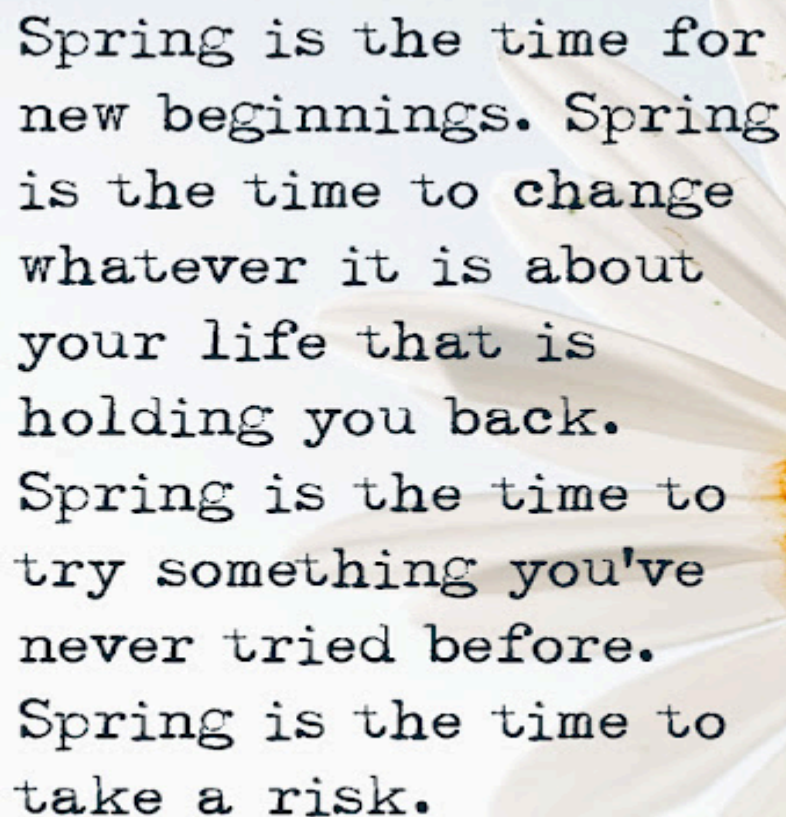


Burkevale Protestant Separate School Board

APRIL NEWSLETTER

Spring officially arrived on March 19th, and with the weather we experienced over March Break, it seemed as though spring was already here. 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 in gardens everywhere. Spring is also a time for growth and learning. Students are regularly asked to take risks and learn from their mistakes. Maybe spring is a time for everyone to heed this advice. Go out and try something that fuels your passion!



Spring is the time for
new beginnings. Spring
is the time to change
whatever it is about
your life that is
holding you back.
Spring is the time to
try something you've
never tried before.
Spring is the time to
take a risk.

Along with spring comes the opening of the playground equipment, the muddy mess in our yard, 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:

- Easter Monday April 1st - NO school
- School Council Meeting April 2, 2024, @ 6:00 at the school
- PA Day April 8th, 2024 - NO school for students
- Grade 7 Vaccinations are taking place @ the school on April 9th, 2024
- Grades 4-6 Parent Meeting @ 5:00 pm On April 10th at the school regarding Camp Kitchi (date to follow)
- Grades 4-6 Manie Musical Dance @ the school April 11th from 6:00-8:00 pm (2\$)
- St. Ts Musical April 11th grades 6,7,8
- Earth Day Activities April 22nd
- Forest School April 5th (grade 3 Moloney), 12th (grade 3 Bidwell), 19th (KA)
- Darlene the Drummer will be here April 3rd, 10th, 11th, 12th, 19th and 25th



School Events:



The Burkevale co-ed hockey team participated in the area hockey tournament held on March 21st at the North Simcoe Recreation Centre. Thanks to Mrs. McLaren and Ms. Wright for coaching the team, and for all of the students' positivity during the day. The team members won the "Battle of the 3s." Great work, students!

- Choir, recorder and band are preparing for the upcoming music festival, under the tutelage of Mrs. Gilchrist. 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

The Ministry of Education launched the *Parent's Guide to Ontario's Education System* today.

This new resource will provide parents with helpful information that allows them to have a stronger role and actively participate in their children's education. The guide covers a number of subjects such as knowing how their child is doing in school, learning about suspension and expulsion processes, attending a school council meeting or parent involvement committee meeting, and knowing about specialized supports to help all children succeed.

This initiative is part of the government's recent efforts to increase transparency and accountability in our school system.

The full guide can be found at [Ontario.ca/educationguide](https://ontario.ca/educationguide)

In addition, the Ministry of Education will be posting content on our social media channels starting this week, highlighting this new resource. Please consider reposting or retweeting our content on your channels if appropriate and timely.

