burnaby City Council in 1992.

In the days leading up to Remembrance Day 2021, think back to former Burnaby citizens who, like you, were students at Burnaby South Secondary, yet went on to serve during WWII and didn't come home. Lest we forget, perhaps you might even stroll over to the cenotaph and remember them.

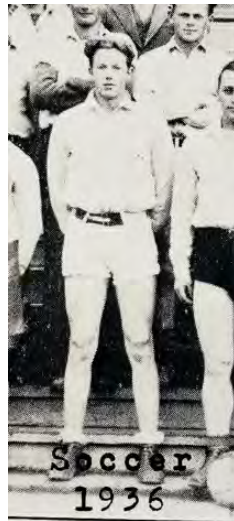
M. Kamber



**Caption: Burnaby South Memorial Park with former school building, cenotaph (by the foliage) and tennis courts**



**Caption: Cenotaph for 51 former Burnaby South students who died in WWII**



**Catpion: Just 2 of 51 former Burnaby South Students who died in WWII: William McKercher (Air Force) and Wesley Nesbitt (Army)**



**Math Clinic is back**

Math time can be an enjoyable part of your school time journey. Is Math giving you a headache? Come and join us at the **Math Clinic** on every **Monday, Wednesday, and Friday** during **lunchtime** in **A207 and A210**. A teacher and peers available to work with you one to one or in a group. **No appointment necessary.**



**LORAN Award Scholarship**

This scholarship is now open. Please visit the website <https://loranscholar.ca/becoming-a-scholar/>

**Scholar Tree**

Please visit <https://scholartree.ca/> for more scholarships opportunities. Once students complete their profile, they will be matched to all the awards that they qualify for.

<https://future.utoronto.ca/national-scholarship/>

Please see Mr. Kwan for nomination process.

**ASAP**

<https://www.artona.com/schools/BBYS/programs/graduation>



**Thursday, November 11<sup>th</sup> – Remembrance Day – School Closed**

**Friday, November 19<sup>th</sup> – Mid-Semester Marks posted on “My Family Portal – MyEducation <https://myeducation.gov.bc.ca/aspen/logon.do>**

**Friday, November 26<sup>th</sup> – Pro D Day – School Closed**

**Tuesday, November 30<sup>th</sup> – Last Day to purchase Yearbook at early bird price**

**November 30<sup>th</sup> – December 4<sup>th</sup> – Grad Photos Appointments with Artona. Book your appointment**

*“Always do your best. What you plant now, you will harvest later. “ Og Mandino*

	Website: <a href="https://south.burnabyschools.ca/">https://south.burnabyschools.ca/</a>		Contact:		Email:
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