



Burnaby South Secondary School and The BC Provincial School for the Deaf | January 24, 2024

Rebels Newsletter



Burnaby South Secondary School Grade 7-11 Course Selection Information Evening

Date: Monday, January 29th

NEW DATE

Location: Michael J. Fox Theatre

Address: 5455 Rumble Street

Time: 6:00 – 8:00 pm

The evening will provide valuable information:

- 6:00 pm Grade Course Selection Presentations for Students
- Grade 7 into 8 – MJ Fox Theatre (Honours Presentation will occur right after)
- Grade 8 into 9 – D223
- Grade 9 into 10 – D227
- Grade 10 into 11 – D131
- Grade 11 into 12 – D128

7:15 pm – Michael J. Fox Theatre

- AP/Honours Courses, Capstone Diploma & Current University Trends Presentation

6:15 – 7:45 pm – Cafeteria

- Course Selection Mini-Fair



5 WAYS TO MANAGE EVERYDAY STRESS



PLAN YOUR DAY

Use a calendar or planning app to help schedule your day. Fill in your class time, study time, and other activities in your daily schedule.

PHYSICAL ACTIVITY

Engage in some sort of physical activity whether it be a walk, a work out, or dancing to your favourite music. Being physically active helps reduce stress levels.



GET ENOUGH SLEEP

Aim for 7-9 hours of quality sleep each night. A good night's sleep is essential for your body's recovery and mental health.

DEALING WITH PROBLEMS

Deal with problems and challenges as they arise rather than avoiding things till they become too overwhelming. If you're not sure how to deal with them, ask a trusted adult.



SET AND PURSUE GOALS

Have goals and aspirations that give your life purpose and direction. Achieving small milestones can boost your self-esteem and sense of accomplishment. Celebrate the small victories.



Burnaby South
Health Committee



Math time can be an enjoyable part of your school time journey. Is Math giving you a headache? The Math Clinic is back! The Math Clinic works on a first come first serve basis. **No appointments are needed.** The Math Clinic will start on **Thursday, January 18th, 2024** and will be available during the following hours for **Term 2 and 3 in A207:**

- Every Tuesday during Lunch break
- Every Thursday during Lunch break
- Every other weekday during Flex time

For more information, please see Mr. Marzouk in A207



Monday, January 22nd – 26th – Graduation Assessments, see schedule

<https://south.burnabyschools.ca/blog/2024/01/15/assessment-week-january-23-27/>

Monday, January 29th – Open House for Gr. 7-11 Parents, 6:00 – 7:30 pm

Wednesday, January 31st – SFU Deadline for September 2024 Admission

Friday, February 2nd, CLC 11 Session #4, (8:30 am, MJF) & Intro to Grad Project

"The beautiful thing about learning is that no one can take it away from you." Albert Einstein

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