



November 2018

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## Newsletter #3 November 6<sup>th</sup>, 2018



### Mrs. Scott's Scoop

The weather is starting to turn a little cooler now. We have been so lucky with all of our wonderful sunny days! Please make sure that your children dress for the weather as we start to see more toques, gloves and scarves come out of closets ☺!

We are having an important Remembrance Day Celebration tomorrow, Nov.9<sup>th</sup> (at 10:30) and we hope that everyone takes a moment to remember our soldiers on Nov. 11<sup>th</sup>. Preparations for Christmas are underway as well (yes, it is that time of year already ☺). We hope that all of our families have a peaceful Remembrance Day! Remember your moment of silence at 11:00!

### Soccer Team:

Our soccer team did an amazing job representing our school this year! ☺ Thank you to all of the players for showing incredible sportsmanship and hard work. The team this year consisted of: **Brian D., Colette B., Alyssa and Katelyn S., Brooklyn M., Vincent L., Caleb H., Damian N., Wyatt P., Liam B., Brody L., Blake W., and Colin M.**

Thank you also to **Mrs. Cooper** and **Mrs. Stevens** for coaching! ☺



### Parking Lot News:

Like most of the schools in Chilliwack, we continue to have concerns about our parking lot. One concern is that we have a number of parents who come through our parking lot **driving very fast!** Students are around every corner from 7:30 to 5:00. Please drive slowly as you enter our parking lot. Also, if you are **double-parked**, waiting for your child, please do not get out of your car. We have parents who park in the parking spots and they may need to have you move in order to get out of their parking spot. One more concern that happened a lot last year is that we had a number of parents who would park on the right side of our school in the **FIRE LANE!** We are going to really monitor this because we need to have that area clear in the event of a fire. The fire trucks have to be able to use that fire lane to access the back of our school. Thank you for your efforts in helping to keep our students safe.

### **Christmas Concert:**

Mark your calendars! Our Christmas concert date this year will be on Dec. 20<sup>th</sup>, and the dress rehearsal will be on Dec. 19<sup>th</sup>. Times will be announced shortly, but there will be an afternoon and an evening performance.



### **Remembrance Day Assembly:**

Our special assembly will be taking place tomorrow, Nov. 9<sup>th</sup> (at 10:30). We would like to have as many parents as possible come and help us to remember the soldiers, and celebrate that we live in a peaceful country. If you have a little one with you at this assembly, we ask that if they act up, you take them out of the gym please. This is a serious assembly with many quiet moments, and we wouldn't want the distraction of a little one to impact the message we want to bring to our students. Thank you for your consideration with this.



### **Rock Your Moc's:**

On Nov. 15<sup>th</sup>, it's "Rock Your Moc's" Day at Bernard, and all around the School District. Students and staff are encouraged to wear their moccasins to school this day, if they own some.



## Library News:

Hello from the library. I hope by now you and your child have been able to enjoy some of Bernard's wonderful library books. Reading together is a great way to spend time with your child each day. If your child wishes to return a book before library day, please feel free to send the book to school and tell your child to visit the library after school on Mondays, Tuesdays, and Wednesdays. If your child forgets their library book on library day, simply send it the next day and we will do our best to make sure there is an opportunity to choose a new book. The library is not open on Thursday after school as I am finished work at 11:00 on Thursday. The library is also closed on Friday .

I also want to take this opportunity to encourage you all to participate in our Home Reading Program sponsored by the Kiwanis Club. I am encouraged by the number of students reading nightly and there is still time to join in if you haven't started yet! Ask your child to get a Home Reading Record from their teacher or from me and start recording your nights of reading and watch your child's love of reading grow!

A few of you have asked about the Scholastic Book Fair - please stay tuned for dates and details.



Happy Reading,  
Mrs. Ens

## Ideas for Families:

### What do you do when your child won't go to school?

This is a very real experience for many of our parents. I found a wonderful article that gives helpful hints to all of our parents. Please read below...

Does your child complain of a stomachache right before going to school? If your child stays home, do the symptoms vanish, only to reappear the next morning? Does your child have a tantrum when you try to make your child go to school?

If so, your child may have what's known as school refusal. Children with school refusal have a very difficult time getting to school and/or staying in school, usually due to some type of anxiety. School refusal is not the same as truancy. Truant children are more typically defiant and deceptive, and their parents are not aware they are not in school. In contrast, school refusers more often than not are well-behaved and compliant kids, except for this particular circumstance. In addition, their parents know they are not in school. These parents of likely spent plenty of time and energy trying to get their child to school, but with no success.

Here are some steps to take.

1. [Check for physical causes.](#) If your child is complaining of physical symptoms, have her checked by a physician. It's unlikely that anything is physically wrong

with your child, but you don't want to make that assumption and later find out you're wrong.

**2. Talk with your child.** Talk about what's bothering her, while at the same time making it clear that a plan will be made to return to school. Keep in mind, though, that some children can't describe what is bothering them. Don't force conversation if it doesn't seem to be going anywhere. The most important message to convey is this: you believe your child can conquer this problem, and you'll be there to help her through it.

