

February Newsletter

Burkevale Protestant Separate School



What: Embedding Kindness at Burkevale

When: Ongoing

Participants: Entire School

Most Recent Acts: Led by our student members of the Safe School Committee, students across the school are writing letters to the local fire department and Tim Horton's to thank and recognize them for Valentine's Day. They shared how much they appreciated all they do to make our community a better place!

#BELL LET'S TALK

1,500+ organizations providing mental health supports and services throughout Canada, supported by Bell Let's Talk

6,956,297 Canadians have been supported with access to mental health services through programs funded by Bell Let's Talk.

½ of Canadians say they have taken action related to mental health since Bell Let's Talk Day began



KINDERGARTEN REGISTRATION

- Children who were born in 2020 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 site 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

After Family Day weekend, please feel free to 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. Immigration Record & Immunization History for School Registration
3. Proof of Home Address (*document with physical address on it – driver's license, utility bill, etc.*)
4. Immigration Papers (*if applicable*)
5. Court Documents for custody/access (*most recent if applicable*)
6. Direction of School Support 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...](#)

Presenters in January:

We have some very excited community members Darlene, Peter, and Sharron who have visited some of our classrooms to share their knowledge about drumming and their Anishinaabemowin language.

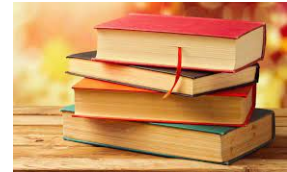


Student Council Activities:

February is BOOK MONTH! Burkevale Student Council will be hosting many activities this month surrounding the fun and love of reading. Please see below for the plethora of activities.

NOTE: Beginning February 2nd, students across the school will be challenged to read more books than they did last year. Last year, the collective group read 2082 books throughout February. If the goal is reached, someone will be 'stuck to the wall.'

BOOK SWAP: Bring in your books in the month of February for book swapping! Book swaps will take place every Tuesday and Thursday from 11:00-11:20. Leave a book; take a book!



Activities:

Feb 2nd - Kick off assembly

Feb 23rd - Robert Munsch Day

Feb 5th - Wear a shirt with writing on it

Other School Council Activities:



February 14th: Valentine's Day - wear red, white or pink

February 28th: Pink Shirt Day - wear your pink shirts to support anti-bullying

Other Burkevale Happenings:

Grade 1 Skating Days:

February 20th

March 5th



Cross Country Ski Dates:

Feb. 8 (grade 3s, 3/4)

Feb. 9 (grades 6,7,8)

Feb. 13 (grade 2s)

Feb. 14 (grades 4, 4/5, 5)

Burkevale Happenings Continued:

- February 9th: 100th Day of School
- February 12th: Speeches in the gym (grades 4-8) starting at 12:00
- February 15th: Winners from grades 7 & 8 have the option to attend the public speaking competition at St. Margaret's Church in Midland at 7:00 pm
- February 16th: Report cards come home
- February 19th: Family Day (NO SCHOOL)
- February 22nd: Grade Photos
- February 27th (week of): Girls' volleyball and boys' basketball regional tournaments
- February 28th: Pink Shirt Day
- March 2nd: Winners for grades 4-8 speech competition have the option to attend the Lion's Club of Penetanguishene Effective Speaking Contest @ Brian Orser Hall



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, proper address, 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 or rainy days. We are conscientious about their safety and adhere to Simcoe Muskoka District Health Unit Recommendations for keeping students inside in extreme cold. According to the Canadian Pediatric Society, we should be keeping children indoors if the temperature is -27°C , including windchill.



Winter Mental Health Moments

The winter months can be a tough time to keep our mood up. Even though we know that enough sleep, eating a wide range of foods, moving regularly and connecting with friends are the foundation of our mental health, it can be tough to stay motivated in the winter. So see what you can make things simple, food, walking daily, having regular bedtime and wake times and scheduling times to see friends and family. If you're struggling to manage with daily things or losing energy for what you usually enjoy, seek some support from friends, family doctor or helplines. If you are noticing your children struggling, reach out and we are happy to connect and help.

Parent questions about mental health and well being are welcomed; connect with Christy Hamill (Mental Health Lead, MSW, RSW), chamill@pssbp.ca, 705-715-6775.

At school Laura Leslie (CYW), lleslie@pssbp.ca is offering support to students to help build coping skills and wellness check ins for any students wishing to participate.

School Mental Health Ontario has some great online resources for you, you can check them out here:

<https://smho-smsso.ca/parents-and-caregivers/>

Kids Help Phone staff 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 some of 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**

North Simcoe Youth Hub [North](#)

[Simcoe - Youth Wellness Hubs Ontario](#)

To see the monthly schedule at the hub click here: [NS Youth Wellness Hub | Twitter, Instagram, Facebook | Linktree](#)

Connect with your **family doctor** and update them on what stressors you've been experiencing. Family doctors may be part of a family health team and they have some child and family counselling options: [North Simcoe Family Health Team](#)

We partner with Children's Treatment Network to provide a variety of services that students may need including speech therapy and occupational therapists. You can find out more about what they provide here: [Children's Treatment Network](#)

Catulpa Tamarac ([Catulpa Community Support Services](#)) is another community partner we work with, they provide services to families with children with unique and special needs. They have an

upcoming workshop to support siblings of children with special needs, so look for that information coming out soon.

Autism Ontario ([Autism Ontario](#)) is another great partner and they have some groups coming soon through a partnership with Kinark, so stay tuned for those as well. You can check out the website and/or call to see if it fits for your family.

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](#)**

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