



## Burnaby South Secondary School and The BC Provincial School for the Deaf | February 28, 2024

### Rebels Newsletter

#### 9 SIMPLE TIPS FOR A HEALTHY LIFE

##### Make your diet healthier

- 1 Cut back on sugary drinks
- 2 Add more vegetables
- 3 Choose healthy snacks



##### Get more exercise

- 4 Adding a brisk walk
- 5 Set a timer at work
- 6 Exercise at your desk

##### More balanced healthy life

- 7 Try meditation
- 8 Prioritize sleep
- 9 Make time for friends and family



Science Clinic is similar to Math Clinic, except we help students with science related questions. Whether it be homework, assignments, projects, Olympiad training, or general questions, we've got you covered! It runs every Friday during Flex time in A232 (Ms. Samra). Student volunteers are also welcome!



**Attention ALL Grads!**  
Burnaby South's **School Leaving Ceremony** is on **Sunday, May 26<sup>th</sup>** at SFU Convocation Mall. If you are participating in this event, please pay your **School Activity Fee of \$30** and your **School Leaving Ceremony of \$90**. **The deadline to pay and order your Grad Gown is Friday, March 8<sup>th</sup>**. All fee payments must be paid online using School Cash <https://burnaby.schoolcashionline.com/>





Presented by Burnaby South Secondary Alice in Wonderland March 2024.

March 7<sup>th</sup> & March 8<sup>th</sup> – 12:15 pm Matinee and 7:00 pm in the MJ Fox Theatre.

Tickets: \$10 Student, \$10 Adult

Tickets on sale online

<https://www.showtix4u.com/event-details/80957> Doors open 30 minutes prior to start. Open seating.



Thursday, February 29<sup>th</sup> – Winter Formal Dance, Gr. 11 & 12, 6:30 – 9:30 pm, Hilton Metrotown Hotel

Thursday, March 7<sup>th</sup> and Friday, March 8<sup>th</sup> – Alice in Wonderland, MJ Fox Theatre

Tuesday, March 12<sup>th</sup>, Canadian National Mathematic League (CNML#6) Conest, at lunch time in A207

Monday, 18<sup>th</sup> to Thursday, 28<sup>th</sup> – Spring Break, School Closed

Friday, March 29<sup>th</sup>, Good Friday, School Closed

Monday, April 1<sup>st</sup>, Easter Monday, School Closed

Tuesday, April 2<sup>nd</sup> – School Re-opens

*“ Education’s purpose is to replace an empty mind with an open one.” Malcolm Forbes*

	Website: <a href="https://south.burnabyschools.ca/">https://south.burnabyschools.ca/</a>		Contact: 604-296-6880		Email: <a href="mailto:South.info@burnabyschools.ca">South.info@burnabyschools.ca</a>
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