



BURKEVALE PROTESTANT SEPARATE SCHOOL NEWSLETTER

FEBRUARY 2026



Kindness Ambassadors

EMBRACING KINDNESS

What: Kindness Matters

Where: Inside & Outside of School

Why: Supports Well-being

When: As Often as Possible

Participants: Entire School



CLIMATE SURVEY DATA

In the fall, over 90% of students in grades 4-8 remembered someone being kind to them, as well as being kind toward someone else, causing positive feelings within themselves. Our goal for the next survey, is over 95%.

KINDNESS LEADERS

Ambassadors don their kindness toques every Monday, modelling for all students that they are a friendly face the in the yard. In January, a kick-off assembly took place to remind students about our kindness ambassadors and to inform them about the number of kindness activities being planned by the student council throughout February.

#BellLet'sTalk Jan. 21st

The theme was "Taking a Moment for Mental Health." A number of classrooms discussed self-care and its importance. Bell Let's Talk provided a variety of school based activities for students to support self care.



Kindergarten Registration

- Children who were born in 2022 may register for Year One Kindergarten
- Children who were born in 2021 may register for Year Two Kindergarten
- If your child attended Year One Kindergarten at Burkevale Protestant Separate School, you do not need to register for Year Two Kindergarten
- Online registration is available via the board site at <https://www.pssbp.ca/>

Registration Information

After Family Day weekend (Feb 16), please feel free to contact Mrs. McIvor at (705) 549-7456 to drop off the required documentation or email it to smcivor@pssbp.ca to complete the registration process.

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Required Documentation

**ONCE REGISTRATION IS COMPLETED,
THE FOLLOWING DOCUMENTATION IS
REQUIRED:**

1. Proof of Child's Age (*birth certificate, passport, baptismal certificate, birth registration*)
2. Immunization Record
3. Proof of Home Address (*document with physical address on it – driver's license, utility bill, etc.*)
4. Immigration Papers (*if applicable*)
5. Court Documents for custody/access (*most recent if applicable*)

Direction of School Support Form
(*only applicable if resident of the
Town of Penetanguishene*)



Grandfather Teaching

For the month of February, our school community will focus on the teaching of Courage/Bravery (Aakwa'ode'ewin). We continuously face life with courage, this allows us to use our personal strengths to face difficulties. We can stand tall through adversity, and make positive choices to become our best selves.

The Bear



The bear represents courage and bravery because she has the strength to face all challenges and fears as well as protect her young. The bear also shows us how to live a balanced life with rest, survival and play. The video "Seven Sacred Laws" focuses on Courage and the Bear: [Episode 4: Bear \(Courage\)](#). | [The Seven Sacred Laws](#)



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Upcoming Events

BURKEVALE IS BUZZING WITH MANY FUN AND EDUCATIONAL ACTIVITIES:

- Grade 1 & 2 Skating Days
- Grade 3-8 Cross Country Ski Days
- Intermediate Girls' Volleyball
- Intermediate Boy's Basketball
- Junior/Intermediate Speeches in the gymnasium (February 10th)
- Transition Meetings for GBDSS High School
- Grades 4-6 Valentines Dance 3:15-4:30 - \$2.00 Entry (February 11th) Snacks for extra \$\$\$
- Wear Red/Pink/White for Valentine's Day (February 13th)
- Winterama Parade (February 14th) "Love our Community"
- Family Day (February 16th)
- Graduation Photos (Feb 17th)
- Term One Reports (February 20th)
- The Legion Speech Competition (February 21st)
- Pink Shirt Day (February 25th)



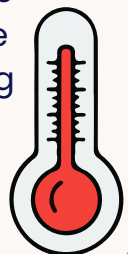
Please click on the calendar below to see all of the February events.

From SMDHU

COLD WEATHER

Please ensure your children have appropriate clothing for the outdoors, as we encourage outdoor activity, even on cold or rainy days. We are conscientious about their safety and adhere to Simcoe Muskoka District Health Unit Recommendations for keeping students inside in extreme cold.

According to the Canadian Pediatric Society, we should be keeping children indoors if the temperature is -27 C, including windchill.





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Mental Health Matters

The staff at Burkevale continue to work hard to foster a caring, inclusive school community and remain deeply committed to supporting the well-being of all students. Student wellness remains a top priority. We continue to work closely with our mental health team—Child and Youth Worker Laura Leslie and Mental Health Lead Christina Pellarin—to enhance student mental health and well-being. Students have ongoing opportunities for social and emotional learning that support their overall development and help them reach their full learning potential. Please feel free to reach out to your child's classroom teacher for more information.

Family Matters

At Burkevale, we also recognize the vital role families play in supporting student well-being. While many of you already have effective tools and strategies in place, we encourage all parents and caregivers to explore the [By Your Side Parent/Caregiver Learning Hub \(click here\)](#). This research-informed resource recognizes the expertise of parents and caregivers and offers practical strategies to support and strengthen mental health and well-being in every family. Whether you are looking for ways to manage stress or build emotional resilience in your child, this hub is designed with your needs in mind.

Community Matters

[Kids Help Phone](#)
[Catulpa Community Support Services](#)
[Autism Ontario](#)
[Family Doctor/Family Health Team](#)
[Youth Wellness Hub](#)
[Children's Treatment Network](#)
[Guide to Mental Health Resources](#)



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Winter Blues or Something More? ([CMHA National Site](#))



If you've been finding yourself feeling down this winter, you're not alone. January and February have reputations for being some of the least favorable months when it comes to mental health. When the excitement of the festive season passes, and holiday bills begin to arrive, many individuals in Canada may experience what's called the Winter Blues. But for some people, it's much more than that.



Seasonal affective disorder (SAD) is a type of depression that significantly affects thoughts, mood, and behavior, and is characterized by a recurrent seasonal pattern. Most often occurring during the winter months, SAD symptoms typically start at the end of fall and carry on until spring. Symptoms include: Feeling persistently down, anxious, or hopeless. Increased irritability, frustration, or guilt. A desire to isolate or stay inside.



While it's understandable if you want to stick indoors this time of year, doing so could exacerbate symptoms. Studies indicate that sunlight affects the brain's ability to maintain normal levels of serotonin – the chemical that helps regulate mood! Vitamin D (produced by sunlight) is also believed to promote serotonin activity. With less daylight to enjoy in the winter, people with SAD may experience lower vitamin D levels, further reducing serotonin activity.

Fortunately, there are ways to help decrease symptoms and increase your mood indoors: get moving! When you exercise your body, you release endorphins and feel-good chemicals that reduce feelings of pain and increase feelings of pleasure, literally boosting your mood! Just 20-30 minutes of movement daily can have a big impact on mental health.



If you're looking for motivation, we're gearing for The Push Up Challenge again! From February 11-28, we're pushing to complete 2,000 push-ups to represent the 20% of Canadians who will experience a mental illness each year. While push-ups are greatly encouraged, any form of exercise that's exciting to you is welcome! [Sign up for The Push-Up Challenge!](#)



Whether you're facing occasional winter melancholy or suspect you might be experiencing SAD, understanding the distinction empowers you to seek professional help if needed. If you need support, please contact your local CMHA. If you're in crisis: 9-8-8 is for anyone who is thinking about suicide, or who is worried about someone they know. Connect to a responder to get help without judgement. Call or text 9-8-8 toll-free, anytime for support in English or French. For more information, visit [988.ca](#).

