

Burkevale Protestant Separate School Board

APRIL NEWSLETTER

Spring officially arrived on March 20th, and with the tweeting of robins outside, hopefully that means warmer weather and no snow are just around the corner. When I think about spring, I think about fresh starts, and a new chapter. New buds will soon be appearing on trees, and spring flowers will be popping up.



Along with spring comes the melting of snow, the singing of birds, and many new mud puddles! Please encourage students to wear appropriate rain gear and bring extra clothes, for the wet weather that is ahead.

Upcoming Events:

- School Council Meeting April 3, 2023, @ 6:00 at the school
- Grade 7 and 8 Vaccinations are taking place @ the school on April 11th, 2023
- Grades 6-8 Parent Meeting from 4:00-5:30 @ the school regarding Camp Kitchi
- Darlene the Drummer will be here April 5th, 13th, and 27th for the grade 2 classes
- There will be no school on Good Friday, April 7th, and Easter Monday, April 10th
- There is no school on Friday, April 28th, as there is a PA Day



School Events:



The Burkevale co-ed hockey team won the area hockey tournament held on March 21st at the North Simcoe Recreation Centre. Thanks to Mr. Genier and Ms. Wright for coaching the team, and for all of the students' positivity during the day

- The Band Club has started up in the Gymnasium under the tutelage of Mrs. Gilchrist and Ms. Currie. The improvements can be heard weekly.
- Junior basketball began the last week of March for grades 4-6 students
- Staff attended the Rotary Club presentation of a \$1000.00 cheque for receiving 1st place with their amazing Burkevale float for Winterama
- Students enthusiastically cheered as Mrs. McLaren and Ms. Koopman were duct taped to the gymnasium walls after over 2000 books were read throughout February



- The grades 6-8 Camp Kitchi planning is underway with the parent meeting taking place on April 12th from 4:00-5:30 at the school

Thank You: On behalf of our students and staff, we would like to thank the Covenant Church and the Big Brothers and Sisters for their ongoing support. We would also like to thank Towne Towing for generously donating their time and truck for the Winterama parade and Tim Horton's for their ongoing food donations for Eat Well to Excel. Finally, thanks to the School Council for the members' ongoing support and hard work. We are so blessed and grateful to have such amazing community partners.



Health and Well-Being:

Come join us: Wednesday May 10th @ 6pm

Understanding Your Child's Behaviour and Supporting Skill Development; What can our child's behaviour tell us and how can we help them build skills to support positive behaviour?

Dr. Jen Saltzman-Benaiah has generously offered to do an online workshop and answer Q&As on May 10th. Just fill in the google form <https://rb.gy/ru3> or email chamill@pssbp.ca to get the link to join.

Parent questions about mental health and well being are welcome! Connect with **Christy Hamill** (Mental Health Lead, MSW, RSW), chamill@pssbp.ca, or **Heather Johnston** (School social worker BSW, RSW), hjohnston@pssbp.ca

Heather is offering consults, and Mindful Meals to students to help build coping skills and check in on the wellness of any students wishing to participate.

School Mental Health Ontario has some great online resources for you, you can check them out here: <https://smho-smso.ca>

Kids Help Phone has some great resources for parents and kids, they are ready and available anytime to help, you can call, text CONNECT to 686868 for youth, and text CONNECT to 747474 for adults, chat or check out their resources at <https://kidshelpphone.ca/>. If you identify as Indigenous, you can ask to be connected with a First Nations, Inuk or Métis crisis responder (if one's available) by messaging FIRST NATIONS, INUIT or METIS to 686868

ACTIVITIES FOR WELL BEING

Journal About Gratitude: Every night write down three good things about your day. They don't have to be major. They might be as simple as a good meal, talking to a friend, or getting through something difficult.

Write a Letter: Think about someone who has had a major impact on your life, someone who you would like to thank, or someone who you appreciate having in your life. Write a letter with specific details about what it is you appreciate about them, and send it.

Visit Someone Whom You Appreciate: Take the idea of a gratitude letter a step further and actually visit the individual whom you would like to thank. You can choose to deliver and read a gratitude letter, or simply visit and tell them why it is that you appreciate them.

Say, "Thank You": Keep your eyes open throughout the day for reasons to say "thanks". Try to notice and recognize the actions that people do, such as a coworker who works hard, or a friend who seems willing to listen.

