



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

November 2, 2022

Rebels Newsletter



5 Tips for a Better Night's Sleep!

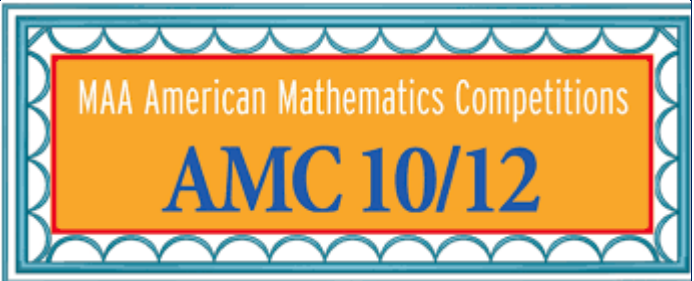
- 1. Be consistent with your bedtime
- 2. Make sure your sleeping space is clam, quiet, and dark
- 3. No use of electronic devices 20 minutes before bed
- 4. Avoid large meals 3 hours before bed
- 5. Get some exercise during the day

Check Out These Apps!

Calm App
(<https://apps.apple.com/us/app/calm/id571800810>)
Headspace App (<https://www.headspace.com/headspace-meditation-app>)
Sleep Reset App (<https://apps.apple.com/us/app/sleep-reset-insomnia-help/id1529321947>)



The AP Exam payment deadline has passed, and you can **no longer** pay on **School Cash Online**. If you missed the deadline and still want to pay, please contact Mr. Lee in Room A139 at lunch or by email by the end of this week.



The American Mathematics Competitions (AMC) consist of a series of problems for students in middle and high school.

American Mathematics Contest 10A & 12A will take place on **Thursday, November 10th, 9:00 – 10:15 am** in the **Library**. If you signed up for this contest, please hand in your signed permission form to Mr. Marzouk in A207 ASAP.



CLC 11 Career-Life Connections 11

CLC 11

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).

S P I R I T WEEK

Hey South!

With the fall season around the corner, Student Government would like to present the school years first spirit week! **Our Halloween spirit week** will be held from **October 31st to November 4th**.

Monday	-	Halloween Costumes
Tuesday	-	Tropical Outfits (Wear something floral or any pastel coloured clothing)
Wednesday	-	White Lies (Write an obvious lie about yourself on a white shirt or a piece of blank paper. White paper and other materials will be provided at both entrances of the school for those in need of them)
Thursday	-	Twin (Match with anyone from the school!)
Friday	-	Fancy Friday (Wear formal clothes or fancy accessories)

Student Government would really appreciate it if you could all participate! We will also be taking group pictures each day at the courtyard during lunch.



Attention Gr. 11 & 12 Students

Interested in a career as a firefighter? A Community Outreach Program will be taking place in April 2023. Attend a 4-day academy taking place from April 24th to April 27th.

Objectives: Firefighting Skills

Search and Rescue Techniques
Obstacle Course Simulation
Fire prevention and lifesaving skills

Curriculum: Introduction to the role of Fire Services

Firefighting Apparatus
Oriented Team Search
Motor Vehicle Accident Response and Vehicle Extrication
and much more

For an application, see Ms. Matsumura in Student Services, Room C106.

Application Deadline: March 29th, 2023 (make sure to get your application in early as seats are limited)



Mark Your Calendar



Thursday, November 3rd, **Virtual Parent/Teacher Interviews – Student Early Dismissal (12:05 pm)**

Thursday, November 3rd, Literacy 12 Assessments AM

Friday, November 4th, Late Start (10:00 am)

Monday, November 7th, University of Toronto deadline to apply for Early Admission September 2023

Monday, November 7th, University of Alberta Admissions Presentation (11:30 am, MPR)

Tuesday, November 9th, National Indigenous Veteran's Day

Thursday, November 10th, Remembrance Day Assemblies (MJF)

Thursday, November 10th, American Mathematics Contest 10A & 12A (Library)

Friday, November 11th, Remembrance Day 🍁 - School Closed

"Education is what remains after one has forgotten what one has learned in school." Albert Einstein

	Website:		Contact:		Email:
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