

MAY 2022

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Dates to Remember

- Wednesday May 4th – 3:30pm- Cross Country Meet @ Cultus Lake Elementary- Grade 1-5 @ 3:30pm
- Sun.- May 8th - Happy Mother's Day to all our moms! ♥
- May 9th-13th- Scholastic Book Fair
- Friday May 13th – HOT LUNCH- SinAmen
- Friday May 20th- Non-Instructional Day
- Monday May 23rd- Victoria Day
- Wednesday May 25th-RSL/KinderFair– 10:30-12:00
- Friday May 27th- Early Dismissal- 8:25-11:25- busses will be running

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 staff would like to welcome our new Vice Principal, Carla Thompson. We are very fortunate to have her as part of the Bernard Team.

The month of May will be highlighted with a number of outdoor learning activities. When students are active and engaged in outdoor learning their physical, mental and social health increases. Playing and learning outside also helps children to understand and respect nature, the environment and the interdependence of humans, animals, plants, and lifecycles. We have lots of celebrations this month 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 & Carla Thompson

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 **May 10th at 6:30 on ZOOM**. You are invited.

Hello from the library.



I am excited to let you know about a few library related items!

First, I am hosting an IN SCHOOL Scholastic Book Fair from May 9-12 in the library. The open times are as follows:

- **Monday, May 9** **2:30 p.m. - 4 p.m.**
- **Tuesday, May 10** **8:00 a.m. - 8:25 a.m. and 2:30 p.m. – 4:00 p.m.**
- **Wednesday, May 11** **8:00 a.m. – 8:25 a.m. and 2:30 p.m. – 5:00 p.m.**
- **Thursday, May 12** **8:00 a.m. - 8:25 a.m. and 2:30 p.m. – 4:00 p.m.**

Parents are welcome to come and browse and shop with their children during any of those times. If you need to make alternate arrangements about buying something (it is a gift and needs to be kept secret) just let me know and I will help with that.

Second, I have recently created an Instagram account for Bernard Library and I would love to see our school community follow the account to see library happenings! Check out thebookens on Instagram.

Third, the May Reading Bingo Sheets should be coming home soon! Please join the fun and fill out the bingo as you read with your child! Remember, only one square can be marked per day (15 minutes of reading minimum per day). The April winners of book bingo will be given a book “credit” at the book fair – stay tuned to hear who those lucky students will be!

Finally, please have a look around your home for any library books your child has lost. Books typically turn up under beds, behind couches, on top of refrigerators, in the garage/entrance, in a car, in a family member’s bedroom, or on a book shelf mixed in with your own books. **Last year, students who returned ALL books could enter a draw for brand new packs of books (and some candy, too)! I plan to do the same this June, so get a head start and look for those missing books 😊.**



HOT LUNCH

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

What is Ready, Set, Learn/Kinderfair ?

Bernard Elementary is hosting an Open House for **all our next year's Kindergarten students** and their parents. Ready, Set, Learn/ Kinderfair is a fun and informative event focusing on early childhood learning.

This will be a great opportunity to connect with your preschooler's future teachers and school. This year's Ready Set Learn/Kinderfair will be hosted outside with interactive play activities for children and their parents, information sessions for parents and caregivers, presentations by community agencies and other activities that support preschool aged children's learning. Every child will receive a goodie bag to take home full of things to support them as they get ready for kindergarten.

BERNARD ELEMENTARY

May 25th 10:30 – 12:00

Please RSVP via email: lianne_mccarthy@sd33.bc.ca

Or by phone: 604 795-7840

ZONES OF REGULATION

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 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](#)

What Zone Are You In?

BLUE ZONE
I am feeling...
 • sad
 • sick
 • tired
 • bored
 • slow-moving

GREEN ZONE
I am feeling ...
 ★ happy
 ★ okay
 ★ focused
 ★ calm
 ★ ready to learn

YELLOW ZONE
I am feeling...
 • frustrated
 • worried
 • silly/ wiggly
 • excited
 • a little out of control

RED ZONE
I am ...
 • mad
 • mean
 • scared
 • yelling / hitting
 • out of control



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

