




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

December 14, 2022

Rebels Newsletter

Kids Help Phone's self-care checklist

- I make self-care a priority every day
- I am kind to myself
- I take breaks to do things I enjoy
- I give myself encouraging words
- I spend time in nature
- I challenge my negative thoughts by using positive self-talk
- I practice deep breathing
- I use grounding techniques
- I try to stay present in the moment
- I focus on what I can control (instead of what I can't)
- I get plenty of sleep and rest
- I do relaxing activities
- I save time for reading
- I listen to calming music
- I take warm bubble baths
- I remind myself of my courage and strength (even when things got rough)
- I practice meditation
- I try new things
- I do yoga
- I take digital detoxes
- I meet my goals
- I participate in activities I'm passionate about
- I give my body the nutrition it needs
- I practice storytelling
- I get lots of physical activity
- I spend time with people who lift me up
- I focus on my strengths (and improving my weaknesses)
- I spend time on my own when I need to
- I journal or write down my thoughts/feelings
- I talk to someone I trust when I need help

Kids Help Phone  **1-800-668-6868**
[KidsHelpPhone.ca](https://www.KidsHelpPhone.ca)





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

Date: Wednesday, January 18th
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 – 8:00 pm – Cafeteria**
Course Selection Mini-Fair



Wednesday, December 14th, Report Card available online through MyEd Family Portal
<https://myeducation.gov.bc.ca/aspen/logon.do>

Wednesday, December 14th – Locker Cleanout

Friday, December 16th – Last day before Winter Vacation

Monday, December 19th – January 2nd, 2023 – School Closed

Tuesday, January 3rd, 2023 (Day 2) – School Re-opens

Friday, January 6th, 2023 - Gr. 12 Student Scholarship profile Pkg. (CLC 12) due to Mr. Kwan

Tuesday, January 10th, 2023 – CNML #4 (Canadian National Mathematics League Contest) at lunch time in A207.

Thursday, January 12th, 2023 – PAC Meeting (Zoom, 7:00 pm)

Friday, January 13th, 2023 – University of Toronto deadline for regular admission

Sunday, January 15th, 2023 – UBC deadline for regular admission



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/>



WEIGHT TRAINING FOR TEENS
14-17yrs

Learn safe, effective, weight-training exercises and techniques. A great form of exercise to build strength, define muscles, prevent injuries and enhance other sports activities. The principles of weight lifting, weight-room etiquette and correct equipment use are covered. Students get a personally designed program and end up with a thorough understanding of weight training in this co-ed class.

Th, January 11, 3:45-5:15pm
\$40.20, 4 sessions, 685907

Th, February 8, 3:45-5:15pm
\$40.20, 4 sessions, 685908

Register Now: Burnaby.ca/webreg
Call 604-297-4526 or visit any Burnaby recreation centre.

Willingdon Community Centre
1891 Carlton Avenue | 604-297-4526 | burnaby.ca/active

“Education is the most powerful weapon which you can use to change the world.” Nelson Mandela

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