- [Facebook – facebook.com/OntarioEducation](https://facebook.com/OntarioEducation)
- [X \(formerly Twitter\) – twitter.com/ONEducation](https://twitter.com/ONEducation)
- [Instagram - instagram.com/Ontario_Educatio](https://instagram.com/Ontario_Educatio)

Your Child's Education



A parent guide to Ontario's school system

Your voice is important in your child's learning, and can make all the difference in their academic and personal success. When parents play an active role in their child's education, students are inspired to achieve their full potential.

Ontario is committed to increasing accountability and transparency for parents and families. **Here are ways you can actively participate in your child's education journey:**

- Decide which type of publicly funded school they attend
- Choose learning options, for example, secondary school programs e.g. Specialist High Skills Majors
- Follow what your child is learning in school
- Learn about key dates in the school year
- Opt out of certain learning
- Know how your child is doing in school
- Learn about suspension and expulsion processes
- Attend a school council meeting or parent involvement committee meeting
- Know about specialized supports to help all children succeed

Visit ontario.ca/EducationGuide for more information so you can make informed decisions about your child's education.



Thank You: On behalf of our students and staff, we would like to thank the Covenant Church 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:

Parent questions about mental health and well being are welcome. Connect with **Christy Hamill** (Mental Health & Multidisciplinary Lead, MSW, RSW), chamill@pssbp.ca, 705-715-6775.

The Youth Hub in Midland has so many great activities for youth age 12 and up. You can check them out here: <https://youthhubs.ca/site/north-simcoe-youth-wellness-hub>. Here's a link to their calendar for April: <https://tinyurl.com/2r8pnye3>

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

Community Connections:

- **Simcoe County Mental Health Crisis Line – 705-728-5044,**
- **Kinark Child and Family Services: Phone: 1-888-454-6275 central intake, Midland office 1-800-230-8529, 788 Yonge St, Suite 3 [Kinark Child and Family Services](#)**
- **New Path Youth and Family Services: [New Path Youth and Family Services](#)**
- **Hub:**

Online/Phone Help:

First Nations and Inuit Hope for Wellness Help Line is 1-855-242-3310

KidsHelpPhone: 1-800-668-6868 www.kidshelpphone.ca

Lesbian Gay Bi Trans Youth Line 1-800-268-9688 www.youthline.ca

Canadian Human Trafficking Hotline: [Canadian Human Trafficking Hotline:](#) 1-833-900-1010

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 positive 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 Mindful/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 brain and bodies and what we think about and what we do helps us manage the emotions we experience.

Grandfather Teachings for the Month of April:

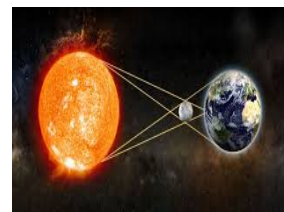


For the month of April, our school community will focus on the grandfather teaching of **RESPECT** “Mnaadendimowin” and this trait is represented by the Buffalo. How do we show respect? Respect is to treat others kindly. We do this by listening, and admiring or considering other people’s well-being. 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.

Solar Eclipse

On April 8, 2024, our region will experience a partial solar eclipse (when the moon covers most but not all of the sun). The eclipse will take place between 2 pm and 4:30 pm and may result in sunlight dimming and the temperature cooling off slightly during this time.

Caution: Do not look directly at the sun or watch the solar eclipse with the naked eye, or ordinary sunglasses. This can harm both your cornea (the front of your eye) and the retina (in the back of your eye) and damage your eyesight due to infrared and ultraviolet rays. For safe viewing, use (ISO) certified eye protection glasses with special filters.



For more information and to learn about safe practices for watching a solar eclipse go to <https://www.asc-csa.gc.ca/eng/astronomy/eclipses/total-solar-eclipse.asp>

GRADUATION:

The grade 8 graduation is scheduled for June 26th, 2024, 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.



REGISTRATION:

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

STUDENT RECOGNITION:

While reading the local news, a Burkevale student was recognized for his many accomplishments - a coding instructor, author of three published books, working toward a Bachelor of Arts in music and he speaks four languages. Congratulations to Darsh Vasani. For more information, take a look at the news article in the Midland Today.ca entitled, “ Eat your Heart out Young Sheldon, Darsh Vasani is the Real Deal.”



Mabel's Labels: We still have our Mabel's Labels account for all families to support this School Council fundraiser. With the warmer weather approaching, perhaps now is the time to access more labels for spring clothing.

Visit: <https://mabelslabels.ca/en-CA>

When you checkout, search for Burkevale and the council will get a percentage of the profits.

