



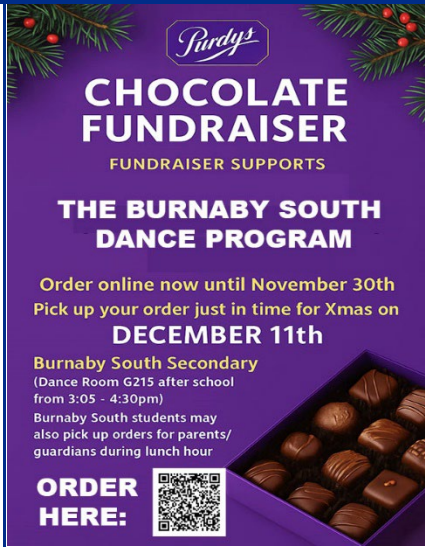
Burnaby South Secondary School and The BC Provincial School for the Deaf | November 19, 2025

Rebels Newsletter

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




Purdy's CHOCOLATE FUNDRAISER
FUNDRAISER SUPPORTS

THE BURNABY SOUTH DANCE PROGRAM

Order online now until November 30th
Pick up your order just in time for Xmas on **DECEMBER 11th**

Burnaby South Secondary
(Dance Room G215 after school from 3:05 - 4:30pm)
Burnaby South students may also pick up orders for parents/guardians during lunch hour

ORDER HERE: 

Support the Burnaby South Dance Program with Purdy's Chocolates!
Enjoy delicious Purdy's chocolates for the holidays while supporting our talented dancers!

Create an account and **order online by November 30th** at

<https://fundraising.purdys.com/2190982-133181>.
Orders will be available for **pickup on Thursday, December 11th** in the Dance Room (G215) from 3:05–4:30 PM. Burnaby South students may also pick up orders for parents or guardians during lunch and after school.

Don't like chocolate? **You can donate directly to Burnaby South Dance here:**
<https://burnaby.schoolcashionline.com/Fee/Details/119858/16/False/True>
Donations of \$20 or more will receive a tax receipt.
Please indicate that the donation is for Burnaby South Dance.



Diploma for Graduates 2025 is Ready

We would like to inform you that your student's graduation diploma is available for a pickup at the main office of Burnaby South Secondary.

We will not be mailing out the diploma to the students addresses on file. Please stop by during the school hour between **8:30am to 3:30pm on Monday-Friday.**



South's next top revel: Rebels in Wonderland

November 20th at 3:30 – 8:30 pm

- Plenty of fun games to play
- Lots of yummy food to eat
- Spend a fun night with friends
-

You must pay the \$20 donation and have your Activity Fee paid to participate! All proceeds go to Downtown Eastside Women's Center



Artona Grad Group Photos will take place on Monday, November 24th, 3:30 – 9:00 pm.



Attention Grads!
Grad Write-up is due on **Thursday, November 20th**



Thursday, November 20th – Grad Write-up due

Friday, November 21st – Pro D Day – School Closed

Monday, November 24th – Artona Grad Photos, 3:30 – 9:00 pm

Tuesday, December 2nd – BC Post Secondary Mini Fair, Cafeteria, 1:00-2:45 pm

Tuesday, December 9th – Canadian National Mathematics (CNML#3) Contest

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

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