



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

November 16, 2022

Rebels Newsletter



Check out this article titled *How to Help Teenagers Get More Sleep!*

<https://childmind.org/article/help-teenagers-get-sleep/>

5 Tips for a Better Night's Sleep!

1. Be consistent with your bedtime
2. Make sure your sleeping space is clam, quiet, and dark
3. No use of electronic devices 20 minutes before bed
4. Avoid large meals 3 hours before bed
5. Get some exercise during the day

This week, challenge yourself to try one or more of these sleeping tips to see how it effects your sleep pattern!

<https://www.youtube.com/watch?v=Y-8b99rGpkM>



Canadian Senior Contest (CSMC) will be on Wednesday, November 16th, in Library.

CIMC Contest Gr. 9 & 10 will take place on Wednesday, November 16th, in the Library. For more information, please see Mr. Marzouk in A207.



Drama Performance will take place on November 16th to November 18th at 7:00 pm in Drama Studio G107.





Choir Night: Voices 41 will be held on **Tuesday, November 22nd, 7:00 pm** in **Michael J. Fox Theatre**.



We want to remind you about how the Burnaby School District shares weather-related school closures.

How are decisions made?

All schools will remain OPEN unless there is heavy snowfall, damage, or other circumstances – such as a power outage – that make it impossible to open for instruction.



When will I know?

We do our best to communicate school or district-wide CLOSURES by 6:30am.

Please note that no announcement will be made that schools are open, except under extreme circumstances.

How will I know?

The information about closures will typically be posted on both the District website and Twitter account. However, please keep in mind that there may be situations where this is not possible, such as a power outage. Another way to learn about school closures is through local news stations (online, radio, and TV). **Generally, only closures or delays are announced.**

For more information, please check Burnaby South's website <https://south.burnabyschools.ca/>



NOW HIRING USHERS

Responsibilities Include:

- Acting as an ambassador of the Michael J Fox Theatre and making a great first and last impression with every client, patron and visitor the Theatre.
- Greeting patrons and visitors in a clear and polite manner.
- Checking and tearing tickets and escorting patrons to their assigned seating.
- Regulating flow of patrons and guests in and out of the theatre.
- Responding to patron and guest inquiries regarding events and amenities.

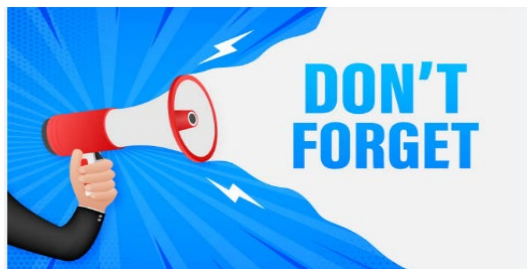
- Monitoring auditorium and lobby to ensure Theatre policies and etiquette are enforced.
- Watching for safety or security issues (trip hazards, lighting, suspicious persons, etc.) and reporting to management.
- Exhibiting the ability to engage with multiple patrons and guests, prioritizing interactions and providing outstanding service.
- Maintaining order and preventing panic in a crisis.
- Performing other work-related duties as assigned by management.

Experience & Qualifications:

- Must be Grade 10 – 12 (15 years of age or older) and legal to work in Canada.
- Must be available to work a variable schedule, including weekdays after 3:30pm, weekends, and shifts from morning through late night with regular and consistent attendance.
- Ability to work collaboratively in a fast-paced and team-oriented work environment.
- Ability to communicate clearly and professionally with patrons of all ages, genders, and personalities, fellow Front of House team members, and management, to provide exceptional guest service
- Ability to work with noise levels that may be moderate to high at times.
- Be able to work in a standing position for extended periods of time.
- Position will require frequent standing, bending/kneeling, lifting and carrying.
- Ability to effectively and regularly converse in and comprehend in English. Second language is an asset.
- Interest in the visual and performing arts an asset.

How to Apply:

- Send your resume and cover letter by, **Friday December 2nd, 2022**, to Mrs. Longridge via email to info@michaeljfoxtheatre.ca with “Usher” in the subject line or submit paper copies of your resume and cover letter at the school office.



Wednesday, November 16th, Canadian Senior Contest (CSMC) and CIMC Contest for Grade 9 & 10 in the Library.

Thursday, November 17th and Friday, November 18th, Book Tasting at lunch in the Library

Friday, November 18th, Grad Write-up due at Midnight.

Monday, November 21st, BC Post Sec. Information Session, Cafeteria, 1:00 – 2:45 pm

Friday, November 25th, Pro D Day, School Closed

“Don’t let what you cannot do interfere with what you can do.” John Wooden

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