

*Burkevale Protestant Separate School*

# MAY NEWSLETTER



## Children's Mental Health AWARENESS WEEK

“Children’s Mental Health Week is an initiative of Children’s Mental Health Ontario that takes place alongside Mental Health Week during the first week of May each year. It is a time for communities, families, and friends to come together to recognize the importance of the mental health and well-being needs of young people. Join us from May 6 to 12, 2024, to celebrate Children’s Mental Health Week and National Child and Youth Mental Health Day on May 7. We celebrate the resilience and dedication of mental health workers, families, and communities dedicated to providing a safe and supportive environment for children and youth experiencing mental health challenges.” This year’s focus is on “there’s more to me”, encouraging people across Canada to see beyond what lies on the surface and to embrace acceptance and vulnerability. [Mental Health Link](#) No one advocated more for children’s mental health than Ms. Hamill, our former mental health lead with the board. In her honour, and in the honour of children struggling with mental health, let’s take a moment to pause and reflect upon how we are supporting our young people who are struggling and if there is more we can do.

### **Advocating for and Supporting Mental Health:**

At Burkevale, we are continuing to work hard to ensure that all of our students are supported, feel safe and have a sense of belonging. We are using our Mental Health Strategy and this year’s action plan to focus on positive mental health for everyone in the school community. We have been providing opportunities for staff and students to learn more about positive mental health and well-being.

It is through the leadership of the board and school that we have been able to implement programs that support well being in a holistic way, supporting all of the key areas, academic, social, spiritual and physical well-being. Here are just a few:

- Zones of Regulation and Mind Up - programs to help students recognize and manage emotions
- Eat Well to Excel - healthy foods are available and support positive well-being
- Kindness projects - supporting community and a sense of connection
- Outdoor Education
- Indigenous support and community connections

***DON'T BE AFRAID TO CONNECT:*** Strong social connections are one of the most powerful influences on our mood. Those who are dedicated to spending time with friends and family show the highest levels of happiness.

If you or someone in your family need extra support, reach out to the Youth HUB for 12+ (705-427-5639), [North Simcoe](#), New Path Youth and Family Services for all ages, (705-728-5044) [New Path](#), and [Kids Help Phone: Get Support](#), (1-800-668-6868) now have adult and child based services.

#### **Local Partners and Resources for Youth Mental Health:**

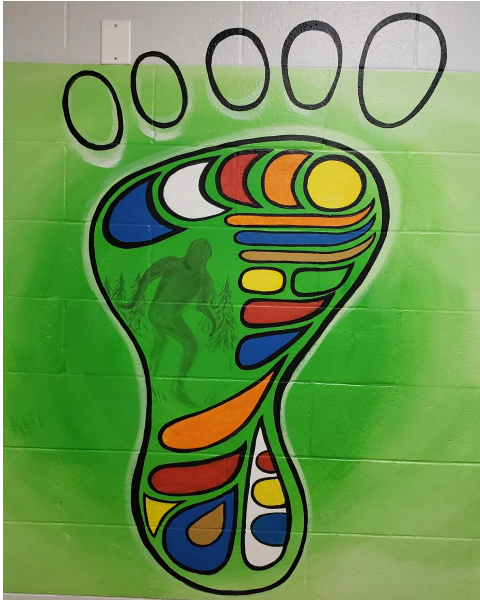
- Kinark Child and Family Services: 788 Yonge St. Midland, 705-526-3708 1-800-230-8529 [Kinark Child and Family Services](#)
- New Path has child and family services; [New Path Youth and Family Services](#)
- Georgian Bay Native Friendship Centre, 175 Yonge St. Midland, 705-526-5589
- Chigamik, has some fantastic programs, check them out at: [Welcome! Ahnii! Bienvenue! | CSC CHIGAMIK CHC](#)
- Catholic Family Services of Simcoe County [Catholic Family Services of Simcoe County](#) ; offer many great services supporting families. They've recently had mindfulness and parenting workshops that are great. Check them out online for more information. They have started the walk-in clinic again, so please connect if you'd like services.

#### **New Mental Health Lead:**

We are pleased to announce that we have concluded interviews for the new Mental Health Lead, and are in the process of confirming the new lead. We had a number of fantastic applicants, making our decision a difficult one, but are in the midst of finalizing the new position. Although Ms. Hamill left big boots to fill, we are confident that the new lead will have the skills, work ethic and disposition to carry on with the amazing work that Ms. Hamill began with our board.

