DECEMBER NEWSLETTER

Burkevale Protestant Separate School

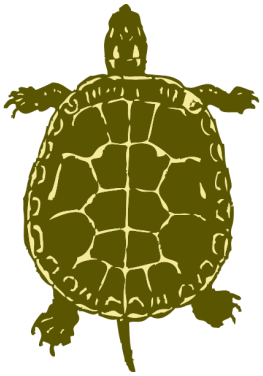
Have Yourselves a Merry Christmas and a Happy New Year!

Christmas at Burkevale - The Christmas Concert Continues

Mark your calendars as booked for December 17th (snow date of the 18th) 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 to threes, fours and fives, and finally the grades six to eight group. More details will follow.

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. Once again, 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 9th to 13th, 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
- 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 and can help your child create healthy boundaries around use of electronics. It is not recommended that children under 13 have their own phone or social media accounts. No screen time is recommended for children under 3 and less than an hour a day for those under 5 with only occasional use, not as a part of daily routine. 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 family spaces and out of bedrooms, 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 And here is a link for more information about how screen time can be used: Screen time and preschool children: Promoting health and development in a digital world | Canadian Paediatric Society

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: Helping Your Child Manage Digital Technology

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: 10 tips for a successful back-to-school transition

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 support.

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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.

© KITS KIDS IN TRANSITION TO SCHOOL

November Activities:

November is always landmarked by giving thanks to our veterans. On November 11th, we had two separate assemblies, led by Mrs. Rodaway, Mrs. Gilchrist and a smattering of students from other classes. The students modeled respect and appreciation to veterans and seem to be deepening their understanding of the many selfless acts that have given Canadians the special place that we call home. 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. McCrae, 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 school council kindness ambassadors donned their school kindness t-shirts and are beginning kindness Tuesdays, focusing on supporting all students with extra special acts of kindness
- The primary classes attended a show at the King's Wharf in late November
- Scientists in the classroom came to our junior classes throughout November
- The grades ½, and 4-8 students went ice skating at the local arena
- Many students are making cards for the Water Street Group Home to remind residents that they are valued members of our community

Upcoming December Activities:

- The girls' regional basketball meet is taking place on December 3rd in Midland at the Rec Centre
- The grade 7 and 8 Entrepreneur Fair will be held in the gymnasium at Burkevale on December 4th
- The boys' regional volleyball meet is taking place on December 5th in Midland at St. Theresa's High School
- We will be planning a cozy/comfy day for December 20th, 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

FROM THE SIMCOE MUSKOKA DISTRICT HEALTH UNIT:

Stay Healthy This School Year!

Respiratory infections, like a cold or influenza, can spread easily from person to person. These germs can spread quickly when someone coughs or sneezes directly on another person, or when germs land on hard surfaces like doorknobs, desks, and keyboards and then are touched by someone else.These germs can then enter the body through the eyes, nose, or mouth.
The most important thing you can do to keep from getting sick and stop the spread of germs is wash your hands! Wash with soap and warm running water for at least 15 seconds (or try singing Happy Birthday twice"). If your hands are not visibly dirty you can use alcohol-based hand rub "hand sanitizer" for 15 seconds. Also, make sure you are up to date with your immunizations, cover coughs and sneezes and stay home for at least 24 hours if you are sick. Teach your kids to do the same!For more tips to keep you and your family healthy this school year, contact Health Connection at 1- 877-721-7520 or visit www.simcoemuskokahealth.org

Save the date for our Christmas celebration – December 17th (snow day the 18th)

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-Grade 1:	5:30-6:00
Grades 2 to 3:	6:15-6:45
Grades 4 to 5:	7:00-7:35
Grades 6-8:	8:00-8:30

Wishing you all a wonderful and blessed Christmas break.