

February 2022

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Dates to Remember

- Wednesday, Feb. 2nd- Lockdown Drill
- Tuesday Feb 8- PAC MTG. @ 6:30 on ZOOM
- Friday Feb. 11th- Hot Lunch & Fire Drill
- Monday Feb. 14th- Jump Rope 4 Heart & Spirit Day-where Valentines Colours
- Thursday, Feb. 17th - Early Dismissal @ 11:25 AM
- Friday, Feb. 18th – Non-Instructional Day –
- Monday, Feb. 21st – Family Day – No School
- Wednesday, Feb. 23rd – **Pink Shirt Day**
- Friday, Feb 25th- Success Assembly

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

During the month of February, we celebrate Valentine's, Family Day and promote Anti Bullying by recognizing Pink Shirt Day.

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.

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, February 8th at 6:30 on ZOOM** You are invited. Hope to see you there.

PURDY'S FUNDRAISER organized by our PAC

Please click on the link if interested <https://group.purdys.com/1201320-93060>

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:

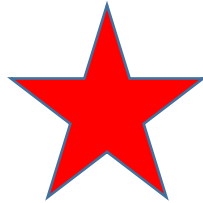
S- say stop

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.

Parents of

3 and 4 Year Olds

Help our preschooler(s) Get Ready for School

READY, **S**ET, **L**EARN

An important preschool

OPEN HOUSE

You and your child won't want to miss

Bernard Elementary

MAY 25th

10:30-12:00

This date has been changed. It was originally in February



JUMP ROPE FOR HEART-

This week we will be kicking off our Jump Rope for Heart event. Students will be skipping in gym class, building up their endurance, learning about healthy heart habits and getting ready for our Jump Rope event happening on February 14th. Fundraising is all online this year but students can work towards earning some pretty cool prizes. Our

school goal is to raise \$1000 for the Heart and Stroke Foundation and if we do - we will be having a break the rules day at school. More information is in the Jump Parent Letter sent out with this newsletter and posted on our Facebook page.

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.

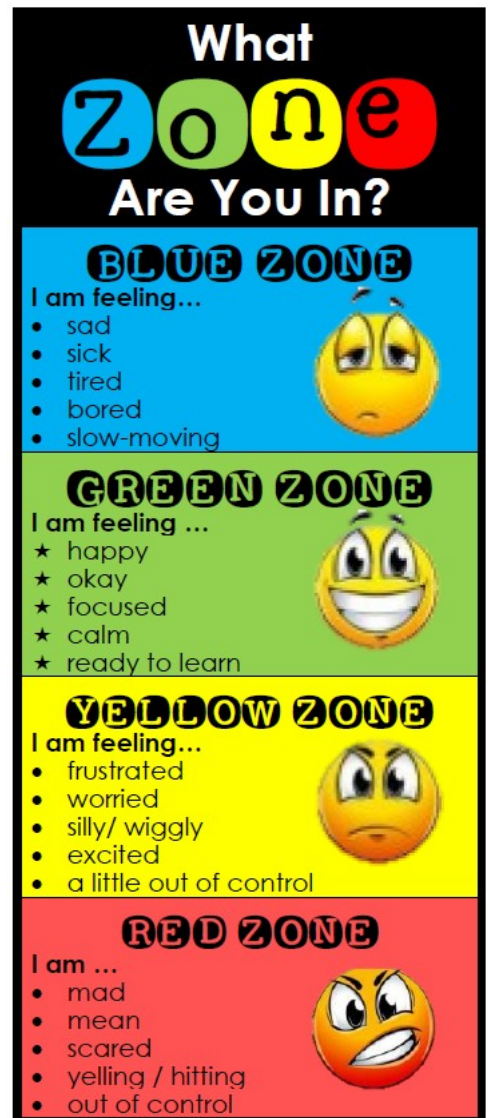
Students are then taught how to use calming tools or strategies to decrease their emotions to a more normal “green zone” of being calm and focused.

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](#)



HOT LUNCH

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

Our next hot lunch is February 11th.

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

