



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

November 9, 2022

Rebels Newsletter



Have you ever thought about the effects lack of sleep can have?

Check out this clip where sleep expert Matthew Walker breaks down the effects lack of sleep can have on your brain and body.

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

Check Out These Apps!

Calm App (<https://apps.apple.com/us/app/calm/id571800810>)

Headspace App (<https://www.headspace.com/headspacemeditation-app>)

Sleep Reset App (<https://apps.apple.com/us/app/sleepreset-insomnia-help/id1529321947>)



American Mathematics 10A & 12A will take place on in the Library, 9:00 – 10:15 am. **Thursday, November 10th**, for more information, please see **Mr. Marzouk** in A207.

Canadian National Mathematics League #2 (CNML) will take place on **Tuesday, November 15th** at lunch time in A207.

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/>



Friday, November 11th, Remembrance Day 
School Closed




Tuesday, November 15TH, CNML #2 (Canadian National Mathematics League Contest) at lunch in the Library

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.

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

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