

April 2022

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Dates to Remember

- **Mon. April 4-** Schools Re-open after Spring Break
- **Fri. April 8-** Hot Lunch- Pita Pit - SPIRIT DAY- CRAZY HAT OR HAIR
- **Tues. April 12-** PAC meeting - 6:30pm on ZOOM
- **Fri. April 15-** Good Friday- school is not in session
- **Mon. April 18-** Easter Monday-- school is not in session
- **Thurs. April 21-** Class Photos
- **Friday April 22-** JERSEY DAY & Hot Dog Fundraiser
- **Fri. April 29-** Professional Development Day- school is not in session
- **Sat. April 30-** Outdoor Craft Fair

School Hours and Bell Schedule

8:20- Warning Bell

8:25- Class in session

10:15-10:45- Staggered Recess-
each group gets 15 min

12:20-1:05- Staggered Lunch

1:05- Class in session

2:27- Dismissal

GREETINGS TO THE BERNARD ELEMENTARY COMMUNITY

The month of April is known for beautiful spring weather as the weather is getting warmer, the days are getting longer, and spring flowers will begin to bloom. We have lots of celebrations planned in the month of April and will continue 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

Parent Advisory Council

Every parent and guardian of a Bernard Elementary student is automatically a member of the Bernard Elementary PAC. We encourage you to get involved as they are a very important part of our school.

The meeting is on **Tuesday, April 12th at 6:30 on ZOOM.** You are invited.

PAC SPONSORED FUNDRAISERS:

- Natasha's pies, Purdy's Chocolate, Little Mountain Nursery spring flowers, SinAmen - all orders will be available through Munchalunch and some forms will be available at the office after spring break
- PAC will be supporting our grade 5 end of year celebration (swimming and hot dog lunch at Cultus Lake and a round of mini-golf for each student). To fundraise they will be holding a hot dog day in May and Freezie Fridays in June as well as popcorn days and another candy gram day (all dates TBD - except the Friday's). They will set up a fundraiser with the bottle depot, as well, and forward the info for us to share out
- Plans for the craft fair April 30 are moving forward. They are looking for vendors now and are also booking some food trucks (Little Ooties mini donuts are confirmed). Flyers and info are coming after spring break

Hello from the library.



Mrs. Ens will be returning after Spring Break. Stay tuned for lots of Library events in the month of April.



HOT LUNCH

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



Chilliwack
School District



In Acknowledgement and
Appreciation of

CHILLIWACK FOUNDATION

for their generous support of Bernard
Elementary and the GAGA PIT
installation on the playground.



Brad Johnston – Principal

Date: March 1, 2022

All of the staff and students at Bernard would like to sincerely thank the Chilliwack Foundation for awarding our school the Chilliwack Foundation Grant. With this grant we were able to purchase a GAGA PIT which has become a very popular activity for our kids at recess and lunch.

ZONES OF REGULATION

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

What is Zones of Regulation?

Many of life's regular events cause every person's 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.

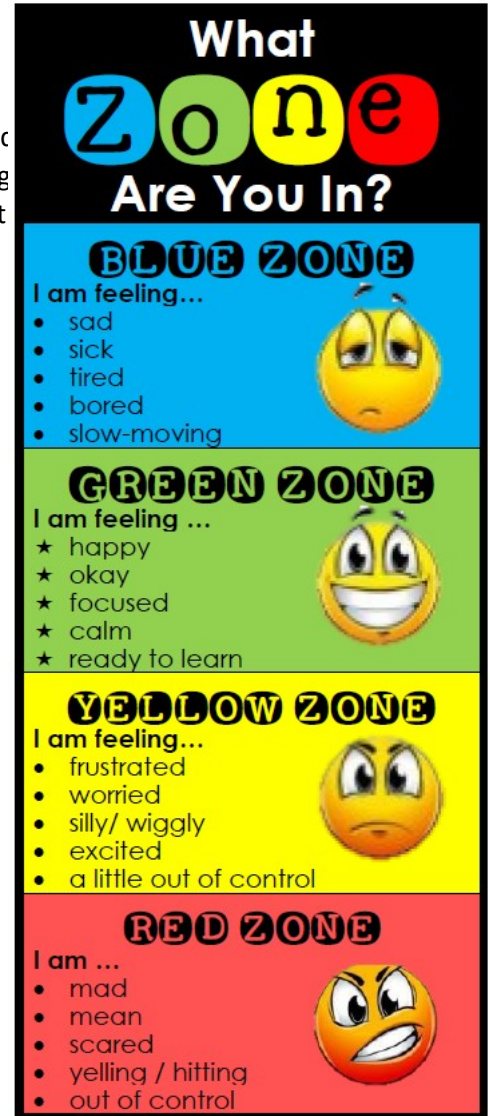
Students are then taught how to use calming tools or strategies to decrease their emotions to a more normal "green zone" of being calm and focused.

