

OCTOBER NEWSLETTER

Burkevale School October 1st, 2026

Terry Fox Walk #FinishIt

The 46th anniversary of the Terry Fox Walk took place in September with all students participating in the walk on Friday, September 25th. The Terry Fox Walk has now surpassed 1 billion in funds raised. Leading up to the event, students learned about Terry Fox, his "Marathon of Hope," and completed various activities within their classes. Our Kindergarten classes showcased their research! The hallway walls were adorned again with messages of hope. Thanks Ms. Rodaway for organizing the activities and walk. We raised close to \$500.00 through family donations. Thanks you!



October Activities

Click the Calendar icon for access to our Monthly Calendar



Reminders

Alectra Utilities

Alectra Utilities is coming to the school on Wednesday, October 9th, 2026, to educate students about electricity safety and conservation. There will be two separate assemblies taking place, one for grades 1-3 and one for grades 4-6.

Overdue Forms

For Athletes: A reminder that all student athletes need to have their co-curricular forms completed, and should have insurance of some sort.

Contact Information

We kindly ask that the office is notified before 2:00pm if there are changes to pick-up/bus information for students.

The end of the day is very busy and we want to make sure these messages are sent to staff as early as possible.

Phone: 705-549-7456

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Our School Council 2025-26

Our school council elections took place on September 26th, 2026. Thanks to all parents who attended and submitted their nomination forms. The school council representatives and contact information are below:

Chair: Mallory Burke

Vice Chair: Sarah Scott

Secretary: Lisa Creighton

Treasurers: Sandra Peca, Sara Adams & Julie Kingma

Non-Teaching Rep: Amanda Rever

Teacher Reps: Brier Thompson & Fiona Cameron

Principal: Julia McLaren

Vice-Principal: Chris Genier

Our next school council meeting is on Monday, November 2nd at 6:00 pm. All are welcome.

After School Activities

- Tuesday: Cross Country 3:10-3:50
- Wed: Cross Country 3:10-3:50
- Thursday: Cross Country 3:10-3:50
- Wednesday October 7th – FUN RUN
- Tuesday October 13th – Area Meet

A Message from The SMDHU

Five Tips for a Healthy Start Back to School

The start of a new school year is a time of change, not just for your child but for the whole family too. A little preparation can go a long way to help set up for a successful year ahead.

1. Encourage a positive outlook. Ask what they enjoy about school and what they look forward to this year.
2. Check in about how they are feeling. Help them think of ways to manage any back-to-school worries. Show them you care and remind them there are adults at school who are there to help too.
3. Routines can help. Getting backpacks organized and picking clothes the night before can help everyone get out the door on time. Wind down without screens and aim for a routine bedtime to help feel rested and ready for the day.
4. Talk about road safety and plan for a safe and active route to school. For younger children, practice walking to school or getting to the bus together.
5. Make sure their immunizations are up to date. You can check your child's immunization record online at smdhu.org and update their record with any missing information.

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Grandfather Teaching



LOVE

For the month of October, our school community will be focusing on the grandfather teaching of love.

The Eagle represents LOVE because of its unique relationship with the Creator. Only the Eagle has the ability and strength to fly higher than any other animal, thereby placing it closest to the Creator over all others. He can carry our thoughts and our prayers high above the clouds, into the Spirit World. It is because of this that the eagle feather is sacred and so special.

Mental Health Matters

October is a wonderful time to pause and think about all that we are grateful for.

Great Fall weather has given us wonderful time outdoors to recharge, and Burkevale remains committed to supporting student well-being. Here at Burkevale, we are grateful to all staff, students and families for prioritizing a healthy school community!

We appreciate your efforts at home, too—consistent routines, movement, screen limits, and family time make a huge difference.

Book Fair + Meet & Greet

We had another amazing turnout of families that came to our fall "Meet and Greet" and book fair. Despite our cramped spaces, Burkevale families did not disappoint. Thank you so much for all of the positive feedback to classroom teachers, and the staff. We appreciate your ongoing support - this year we raised over \$3000.00 in new books for our library!



