

February Newsletter

Burkevale Protestant Separate School



When: Ongoing

Participants: Entire School

Why: To create a culture of kindness that lasts all year!

What: So far, students have participated in activities on our December Kindness calendars, written letters to our military at Christmas, and are sharing 'acts of kindness hearts with classmates

#BELL LET'S TALK

5 Simple Ways to End the Stigma and Start a Conversation: **Stigma can often prevent those struggling with a mental illness from seeking the help they need. Developed in partnership with Dr. Heather Stuart, the Bell Canada Mental Health and Anti-stigma Research Chair at Queen's University, here are 5 simple ways to help end the stigma and initiate a conversation.**

LANGUAGE MATTERS
EDUCATE YOURSELF
BE KIND
LISTEN AND ASK
TALK ABOUT IT

KINDERGARTEN REGISTRATION

- Children who were born in 2018 may register for Year One Kindergarten
- Children who were born in 2019 may register for Year Two Kindergarten
- If your child attended Year One Kindergarten at Burkevale Protestant Separate School, you do not need to register for Year Two Kindergarten

Registration Process

- Online registration is available via the board website at <https://www.pssbp.ca/>
- To complete the online registration parents/guardians will be asked to "Create an Account". A confirmation email will be sent to you indicating that you have successfully completed the registration for your child.

After Registering

Please contact Mrs. McIvor at (705) 549-7456 to drop off the required documentation or email it to smcivor@pssbp.ca to complete the registration process.

Required Documentation:

1. Proof of Child's Age (*birth certificate, passport, baptismal certificate, birth registration*)
2. Your Child's Immunization Records
3. Proof of Home Address (*document with physical address on it – drivers' license, utility bill, etc.*)
4. Immigration Papers (*if applicable*)
5. Court Documents for custody/access (*most recent if applicable*)
6. Property Tax Designation Form (*only applicable if resident of the Town of Penetanguishene*)



Grandfather Teachings for the Month of February:

For the month of February, our school community will focus on the grandfather teaching of Courage / Bravery (Aakwa'ode'ewin). We continuously face life with courage, this allows us to use our personal strengths to face difficulties. We can stand tall through adversity, and make positive choices to become our best selves.

The bear represents courage and bravery because she has the strength to face all challenges and fears as well as protect her young. The bear also shows us how to live a balanced life with rest, survival and play.

Video Seven Sacred Laws focusing on Courage and the Bear:

▶ Episode 4: Bear (Courage) | The Sev...

Wellness Wednesday's continue! Join us online! Register here:

https://us02web.zoom.us/webinar/register/WN_9MuvJkrIR2mckfCkBpH79w

Parenting for Positive Mental Health Webinar

Wednesday February 16th, 2022 From 7-8pm

Learn tips about how to recognize and respond to your child's emotions and behaviours, how connecting with them and setting limits can support your parenting. Gain further understanding of your

parenting style and learn how to manage the challenges you may be facing.

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 online or at school counseling, and Mindful Meals to students in the classroom every other week to help build coping skills and check in on the wellness of any students wishing to participate.

We have a classroom on google drive all set up with some great mental health and well being resources, thanks to Heather Johnston, you are welcome anytime to check these out here's the link:

<https://classroom.google.com/c/MzQyNjUyOTI1NTE0?cjc=7ebkuto>

You can email or use the parent referral form if you would like to refer your child:

<https://docs.google.com/forms/d/e/1FAIpQLScUMniejek5HD5BgdJOip5U8CyiCyghfKvO7kkANy-WYWWkzA/viewform>

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 had a massive increase in calls and 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**

CURRENT CONTACT INFORMATION

Recently, we have attempted to reach a few contact numbers that are no longer in service. Please ensure the school has all current contact information and additional emergency numbers so that we are able to reach someone in the event that there is a need. Thanks in advance for your cooperation.

COLD WEATHER

Please ensure your children have appropriate clothing for the outdoors, as we encourage outdoor activity, even on cold days. We are conscientious about their safety and adhere to Simcoe Muskoka District Health Unit Recommendations for keeping students inside in extreme cold. The Canadian Pediatric Society recommends keeping children indoors if the temperature is -27°C , including windchill.

COVID UPDATES:

We continue to strive to keep all students safe and follow ministry guidelines regarding COVID. Ensuring your child completes a screening tool daily is helpful in avoiding the spread of symptoms. The link to the tool is on our website. Thanks for your continued support in this regard.

<https://burkevale.com/covid-screening-tools/>

LIBRARY BOOKS:

We are going to do a library inventory after March break. If families could check their bookshelves at home over the next month for any books with the Burkevale barcode on the back and return them, that would be appreciated as there are some from previous years that haven't been returned. Also, if you have any shoe boxes, smaller type boxes or paper towel rolls at home to donate for our Makerspace crafting cart that would also be appreciated.



Penetanguishene Protestant Separate School Board Presents Pine River Institute's Centre for Family Initiatives Wellness Wednesdays

Wednesday January 19th, 2022

Parenting for Positive Mental Health, Part 1

Understanding our child's behaviours and development so that we can respond with intention to promote mental wellness and growth.

Wednesday February 16th, 2022

Parenting for Positive Mental Health, Part 2

Attunement, connection and setting limits. Understanding your parenting style and the challenges parents face when their children push back.

Wednesday March 23rd, 2022

Understanding and Managing Screen Time

Are they addicted? Why is it so hard for kids to put down devices? What do parents/guardians need to know about the digital world and how it affects their child's development. Positive strategies to build connection with your kids through tech.

Wednesday April 20th, 2022

Connection and Empathy in Response to Behaviour

What can our child's behaviour tell us about their developmental needs? How can we respond in a way that builds our relationship and create safety for them, rather than create conflict? Exploring the needs of children through the lifespan and recognizing why we sometimes struggle to connect.

Wednesday May 18th, 2022

Understanding Addiction and Addictive Behaviours

Looking at why kids can get stuck and how addictive behaviours may develop. Seeing the "function" behind the addiction, and how parents/guardians can support recovery without shame and guilt.

All webinars will take place from 7:00p.m. - 8:00p.m.



[Register here](#)

Tiny Forest Academy:

During the Month of January we had the opportunity to send our grade 5 class to the Tiny Forest Academy to participate in outdoor activities that included snowshoeing, sledding, talking circle around a campfire and interacting in the forest environment.