**Kindergarten @ Burkevale:** Our Kindergarten @ Burkevale evening is taking place on May 20th from 5:30-7:00. Some various community partners will be present to welcome our new Kindergarten students. Among them will be Denise Brophy, member of the Georgian Bay Metis Council. Denise will also be available for families with questions regarding Metis citizenship.

## **Grandfather Teachings for the Month of May:**



For the month of May, our school community will focus on the grandfather teaching of Honesty “Gwayakwaadiziwin” and this trait is symbolized by Sabé, also known as Bigfoot or Sasquatch.

### **How do we demonstrate Honesty?**

The “honesty teaching” tells us that it is important to not lie, gossip, cheat or steal. When we live honestly, we can have more peaceful and happy lives. When we are honest with ourselves and what we truly want to care about, we create a simple life for ourselves, which then makes us happier.

The Honesty teaching is symbolized by Sabé. Sabé teaches us not to deceive ourselves or others, and to speak honestly from the heart.

## **A MESSAGE FROM THE SIMCOE MUSKOKA DISTRICT HEALTH UNIT**

The CANImmunize App: CANImmunize is a free mobile app to help parents and guardians easily track student’s immunization records, all in one place. The app allows you to share your child’s immunization records directly with the Simcoe Muskoka District Health Unit. Sharing your child’s record with the health unit using the CANImmunize app means that parents don’t have to go online and report to the health unit every time their child receives a vaccine. The app will do the work for you! The CANImmunize app:

- Sends reminders to keep your family up to date on routine immunizations.
- Provides access from many devices, ensuring your records are always available, no matter where you are.
- Offers a secure web portal for those who prefer managing their records online.

Once you have agreed to share your child’s record with the health unit in the CANImmunize app, the app will provide updates to the health unit each time you enter a new vaccine going forward to keep your child’s record on file at the health unit up to date too!



To create an account, visit [CANimmunize.ca](http://CANimmunize.ca) or download the app on IOS or Android. For more information, contact the Immunization Program at 705-721-7520 ext. 8827 or toll-free 1-877-721-7520 or visit our website at [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org)

**Intramural Sports and Extracurriculars:** Junior boys and girls' basketball and soccer are underway in the gymnasium and at MaGuire Park during lunch/snack breaks. The Ontario Skills groups and yearbook committee are all underway. Additionally, the primary and junior choirs, as well as some band members recently partook in the Y's Men's Music Festival. Thanks to all students and staff who are participating in these activities and/or have volunteered their time. We are excited to see so many students involved in extracurricular activities.

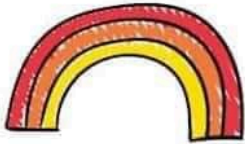


**Volunteers:** May is the time of year when we reflect upon and show gratitude toward all of the wonderful volunteers at the school. We are tremendously grateful for our school volunteers. Now that class trips are in full swing and BINGO is running, we are seeing more parent volunteers. Brent Jefkins from the Covenant Church commits a tremendous amount of time toward supporting Christian Education at the school. Other regular volunteers include Darlene, Sharon and Peter who come regularly to share their knowledge of drumming and grandfather teachings. Tim Hortons regularly supports our school with donations to the Eat Well program. Finally, a huge thanks to our School Council members who work consistently to support all of our students, attending monthly meetings and working behind the scenes to make Burkevale a better place. Thank you all for your selfless commitment toward supporting our students and school!

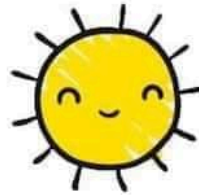
**Kindergarten Registration:** The Burkevale families who are planning on having a child begin Year 1 Kindergarten at Burkevale in September are asked to inform Mrs. McIvor in our office immediately. Class lists will soon be made for the fall.

**Grade 8 Graduation:** The students are excited about their transition to high school. As part of the culmination of elementary school, a graduation ceremony will be taking place at the school on Wednesday, June 25th, 2025. The ceremony will commence at 7:00, with the doors opening at 6:30. Grads are invited to come 30 minutes prior to the commencement of the ceremony for photos. Details will be coming home in the next few weeks.

# Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.  
"I am angry."  
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.



Encourage your child to focus on the moment.

Establish a self-care routine.



Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.