What are Students 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](#)





It is that time of year again. If you have a child who will be turning **5 before December 31, 2022** 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

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May 25th - 10:30-12:00

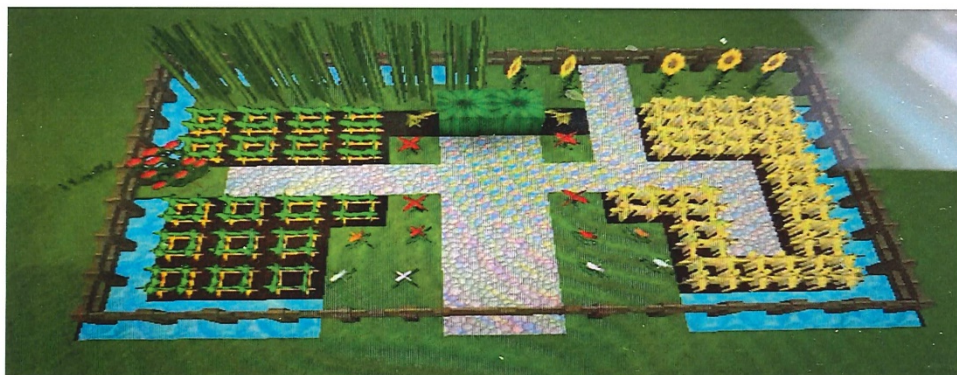
Families attending will receive:

- *An information kit with helpful tips for supporting
- *Preschoolers' learning and development
- *a storybook and workbooks

What is Ready, Set Learn?

Ready, Set, Learn is series of fun and information events for preschoolers and their parents focusing on early childhood development and school readiness skills. There are different events so, please mark your calendar with the location and date convenient for you and your preschooler.

This will be a great opportunity to connect with your preschooler's future neighborhood school and to learn about early development and school readiness skills. For parents, there will be handouts and an information kit to take home. For young children, there will be craft activities, snacks, storybooks, workbooks, and stickers.



Are YOU interested in growing a garden with the CHILLIWACK SCHOOLS GARDEN PROGRAM?

You can compete with students from all areas of Chilliwack!

Students in Grades K-12 from any school (District, Independent or Home) within the Chilliwack School District area may register

There are Three Garden Divisions:

- **Junior** (Grades K-2)
- **Intermediate** (Grades 3-5)
- **Senior** (Grades 6-12)

There are Two Categories of Gardens:

- **Plot** (a traditional garden in the ground)
- **Container** (45 cm across and 45cm deep)

Students GROW their vegetable and flowers in their own yard in a garden plot or a container

- **All instructions and seeds** will be provided
- **\$5** (Price of seeds is subsidized by sponsors).
- **Gardens** may be shared with a sibling or a friend - at your home, or a nearby location within the Chilliwack School District boundaries.

FOR MORE INFORMATION:

Visit our website: chilliwackschoolsg.wixsite.com/home or our Facebook page

Registration is online at chilliwackschoolsg.wixsite.com/home

Registration Deadline is APRIL 14th, 2022

