

Burkevale Protestant Separate School

March Newsletter



Once again, it has been quite the year! When I stumbled upon this quote, it put things in perspective. So many things in our lives over the past couple of years have been out of our control... the pandemic, whether schools, gyms and restaurants are open or closed and the most recent events in Ukraine. I guess this quote inspired me because it reminded me that we can always teach our children to continue to love, be kind and compassionate to others in the same way they have since they were little. Sometimes, as adults, we forget this part. We don't know what is going on in other people's lives'; we don't know what is hiding beneath their iceberg, but we can always show love, kindness and compassion to others.

For all that you have endured and continue to endure, thank you. Thank you for supporting your children, our students, and our school throughout these trying times. Mother Teresa once said, "None of us, including me, can ever do great things. But we can all do small things, with great love, and together we can do something wonderful." We are all doing great things together.

Mental Health and Well-Being:

Take a Breath



The pandemic has caused a great deal of stress and change, increasing our stress load and impacting how we feel. While we can't get rid of all our stress we can practice some simple ways to help our brains/bodies relax. One of the simplest ways we can manage our stress is to check in with our breathing ([What Focusing on the Breath Does to Your Brain](#)). Lots of us, children included, have a habit of inhaling up high in the chest (chest goes up) instead of inhaling into our belly (belly goes out). When we stop a few times a day to check in we can notice our breathing habits and switch to belly breathing which helps to tell our bodies and brains that we are ok, and can relax.

Something to try: Breathe in with a hand on your belly and a hand on your heart, notice which hand is going up. If the hand on your heart is going up, focus on trying to get the hand on your belly (diaphragm) to go out instead, this can reduce our body's stress response and help us relax. For more information on this check out: <https://www.health.harvard.edu/mind-and-mood/breathing-lessons>

And here are some videos kids can benefit from:

1. Just Breathe: <https://www.youtube.com/watch?v=RVA2N6tX2cg>
2. Belly Breathing: https://www.youtube.com/watch?v=Gj_btW2lHlo

Need more support managing stress? Check in with:

1. New Path Child and Family Services: 705-725-7656
<https://newpath.ca>
2. Kids Help Phone: <https://kidshelpphone.ca/>
3. Adult/couple/family counselling: 705-726-2503, <https://cfssc.ca/locations/midland/>
4. Your family doctor is a good place to connect about stress
5. Chigamik has some fantastic resources: <https://www.chigamik.ca>
6. North Simcoe Youth Hub is also great for 12+ year olds:
<https://youthhubs.ca/en/sites/north-simcoe/>

Getting outside and getting fresh air are excellent ways to reduce stress, doing it together as a family adds an extra benefit as you connect with each other. The little things we do can add up and buffer some of the big stressors that we can't control.



Burkevale School/PSSBP, TLDSB & Pine River Institute Present:

What: Online workshop

When: Wednesday March 23rd, 2022 @7-8pm

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 technology

Where: Online (please email chamill@pssbp.ca with questions)

Register: https://us02web.zoom.us/webinar/register/WN_9MuvJkrlR2mckfCkBpH79w

Mental Health and World Events: With the recent invasion of Ukraine you may be wondering how to support your children's questions about it. As is always the case, answering questions as honestly as you can is best, while taking into account your child's current age and ability to understand the information you share. Limiting unnecessary exposure to media about the attack and its consequences, depending on your child's age can help support your child's ability to understand and process the information. It's ok to say I don't know, or that you're not sure. The best way to reassure your child is to connect with them, just spending time with them, doing things they enjoy goes a long way to helping them feel safe and secure in these uncertain times. Here's a link to an article that has some great information <https://www.kqed.org/mindshift/59143/war-crisis-tragedy-how-to-talk-with-kids-when-the-news-is-scary>



WE ARE ALL CONNECTED,
AND KINDNESS IS THAT
VOICE THAT SOFTLY
SAYS, "I SEE YOU.
I HONOR YOU.
YOU ARE NOT ALONE."

-Kelly Rae Roberts

www.KellyRaeRoberts.com

Ice Galore: With all of our unpredictable weather, many patches of ice are forming around the yard. We will continue to support students in making choices to stay as dry and safe as possible. We would appreciate your support in reminding them to avoid icy patches and the likely large puddles that will develop.

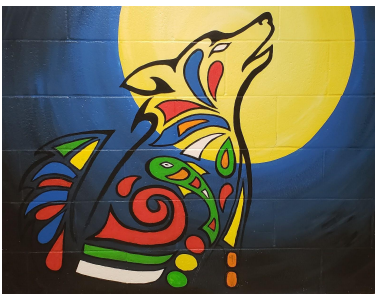
Register for Kindergarten



Kindergarten Registration: Burkevale families who are planning on having a child begin JK at Burkevale in September (must be 4 years of age before December 31, 2022) are asked to go to the board website for all registration information (www.pssbp.ca). Registration for new families has started. Registration for all kindergarten students outside of Penetanguishene to enroll at Burkevale remains closed for the time being. The only exceptions are for families who currently have siblings enrolled in the school, or for staff who wish to bring their child to Burkevale. Under board policy, this will be reviewed yearly.

**Join us on INSTAGRAM @burkevale_school or on TWITTER @BurkevalePSS
to see more fantastic student work and activities**

Grandfather Teachings for the Month of March:



For the month of March, our school community will focus on the grandfather teaching of humility “Ddaadendiziwin” and this trait is represented by the wolf.

How do we show humility?

We can celebrate everyone’s accomplishments equally, ask for constructive feedback and listen to others openly. Live life selflessly and not selfishly. For the wolf, life is lived for his

pack and the ultimate shame is to be outcast. Let yourself be humbled by the world.

Tiny Forest Academy Adventures:

With the snow, the classes have had the opportunity to be a part of a winter wonderland!



Activities in February:

In every classroom, there is always something interesting happening, from various math activities to hands-on science inquiries. Students have had many opportunities to try hands-on activities and one such activity was a science activity the grade 2's experienced. Mrs. Lahaie and Mrs. Dupuis organized an outside science class exploring solids, liquids, and gasses. The outside fun was **explosive!**



Mrs. Cameron's Grade 4 class had the opportunity to speak with presenters from Nunavut through Google Meet. Mrs. Cameron's mom is working up North for a few months and wanted to share her experiences with the land, people and culture. There were a number of tangible items Mrs. Cameron was able to share with her class (carvings and seal skin mittens) as well as have a greeting spoken to the class in Inuktitut. It was an incredible experience to see the land in real time and to walk right up to an Inukshuk. The grade 4's hope to have another presentation soon!

