



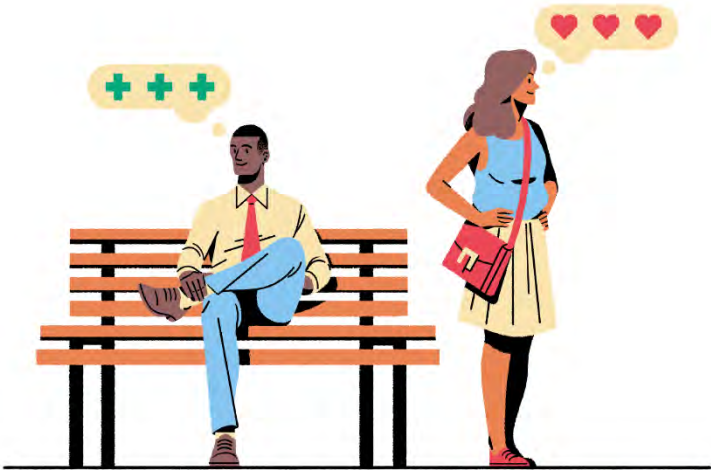
Burnaby South Secondary School and
The BC Provincial School for the Deaf

February 22, 2023

Rebels Newsletter

SEND THE GIFTS OF LOVE AND KINDNESS.

Bring to mind someone in your life, including loved ones and strangers.
Repeat this phrase: "May you be happy, may you be well, may you be at ease." Sending positive wishes helps you feel more positive.



#DeStressMonday

DeStressMonday.org

DE STRESS
MONDAY

Loving kindness meditation has roots in Buddhism yet scientific research has shown that it can improve your overall happiness, outlook, and health. Loving kindness meditation joins compassion – concern for others, and empathy – seeing the world from another’s perspective. As a result, it can help you feel more connected to others and less isolated, which has longer-term benefits such as better mental and physical health.
(DeStressMonday.org
<https://www.mondaycampaigns.org/destress-monday>)



Health Professionals Chat Evening

Wednesday, March 8th
6:30-8:00pm
Burnaby South Cafeteria

- What do they do?
- How did they get there?
- Q and A time



Scan the QR code to sign up before
Friday, March 3rd.

Questions? See Mr. Lee in Room A139



Attention ALL Grads!

Burnaby South's **School Leaving Ceremony** is on **Sunday, May 28th** 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 \$80**. The deadline to pay and order your **Grad Gown is Friday, March 10th**. All fee payments must be paid online using School Cash <https://burnaby.schoolcashionline.com/>



The following Math Contests are scheduled for Wednesday, February 22nd during Period 5

1. Fermat Contest (Gr. 11) in the Library
2. Pascal Contest (Gr. 9) in the Library
3. Cayley Contest (Gr. 10) in the Library
4. Canadian National Math League Contest (Gr. 8)

The Pascal, Cayley and Fermat contests are opportunities for students to have fun and to develop their mathematical problem-solving ability. These contests are designed by the University of Waterloo.

For more practice, please visit

https://www.cemc.uwaterloo.ca/contests/pcf_eWorkshop.html

For more information, please see Mr. Marzouk.



Rebels, don't forget to check out this year's exciting Rebels Read titles! Click on the link below to see videos of each of the 10 titles. #readlikearebel

<https://drive.google.com/file/d/1-rH2fuRtTsmMPUqIzD4cK7qsTFiopK0C/view>





Wednesday, February 22nd – Fermat, Pascal, Cayley and Canadian National Math Contest

Thursday, February 23rd – Winter Formal

Friday, February 24th – District Pro D Day – School Closed

Tuesday, March 7th – Canadian National Mathematic Contest #6 (CNML#6), at lunch in A207

Wednesday, March 8th – Report Cards available through MyEd Family Portal

Monday, March 13th – Friday, March 24th – Spring Break – School Closed

Monday, March 27th – School Re-opens

Community Event



2023 FEES

- Early Bird (ends Jan. 31, 2023): \$130
- Regular Fee: \$145
- U7 Program: \$110
- New Players pay Early Bird Rate

JUNIOR PROGRAM

Burnaby Lake junior field hockey provides an opportunity for young boys and girls to get involved in our sport. Field hockey is a team sport where the emphasis is on participation, teamwork, and fun. It is a fitness activity that is well suited to children's exercise requirements, with plenty of running over short distances (chasing the ball), and good development of eye-hand-foot coordination.

IMPORTANT INFORMATION

Dates: April 1-June 30
Practices: One practice per week on a turf field in Burnaby
Games: Saturdays
Uniform: All new participants receive a free t-shirt. Socks will be provided that you can keep. Please wear black shorts.

AGE GROUPS

CO-ED U7: Born 2016 - 2017	GIRLS U12: Born 2011 - 2012	BOYS U12: Born 2011 and younger
U10: Born 2013 - 2015	U14: Born 2009 - 2010	U16: Born 2007 - 2008

WEBSITE: BURNABYFIELDHOCKEY.COM

MANDATORY EQUIPMENT

- Stick
- Soccer shin pads
- Mouthguard
- Runners or Cleats

2023 Spring Programs

SPRING PROGRAMS registration starts soon!

Download our Spring Program Guide to browse and short list your favourite programs. There are plenty of fun and unique activities to choose from!

Burnaby.ca/ProgramGuide



- | | |
|-------------------------------|--------------|
| Recreation Centres | |
| BONSOR | 604-297-4597 |
| BONSOR 55+ | 604-297-4580 |
| CAMERON | 604-297-4452 |
| CHRISTINE SINCLAIR | 604-320-2222 |
| CONFEDERATION | 604-294-1936 |
| EDMONDS | 604-297-4838 |
| EILEEN DAILLY | 604-298-7946 |
| WILLINGDON | 604-297-4526 |
| Arenas | |
| BILL COPELAND | 604-297-4521 |
| KENSINGTON | 604-297-4535 |
| Cultural Facilities | |
| BURNABY ART GALLERY | 604-297-4422 |
| BURNABY VILLAGE MUSEUM | 604-297-4565 |
| SHADBOLT CENTRE | 604-297-4440 |

REGISTRATION START TIME	PRIORITY REGISTRATION for Burnaby Residents			GENERAL REGISTRATION for Everyone	
	Monday, March 6	Tuesday, March 7	Wednesday, March 8	Friday, March 10	Monday, March 13
10am	Recreation Programs (excluding swimming)	Arts & Heritage Programs	Swimming Lessons	Recreation, Arts & Heritage Programs	Swimming Lessons
PROGRAMS OPEN FOR REGISTRATION					

New! Swim lessons have changed

Earlier this year, our team introduced the Lifesaving Society *Swim for Life* program which replaced the Canadian Red Cross *Swim Kids* program.

To find your child's new swim lesson level visit Burnaby.ca/SwimLessons.

Note: Families are reminded that children can only be registered in 1 set of swim lessons at a time. You may register your child for the next set of lessons only after the completion of the lesson set they are currently registered in. Your child may be withdrawn from a swimming program if registered in more than 1 lesson set per season.



Stay in the know

Be the first to find out about programs and activities at our recreation facilities. Sign up for eNews at Burnaby.ca/eNews, or follow us on:

- [recreationburnaby](https://www.facebook.com/recreationburnaby)
- [@burnabyparksrec](https://www.instagram.com/burnabyparksrec)
- [burnabyrecreation](https://www.instagram.com/burnabyrecreation)

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"Your attitude, not your aptitude, will determine your altitude." Zig Ziglar

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