



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

November 17, 2021

Rebels Newsletter

BURNABY SOUTH HEALTH &WELLNESS SCHOOL GOAL

Focus: Food and Nutrition
How many people eat
breakfast?
58.3% In Canada

Overnight oats

For 2 Servings

- 235ml rolled oats
- 235ml milk
- 120ml greek yogurt
- 30ml chia seeds
- 30ml maple syrup

mix all together and refrigerate
overnight



Our 4 focus areas for the year:
Sleep
Food and Nutrition
Physical Activity
Recognizing & Understanding Stress

"Breakfast means breaking the fast! So, eating a breakfast replenishes your body with need nutrients for you to use throughout the rest of your day. This month's Health and Wellness focus is on eating a good, healthy and quick breakfast. Keep an eye out for our school event celebrating **Breakfast later this month!**"





CLC 12

A reminder to students that missed the Final Plan due date. You may submit a hard copy version to C105 (submission box outside C105) **before January 7th, 2022**. All documents must be submitted in order to received credit for this course\

CLC 11

Session 2 will be on **Friday, December 3 8:40am – 9:20pm @ MJ Fox Theatre**. This is for all Grade 11s.



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.**



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

Friday, November 26th – Pro D Day – School Closed

Tuesday, November 30th – Last Day to purchase Yearbook at early bird price

November 30th – December 4th – Grad Photos Appointments with Artona. Book your appointment <https://artona.com/schools/BBYS/programs/graduati> on



SOUTH BURNABY BASEBALL

Join one of the oldest youth baseball clubs in BC!
Spring programs available for kids 3-18 years old.

REGISTRATION OPEN
NOV 15, 2021 - FEB 28, 2022

Sign up early and take advantage of discounts offered until Jan 1, 2022.

For more information or to register, visit:
WWW.SOUTHBURNABYBASEBALL.COM

Dedicated to youth sports since 1952
Member of BC Minor Baseball Association

“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just once more time” Thomas A. Edison

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