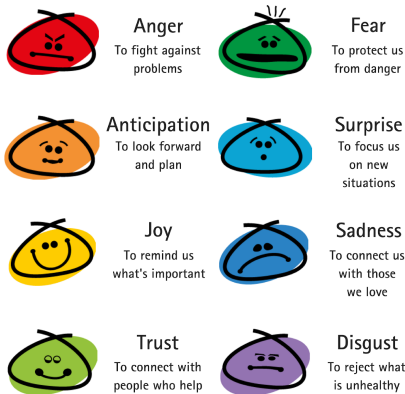
Take a Gratitude Walk: Go for a walk and make a special effort to appreciate your surroundings. You might notice the smell of flowers, a pretty building, or a soothing breeze.

Spend a few minutes focusing on each of your senses (sight, hearing, taste, smell, and touch) to find new things you may not have noticed.

Moving, eating, connecting with others, sleeping enough, and limiting our screen time all help support our mental health. All our emotions are created in our bodies by what we put in them and what we experience. Here's a great graphic from <https://www.6seconds.org> that show us what our emotions are for, and an article at the link below for more information.

8 Basic Emotions

And the purpose of each one



FAMILY WELLNESS WEBINAR

MAY 10TH FROM 6-7PM

FREE

Understanding Your Child's Behaviour & Supporting Skill Development

Join our discussion as we learn with
Dr. Jennifer Saltzman-Benaiah;
Clinical Neuropsychologist

Parenting is often said to be one of the hardest things to do and that kids come with no manual or training.

Dr. Jen offers us a unique perspective on behaviour and its connection to skill development. Learn how to identify challenges and support your child in building skills to change their behaviour.

Dr. Jen has worked supporting youth and families as a clinical neuropsychologist through the Children's Treatment Network for many years. Her approach is based in brain (neuro) science and psychology.

The Protestant Separate School Board is excited to offer this **FREE** webinar opportunity to our community and partners.

Sign up is simple through Google form link below.
If you have any questions please email chamill@pssbp.ca

Sign up via google forms;
<https://forms.gle/dFZrym2ZNNHB5faB58>

Grandfather Teachings for the Month of April:



For the month of April, our school community will focus on the grandfather teaching of **RESPECT** “Mnaadendimowin” and this trait is represented by the Buffalo. How do we show respect? Respect is to treat others kindly. We do this by listening, and admiring or considering other people’s well-being. The buffalo respected the needs of others and their survival above his own by giving and sharing his body. Because the Buffalo considered others’ well-being, he represents respect.

Activity in March: Smudging and Drumming in grade 3

What is smudging?

“Smudging is a tradition common to many Anishinaabe people that involves burning one or more medicines gathered in nature. The most commonly used medicines include sage (mashkodewashk), sweetgrass (wiingashk), and cedar (giizhik). Each medicine will make a different amount of smoke. These medicines are burned in an abalone shell or a vessel (usually copper).

Smudging is always voluntary. It is entirely acceptable for a person to indicate that they do not wish to smudge, and you should never feel forced or pressured to smudge. For many, smudging is a way to start the day right, prepare for a ceremony or meeting, or use it when life gets challenging.”

[Link to webpage](#)



A big thank you to Darlene, Peter and Sharon for sharing their time and enthusiasm for teaching students about drumming.

Métis Jiggers

Last week, our junior students had the opportunity to learn and dance a local version of the Franco-Métis Jig. With the help of Mrs. Eileen Vallée, Mr. Paul Lafrenière and Mr. Basil Dorion, the gymnasium was transformed into a real "Kitchen Party". To the traditional rhythms of groups such as La Bottine Souriante, La Grand' Débâcle, Les Cuillères à Carreaux and artists such as Mrs. Edith Butler, Mr. Yvan Pion and André Lejeune, we can say that it jumped at school. The workshop also included a small presentation about the dance board with none other than Jérôme, the little wooden jigger. The vast majority of students had neither seen nor heard of this French-speaking custom that took place at all kitchen meetings. It was a beautiful moment of socio-cultural learning. -Mme. Lucie



GRADUATION:

The grade 8 graduation is scheduled for June 27th, 2023, at the school. Details to follow. There will be 4 guests maximum per child in most circumstances. Please notify the office if there are extenuating circumstances in your family, or if you will not be using your maximum guest allotment. We are hoping to video the evening for siblings, grandparents etc. to view at a later date.



REGISTRATION:

Kindergarten Registration is still open for the next school year on the board website: www.pssbp.ca

PARKING:

A parent in our community has reached out to the school regarding their driveway being blocked at before/after school time and they have been late for work. We are doing our best to ensure our community is safe and that our neighbours are also happy. Please be sure to follow laws regarding proper parking to keep us all safe and happy.

