



September 2024



Brad Johnston, Principal | brad_johnston@sd33.bc.ca
Carla Thompson, Vice-Principal /
carla_thompson@sd33.bc.ca Tel 604.795.7840
<http://bernard.sd33.bc.ca>

Hello Bernard Families

It has been an exciting first couple of weeks at school. It has been great to see so many returning students as well as we have a number of new students attending our school this year. We are looking forward to a great year and working with all of you and your children.

School Hours and Bell Schedule

8:25- Welcoming Bell

8:30- Class in session

10:15- Staggered Recess (30 min)

12:15-1:00- LUNCH

- 12:15-12:35- eating period
- 12:35-1:00- play period

1:00- Class in session

2:28- Dismissal

Dates to Remember

-Tuesday September 17th- PAC meeting @ 6:30 pm on ZOOM and in our Library

-Thursday September 19th - Meet-n- Greet - 5:00-6:30pm

-Tuesday September 24th - Photo Day

-Friday September 27th - Non Instructional Day- school is not in session

-Monday September 30th – National Truth and Reconciliation Day- school is not in session

Student Verification Forms

Please watch for your child(ren) to bring home a personal information verification sheet next week. Please update any information that has changed and send it back to school as soon as possible. If there are no changes, please sign and return. We ask that you send one back for each child for tracking and accuracy.

Parent Advisory Council

Every parent at our school belongs to the PAC ! We would like to invite all of you to the first PAC meeting of the year. **It will be on Tuesday, September 17th @ 6:30.** Our first meeting will be in our school library or if you prefer to attend on line we will send you a ZOOM link.

Hope to see all on September 17th @ 6:30pm

PAC EXECUTIVE 2024-2025

- Chair: Cassandra French
- Vice Chair: Kara Turcotte
- Treasurer: Katrina Clow
- Secretary: Emilea Semancik
- DPAC Rep: Amanda Connolly

Cassandra French is inviting you to a scheduled Zoom meeting for PAC

Join Zoom Meeting

<https://us05web.zoom.us/j/88642105665?pwd=OQZ2Oad46B8PDtwT6ztXI75UNi05bV.1>



Meet-n-Greet- BBQ

Thursday September 19th from 5:00-6:30pm

We look forward to seeing as many of you as possible. We will be serving hotdogs, chips, cookies, and water. There will be Halal and Veggie hotdogs as well.

It is a great time to meet Teachers, parents and the PAC



PICTURE DAY Tuesday September 24th

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 the 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 cutoff date of 1 week before the lunch is to be served. MunchaLunch will also send out reminders to parents.



Welcome back to Bernard Elementary for another exciting school year! Our library is ready to dive into a new year of reading adventures, and we're thrilled to share some important updates with you.

As we kick off the year, we want to remind all families of the importance of returning borrowed books on time. Returning books promptly ensures that all students have access to a wide variety of reading materials. Please help your child keep track of their books and return them to the library so they can explore new titles.

Looking ahead, we're excited to announce that our Scholastic Book Fair will be arriving in December! This is a wonderful opportunity to find great books for holiday gifts or to add to your child's personal collection. Stay tuned for more details about dates and how you can participate.

We're also delighted to partner with the Kiwanis Club of Chilliwack for this year's Super Reader program. Encourage your child to read every night and keep track of their progress using the Super Reader tracker. There will be rewards awaiting those who reach their reading milestones, making reading both fun and rewarding.

Here's to a fantastic year filled with books, learning, and adventure!

— Mr. Frail
Brien Frail

Teacher-Librarian



On September 26th Bernard will be participating in 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 of learning activities throughout this day to recognize the colonial legacy of residential schools, honour Indigenous survivors which is vital to the ongoing reconciliation process. Justine Williams and his family will be drumming a song for us in our backfield at 9:00am

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](#)

What Zone Are You In?

<p style="text-align: center; font-weight: bold; margin: 0;">BLUE ZONE</p> <p>I am feeling...</p> <ul style="list-style-type: none"> • sad • sick • tired • bored • slow-moving 	
<p style="text-align: center; font-weight: bold; margin: 0;">GREEN ZONE</p> <p>I am feeling ...</p> <ul style="list-style-type: none"> ★ happy ★ okay ★ focused ★ calm ★ ready to learn 	
<p style="text-align: center; font-weight: bold; margin: 0;">YELLOW ZONE</p> <p>I am feeling...</p> <ul style="list-style-type: none"> • frustrated • worried • silly/ wiggly • excited • a little out of control 	
<p style="text-align: center; font-weight: bold; margin: 0;">RED ZONE</p> <p>I am ...</p> <ul style="list-style-type: none"> • mad • mean • scared • yelling / hitting • out of control 	