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National Day of Truth & Reconciliation

National Truth and Reconciliation Day / Orange Shirt Day is a day when we honour the Indigenous children who were sent away to residential schools in Canada and learn more about the history of those schools.

Orange Shirt Day is an event that started in 2013. It was designed to educate people and promote awareness about the residential school system and the impact this system had on Indigenous communities for more than a century in Canada, and still does today.

The orange shirt is a symbol of remembrance as it is the orange shirt that Phyllis Webstad brought with her to residential school and was taken from her. The shirt represents the hurt Phyllis and others experienced, as a result of these schools.

On September 30th we remember!

<https://www.orangeshirtday.org/>

<https://trw-svr.nctr.ca/>

Reminder – FNMI Self Identification Form

For those families who have not yet completed their form or wish to do so, please contact smcivor@pssbp.ca. She can send another form home, if needed.

Indigenous Lead Contact

Phone: 705-549-7456

Email: Lisa Montgomery
lmontgomery@pssbp.ca

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COMMUNITY CONNECTIONS

School Mental Health Ontario (SMHO) ([click here](#))

Resources available to students, families and educators including the “By Your Side” toolkit ([click here](#)) for parents featuring videos and webinars to support the mental health and wellbeing of students and families.

(SMDHU Parent Newsletter) ([click here](#))

Kids Help Phone ([By Your Side](#) ([click here](#)))

Online, chat and phone supports available

Wellness Helpline ([Hope For Wellness](#) ([click here](#)))

1-855-242-3310 is available 24/7 for all Indigenous people across Canada. You can call or chat online:

North Simcoe Youth Wellness Hub ([NSY Wellness Hub](#) ([click here](#)))

Great support and fun activities for those aged 12+. Youth can call into the hub phone line at 1-705-427-5639 and hub staff will provide navigation support and a warm hand-off to other hub partners and or community services. They can help with transportation if needed and you can find them on Instagram to stay informed about what they offer.

Mental Health Lead: Email Christina Pellarin: cpellarin@pssbp.ca

Parent Information

October is Dyslexia Awareness Month!

Join the free webinar ***Supporting Reading at Home: Practical Tips for Parents***. Shari Kudsia will share 10 evidence-based tips to make the most of reading at home and Dr. Brenda Miles shares differences in how the brain processes written language. **Reading Rewired: From Brain Science to Breakthroughs for Dyslexic Readers**. . Space is limited—register today at <https://www.readoctober.com/>

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THE POWER OF GRATITUDE

Between school drop-offs, extracurriculars, and daily routines, finding a moment to pause can feel almost impossible. Yet research shows that practicing gratitude is one of the simplest ways to protect our peace of mind—helping lower anxiety, improve sleep, and build emotional resilience for life's everyday stresses. When we train our minds to notice the good, we build a foundation of mental well-being for our entire family.

We'd love for you to join us in a Gratitude Challenge!

Day 1: Dinner Table Highs

At dinner or bedtime, have every family member share one unexpected detail from the day that made them smile or laugh.

Day 2: Secret Sticky Notes

Write a brief note of encouragement, appreciation or a drawing (heart, smiley face etc) and hide it somewhere a family member will find it (like a lunchbox, bathroom)

Day 3: The Senses Walk

Go for a brief walk together and identify five things you are grateful to see, hear, or feel—like warm sunlight, cool breeze, or singing birds.

Day 4: Reach Out Beyond Home

Send a quick text, drawing, or card to someone outside your immediate household—a teacher, coach or neighbor—thanking them for something specific.

Day 5: Create a Gratitude Jar

Decorate a simple container together. Write down your favorite moments from this week's challenge on slips of paper, drop them in, and commit to adding one new slip every week and reading them aloud together!

Thank you for all that you do!