

# Burkevale Protestant Separate School

## OCTOBER NEWSLETTER



This year marked the 43rd anniversary in Terry's honour. It would be difficult to say that we all don't know someone who has been touched by cancer and Terry's "Marathon of Hope" reminds us to keep striving to find a cure. Many classrooms were busy learning about Terry Fox, his dream and his will to keep fighting over the past couple of weeks. In honour of Terry Fox, school representatives set up a table at our fall book fair. As a culminating activity, we partook in the school wide Terry Fox Walk on Thursday, September 21st. Thanks to the families who so graciously donated at our Book Fair, or on our School Days website, especially with the rising costs of living for all families. As a school, we raised \$689.00. Half of our donations were given to the Terry Fox Foundation and the other half were donated to the Georgian

Bay Cancer Support Centre. A special shout out to Ms. Archer and Mrs. Rodaway who helped to organize this year's event and activities.

### *School Activities: September and October Dates:*

- September 21st: Speech Assessments & Meet and Greet/ Book Fair
- September 22nd: Franco-Ontarian Day
- September 28th: ORANGE SHIRT DAY
- September 29th: Picture Day
- October 2nd: School Council Meeting 6:00pm
- October 4th: Cross Country Fun Run @ Le Caron
- October 9th: Thanksgiving Monday
- October 10th: Grade 7 Immunization Clinic
- October 11th: Cross Country Area Meet (Rain Day October 13th)
- October 18th: Cross Country County Meet (qualifiers only)
- **October 20th: PA DAY NO SCHOOL FOR STUDENTS**
- October 31st: Wear Black, Orange, Fall Colours or Costumes



#### Book Fair/Meet and Greet:

We had another amazing turnout of families that came to our fall "Meet and Greet" and book fair. Despite our cramped spaces and inability to have a BBQ for health and safety reasons, 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, and it was absolutely wonderful to have you back in the building again.

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## *Burkevale Protestant Separate School - School Council 2022*

Our school council elections took place on September 18th, 2023. Thanks to all parents who attended and submitted their nomination forms. The school council representatives and contact information are below:

Chair –	Mallory Burke	<a href="mailto:malloryburke33@gmail.com">malloryburke33@gmail.com</a>
Vice Chairs –	Suzie Barber	<a href="mailto:suziebarber@hotmail.com">suziebarber@hotmail.com</a>
	Jan Parent	<a href="mailto:mjanparent@gmail.com">mjanparent@gmail.com</a>
Secretary –	Lisa Creighton	<a href="mailto:creighton.lisa@gmail.com">creighton.lisa@gmail.com</a>
Treasurer -	Sara Adams	<a href="mailto:tsadamsfamily@gmail.com">tsadamsfamily@gmail.com</a>
	Julie Kingma	<a href="mailto:andrewjuliek@hotmail.com">andrewjuliek@hotmail.com</a>
Voting Members-	Debora Kennedy	<a href="mailto:dardenequine@hotmail.com">dardenequine@hotmail.com</a>
Non-Teaching Rep-	Debbie Archer	<a href="mailto:darcher@pssbp.ca">darcher@pssbp.ca</a>
Teacher Reps –	Brier Thompson	<a href="mailto:bthompson@pssbp.ca">bthompson@pssbp.ca</a>
	Ashley Koopman	<a href="mailto:akoopman@pssbp.ca">akoopman@pssbp.ca</a>
Principal –	Julia McLaren	<a href="mailto:jmclaren@pssbp.ca">jmclaren@pssbp.ca</a>
V-Principal -	Mr. Cowan	<a href="mailto:wcowan@pssbp.ca">wcowan@pssbp.ca</a>

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



### **Presentation and Message:**

On September 20th, Sam Demma came to the school for a presentation for the students in grades six to eight. The students were mesmerized by this 24 year olds message of hope, kindness and optimism. The presentation highlighted how we all have backpacks that some days are lighter than others, and that we need to do what we can to lighten our own backpack load as well as the load of others through consistent small actions, kindness and believing in yourself and others. An A+ presentation for everyone.



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**Acts Of Kindness:** Sam’s message links nicely with Burkevale’s goal of kindness. Author Wendy Mass once wrote, “Be kind, for everyone you meet is fighting a battle you know nothing about”. Similar to Demma’s message of the backpack, we don’t know what loads students’ are carrying. All we can do collectively, is help each other by being kind.

<https://www.youtube.com/watch?v=O9UByLyOjBM>

## *Mental Health and Wellbeing*

**WHY BREATHING EXERCISES?**

When we feel anxious, we sometimes don’t breathe as deeply as we should. These short breaths can be bad for our bodies and our brains and make us feel more anxious. Practicing deep breathing can help to still your mind, calm your body, and control your feelings of anxiety.

