

DECEMBER NEWSLETTER

Burkevale Protestant Separate School



Have Yourselves a Merry Christmas and a Happy New Year!

Christmas at Burkevale - The Christmas Concert Continues 🎅

Mark your calendars as booked for December 20th (snow date of the 21st) for the Burkevale Christmas concert. Despite a library still being on the stage, a student population that is beyond the capacity of our gymnasium (let alone when parents and/or grandparents join in the festivities), we are forging ahead, once again with our Christmas concert. A special thanks to Mr. Kent and Ms. Keefer for giving up their space for the week! Creative minds hashed out a schedule so that all loved ones would have the opportunity to come and watch the students celebrate the joys of Christmas. Our evening will be divided into four separate time frames, with the kindergarten students going first, followed by grades one and two, threes and fours, and finally 6 to 8. More details will follow.

Mondays (canned goods)

Give what you **CAN**



Tuesdays (breakfast items)

We **CEREAL**-sly appreciate your donation

Wednesdays (canner items)

You are **PASTA**-bly the best



Thursdays (donate anything day)

Dough-nate anything



Fridays (clothes & toonies)

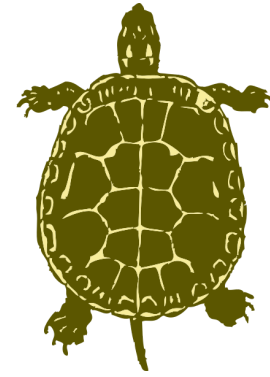
Be the **CHANGE!**
Make a difference

Christmas brings out the best version of so many people - we care a little more, give a little more, and show a little more patience and empathy toward others. Traditionally, Burkevale has come together as a community to support families from within our school who could use a little extra help during tough times. Some families have been selected for the adopt-a-family again this year. We will also be extending our kindness to others in the community by writing Christmas cards to some residents in homes in the area and singing at the town tree lighting. Christmas carols will also be played over the PA system during snack time for all students to hear, and on the last Friday before Christmas break, we will host two assemblies for a live caroling experience. With the rising costs of groceries,

and inflation, food banks are being accessed at an alarming rate, and our local food banks are no exception. Ms. Lahaie's grade two class will be spearheading our local food collection for St. Vincent de Paul. Non-perishable food items will be accepted between December 11th-19th, and will be delivered the following week. Thanks in advance for your support and generosity.

Grandfather Teachings for the Month of December:

For the month of December, our school community will continue to focus on the grandfather teaching of **TRUTH**. The turtle lives life in a slow and meticulous manner because he understands the importance of both the journey and the destination. This teaching can be shown with honour and sincerity in all that you say and do.



In the month of November we recognized National Treaties week which took place the first week of November.

There is an online resource through the Anishinabek Nation that guides students and educators through a series of videos learning about the importance of Treaties. You can access these resources online at:

<https://www.anishinabek.ca/education-resources/treaty-education-home/>

HEALTH AND WELL-BEING THROUGHOUT THE HOLIDAYS:



December is here, snow is falling, some special days at school and the holiday break are all coming soon. These are wonderful times at school and with family and friends. While we celebrate we can buffer the stress that comes with the changes in routine by being intentional about how we recognize and manage our emotions through the holiday season.

Keeping some structure in place over the month of December and through the break can help keep things running smoothly, and help give everyone the energy they need to manage the excitement and stress of the holidays.

- Keeping bedtime and wake up times (children need 10 hours of sleep, less than that and you may see some challenges coping during the day)
- Eating all the foods - so while we include more treats making sure we are still eating all the foods that help our minds/bodies working at their best

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- Have daily fun with movement/getting outside - we know that moving (aka exercise) can help our bodies get rid of stress chemicals, so have some family walks, skating, and sliding fun together to stay moving through the holidays
 - Checking in with each other and talking about what is exciting, what's stressful and supporting each other in managing stress. Some people need together time, while others may need some quiet time to themselves
 - Seeking support, there are community supports available, for help with mental health, New Path has available; [Quick Access Child and Youth Mental Health Clinic](#), and 705-728-5044 is the local mental health crisis line
 - Access to emergency baby needs are available through Early Years Midland (call 705-526-2456)
 - Food Bank at St.Anne's church is available T/W/TH 1-1:30 call 705-549-2560 ext.2

Managing screen time can be challenging. Consider what your family values are about screen time, for example do you have times when you put devices down, eat dinner together, or play games, watch movies and no one (parents included) has their device during that time. Do you have some safe practices in place, devices being used in public spaces, knowing what and who your kids are connecting to online? *Media Smarts* has some great safety tips for a variety of age groups that you can check out online:

[Internet Safety Tips by Age: 8-10 | MediaSmarts](#)



We know that most students are spending time online, if you'd benefit from some support on how to help your child manage their online experiences please click this link for some great ideas and resources: [SMH-ON • Helping Your Child Manage Digital Technology • Info Sheet](#)

ONLINE Book Resource - Connecting to literacy, we know that reading with your children can build and grow strong connections for reading skills. **Books** that your child can listen to and you can Read Aloud with your children to support learning about emotions and mental health can be found a this link: [Find a Resource - Students](#)

And a resource to support the holiday **transition back to school** can be found here: [How to Support a Mentally Healthy Back to School for Your Child](#)

Support will be available at Burkevale via Laura Leslie (lleslie@pssbp.ca) child and youth worker. Christy Hamill Mental Health & Multidisciplinary Lead (chamill@pssbp.ca) is available if you have further questions about the mental health and multidisciplinary programs available at Burkevale, or want information on community supports.



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Tips for Reducing Holiday Stress

The holidays are here again! While this can be a great time to enjoy family and friends, it can also be stressful. Here are some tips on decreasing stress so you can increase fun.

1

Make lists of activities you want to do and events you want to attend and prioritize them.



2

Decide what you DON'T want to do and cross those things off the list.

3

Let things be IMPERFECT. Sometimes the messy can be the most fun.



4

Accept help if/when you need it.



5

Give help when/where you can.

6

Keep up your (and your kids') regular routines for eating, sleeping, etc.



7

Make time for yourself! And do something you enjoy.



November Activities:

November is always landmarked by giving thanks to our veterans. On November 10th, we had two separate assemblies, led by Mrs. Rodaway, Ms. Archer and a smattering of students from other classes. This year, we were privileged to have Ms. McKee join us from the Penetanguishene Legion, and formerly Burkevale, and Mrs. Daglind Hahn join us with her beautiful rendition of The Last Post and the Reveille on the trumpet. It was so impressive to watch the receptiveness and respect of all of our Burkevale students. They should be commended for their behaviour during our assemblies.

Other Activities:

- Girls' basketball and boys' volleyball are in full swing with coaches Mr. Kent, Madame Lucie,, Ms. Hartman and Mr. Vavrovrics.
- The Student Council, composed of representatives from grades 4-8, has organized a number of fun activities for students
- The grades 6-8 classes hosted the first Cafe Bistro for grades 6-8. We were grateful to have community members come to help serve and prepare bannock for the students
- The kindergarten classes have all gone to Forest School now, and our grade threes attended the Simcoe County Museum in November
- The grades 6-8 students went to Awenda Park and learned about the inhabitants and biodiversity in the park, and examined and tracked animal prints
- The grades ½, and 4-8 students went ice skating at the local arena
- Many students sent cards to the Water Street Group Home to remind residents that they are valued members of our community



Upcoming December Activities:

- The girls' county basketball meet is taking place on December 5th in Midland at GBSS and the Rec Centre
- We will be planning a cozy/comfy day for December 22nd, where the entire student population may wear PJs or comfy clothing
- We will be planning a festive attire day for December , where students may wear Christmas colours, sweaters, or dress as their favourite Christmas character
- The Entrepreneur Fair is taking place on December 15th in our gymnasium

SAVE THE DATE FOR OUR CHRISTMAS CELEBRATION – DECEMBER 20TH (SNOW DAY THE 21ST)

WE HAVE DECIDED TO DIVIDE OUR CONCERT INTO 4 SEPARATE EVENTS TO ACCOMMODATE ALL SPECTATORS. WE KINDLY REQUEST THAT ALL SPECTATORS ENTER THROUGH THE FRONT DOORS AND EXIT THROUGH THE BACK DOOR IN THE GYMNASIUM. THE PRIMARY GATE WILL BE UNLOCKED FOR THE EVENT. BELOW IS A TENTATIVE SCHEDULE FOR THE EVENING: WE RESPECTFULLY REQUEST THAT ALL FAMILIES LIMIT SPECTATORS TO THEIR IMMEDIATE FAMILY, AS SPACE IS LIMITED.



KINDERGARTEN:	5:30-6:00
GRADES 1 AND 2:	6:15-6:45
GRADES 3 TO 4/5:	7:00-7:35
GRADES 5-8:	8:00-8:30

Wishing you all a wonderful and blessed Christmas break.