

December 2024

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**Dates to Remember**

- **Mon. Dec 2<sup>nd</sup> - Deck The Halls and Christmas Colours**
- **Tues. Dec 3<sup>rd</sup>- Fri. Dec 6<sup>th</sup>- Book Fair**
- **Thurs. Dec. 5<sup>th</sup>- School trip to the Cottonwood Theatre to watch the movie “Elf”**
- **Fri. Dec. 13<sup>th</sup>- Annual Turkey Lunch for students**
- **Wed. Dec. 18<sup>th</sup>- Christmas Concert- 1:15 pm & 6:30 pm**
- **Thurs. Dec. 19<sup>th</sup>- Report Card Distribution**
- **Dec. 20<sup>th</sup> - PAC sponsored Christmas Dance- 5:00-7:00pm in the gym.**  
Everyone is Welcome. Parent(s)/Family member need to attend with their child
- **- Spirit Week**
  - Dec. 16<sup>th</sup>- (Christmas Colours)      17<sup>th</sup>- (Ugly Sweater)      18<sup>th</sup>- (Christmas Bling)-
  - 19<sup>th</sup> – (Christmas Hat/Stocking)      20<sup>th</sup> - (Pajama day)

**GREETINGS TO THE BERNARD ELEMENTARY COMMUNITY**

The month of December many parent families, PAC, and community members are setting a great example of generosity to the children in many ways, and we thank you for that. It doesn't always have to be something tangible; often the gift of time and effort can be so valuable. Our school community is fortunate to have so many people and organizations making a difference for Bernard children and families.

Thank you Warm 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.

Please mark your calendar as our next **PAC meeting is on Tuesday, December 10<sup>th</sup>, 2024 at 6:30pm**. It will be on **ZOOM** as well as in person in our Library.

Also the email address for our PAC is [bernard\\_pac@sd33.bc.ca](mailto:bernard_pac@sd33.bc.ca)

Here is the Link to join the Zoom Meeting on December 10<sup>th</sup>

<https://us05web.zoom.us/j/89395029696?pwd=msXNdBbosJbz3Q5aaWZWoW0xWPYIG0.1>

Meeting ID: 893 9502 9696

Passcode: 4U8MBX

**SPIRIT WEAR**

We have extended the deadline to purchase any school clothing to Monday December 2<sup>nd</sup>.



**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](mailto: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



### Christmas Concert:

We are excited to host our annual Christmas Concert but this year on **Wednesday December 18<sup>th</sup>**

The times will be: **-1:15-2:30 and 6:30-8:30 pm**



### LOST AND FOUND

Please drop by and claim any items that are yours.

On Friday December 20<sup>th</sup> we will donate all the left over clothes to a local charity.

Thank you.



When helping students to solve problems on the playground or in the classroom we encourage them to use **S.T.A.R.S.** By using this common language and practicing with the students we are able to give them some strategies on how to solve conflict.

**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-** talk- tell them again

**A-** always walk


**R-** respectfully walk away

**S-** seek assistance if it continues

It is very important to talk to teacher or staff member if they are having a problem that hasn't stopped and they need an adult to help.



Our **Behaviour Matrix** is used to help teach and guide students on a number of specific expectations in a variety of environments. Students will receive a **S.P.A.R.K.** certificate when they are demonstrating some the behaviours outlined below. We have weekly winners from each class that win prizes every Friday if their names are drawn.

