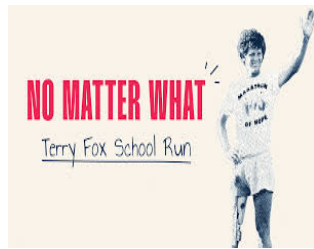


# Burkevale Protestant Separate School

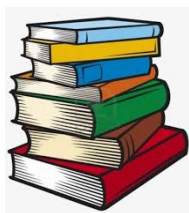
## OCTOBER NEWSLETTER



This year marked the 44th 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. At Burkevale, the cause is close to home as one of our staff has been fighting a cancer battle. Our thoughts and prayers have been with her since being informed of her diagnosis last spring. She is so strong and has been fighting the fight with courage and optimism. 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 Friday, September 25th. 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 \$650. 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.

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

- September 23rd-27th: Truth and Reconciliation Week
- September 25th: Franco-Ontarian Day
- September 26th: Student Concussion Awareness Training
- September 27th: Terry Fox Walk
- September 30th: ORANGE SHIRT DAY
- September 30th: School Council Meeting (6:00 pm)
- October 8th: Cross Country Fun Run @ Le Caron
- October 14th: Thanksgiving Monday (no school)
- October 15th: Speech Assessment
- October 15th: Little Lake Cross Country Area Meet (Rain Date October 16th)
- October 23rd: Cross Country County Meet (qualifiers only)(Rain Date October 24th)
- October 24th: Grade 7 Immunization Clinic
- **October 25th: 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, 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 from your Scholastic purchases. Thank you so much!

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## *Burkevale Protestant Separate School - School Council 2024-25*

Our school council elections took place on September 30th, 2024. 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> |
| 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, November 4th at 6:00 pm. All are welcome!*



We all have a role to play in promoting optimal health and well-being for students.

The SMDHU has prepared these newsletter inserts for schools to use in communicating home to parents/guardians and families.

### **Encourage your child to have a voice at school!**

When you take an active role in your child's learning, it helps their overall success and well-being. It is through your behaviours, actions, and practices in everyday life that you help to show your child how to communicate kindly with others, how to ask for help and share their ideas. Student's voices matter and help make sure activities at school are meeting their needs. Encourage your child to become involved in class discussions, wellness teams, and by volunteering for leadership roles.

Looking for more information? Call Health Connection at 705-721-7520 or 1-877-721-5720 to speak with a public health nurse or visit <https://www.simcoemuskokahealth.org>

## *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

School  
Mental Health  
Ontario

[jack.org/covid](https://jack.org/covid)

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 3 days a week offering small group and individual support as needed, you can connect with her via email [lleslie@pssbp.ca](mailto:lleslie@pssbp.ca)

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).

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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: [Parents and caregivers - School Mental Health Ontario](#)

**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 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.

**Hope for Wellness Helpline, 1-855-242-3310; available 24/7 for all Indigenous people across Canada.** You can call or chat online: <https://www.hopeforwellness.ca>



**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.
- **READING, READING and MORE READING:** Reading is a focus in the province, schools, and classrooms. Beginning in Year 2 of Kindergarten, students will be working at improving their results on the Acadience Reading Assessment. We ask that all families partake in reading at home to support the expectations of the new curriculum. Feel free to contact your child's classroom teacher if you have any questions.



**HEALTHY SMILES:**

Children whose parents are on Ontario Works or Ontario Disability Support Program are automatically covered for dental care under the Healthy Smiles Ontario Program.

If you have any questions about Healthy Smiles Ontario or would like help enrolling please call 1-705-721-7520 or toll free 1-877-721-7520 extension 8804.

Or visit the [Healthy Smiles Ontario](#) website.

Canadian Dental Care Plan

Children under the ages of 18 may be eligible for the Canadian Dental Care Program. Visit the [Government of Canada Website](#) for more details.

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## National Day of Truth and 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/>



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## 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.



## Meet Darlene the Drummer

I am a Metis woman who has only recently discovered her Indigenous heritage. My Given name is Darlene, my Spirit name is White Hawk Woman, I am of the Turtle Clan, the Red-Tailed Hawk is my Spirit Animal. With my friends Sharon and Peter who have embraced the Indigenous culture, but are non-Indigenous, together we try to spread the Ojibwe language to as many people as we can, through both song and stories. We drum for the Pure Water we have, for Mother Earth. We drum at Chigamik, GBNFC, MCC, and at Pow Wows, and Sunrise Ceremonies. We also visit several schools, Burkevale is my personal favorite, the students there make it all worthwhile.



### “Cellabration”:

Students in Mr. Genier’s grade 8 class designed animal and plant cells to showcase for students at the school. During the show and tell, the grade 8 students shared their knowledge of cells, their components and functions within the cell, similarities and differences among cells, and interesting facts they learned along the way. The creativity and uniqueness of the designs was impressive, but what was more impressive was the knowledge they gained through this experiential learning experience.



### Franco-Ontarien Day:

Madame Taylor and Madame Lisa organized the annual Franco-Ontarien celebrations this year. The grade 7 & 8 students planned and ran various activities for our grade 4-6 students outside that required movement and team-building while French music played in the background. The leadership from the

grade 7 & 8s was superb, and the students had fun being immersed in French culture.

