



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

February 8, 2023

Rebels Newsletter

Loving

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

DESTRESS
MONDAY

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>)



Mandatory Password Reset for Network and Office 365

The school district has been experiencing a significant increase in compromised accounts; both staff and student. These compromised accounts leave us susceptible to potential data breaches, more compromised accounts, and a dramatic increase in suspect emails being received from legitimate district email addresses.

In an effort to support our students, we have **attached** instructions to complete the "About Me" located in the Self-Service Password Reset Portal on the Burnaby School District website. On Wednesday, Feb 8 when you log into the school network, you will be prompted to reset your password. The system will use the About Me information to verify your identity when you are prompted to re-set your password on **February 8, 2023**.

Burnaby School District – ABOUT ME Student Registration Instructions

ALL USERS must complete the ABOUT ME registration steps before they are able to reset their password, unlock their ID or change their Password.

Step 1: Go to <https://ssp.burnabyschools.ca/> You will see the Burnaby School District Self-Service Password screen. Click "ABOUT ME".



Step 2: Enter your Burnaby School District username and password. Then click LOGIN.



Step 3: Then choose 3 security questions and answer them. Once done, click REGISTER.



Burnaby School District – ABOUT ME Student Registration Instructions

Step 4: If you want an added layer of security, enter your mobile number or personal e-mail for 2-factor authentication. This information is used during password resets or account unblocking activities. Otherwise, leave it blank. Then click REGISTER.



Step 5: Look on your phone or personal e-mail to find the SchoolConnect verification code and type it in. Then click CONFIRM.



Step 6: Once done, you can close the "ABOUT ME" window by clicking CLOSE.



Secondary PROGRAMS OF CHOICE

All eight of our high schools offer Programs of Choice that allow students to explore their interests, support their strengths, or get exposed to a career while fulfilling their academic requirements.

The Burnaby School District offers dozens of options, with many put on in partnership with higher education institutions or industry.

18 Career Education ADVISORS	3 Schools Offer FRENCH IMMERSION	Educational ENRICHMENT Options
8 CENTRES CAREER	1000 EMPLOYERS WORK EXPERIENCE	6 SPORTS Academies
29 Career Training Options	25 AP COURSES	ONLINE Learning
		>18 TRADES

FAVOURITE PLACE TO LEARN A NEW SKILL

@burnabyschools
www.burnabyschools.ca

MATHS COMPETITIONS 2023



Canadian National Mathematic League Contest (CNML#5) will be taking place on **Tuesday, February 14th at lunch in A207**. For more information, please see Mr. Marzouk.

BCIT

Grade 11s and 12s

BCIT is holding their **Information Session on Wednesday, February 15th, from 4:00 – 6:00 pm**. BCIT will also be having a **Zoom Information Session** the following **Wednesday, February 22nd from 4:00 – 7:20 pm**



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/>



To promote literacy/reading at Burnaby South, the Library Learning Commons organized a **Bookmark Design Contest** in collaboration with the Art teachers.

It was wonderful to see the artistic talents displayed by our Art students from both Burnaby South and BCSD. Thank you to all the students who submitted entries and students who helped with this contest!

Here's a video about the Bookmark Contest created by Ms. Alex's Media Production students:
<https://drive.google.com/file/d/1NV1epelQNDwuns14ugg2q3gYeOshZ7bL/view?usp=sharing>

A special thanks to Ms. Alex, Ms. P. Chow, Ms. Lal, Ms. Lee, Ms. Peterson, Ms. Robinson, Mr. Scaga, Ms. Stanisic and Ms. Wilson for all their help and support! Thank you, as well, to PAC for their support!

Congratulations to all the winners and runners-up! Winning entries are posted on the Library blog: <http://blogs.sd41.bc.ca/south-library/>



Tuesday, February 14th – CNML#4 (Canadian National Mathematic League Contest)

Wednesday, February 15th – Canadian Computing Competition in E133

Thursday, February 16th – Rebel Nation, 7:00 pm, MJF

Monday, February 20th – Family Day – School Closed

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

“An investment in knowledge pays the best interest.” Benjamin Franklin

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