

FEBRUARY 2023

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Dates to Remember in FEBRUARY

- **Tuesday Feb 7-** ADR visits Gr. 5 classrooms
- **Tuesday Feb 7th** - PAC MTG.@ 6:30pm on ZOOM
- **Monday Feb. 13th**- Popcorn Day
- **Tuesday Feb. 14th**- Jump Rope 4 Heart &
- Spirit Day- Valentines Colours
- **Thursday, Feb. 16th**
- Pancake Breakfast- 8:00-9:00am - all families welcome
- Early Dismissal @ 11:25 AM
- **Friday, Feb. 17th** – Non-Instructional Day –
- **Monday, Feb. 20th** – Family Day – No School
- **Wednesday, Feb. 22nd** – **Pink Shirt Day**
- **Thursday Feb 23rd** – Kindergarten Registration @ Bernard
- **Friday, Feb 24th** - Hot Lunch & 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

2:25- Dismissal

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. We would like to celebrate all of our families by hosting a Pancake Breakfast at our school from 8:00-9:00am on Thursday February 16th. If you are available, please come into the gym and have some pancakes, sausages, and coffee. Hope to see all of you there.

Looking forward to an exciting month with students ☺

Warm regards,

Brad Johnston (Principal) & Carla Thompson (Vice Principal)

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, 7th at 6:30pm on ZOOM.**
You are invited. Hope to see you there

PAC EXECUTIVE 2022-2023

Chair: Jessica Fairweather

Vice Chair: Katie Crompton

Treasurer: Brittany Zurowski

Secretary: Emilea Semancik

DPAC Rep: Beth Jones

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.

Link to Athletics

<https://bernard.sd33.bc.ca/current-sports-schedule>

Bernard Athletics

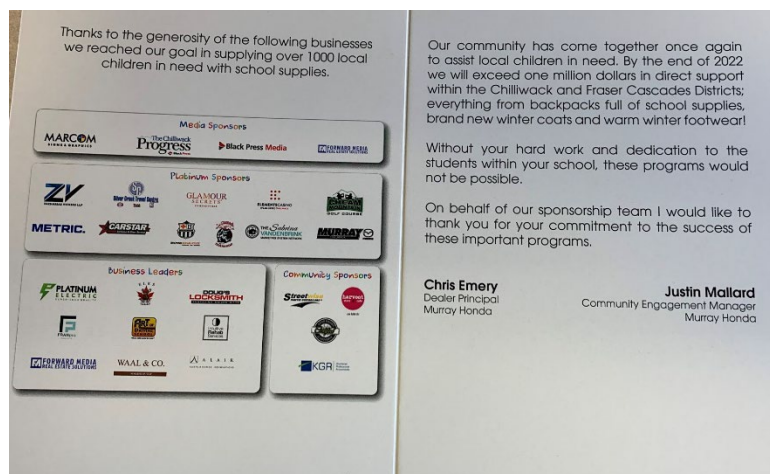


Bernard School community would like to thank **CUPE LOCAL 458** for sponsoring Bernard Elementary in the “Chilliwack Chiefs Adopt a School Program”.

The Chiefs Adopt a School Program has given our school 10 tickets to distribute to students for selected regular season home



On February 22nd we are encouraging everyone to show their caring attitude and wear a pink shirt in support of anti- bullying. For more information, check out <http://www.pinkshirtday.ca>



A sincere thank you to Murray Honda and other sponsors for their BOOTS and JACKET campaign for schools.



It is that time of year again. If you have a child who will be turning **5 before December 31, 2023** 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



HOT LUNCH

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

Effective Behaviour Systems

At Bernard we use our **MATRIX** of behavior expectations to help teach our students on how to behave in all school situations and environments. When students are demonstrating these behaviours, staff will reinforce them through praise, encouragement and possibly a S.P.A.R.K ticket. We draw for SPARK tickets at the end of each week.

We are also helping teach students to take responsibility for solving their own problems and not becoming a victim. They are taught to use their words by using the acronym **S.T.A.R.S.** . This stands for

S- say stop, **T-** talk- ask again, **A-** always walk away **R-** respectably walk away- **S-**seek help if it continues

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



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	S afety	P ease	A wesome A ttitude	R espect	K indness
All Settings	<i>I can report problems and keep my hands and feet off others</i>	<i>I can maintain a peaceful atmosphere</i>	<i>I can always do my best</i>	<i>I can use appropriate language and accept individual differences</i>	<i>I can be kind to others and use good manners</i>
Classroom/Library Computer Lab	<ul style="list-style-type: none"> I can use books, supplies, equipment properly I can clean up after myself 	<ul style="list-style-type: none"> I can use an inside voice I can wait my turn 	<ul style="list-style-type: none"> I can be on time I can be prepared to learn and complete work I can ask for help to learn 	<ul style="list-style-type: none"> I can listen to and follow directions I can accept consequences for my choices I can keep my hands off other peoples belongings 	<ul style="list-style-type: none"> I can enter and exit in an orderly manner I can return books on time
Playground/Outside	<ul style="list-style-type: none"> I can stay in supervised areas I can report unsafe behavior I can use heads up and feet down on the equipment 	<ul style="list-style-type: none"> I can play cooperatively 	<ul style="list-style-type: none"> I can return all equipment I can demonstrate good sportsmanship 	<ul style="list-style-type: none"> I can put garbage in the proper receptacles I can follow instructions of supervisory adults 	<ul style="list-style-type: none"> I can share equipment I can include others
Hallways	<ul style="list-style-type: none"> I can walk on the right I can be aware of others 	<ul style="list-style-type: none"> I can walk quietly at all times 	<ul style="list-style-type: none"> I can keep my hats and cap off 	<ul style="list-style-type: none"> I can keep my hands off hallway displays 	<ul style="list-style-type: none"> I can say excuse me if I bump into someone
Washrooms	<ul style="list-style-type: none"> I can wash my hands with soap 	<ul style="list-style-type: none"> I can wait my turn I can reenter the classroom quietly 	<ul style="list-style-type: none"> I can report problems to an adult 	<ul style="list-style-type: none"> I can use equipment appropriately I can clean up after myself 	<ul style="list-style-type: none"> I can allow for privacy of others
Gym	<ul style="list-style-type: none"> I can use equipment appropriately I can wear appropriate shoes/clothing I can be aware of others 	<ul style="list-style-type: none"> I can use my inside voice I can wait my turn 	<ul style="list-style-type: none"> I can return all equipment I can demonstrate good sportsmanship 	<ul style="list-style-type: none"> I can listen to and follow directions 	<ul style="list-style-type: none"> I can share equipment I can include others
Assembly	<ul style="list-style-type: none"> I can enter and exit gym in an orderly manner 	<ul style="list-style-type: none"> I can use my silent voice during applause 	<ul style="list-style-type: none"> I can sing O'Canada and the Bernard School song appropriately I can welcome guests 	<ul style="list-style-type: none"> I can quiet down quickly I can listen attentively I can look at the speaker 	<ul style="list-style-type: none"> I can applaud appropriately I can stay seated
Field Trips	<ul style="list-style-type: none"> I can remain in assigned groups 	<ul style="list-style-type: none"> I can use quiet voice on bus 	<ul style="list-style-type: none"> I can come with an attitude to learn 	<ul style="list-style-type: none"> I can listen to and follow directions 	<ul style="list-style-type: none"> I can encourage others I can be patient

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 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](#)

