



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

October 26, 2022

Rebels Newsletter



We know that school can be stressful. But please reach out to someone if you need it. Our counsellors are available and so are teachers. There is also the student run Mental Health Awareness Club that meets on Tuesdays at lunch in Room A139.

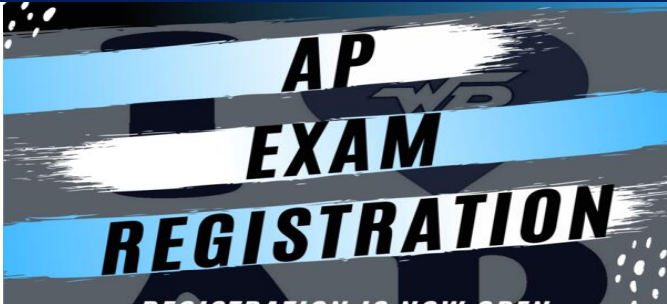
YOUR BRAIN'S WORKOUT
Supporting Mental Wellness


learn more: www.burnabyschools.ca



Work Your POSITIVITY	Work Your NETWORK	Work Your MUSCLES	Work Your GRATITUDE	Work Your RECHARGE
Brains have a negativity bias, so look for the good every day	Strong social support is critical for resilience	Physical exercise strengthens your mind too	Being thankful is connected to happiness	Getting enough sleep supports mental wellness

It's ok not to be ok. Reach out for help if you need it.



ATTENTION ALL AP STUDENTS

AP Exam registration is now open. To register for your AP Exam, do the following two things:

1. Make sure you use the **JOIN CODE** from your AP teacher to join their class in the **myAP** classroom website.
2. Go to **Burnaby South's School Cash Online** (<https://burnaby.schoolcashionline.com/>) and pay for the AP Exam you want to take

Registration **deadline is Tuesday, November 1st, 2022.**
Any questions, please see Mr. Lee in Room A139 at lunch time.



CLC 11 Career-Life Connections 11

CLC 11

There will be a make-up meeting for **CLC 11 Session #1**

Tuesday, November 1st
Multipurpose Room
11:55 – 12:20 pm
Please bring your lunch

CLC 11 Session #2

Friday, December 2nd
MJ Fox Theatre
8:40 – 9:20 am



Scholarship Meeting Session #2
Friday, November 4th
Multipurpose Room
12:05 – 12:35 pm



Artona Graduation Photos!

Reminder to Grade 12 students, Artona has set up their Mobile in the school's parking lot from October 23rd to

November 5th. Be sure to visit <https://artona.com/schools/BBYS/programs/graduation> to book your photo session(s).



Canadian Open Contest (COMC) will take place on Thursday, October 27th in the Library. For more information, please see Mr. Marzouk in A207.



Thursday, October 27th – Parent/Teacher Interview
 Sign-up begins (9:00 am)

Thursday, October 27th – Canadian Open Contest (COMC) in the Library

Friday, October 28th – Fear Factor (Lunch)

Friday, October 28th – University of Toronto Admission
 Presentation at 9:00 am (MPR)

Monday, October 31st, Last Day to Purchase Yearbook
 at early bird price

Monday, October 31st, Graduation Assessment

Monday, October 31st, Halloween Costume Contest at lunch

"The only person who is educated is the one who has learned how to learn...and change." Carl Rogers

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