



# Bernard Elementary School Newsletter



Chilliwack  
School District

April 2024

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## Dates to Remember

- **Tues. April 2nd**- Schools Re-open
- **Tues. April 9<sup>th</sup>**- PAC Mtg.@ 6:30pm on ZOOM
- - Class/Team Photos
- **Thurs. Apr. 18<sup>th</sup>** - Family Gathering- 4:00-5:30
- **Mon. April 22<sup>nd</sup>** – Popcorn Day
- **Fri. April 25**- Hot Lunch- Whitespot
- **Fri. April 26**- Professional Development Day- school is not in session

## School Hours and Bell Schedule

**8:25- Welcoming 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**

## **GREETINGS TO THE BERNARD ELEMENTARY COMMUNITY**

The month of April is known for beautiful spring weather. As the weather is getting warmer, the days are getting longer, and spring flowers will begin to bloom. We are currently growing herbs, flowers, and plants indoors under grow lights and then will be moving them to our outdoor garden containers. A great learning experience for the kids to be a part of. Our new inclusive playground is also nearing completion and will be a great addition to our outplay play spaces. We have lots of celebrations planned in the month of April and will continue to teach and promote the values of respect and kindness.

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 **Tuesday, April 9<sup>th</sup> at 6:30pm on ZOOM.**  
You are invited.

**PAC EXECUTIVE 2023-2024**

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

# 2023-2024 YEARBOOK COVER ART CONTEST

Must be done on 8.5x11 paper



Please include:

- 2024 or 2023-2024
- Bernard Elementary or Bernard Broncos
- Artist name on the front bottom right corner

**SUBMISSIONS DUE WEDNESDAY APRIL 10**



HOT LUNCH

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

**Basketball is beginning during the month of April. Thank you to the coaches: Ms. Chen, Ms. Wood, and Mrs. Cooper**

**Here is a link to the game schedule.**

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

## Bernard Athletics



### BOYS

Tuesday, Apr. 9 – **Home** vs Evans

Tuesday, Apr. 16 – **Home** vs St. Mary’s

Tuesday, Apr. 23 – **Home** vs East Chilliwack

Tuesday, Apr. 30 – **AWAY** vs Little Mtn.

Tuesday, May. 7 – **Home** vs Central

### GIRLS

Wednesday, Apr. 10 – **Home** vs St. Mary’s

Wednesday, Apr. 17 – **Home** vs Rosedale

**THURSDAY**, Apr. 25 – **Home** vs Cheam

Wednesday, May 1 – **Home** vs Robertson

Wednesday, May 8 – **AWAY** vs Little Mountain



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

## NOTICE TO PARENTS

### Partial Solar Eclipse - April 8, 2024

A total solar eclipse is occurring on Monday, April 8. In BC, we will see a partial solar eclipse, which will begin at 10:43am and end at 12:20pm. While this is an exciting and rare event, we must remember to take safety precautions. Looking directly at the sun during a solar eclipse can cause instant, severe eye injury. It is important to employ legitimate protective measures in these circumstances.

While we will not experience full darkness in the Fraser Valley, students' outdoor time may be limited or adjusted during the eclipse for improved safety.

Phase	Time	Event	Direction	Altitude
	<b>10:43:11</b> Mon, Apr 8	<b>Partial eclipse begins</b> The moment the edge of the Moon touches the edge of the Sun is called first contact.	 130°	 37.8°
	<b>11:30:54</b> Mon, Apr 8	<b>Maximum eclipse</b> The deepest point of the eclipse, with the Sun at its most hidden.	 144°	 43.0°
	<b>12:20:01</b> Mon, Apr 8	<b>Partial eclipse ends</b> The edge of the Moon leaves the edge of the Sun.	 161°	 46.9°

Here are some tips to watch the eclipse SAFELY:

**Safety Focus:** Ensure your eyes are protected at all times by using solar eclipse viewers that meet international standard ISO 12312-2 for safe viewing. Make sure that the glasses are not damaged or scratched before use. Sunglasses, even those with a very dark tint, are not sufficient protection.

**Don't Get Burned!** Staring at the sun without protection may damage your retinas (the tissue at the back of your eye), a condition called "solar retinopathy." This damage can occur without any sensation of pain and can be temporary or permanent.

**Go Indirect – Project:** If you can't find eclipse viewers, make a [pinhole projector](#) to watch the eclipse. It's important to only watch the screen, not the sun. Never look at the sun through the pinhole.

**Watch Online:** Check out the [NASA/Exploratorium](#) livestream.

**Check It Out:** If you experience any problems with your eyes or vision after the eclipse, visit your optometrist promptly.

## 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](#)

