

OCTOBER 2022

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**Dates to Remember**

**Mon. Sept 26<sup>th</sup> - Picture Day-**

**Thurs. Sept 29<sup>th</sup>- Orange Shirt Day**

**- Hot Lunch**

**Fri. Sept. 30- National Day for Truth and Reconciliation- School is not in session**

**Fri. Oct 7<sup>th</sup>- School Based Pro-D- school is not in session**

**Mon. Oct 10<sup>th</sup> - Thanksgiving Day-**

**Tues. Oct 11<sup>th</sup>- PAC Mtg. on ZOOM @ 6:30pm**

**Mon. Oct 17<sup>th</sup> – Popcorn Day**

**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**

**2:25- Dismissal**

**GREETINGS TO THE BERNARD ELEMENTARY COMMUNITY**

The month of **October** is a great time to celebrate “gratefulness”. **Gratitude** promotes optimism and helps us to develop a more positive outlook. **Gratitude** helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. We all are facing some difficult times but as a community we are working together on finding many reasons to be thankful.

Warm Regards,  
Brad Johnston (Principal) & Carla Thompson (Vice Principal)



**PICTURE DAY MONDAY SEPTEMBER 26<sup>th</sup>**



**Bernard will be participating on September 29<sup>th</sup>, Orange Shirt Day.**

It was created during the St. Joseph Mission Residential School Commemoration Project in Williams Lake, BC, in May 2013. As part of the project, former student, Phyllis (Jack) Webstad, told the story of her first day at residential school when her shiny new orange shirt, bought by her grandmother, was taken from her as a six-year old girl, which prompted the realization that many survivors have similar stories. As a result, Orange Shirt Day is gaining visibility as an influential movement helping to educate our students and communities on the history of

Canadian Residential Schools.

**Our school will be doing a number learning activities throughout this day to recognize the colonial legacy of residential schools, honour Indigenous survivors which is vital to the ongoing reconciliation process.**

***THANK YOU TO OUR PAC for providing each student an Orange shirt. On Thursday (29<sup>th</sup>) each student will be given an Orange Shirt to wear that day in commemoration***

**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.

**PAC EXECUTIVE 2022-2023**

**Chair:** Jessica Fairweather

**Vice Chair:** Katie Crompton

**Treasurer:** Brittany Zurowski

**Secretary:** Emilea Semancik

**DPAC Rep:** Beth Jones

Please mark your calendar as our next **PAC meeting is on Tuesday, October 11th, 2022 at 6:30pm**. It will be on **ZOOM** which means you can attend the meeting from the comforts of your home. You will be given an invite, then you can log on and just listen.

Also the email address for our PAC is [bernard\\_pac@sd33.bc.ca](mailto:bernard_pac@sd33.bc.ca)

## HOT LUNCH



Our Hot Lunch program (**Munch-a-Lunch**). Please follow the link at <https://munchalunch.com/schools/BernardBC>

