

## February/March 2020

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### Dates to Remember

- Wednesday, Feb. 26<sup>th</sup> – **Pink Shirt Day**
- Friday, Feb. 28<sup>th</sup>- Pancake Breakfast- 9:00am  
- Success Assembly- 1:15 pm
- Thursday March 14<sup>th</sup> – Report Cards go home
- March 16-27- Spring Break
- March 30<sup>th</sup>- School is back in Session

### School Hours and Bell Schedule”

**8:22- Warning Bell**  
**8:27- Class in session**  
**10:20-10:35- - Recess (15 min)**  
**10:35- Class in session**  
**12:25-1:15- Lunch (50 min)**  
**1:15- Class in session**  
**2:25- Dismissal**

## GREETINGS TO THE BERNARD ELEMENTARY COMMUNITY

During the month of February and March we continue to promote Kindness to each other. On February 26<sup>th</sup> we are promoting Anti Bullying by recognizing Pink Shirt Day and on Friday the 28<sup>th</sup> we are coming together as a school community and cooking pancakes for all of our wonderful students.

As a school we are continuing to teach and promote the values of respect and kindness. Specifically looking at these values as an attitude we have towards people and treating them with dignity and respect.

Thank you for your ongoing support and encouragement.

Kind regards

Brad Johnston & Kris Sward

### Morning Supervision

A reminder that supervision in the morning begins at **8:15**. If students are walking or being dropped off in the morning we ask you to arrive after 8:15. We are concerned with everyone’s safety and without supervision we are putting children at risk. Thank you for your attention to this.

## SURVEY

Each year the Ministry of Education provides a survey to collect information from students, staff and families regarding public schools in BC. You are encouraged to participate by logging into the web site at <https://www.awinfosys.com/SurveyFull1/central/main/access.asp>

Use the “Direct Access” logon for the survey (see the box below). You have until April 3<sup>rd</sup> to make your opinions heard. Thanks

## Parents

- Please complete one survey for each child.
- Parents have two options for accessing the survey: (please select **DIRECT ACCESS** to do the survey).

With a logon number from your school

Logon #

Language

**Direct Access — no logon number required**

District

33 Chilliwack

School:

Bernard Elementary

Language:

English

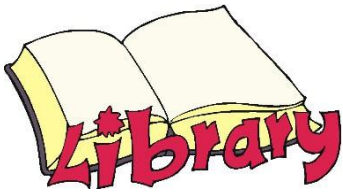


On February 26<sup>th</sup>, we are encouraging everyone to show their caring attitude and wear a pink shirt in support of anti- bullying.

For more information, check out <http://www.pinkshirtday.ca>

## Jump Rope for Heart

We came, we jumped, we made our goal! This year, Bernard kids and families raised more money for the Heart & Stroke Foundation than ever before. We challenged kids to raise \$1000, and they raised \$1690.00! Incredible!!!! Thank you for your support. Those who earned prizes will receive them in the weeks ahead.



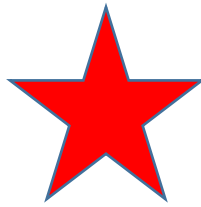
**Super Reader Assembly-** We recognized students for reaching 100 nights of home reading in January and on February 28<sup>th</sup> at our Success Assembly we will be recognizing students who have read for

150 nights. Each students will receive a personalize cookie specially made by one of our PAC parents , Shannon Clark. Thank you.



**S.T.A.R.S-** at Bernard we teach our students to take responsibility for solving their own problems and not becoming a victim. They are taught to use **S.T.A.R.S.** This stands for:

- S-** say stop
- T-** talk- tell them again
- A-** always walk
- R-** respectfully walk away
- S-** seek assistance if it continues



It is very important to talk to teacher or staff member if they are having a problem that hasn't stopped and they need an adult to help.



