



Bernard Elementary School Newsletter



Chilliwack
School District

OCTOBER 2024

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Dates to Remember

- **Mon. Oct 7th- Popcorn Day -**
- **Tues. Oct 8th- PAC Mtg in person in the Library or on ZOOM @ 6:30pm**
- **Mon. Oct 14th - Thanksgiving Day- school is not in session**
Friday Oct 18th – Early Dismissal @ 11:30- Busses will be running
- **Thursday Oct 24th - Photo Retakes and Kindergarten Pictures**
- **Friday Oct 25- Professional Development Day- school is not in session**
- **Thursday Oct. 31- Halloween-costume parade @ 9:45**
- Hot Lunch- hot dogs
- **Friday Nov. 1- Professional Development Day- school is not in session**

School Hours and Bell Schedul

- 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**
- 2:28- Dismissal**

GREETINGS TO THE BERNARD ELEMENTARY COMMUNITY

The month of **October** is a great time to celebrate “gratefulness”. **Gratitude** promotes optimism and helps us to develop a more positive outlook. **Gratitude** helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. We all are facing some difficult times but as a community we are working together on finding many reasons to be thankful.

Warm Regards,
Brad Johnston (Principal) & Carla Thompson (Vice Principa

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.

Please mark your calendar as our next **PAC meeting is on Tuesday, October 8th, 2023 at 6:30pm**. It will be in person in our Library or on **ZOOM** if you prefer to attend the meeting from the comforts of your home. You will be given an invite, then you can log on and just listen. Also the email address for our PAC is bernard_pac@sd33.bc.ca

Cassandra French is inviting you to a scheduled Zoom meeting. **Join Zoom Meeting on Oct 8th – LINK – <https://us05web.zoom.us/j/82892044527?pwd=ODGDulC2hwNwkDfavK8nR80KinOZbz.1>**



**BERNARD
ELEMENTARY**

MEET YOUR PAC

What is a P.A.C.?

Our PAC (parent advisory council) is a dedicated group of parents and guardians of Bernard students. The purpose of the PAC is to fundraise and plan events to help our school be the best it can be. Every parent is considered a member of the PAC and therefore is welcome to join any of our monthly meetings or volunteer time to help run PAC events. We would love to see you at our October meeting!

Last year our PAC ran several fundraisers including Neufeld farms, poinsettia sale, a bake sale, a garage sale, a paint night, a dance and more. We also coordinate and facilitate hot lunches. We are looking forward to another fantastic year and can't wait to get started.

If you have questions about the PAC or would like to get involved. Please get in touch, email our PAC bernard-pac@sd33.bc.ca or find one of our board members, we would love to talk with you.



President
Cassandra French



Vice President
Kara Turcotte



DPA Representative
Amanda Connolly



Secretary
Emilea Semancik



Treasurer
Katrina Clow

CHEESE!



Photo Retakes and Kindergarten Pictures Thursday October 24th

HOT LUNCH



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


CHILLIWACK RESTORATIVE JUSTICE

Accessible Halloween Village

\$5 Admission
Buy Tickets Here



31
OCTOBER

Event Sponsors




ROVAN enterprises Ltd.

Washrooms
Wheelchair Accessible
Sensory Space
Nut-free Treats
Safe, Warm & Dry

Games – Prizes – Food Trucks
4:00 - 8:00pm
Central Elementary, 9435 Young Rd Chilliwack

Proceeds Support CRJ School Programs

DRILLS – Fire, Earthquake, Lockdown

Several times each year we practice for emergencies. We always hope that we won't need to be prepared, but we prepare in advance just in case something should happen. You may wish to discuss this with your children so that they feel ready but not scared in case of an emergency. It is also reassuring for them to know that the adults in charge of them know exactly what to do.

Our first scheduled fire drill in on October 16th.

Bernard School community would like to thank **Chilliwack Elks Lodge** 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. Each game will randomly draw students' names.



Athletics

Here is a link to our current school teams and their schedules.

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

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.