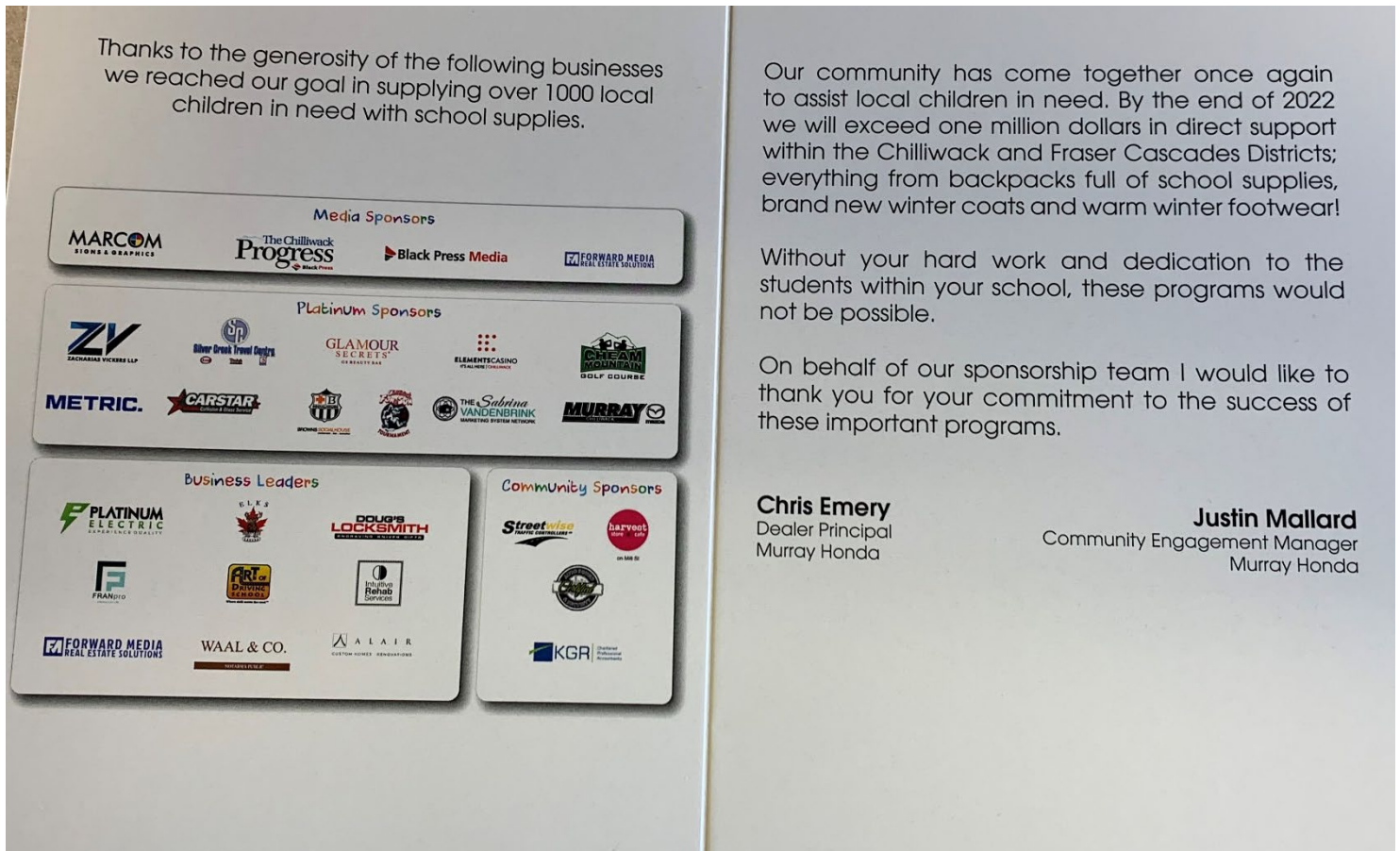
The link will allow parents to set up their own personal account. In parents account they can add their children and credit card or debit information. From there they can order online. They can either choose to do 1 hot lunch at a time or fill out the whole session. The program will collect payments. There is a cut off date of 1 week before the lunch is to be served. MunchaLunch will also send out reminders to parents.

## **DRILLS – Fire, Earthquake, Lockdown**

Several times each year we practice for emergencies. We always hope that we won't need to be prepared, but we prepare in advance just in case something should happen. You may wish to discuss this with your children so that they feel ready but not scared in case of an emergency. It is also reassuring for them to know that the adults in charge of them know exactly what to do.

Backpacks and School Supplies

We want to thank Murray Honda and our local Staples store for providing free school supplies for our students again this year. This is part of their commitment to the community in providing supplies for families who may need a little bit of extra support at this time of the year. “Murray Honda” and “Staples” team together with many local community sponsors to help make this happen. Here is a list of who we need to thank:



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







**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- T- talk- tell them again if it continues**

**A- always walk**

**R- respectfully walk away**

**S- seek assistance if it continues**

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



## HELPING KIDS WITH STRESS

SOME STRESS IS NORMAL. But too much stress can make it difficult for children to concentrate, learn and get along with others. Overstressed kids may be more whiny, clinging, irritable, or prone to tantrums than usual. The good news is that adults can do a lot to help children deal with stress.

### Stay connected

- Supportive relationships are the single most important stress reliever for children.
- Staying connected to your kids and spending time with them can reduce their stress by helping them feel safe and cared for.
- Time together and emotional support help children recover from stressful events.

### Reduce stress in your child's environment

- Make sure your child gets exercise and time to play.
- Eating healthy food and getting enough sleep help kids' brains and bodies cope with stress. Tired, hungry kids get stressed out more easily.
- Morning routines get the day off to a good start and bedtime routines help children relax and fall asleep .

- Learn to manage your own stress. Your stress and the mood problems it causes can be a source of stress for your kids.

### **Relaxation breathing**

Deep breathing helps people calm down and relax. Even young children can learn this.

- Ask your child to sit or lie down and close their eyes.
- Ask them to imagine they have a balloon on their belly.
- Tell them to breathe in slowly and imagine the balloon filling with air, while you count to four.
- Then have them let the air out the balloon by breathing out slowly while you count to four.
- Repeat five times.

### **Teach children to solve problems**

Problems create stress, so solving the problem relieves it. It's helpful to break a problem down into small steps.

- What is the problem?
- How does it make me feel?
- What are some possible solutions?
- Which solution do I want to try?
- How well did the solution work?

*Young children will need a lot of help with problem- solving. It takes a long time for children to solve problems on their own. But if you help them problem solve regularly, they will gradually learn an important life skill.*