



Bernard Elementary School Newsletter



Chilliwack
School District

MAY 2023

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Dates to Remember

- Thursday May 2nd – 3:30pm- Cross Country Meet @ Cultus Lake Elementary- Grade 1-5 @ 3:30pm
- Tuesday May 14th – PAC MTG. on ZOOM- 6:30pm
- Sun.- May 12th - Happy Mother's Day to all our moms! ♥
- Friday May 17th- Non-Instructional Day
- Monday May 20th - Victoria Day
- Thursday May 30th – Success Assembly- 1:05pm
- Friday May 31st- Assessment & Evaluation Day

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- Staggered Lunch
- 1:00- Class in session
- 2:26- Dismissal

GREETINGS TO THE BERNARD ELEMENTARY COMMUNITY

The month of May will be highlighted with a number of outdoor learning activities. When students are active and engaged in outdoor learning their physical, mental and social health increases. Playing and learning outside also helps children to understand and respect nature, the environment and the interdependence of humans, animals, plants, and lifecycles. We have lots of celebrations this month and will continue 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 & Carla Thompson

Parent Advisory Council

Bernard PAC AGM is coming up this May 14th at 6:30 pm on Zoom in- the comfort of your home. Join and make the school and community better.

Zoom Link- sent out later this week

The PAC can help the school by applying for the BC PAC Gaming Grant as long as we have a PAC of 3 board members or more. This is approximately \$5000 yearly that our school could miss out on without a PAC.

This year our PAC has accomplished the following:

- Monthly Hot Lunches
- Monthly Popcorn
- Movie Nights
- Christmas Dance
- Bake Sale
- Garage Sale
- Donated funds to each Division for Field Trip
- Donates funds for the Grade 5 Year End Celebration
- Subsidized the yearbooks to keep the costs low

You are welcome to apply for any position on the PAC. Treasurer and D-Pac positions are available as these families will not be at Bernard Elementary next year.

Bernard Board PAC 2022/2023

- **President - 1st year of 2-year position, Jessica Fairweather (5 years on the board)**
- **Vice President-1st year of 2-year position Katie Crompton (6 years on the board)**
- **Secretary- 1st year of 2-year position Emilea Semancik (1 year)**
- **Treasurer- Brittany Zurowski (1 years) No children at Bernard next year.**
- **D-PAC- Beth McAdoo (1 year) No children at Bernard next year.**

There is a lot of exciting activities for our students to participate in over the next couple of months. We have Cross Country, Track and Field and Rugby. Schedules will be posted soon on our website.

Link to Athletics

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

Bernard Athletics



HOT LUNCH

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



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

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](#)



