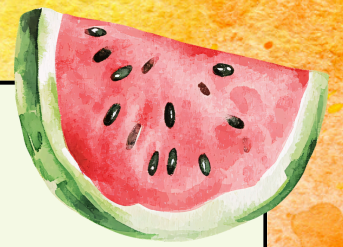




Burkevale June Newsletter



Looking Back

The 2025–2026 school year was filled with many proud moments. Throughout the year, students demonstrated tremendous growth in their reading, writing, and mathematics skills, while also developing stronger problem-solving abilities, communication skills, and emotional regulation. Each June, staff members are amazed by how far students have progressed since September.

Beyond the classroom, Burkevale students continued to shine through their many accomplishments. They captured the Winterama Float Competition title once again, earned numerous gold medals and distinctions at the Music Festival in both class and solo performances, and celebrated championship success in intermediate ball hockey and ice hockey, as well as junior girls basketball. Our Grade 6–8 students also represented Burkevale with distinction at the Ontario Skills Competition. The Construction and Green Energy teams delivered outstanding performances, placing among the top teams in the province while competing against much larger school boards.

We also watched our youngest learners develop a stronger understanding of our school values of safety, kindness, and honesty, supported by our Kindness Ambassadors and positive student role models. Perhaps most memorable of all were the increased smiles, laughter, and positive interactions seen throughout the school day—from the excitement of morning drop-off in the primary yard to the friendships and teamwork displayed during recess.

Way to go, Burkevale!

The End Of An Era

After 35 years of dedicated service to Burkevale, Mr. Cowan is hanging up his school keys and beginning a well-earned retirement. During his time at Burkevale, he taught students from Grades 2 to 7, served as a librarian and computer teacher, and most recently as vice principal. Beyond the classroom, he generously shared his time coaching and supporting numerous extracurricular activities, including volleyball, curling, and track and field.

Mr. Cowan's impact on Burkevale extends far beyond the roles he held. The kindergarten gate will not be the same without his daily presence, students will miss their games of rock-paper-scissors, and staff and students alike will miss his legendary dad jokes. While his absence will certainly be felt throughout the halls of Burkevale, we are grateful for the countless contributions he has made over the years.

Kindie Camp

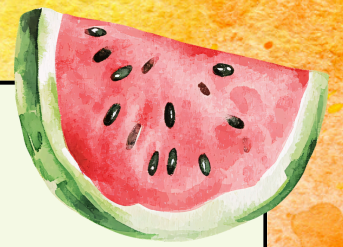
We will be having Kindie practice sessions for new students entering kindergarten or returning students who would benefit from this support. There will be am and pm sessions available Aug 18th–21st and 24th–27th.

If you would like to register please email, Marie Pihl at mpihl@pssbp.ca. The school will contact families regarding the date and time (am/pm, week 1 or 2) once all families have indicated their preference.





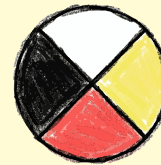
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National Peoples Indigenous Day

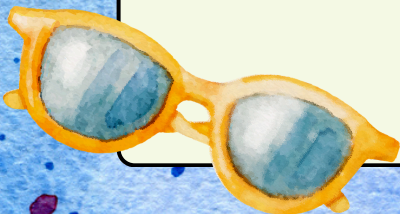
Burkevale will be honouring National Peoples Indigenous Day on Monday, June 22nd, 2026, as the National Day falls on a Sunday this year. As this year marks the 30th year of celebrations, it is an extra special day to celebrate the traditions, cultures, and contributions of the First Nations, Inuit and Metis communities. Classes will deepen their understanding of the significance of the summer solstice, its spiritual and cultural significance for many Indigenous Peoples, marking it as a time of renewal, connection, and celebration. For more information and activities, visit:

<https://tinyurl.com/w9zn43cy>



Burkevale Library Books:

The school library will stop circulating books on Friday, June 5th and all books should be returned after this date so we can do inventory. Please check your bookshelves at home and under beds for books. They will have the Burkevale barcode on the back and the Burkevale stamps inside the cover. Letters will be sent home for any outstanding books in the last few weeks of the school year. Thanks for all of your support for our school library as many of the books were purchased from the funds raised during our Fall Book Fair/Open House. The school library allows students to develop their love for reading and supports our school's excellent literacy program.



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Burkevale Happenings

We would like to welcome our new Vice Principal, Chris Genier, who will begin his role in September 2026. Chris brings a wealth of experience working with a diverse range of students, along with strong expertise in technology and innovation. We have been fortunate to have Chris as a valued member of our teaching staff, and we are even more fortunate to have him bring his creativity, dedication, and leadership to the administrative team. We look forward to the positive impact he will have on the Burkevale community in his new role.



Reminders

Grade 8 Graduation will be taking place at the school on **Wednesday, June 24th, 2026.**

The ceremony will commence at 7:00pm, with the doors opening at 6:30pm. Grads are invited to come 30 minutes prior to the commencement of the ceremony for photos. Families are reminded to email or call the school, if they will require additional seating for family members on the evening of grad and we will do our best to accomodate everyones needs.

