



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

December 8, 2021

Rebels Newsletter



The School Health and Wellness focus area for the month of **December** is **STRESS!** Here are some quick and helpful tips for ways to manage stress in the month of December and through the holiday season. These are brought to you by students in the Mental Health Awareness Club (MHAC).

Burnaby South Health & Wellness School Goal Focus:

RECOGNIZING & UNDERSTANDING STRESS



WAYS TO MANAGE STRESS:

1. Exercise, eat healthy, stay hydrated
2. Connect with supportive people
3. Get restful sleep
4. Take time for hobbies
5. Practice self care



Also, MHAC is producing and selling self-care packages for students to use over the holidays. Check out the following image for more details!



Mental Health Awareness Club Presents

SELF-CARE PACKS

HELP YOURSELF RELAX

**SALES:
DEC 8 - DEC 17
\$5/PACK**

SCAN QR CODE TO RESERVE!





CLC 12

A preparation meeting for students interested in presenting their Graduation Project in January will be on **Friday, December 10th, 12:00 – 12:30 pm, in C103**

CLC 11

Grade 11 - Mandatory meeting on **Friday, December 10th, 8:35 – 9:20 am, in MJ Fox Theatre**

Grade 11 – A make-up meeting for CLC 11 Session #2 will be on **Tuesday, December 14th, 11:55 – 12:25pm, in E212**





Rebels, if you've read any of this year's Rebels Read titles, don't forget to enter

for a chance to win a prize! Winners will be drawn the week of **December 13th**.

Go to <http://blogs.sd41.bc.ca/south-library/rebels-read-2021-2022/> or scan the QR code to enter.

Rebels Read Monthly Prize Draw

1 entry for each Rebels Read title read
Scan the QR code below to enter

You can also enter from the Library Learning Commons blog:
<http://blogs.sd41.bc.ca/south-library/>

Questions? Drop by the Library :-)
Winners announced last Thursday of each month



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.**



November 30th – December 14th – Grad Photos Appointments with Artona. **Book your appointment** <https://artona.com/schools/BBYS/programs/graduation>

December 20th, 2021 – January 3rd, 2022, School Closed for Winter Vacation



“Today a reader, tomorrow a leader.” Margaret Fuller

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