**BREATHING EXERCISES ARE A USEFUL TOOL TO CHECK-IN WITH AND CALM OURSELVES.**

Find out more at [jack.org/covid](http://jack.org/covid)

School Mental Health Ontario  
Santé mentale en milieu scolaire Ontario

Thanks to all our staff, students and families for supporting a mentally healthy start to the year. We are seeing lots of outdoor activities, and exercise happening to support everyone’s health. There are activities in class to support mentally healthy classrooms, walking and activities to support co-regulation are a part of our daily routines.

We continue to focus on supporting mental health this year. We have a Child and Youth Worker, Laura Leslie, at the school 2 days a week offering small group and individual support as

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needed, you can connect with her via the parent referral form:

<https://forms.gle/Mu56HJi7tH3sP85ZA>

Thank you for supporting mental health at home with bedtime routines, including movement,, monitoring screen time/online activity and taking time to connect with your children. If you need more information on how to support mental health and well being or want to know more about community resources feel free to contact Christy Hamill MSW, RSW, Mental Health Lead, [chamill@pssbp.ca](mailto:chamill@pssbp.ca).

There are a lot of great resources to be found at **School Mental Health Ontario** to help you understand and respond to mental health issues that may come up in your family:

<https://smho-smsso.ca/parents-and-caregivers/>

**KIDS HELP PHONE** - has a wide variety of online, chat and phone support:

<https://kidshelpphone.ca>

The **North Simcoe Youth Wellness Hub** [North Simcoe - Youth Wellness Hubs Ontario](#) in Midland has some great support and has virtual hours Monday to Friday from 8:00 am – 4:00 pm. 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.

**New Path Youth and Family Services** offers a range of free child and youth mental health services, including quick access services:

<https://newpath.ca/quick-access-child-and-youth-mental-health-clinic/> Or call , 705-725-7656 or 1-866-566-7656.



**Information Items:**

- October brings rain and mud puddles in our yard. Thanks to many of you who have sent extra clothing in the event of an accident in the yard. Please be sure to send rubber boots, as the puddles seem to have a magnetic pull for children.



- Thanks for sending in all of the school supplies. Students have been working hard completing diagnostics for teachers to demonstrate their strengths and learning needs. We appreciate your positive support and ongoing communication with teachers.

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## FRANCO-ONTARIAN CELEBRATIONS - SEPTEMBER 25th

This year, our school organized its very own Franco-fête @ Burkevale on Friday September 22. Grade 8 students organized and hosted a variety of activities in French while the grade 7 students were in charge of leading their mixed teams and mapping out the events in the yard. It was a great day of fun promoting the French culture that surrounds us in our community. Grade 4 to 6 students had so much fun!



### ADULT LEARNING OPPORTUNITY:

On a separate note, are any families looking to refresh their spoken French be it at home, at work, or at school? If so, La Clé is offering FREE adult refresher courses via zoom, in person or in hybrid sessions. For details, call 705-725-9755.

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 Phylis 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.



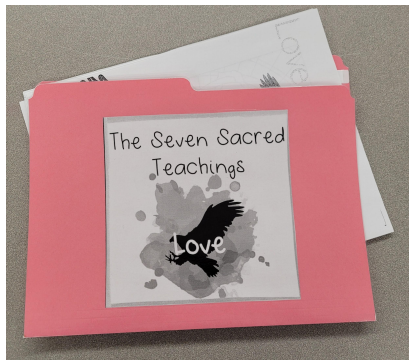
September 25 – 30, 2023



On September 30th we remember! <https://www.orangeshirtday.org/>

## Grandfather Teachings for the Month of October:

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



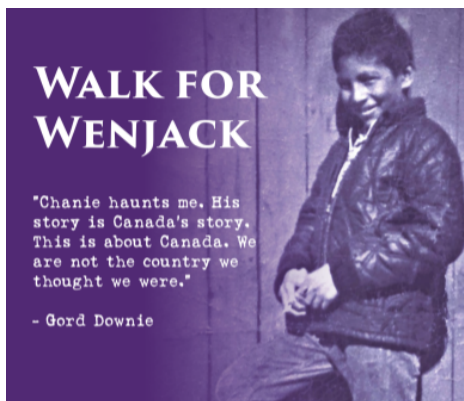
The Eagle represents LOVE because of its unique relationship with the Creator.

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.



A new command I give you: Love one another.

John 13:34



RECONCILIATION: In October, as a school, we will be partaking in a "ReconciliAction" called "Walk for Wenjack" This walk was started to promote awareness about residential schools and their lasting impacts. The Gord Downie and Chanie Wenjack Fund has supported schools and Canadians to get involved and do something. The walk will take place during Secret Path Week (October 17-22)

"Everybody has their own reason to Walk for Wenjack. For some, it may be a moment to honour Chanie Wenjack and the many others like him. For others, it may be an opportunity to raise awareness

about the true history of residential schools. Each Walk for Wenjack is unique. This year, we are challenging all Canadians to "Do Something", as Gord Downie would say, and participate in their own Walk for "Wenjack."