

March 2022

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Dates to Remember

- Thursday March 3rd- 10:45am- BC Lions PowerSmart Virtual Assembly
- Friday March 4th- Break the Rules Day
- Tuesday March 8th- PAC meeting at 6:30
- Friday March 11th – HOT LUNCH- McDonalds
- Thursday March 17th -St. Patrick's Day- Wear Green and Reports Cards Go Home
- March 21-April 1 - Spring Break
- April 4th - School is back in Session

School Hours and Bell Schedule”

- 8:20- Warning Bell
- 8:25- Class in session
- 10:15-10:45- Recess (staggered)
- 10:45- Class in session
- 12:20-1:05- Lunch (staggered)
- 1:05- Class in session
- 2:27- Dismissal

GREETINGS TO THE BERNARD ELEMENTARY COMMUNITY

During the month of February and March we continue to promote Kindness to each other.

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

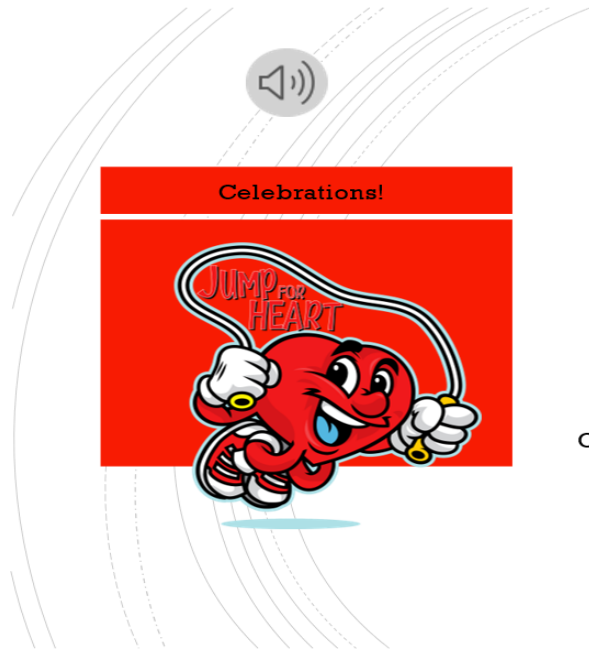


Parent Advisory Council

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, March 8th at 6:30 on ZOOM**. You are invited.

JUMP ROPE FOR HEART



**THIS YEAR - WE RAISED \$1400 AS A SCHOOL !
WELL DONE, BRONCOS!!!**



WHICH MEANS IT'S TIME FOR BREAK THE RULES DAY!!!

On Friday, March 4th, students will be able to *break* the following rules:

- wear a hat in class
- write in pen all day!
- eat lunch with a friend (in their class if necessary)
- chew gum (as long as it's thrown away properly)
- change your name for the day (wear a name tag!)
- eat in class during the day

Student Learning Survey 2021/2022

The Provincial Student Learning Survey is unique in its scope, size and usefulness to schools. It gathers information from parents/guardians/caregivers, teachers, and students on topics related to school environment, safety, and achievement. The information is used for planning in individual schools and provides a district and provincial perspective.

Early in 2022 the Student Learning Survey will be administered to students in grade 4, their parents/guardians/caregivers, and all school staff.

We encourage parents/guardians/caregivers to participate in this survey, as the results are important in identifying and celebrating current strengths, as well as determining where the school needs to focus improvement.

Parents

- Please complete one survey for each child.
- Parents have two options for accessing the survey: either by using a logon provided to you by your school, or by using the Direct (logon-free) Access (please select one of the options below).

With a logon number from your school

Logon #

Language

Direct Access — no logon number required

District

School:

Language:

<https://www.awinfosys.com/SurveyFull1/central/main/access.asp>

The e-survey site will be open until April 29th.

LOST AND FOUND

If you recognize any of these clothing items, please tell your child to take them home. You can also email the school and let us know and we will pick them up for you.



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?](#)
- **Vide**[Zones of Regulat](#)




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.

What Zone Are You In?

<p style="text-align: center; font-weight: bold; margin: 0;">BLUE ZONE</p> <p>I am feeling...</p> <ul style="list-style-type: none"> sad sick tired bored slow-moving 	
<p style="text-align: center; font-weight: bold; margin: 0;">GREEN ZONE</p> <p>I am feeling ...</p> <ul style="list-style-type: none"> ★ happy ★ okay ★ focused ★ calm ★ ready to learn 	
<p style="text-align: center; font-weight: bold; margin: 0;">YELLOW ZONE</p> <p>I am feeling...</p> <ul style="list-style-type: none"> frustrated worried silly/ wiggly excited a little out of control 	
<p style="text-align: center; font-weight: bold; margin: 0;">RED ZONE</p> <p>I am ...</p> <ul style="list-style-type: none"> mad mean scared yelling / hitting out of control 	