

Burkevale Protestant Separate School

March Newsletter



Burkevale was Ecstatic to Learn of their First Place Finish AGAIN

Winterama: The 76th annual Winterama festivities and parade took place over the Family Day weekend. Students and staff entered a Burkevale Float for the parade. A special thanks to Ms. Koopman, Ms. Cameron, Ms. Currie, Ms. Dosen, Ms. Michel and Ms. Rever for designing the float. Thanks also to Ms. Thompson and Ms. Copegog for riding along on the float and supporting students. Thanks to all of the students who were a part of the day! It looked amazing. A huge thank you to Towne Towing in Midland for generously donating the driver, truck and trailer for the parade.



Mental Health and Well-Being:

Stress is a part of everyone's life and there are many ways to help us manage our stress load and impact how we feel. While we can't get rid of all our stress we can practice some simple ways to help our brains/bodies cope. 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 cope with what is happening around us.

Something to try: Breathe in with a hand on your belly and a hand on your heart, and 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 [New Path](#)
2. Kids Help Phone: <https://kidshelpphone.ca/>
3. Adult/couple/family counseling: 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: [Chigamik](#)
6. North Simcoe Youth Hub is also great for 12+ year olds: [North Simcoe Youth Wellness Hub](#)
7. Kinark Child and Family Services: [Kinark Child and Family Services](#), central intake 1-888-454-6275

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.

March Break fun in Penetang: Check out the Centennial Herald for info on what's happening in the community over the break:

<https://www.penetanguishene.ca/media/ml0l4pym/centennial-herald-february-2024.pdf>



News From the Simcoe Muskoka District Health Unit:

The Power of Family Meals

Family dinners are important. Research shows that kids in families that eat together often tend to get better grades and are less likely to use alcohol, drugs and tobacco.

Gathering for a meal is more than just eating – it's a time when everyone can talk about what's going on in their lives.

- **Make your dinner table a tech-free zone. No phone calls, texting, internet, TV screens, etc.**
- **Encourage everyone to contribute to the conversation. Give everyone a turn to talk, without being interrupted. Talk about what's going on at school or work, tell jokes, or discuss current events.**
- **Stick around for clean-up. Give everyone a role to help out.**

Sometimes it's hard to have dinner all together, that's ok! Find some other time to be together. What matters most is doing it as often as you can and then making the time worthwhile.

Help your child to get a good night's sleep:

- Set a consistent bedtime and wake-time for your child (even on weekends). Children aged 5 -13 need at least 9-11 hours of uninterrupted sleep each night.
- Encourage your child to establish a relaxing bedtime routine that includes reading, taking a bath or listening to music.
- Set up a sleeping space with your child that is cool, dark, and quiet.
- Keep technology out of your child's bedroom – they interfere with natural sleep cycles.
- Discourage caffeinated products as they may interfere with your child's ability to fall asleep.
- Role model, by making sleep a priority in your own life!

Looking for more information to help keep you and your family healthy? Call *Health Connection* at 705-721-7520 or 1-877-721-5720 to speak with a public health nurse or visit the health unit's website at www.simcoemuskokahealth.org.

Upcoming Activities:

- Boys' & Girls' Junior Basketball will start after March Break
- March 1st - Grade 4 Forest School
- March 22nd - Grade 3 Forest School
- March 5th - Grade 1 Skating
- March 6th - Guest DJ Pastor William Minn for grades 5-8
- March 7th - Frosty Frolics K-8 hosted by the Student Council
- March 19th - Grade 8s to St. Theresa's
- March 20th-23rd - Darlene the Drummer visits KC and Grade 1s
- March 21st - Grades 6,7,8 Co-ed Hockey Tournament @ North Simcoe Rec Center
- March 29th - Good Friday (No School)



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

For Students age 12+ the Youth Hub is a great resource, see below and call (705)427-5639 if you need help getting your kids there, they have some assistance with transportation.

(https://www.waypointcentre.ca/programs_and_services/north_simcoe_youth_wellness_hub)

Important Information:

Ice Galore: With all of our unpredictable weather, many patches of ice and large puddles 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, 2024) 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. Our Kindergarten @ Burkevale evening has been scheduled for May 14th, 2024. All new kindergarten students and parents/guardians are invited to attend. Official invitations will be coming home at a later date.

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 an outcast. Let yourself be humbled by the world.