

# NOVEMBER NEWSLETTER

NOVEMBER 1ST, 2023



As a child, our Remembrance Day assemblies often had World War vets speaking with students and teachers about their experiences during the war. Few World War vets are alive to do so today. Yet, now as much as ever in the light of events of the Israel-Palestine crisis, we need to remember and honour our vets. “The phrase ‘Lest we forget’ is often used in remembrance ceremonies to caution against forgetting those who died in war. The line can be traced back to the Bible — as “Lest thou forget” in Deuteronomy 6:12 — but was written in its current form as a refrain in Rudyard Kipling’s poem “Recessional,” written about Queen Victoria’s Diamond Jubilee in 1897.”(The Canadian Encyclopedia) On Friday, November 10th, we will be honouring, celebrating and remembering those courageous Canadians who fought in the war at two separate assemblies. We are thrilled to have Vonna McKee, former Burkevale teacher and Penetanguishene Legion Member, presenting and sharing information with our teachers.

**Parent-Teacher-Student Conferences: Progress reports will be coming home on Friday, November 17th, 2023. Student-teacher-parent conferences will take place the week of November 20th to the 24th. Families may book their interviews on School Days starting November 7th for available times and dates. Friday, November 24th is a PA Day for interviews in the morning.**

**Winter Weather:** We have been blessed with another mild fall and some abnormally warm days. The fall leaves were vibrant this year, but with the arrival of November, I fear the winter weather is just around the corner. With the snow comes a happy cheer by children for potential SNOW DAYS. As has been past practice, we will



attempt to notify parents of bus cancellations in the morning. School bus cancellations for our area can also be found at <http://www.simcoecountyschoolbus.ca> or on our local radio station Pure Country 106 and 104.1 Bounce. We are considered the North Simcoe Zone. Unless there is extreme weather, the school will remain open for student learning on snow days.

## **Fire Drills and Lockdown:**



All three fall fire drills have taken place with students becoming more confident and capable each time.

The fall lockdown, hold and secure and shelter in place with the OPP also took place in October. In the event of an emergency where students are required to evacuate our building, the kindergarten to grade 2 students, plus grade 5 will be going to the Huronia Museum and grades 3-8 (minus grade 5) will be going to the Penetanguishene Public Library. If there is an emergency that lasts beyond the regular school day, communication from the board will be sent out regarding pick up locations and procedures.

## Grandfather Teachings for the Month of November:



Turtle  
Teaches Us  
Truth

For the month of November, our school community will be focusing on the grandfather teacher of **TRUTH**.

Truth is represented by the turtle as he was here during the creation of Earth and carries the teachings of life on his back. The turtle lives life in a slow and meticulous manner because he understands the importance of both the journey and the destination.

### Upcoming Days of Significance:

**Treaties Recognition Week (Nov 5th - 11th):** Treaty Education Week is recognized as the first full school week of November. This is a recurring opportunity to intentionally deepen our knowledge and understanding of Treaties, Indigenous perspectives, our collective history, and align with #62 & #63 of the Truth and Reconciliation Call to Action.

**National Inuit Day Nov. 7th:** A day to honour the vibrant culture and rich history of Inuit communities in Canada and around the world.  
**National Aboriginal Veterans Day Nov. 8th:** Indigenous people in Canada have reason to be proud of their wartime contributions. More than 7,000 First Nations members served in the First and Second

World Wars and the Korean War, and an unknown number of Inuit, Métis and other Indigenous people also participated. One Veterans group estimates that 12,000 Indigenous men and women served in the three wars.

**November 16th: Louis Riel Day:** As stated by former Métis Nation of Ontario President, Tony Belcourt, "November 16th marks a significant occasion of observance for the Métis Nation. This date gives us an opportunity to bring about an enlightened focus on the significant role and achievements of Louis Riel and the Métis Nation in the building of Canada."

**Tiny Forest Academy Trips have begun!**

### October and November Events:

Throughout the fall, a number of grade 4-8 students participated in cross country running with a big area meet being held at Little Lake Park in Midland. A handful of runners advanced to the county meet at Mt. Saint Louis. Congratulations to all athletes! Girls basketball (Grades 7-8) and boys volleyball (Grades 6-8) is also underway for a number of students and they are so excited to compete against other schools. Some classes have attended their first field trips to Chappell's farm and/or Forest School. (K-2) Awenda Park has also come into the school to share a number of curriculum related presentations in Grades 3, 4, 4/5, 6 and 7 about "Biodiversity," "Turtley Awesome", "Awenda's Forest Community and Interactions, and "The Indigenous Experience of Georgian Bay". Darlene the Drummer has also been in the

primary classes through the month of October. In November, Madame Lucie and the grades 6-8 students will be hosting “Bistro Burkevale”.