**3. Don't lecture.** Avoid lengthy discussions and debates about the importance of going to school. Lecturing won't do any good, and it may actually make matters worse. Any attention, even negative attention, can reinforce and maintain a problem.

**4. Play detective.** Look for patterns of when your child complains of illness. Does he wake up with a stomachache or headache? Does he complain of these things when he's busy and distracted? Does he feel ill on Saturdays? Be objective and play detective. Do this in a low key, non-accusatory way; there's no point in putting your child on the defensive. Look for clues as to what is causing your child to avoid school.

**5. Set up a conference.** Both parents should meet with the teacher and/or the school counselor. This sends the message to the school that you're involved and committed to working on the problem.

**6. Keep an open mind.** Don't assume the teacher or the school has done something wrong. Similarly, teachers should not assume the problem lies with the parents. When stress levels are high, it's natural to want to point the finger and blame someone, but it doesn't do much to solve the problem. It's important to make sure that any reality-based fears, such as bullying, are addressed and corrected.

**7. Do not make it appealing to stay at home.** Let your child know that if he's truly ill, he will need to see a doctor, stay in bed and rest, keep the TV off, and so on. Enforce rules about no TV or video games. This may sound obvious, but I'm amazed at how many kids stay home and basically have free reign of the house, doing whatever they please. If you stay home with your child, don't offer lots of extra attention and sympathy. It may sound cruel, but you don't want staying at home to be appealing.

**8. Simulate a learning environment.** If your child does end up staying home and is not ill, have him read, study, sit upright at a desk, and so forth. For adolescents, you may also want to make sleeping off limits, as this is alluring for many in this age group. Some of these suggestions will prove difficult to follow for working parents, but do your best. Consider enlisting the aid of a nonworking friend, relative, or neighbor for short period of time.

**9. Make a sick policy ahead of time.** For example, you might make it a rule that unless your child has a fever, she goes to school. If she is truly ill, the school nurse can evaluate the situation and send her home if necessary. In the chaos of the morning - trying to get everyone ready for school and work - this removes the power struggle from the parent and child, which is a good thing. Too often, the struggle itself can be reinforcing for children because they are receiving so much extra attention. Along the same lines, don't spend much time, if any, discussing physical symptoms, especially if the doctor has already determined there is nothing medically wrong.

**10. Enlist support.** Consider having someone else take your child to school until the situation is resolved. Because emotions are so charged during a time like this, it can be helpful to remove yourself from the job of having to force your

child to go to school. If there is a related separation anxiety with the mother, for example, have the father take the child to school. Or have a friend or another family member be in charge of these transition times until the child has made a successful reentry into school.

Although it's unsettling to see your child intensely distressed about attending school, try to remain calm and supportive, but ultimately firm. Remember, your child needs to go to school – this is where children mature, not only intellectually but also socially and emotionally. By following the above suggestions, there's every reason to believe that your child will overcome his school anxiety and, in the process, gain a newfound appreciation of his ability to hang in there and work through a tough situation.

(Source: [Barbara Markway Ph.D.](#))

### Dates to Remember:

- |                       |  |   |
|-----------------------|--|---|
| Nov. 9 <sup>th</sup>  | - Remembrance Day Assembly at 10:30  |  |
| Nov. 9 <sup>th</sup>  | - Neufeld Fundraiser begins  |   |
| Nov. 12 <sup>th</sup> | - No school - Stat Holiday   |   |
| Nov. 13 <sup>th</sup> | - PAC meeting - 6:30   |   |
| Nov. 15 <sup>th</sup> | - Popcorn Day  |   |
| Nov. 15 <sup>th</sup> | - "Rock Your Moc's" Day - wear your moccasins to school ☺                        |   |
| Nov. 15 <sup>th</sup> | - Strong Start is closed   |   |
| Nov. 16 <sup>th</sup> | - Photo Retakes  |   |
| Nov. 21 <sup>st</sup> | - Grade 5's go to Science World  |   |
| Nov. 22 <sup>nd</sup> | - Hot Lunch  |   |
| Nov. 23 <sup>rd</sup> | - Neufeld Fundraiser ends  |   |
| Nov. 26 <sup>th</sup> | - Candy Bones Theatre Presentation for students (9:00)                           |   |
| Nov. 29 <sup>th</sup> | - Assembly   |   |
| Nov. 29 <sup>th</sup> | - Movie Night  |   |
| Nov. 30 <sup>th</sup> | - Professional Day - No school   |   |
| Dec. 1 <sup>st</sup>  | - Winter Craft Fair (lots of neat things for early Christmas shopping) time TBA  |   |
| Dec. 3 <sup>rd</sup>  | - Deck the Halls (students/staff start to decorate our school ☺)                 |   |
| Dec. 3 <sup>rd</sup>  | - Food Drive begins ☺  |   |
| Dec. 7 <sup>th</sup>  | - Christmas Dance for Bernard families (5:00 - 8:00)                             |   |
| Dec. 14 <sup>th</sup> | - Christmas Lunch for all students ☺   |   |
| Dec. 20 <sup>th</sup> | - Christmas Concert (times to be announced - afternoon and evening performances) |   |
| Dec. 21 <sup>st</sup> | - Last day of school   |   |

