

MARCH 2024

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Dates to Remember in MARCH

- **Friday March 1st**- Early Dismissal- 8:30-11:30- Busses are running
- **Monday March 11th**- Popcorn Day
- **Tuesday March 12th**- 6:30-PAC MTG.-ZOOM
- **Thursday March 14th** – Report Cards go home
- **Friday March 15th** -Hot Lunch- McDonalds
- **March 18-28- Spring Break**
- **April 2nd** - School is back in Session

School Hours and Bell Schedule”

8:25- Warning Bell

8:30- Class in session

10:15-10:45- Staggered Recess-
each group gets 15 min

12:15-1:00- Lunch

1:00- Class in session

2:26- Dismissal

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.

Looking forward to an exciting month with students 😊

Warm regards,

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



Parent Advisory Council

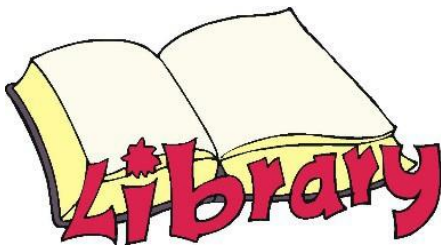
Every parent and guardian of a Bernard Elementary student is automatically a member of the Bernard Elementary PAC. We encourage you to get involved as they are a very important part of our school.

The meeting is on **Tuesday, 12th at 6:30pm on ZOOM.**

You are invited. Hope to see you there.

PAC EXECUTIVE 2023-2024

- **Chair:** Jessica Fairweather
- **Vice Chair:** Katie Crompton
- **Treasurer:** Katrina Clow
- **Secretary:** Emilea Semancik
- **DPac Rep:** Amanda Connolly



Can you believe it's already March? Time sure does fly when you are lost in the world of books! As we step into this new month, I want to remind you of the monthly reading trackers!

By completing these last upcoming reading trackers, it can earn you two additional books before the end of the school year!

Not sure where your reading tracker went? No worries! Swing by the library anytime to grab a fresh one. Whether you're a seasoned reader or just getting started on your reading journey, we have something for everyone.

Let's make March a month filled with stories and unforgettable adventures. Return those trackers, unlock more books, and let your imagination soar!

Happy reading!

Mr. Frail

Brien Frail
Teacher-Librarian

Link to Athletics

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



It is that time of year again. If you have a child who will be turning **5 before December 31, 2024** 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>

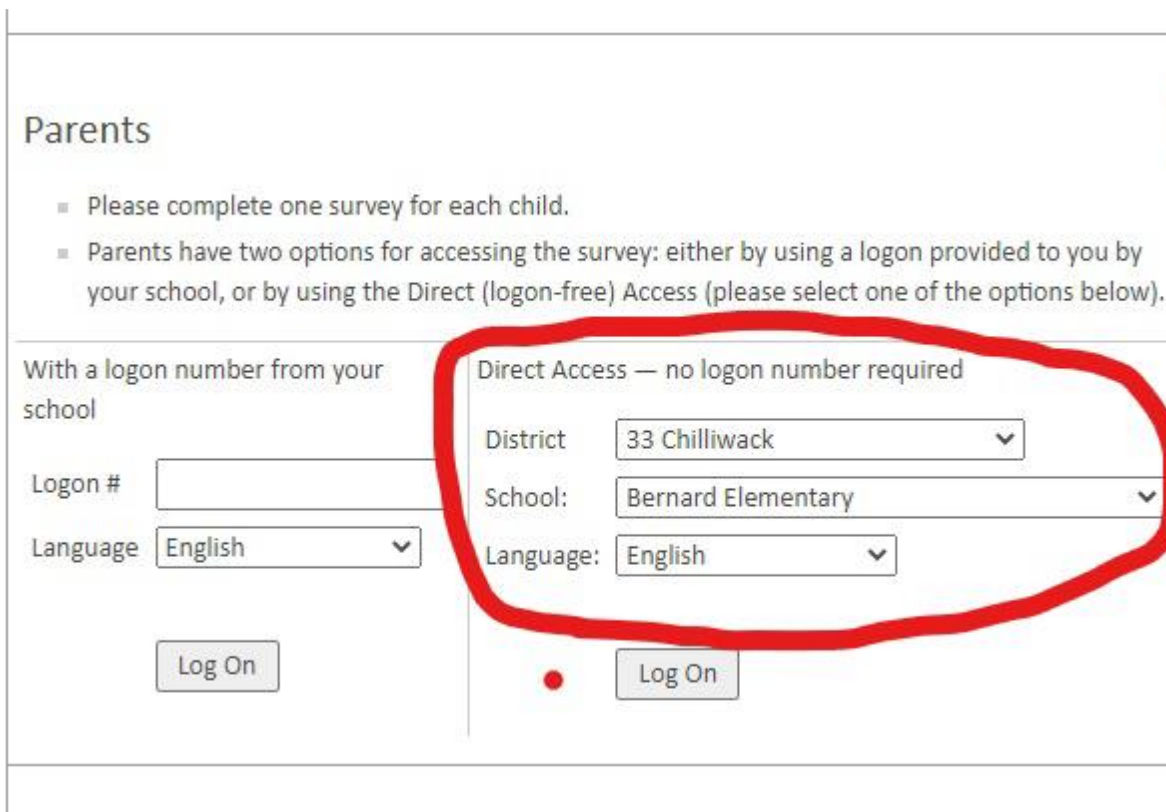
Student Learning Survey 2023/2024

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.

The Student Learning Survey will be administered to students in grade 4 and parents/guardians/caregivers have the opportunity to participate as well. 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

The survey is available online from January 8th to May 3rd 2024

- [Take the online survey](#)



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:



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.



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.



	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](#)