**School Council:** The school council will be hosting their first ever “Burkevale Market” on Saturday, November 4th at the school from 9:30-3:00 pm. There will be a variety of vendors at the event. We look forward to seeing many families at the event!

Local Mental Health Supports:

[Quick Access Child and Youth Mental Health Clinic](#)

-Kinark Child and Family Mental Health Services: [Community-Based Child and Youth Mental Health](#)

-Students age 12+ can access service at the HUB: [North Simcoe - Youth Wellness Hubs Ontario](#)

-Check in with your mental health lead, [Christy Hamill](mailto:chamill@pssbp.ca) , [chamill@pssbp.ca](mailto:chamill@pssbp.ca)

### TECHNOLOGY UPDATES:

Burkevale uses a variety of technology tools for our students to help their learning and to be better prepared for our ever changing technological world. Our Grade 1-8 students have 1 to 1 Chromebooks in their classrooms and utilize [Google Suite for Education](#) along with [Read & Write for Education](#). To access these tools at home your child has to login to their school GSuite account on a home device ([GSuite Login Help](#)). Teachers use a variety of other online programs depending on the child's grade level and teacher's preferences. If you have any questions about the programs your child is using please contact your

classroom teacher or Mr. Kent ([lkent@pssbp.ca](mailto:lkent@pssbp.ca)). For a more extensive list of websites and information visit our [Student](#) and [Family](#) resource pages. Thanks, Mr Kent!



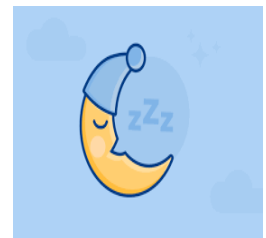
**KINDNESS MATTERS:** At Burkevale, we are striving to institutionalize kindness! Did you know that one smile can have a positive impact on 30 people? Did you know that scientific research shows that the more we consistently display kindness, the more positive the impact on one's well being? It also helps to reduce stress!! If we know that putting kindness into action can transform individuals, schools and communities, we need to ACT. Our goal is to spread kindness in our classrooms, homes, school and community. Please be a part of our Kindness Club. Kindness is contagious and we want it to spread like wildfires!

[The Benefits of Kindness: Helping our Kids Harness the Superpower of Kindness | Kelty Mental Health](#)



### Sleep is Essential for Mental and Physical Health

During sleep your brain is busy taking care of all of the body's systems, helping you feel good, fight off disease, and function at your best.



**SUPPORT SLEEP BY:**

- 1) Getting outside, get sunlight early in morning and as much as possible throughout the day (without sunglasses on)
- 2) Move - walk, dance, run whatever but move more, get sweaty sometimes
- 3) Eat foods that fuel your activity level but stop an hour or so before bed
- 4) An hour before bed, dim the lights, turn off the devices and allow your body to begin to rest and produce the chemicals/hormones it needs to sleep
- 5) Relax - try a big sigh to help your body relax - take a deep breath, then take in just a little more then do a slow sighing sound to exhale

### Is Bedtime Stressing You Out?

Kids ages 6-12 need about 10 hours of sleep every night but sometimes getting them to bed can be frustrating. You can help create a regular sleep schedule for your child by setting a clear bedtime and sticking to the same time every night. Sleep and wake times help our brain/bodies' natural clock/circadian rhythm. Start getting ready an hour or two before bed; dim the lights to simulate it getting darker, turn off the TV, computers and phones. Spend quality time talking or reading stories to help them unwind. Agree on how many you'll read before you start! Keep their room dark, cool and quiet. Making sure your child gets enough rest will help improve their mood, behaviour and ability to learn.

**For more bedtime tips, contact Health Connection at 705-721-7520 or 1-877-721-7520 to speak with a public health nurse or visit [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).**

Here are some links if you want to learn more about sleep and how important it is for overall health.

[Sleep and children: the science behind it - The Douglas Research Centre.](#)

[How Screen Time May Cause Insomnia in Teens | Sleep Foundation](#)

[Screen time and developmental health: results from an early childhood study in Canada](#)

[Too much screen time – Canadian children and youth not meeting 24-hour movement guidelines | About us](#)

[Brain Basics: Understanding Sleep | National Institute of Neurological Disorders and Stroke](#)