Please email Jade Hunt Miller at jhunt@pssbp.ca.



LET'S GO

ADVENTURE

This Month

June 5.	PA Day
June 9.	St. T's Track
June 10	Primary French Day
June 12.	Burkevale Survivor
June 24.	Graduation
June 25	Last Day
June 26	PA Day

June Calendar



Year End Co-Curricular Trips

Many students will be enjoying year end co-curricular activities with their classes. We are thrilled students and teachers are able to enjoy final learning opportunities through these special activities.

REMINDER: Parents/Guardians, please complete all of the necessary safety forms for these activities, and students, please have fun and remember to represent Burkevale by modelling consistent good character.

Burkevale June Newsletter



Health & Well-Being

We're delighted to share this bright and cheerful season with you and hope that you will take good care of yourself this summer! Unplug and be in the moment, stay active, be outside in the sunshine and warm weather, keep connected and enjoy a mentally healthy summer break!

Connecting with Nature

Seek out sunshine and fresh air every day. Being outside in the sun, in green spaces, or in nature helps us to reduce stress and boost hormones that promote happiness. Consider getting out for a walk each day and taking a book or activity outside. Dress for the weather and enjoy the outdoors!

Being Active

Walk, stretch, run, hike, bike, swim, dance, jump rope, play a sport, or whatever else you like to do! Try to get moving for at least 60 minutes every day, or as much as you can. Exercise is important for our physical health and it can also help improve our mood, reduce stress, and help us sleep better at night. Find fun ways to exercise with others to stay motivated. Remember to go at your own pace

Eating Well & Sleeping Well

Children and teens need 10 hours of sleep each night for their bodies and minds to rest and restore. When we get lots of rest, eat a healthy diet, and drink lots of water, it helps our mood and we can think, learn, and act better. Try cooking together; this can be a fun way to share traditions, recipes, and favourite cultural foods

Creativity & Fun

Taking part in activities we enjoy can increase our feel-good hormone, dopamine, that boosts positive emotions. Spending time away from electronics can help encourage free time to play, have fun, and be creative. When we develop our talents and hobbies it can lead to feelings of accomplishment that boost our feelings of well-being. Have fun enjoying cultural music, dance, and art together.

Keeping Connected!

Connecting to family, friends, and neighbours is important for our mental health. Schedule time with family members to check-in with each other, talk, and have fun together. Reach out to keep connected to loved ones and friends. Friendly chats with neighbours and volunteering to help others when we can, are also great ways to support our well-being, as well as those around us.

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Health & Well-Being Cont.

By Your Side Learning hub

Our new By Your Side Parent/Caregiver Learning Hub is live and packed with resources to help you support your child's mental health.

smho-smso.ca/parents-and-caregivers 

Explore

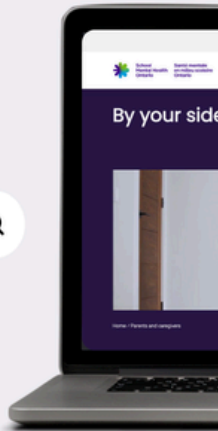


School Mental Health Ontario

Santé mentale en milieu scolaire Ontario



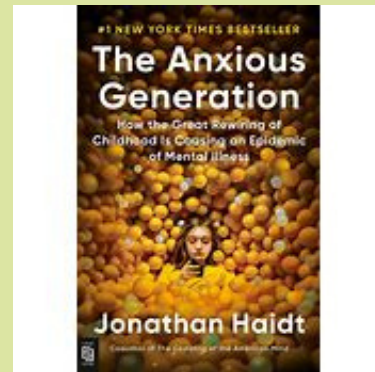
School Mental Health Ontario By Your Side



[Video: Caring For Yourself while Caring for Others \(click here\)](#)



Summer Learning



The Anxious Generation is a must-read, eye-opening guide that brilliantly explains how the shift from a play-based childhood to a phone-based one has fueled the youth mental health crisis –and offers actionable, collective solutions to help us reclaim our kids' well-being!

Summer Supports

Quick access to free counselling and support services: 1door.ca ([click here](#))

Mental Health Crisis Line
[Click Here](#) or Call (705) 728-5044

June 2026



Newsletter for School Parents/Guardians

Digital Technology Awareness

Media and technology are a big part of children's lives. Phones, tablets, video games, and social media can help kids learn and connect. As parents and guardians, you play an important role in shaping their child's relationship with digital technology. Small steps can make a big difference:

- Create clear and simple rules for media use at home.
- Set daily limits for recreational screen time.
- Be involved in your child's online world; ask what they are watching or watch together.
- Plan "screen-free" times each day, like during meals.
- Encourage outdoor play and family activities.
- Teach kids to be kind and safe online.
- Model healthy balance in your own technology use.

By staying involved and setting limits, you can help your child enjoy technology in a balanced way.