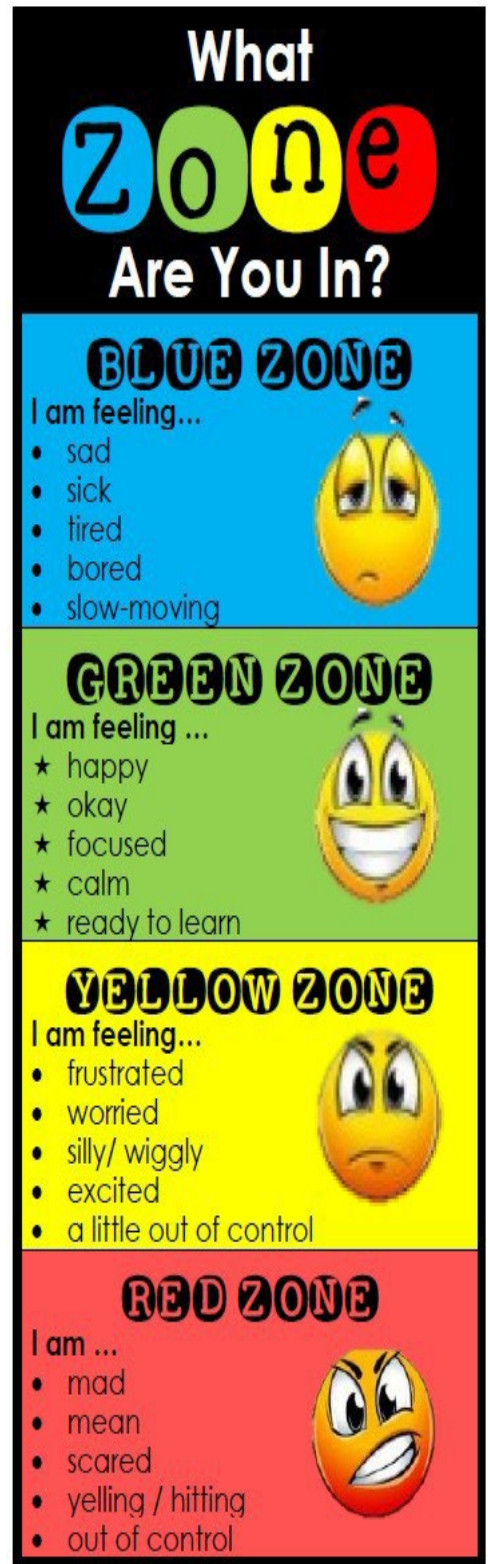
Students are then taught how to use calming tools or strategies to decrease their emotions to a more normal “green zone” of being calm and focused.

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?

BLUE ZONE
I am feeling...
 • sad
 • sick
 • tired
 • bored
 • slow-moving

GREEN ZONE
I am feeling ...
 ★ happy
 ★ okay
 ★ focused
 ★ calm
 ★ ready to learn

YELLOW ZONE
I am feeling...
 • frustrated
 • worried
 • silly/ wiggly
 • excited
 • a little out of control

RED ZONE
I am ...
 • mad
 • mean
 • scared
 • yelling / hitting
 • out of control



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.



HELPING KIDS WITH STRESS

SOME STRESS IS NORMAL. But too much stress can make it difficult for children to concentrate, learn and get along with others. Overstressed kids may be more whiny, clinging, irritable, or prone to tantrums than usual. The good news is that adults can do a lot to help children deal with stress.

Stay connected

- Supportive relationships are the single most important stress reliever for children.
- Staying connected to your kids and spending time with them can reduce their stress by helping them feel safe and cared for.
- Time together and emotional support help children recover from stressful events.

Reduce stress in your child's environment

- Make sure your child gets exercise and time to play.
- Eating healthy food and getting enough sleep help kids' brains and bodies cope with stress. Tired, hungry kids get stressed out more easily.
- Morning routines get the day off to a good start and bedtime routines help children relax and fall asleep .

- Learn to manage your own stress. Your stress and the mood problems it causes can be a source of stress for your kids.

Relaxation breathing

Deep breathing helps people calm down and relax. Even young children can learn this.

- Ask your child to sit or lie down and close their eyes.
- Ask them to imagine they have a balloon on their belly.
- Tell them to breathe in slowly and imagine the balloon filling with air, while you count to four.
- Then have them let the air out the balloon by breathing out slowly while you count to four.
- Repeat five times.

Teach children to solve problems

Problems create stress, so solving the problem relieves it. It's helpful to break a problem down into small steps.

- What is the problem?
- How does it make me feel?
- What are some possible solutions?
- Which solution do I want to try?
- How well did the solution work?

Young children will need a lot of help with problem- solving. It takes a long time for children to solve problems on their own. But if you help them problem solve regularly, they will gradually learn an important life skill.