### HOT LUNCH

Please follow the link at <https://munchalunch.com/schools/BernardBC>

**If you are paying by cash please make sure to fill out the form properly, have 1 child per form, and the order and cash in a sealed envelope or baggie.**

We recognize that emotional and social development is equally important as academic development therefore we are purposeful in teaching students to be self-aware and teach them strategies to regulate their emotions and social interactions. We encourage families to use the same language and approaches at home so we have consistency between school and home.

**What is Zones of Regulation?**

Many of life’s regular events cause every persons’ emotional states to become less regulated; our emotions move into the “yellow” or “red” zones. Zones of Regulation teaches students to become aware of their feelings and emotions and to recognize triggers that cause their emotions to rise.

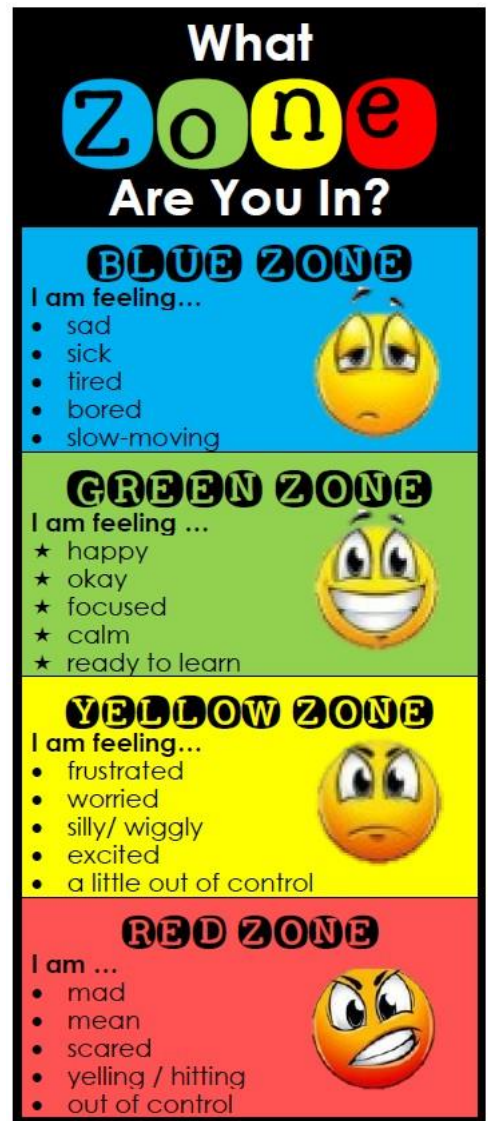
Students are then taught how to use calming tools or strategies to decrease their emotions to a more normal “green zone” of being calm and focused.

**What are Student Taught?**

- How to identify their feelings and levels of alertness
- Different regulation tools/strategies to use
- When and how to use the tools/strategies
- Problem solving strategies for positive solutions
- Understanding how their behaviours influence others’ thoughts and feelings

**Want to Know More about Zones of Regulation?**

- **Video:** [Why Do We Lose Control of Our Emotions?](#)
- **Video:** [Zones of Regulation](#)



**What is StrongStart?**

- StrongStart BC centres offer a welcoming play-based early learning experience for children (up to age 5) with their parent/caregiver. Expect to participate in play activities, art, gym and story-time at no cost to families

Healthy snacks will be available and provide a time for neighbourhood families to connect with each other.

For more information check out our website <https://www.sd33.bc.ca/strong-start>

Thank-you. This is one item we talked about at our meeting if we can "advertise" in the school newsletter on a regular bases.



It is that time of year again. If you have a child who will be turning **5 before December 31, 2020** then it is time to register for **Kindergarten**. If you have a

neighbour who has a child who needs to register, please remind them too.

All registrations are now completed online. Please either go to our School District website or follow the link - <https://sd33.vivosforms.com/Home>

You will need to provide a copy of the birth certificate as well as something that shows proof of residency.

Please give the office a call if you have problems or need access to a computer. Thanks