	<b>S</b> afety	<b>P</b> ease	<b>A</b> wesome <b>A</b> ttitude	<b>R</b> espect	<b>K</b> indness
<b>All Settings</b>	<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>
<b>Classroom/Library Computer Lab</b>	<ul style="list-style-type: none"> <li>I can use books, supplies, equipment properly</li> <li>I can clean up after myself</li> </ul>	<ul style="list-style-type: none"> <li>I can use an inside voice</li> <li>I can wait my turn</li> </ul>	<ul style="list-style-type: none"> <li>I can be on time</li> <li>I can be prepared to learn and complete work</li> <li>I can ask for help to learn</li> </ul>	<ul style="list-style-type: none"> <li>I can listen to and follow directions</li> <li>I can accept consequences for my choices</li> <li>I can keep my hands off other peoples belongings</li> </ul>	<ul style="list-style-type: none"> <li>I can enter and exit in an orderly manner</li> <li>I can return books on time</li> </ul>
<b>Playground/Outside</b>	<ul style="list-style-type: none"> <li>I can stay in supervised areas</li> <li>I can report unsafe behavior</li> <li>I can use heads up and feet down on the equipment</li> </ul>	<ul style="list-style-type: none"> <li>I can play cooperatively</li> </ul>	<ul style="list-style-type: none"> <li>I can return all equipment</li> <li>I can demonstrate good sportsmanship</li> </ul>	<ul style="list-style-type: none"> <li>I can put garbage in the proper receptacles</li> <li>I can follow instructions of supervisory adults</li> </ul>	<ul style="list-style-type: none"> <li>I can share equipment</li> <li>I can include others</li> </ul>
<b>Hallways</b>	<ul style="list-style-type: none"> <li>I can walk on the right</li> <li>I can be aware of others</li> </ul>	<ul style="list-style-type: none"> <li>I can walk quietly at all times</li> </ul>	<ul style="list-style-type: none"> <li>I can keep my hats and cap off</li> </ul>	<ul style="list-style-type: none"> <li>I can keep my hands off hallway displays</li> </ul>	<ul style="list-style-type: none"> <li>I can say excuse me if I bump into someone</li> </ul>
<b>Washrooms</b>	<ul style="list-style-type: none"> <li>I can wash my hands with soap</li> </ul>	<ul style="list-style-type: none"> <li>I can wait my turn</li> <li>I can reenter the classroom quietly</li> </ul>	<ul style="list-style-type: none"> <li>I can report problems to an adult</li> </ul>	<ul style="list-style-type: none"> <li>I can use equipment appropriately</li> <li>I can clean up after myself</li> </ul>	<ul style="list-style-type: none"> <li>I can allow for privacy of others</li> </ul>
<b>Gym</b>	<ul style="list-style-type: none"> <li>I can use equipment appropriately</li> <li>I can wear appropriate shoes/clothing</li> <li>I can be aware of others</li> </ul>	<ul style="list-style-type: none"> <li>I can use my inside voice</li> <li>I can wait my turn</li> </ul>	<ul style="list-style-type: none"> <li>I can return all equipment</li> <li>I can demonstrate good sportsmanship</li> </ul>	<ul style="list-style-type: none"> <li>I can listen to and follow directions</li> </ul>	<ul style="list-style-type: none"> <li>I can share equipment</li> <li>I can include others</li> </ul>
<b>Assembly</b>	<ul style="list-style-type: none"> <li>I can enter and exit gym in an orderly manner</li> </ul>	<ul style="list-style-type: none"> <li>I can use my silent voice during applause</li> </ul>	<ul style="list-style-type: none"> <li>I can sing O’Canada and the Bernard School song appropriately</li> <li>I can welcome guests</li> </ul>	<ul style="list-style-type: none"> <li>I can quiet down quickly</li> <li>I can listen attentively</li> <li>I can look at the speaker</li> </ul>	<ul style="list-style-type: none"> <li>I can applaud appropriately</li> <li>I can stay seated</li> </ul>
<b>Field Trips</b>	<ul style="list-style-type: none"> <li>I can remain in assigned groups</li> </ul>	<ul style="list-style-type: none"> <li>I can use quiet voice on bus</li> </ul>	<ul style="list-style-type: none"> <li>I can come with an attitude to learn</li> <li>I can bring permission slips in on time</li> </ul>	<ul style="list-style-type: none"> <li>I can listen to and follow directions</li> </ul>	<ul style="list-style-type: none"> <li>I can encourage others</li> <li>I can be patient</li> </ul>

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?](#)

# What Zone Are You In?

<p style="text-align: center; font-weight: bold; font-size: 1.2em;">BLUE ZONE</p> <p>I am feeling...</p> <ul style="list-style-type: none"> <li>• sad</li> <li>• sick</li> <li>• tired</li> <li>• bored</li> <li>• slow-moving</li> </ul>	
<p style="text-align: center; font-weight: bold; font-size: 1.2em;">GREEN ZONE</p> <p>I am feeling ...</p> <ul style="list-style-type: none"> <li>★ happy</li> <li>★ okay</li> <li>★ focused</li> <li>★ calm</li> <li>★ ready to learn</li> </ul>	
<p style="text-align: center; font-weight: bold; font-size: 1.2em;">YELLOW ZONE</p> <p>I am feeling...</p> <ul style="list-style-type: none"> <li>• frustrated</li> <li>• worried</li> <li>• silly/ wiggly</li> <li>• excited</li> <li>• a little out of control</li> </ul>	
<p style="text-align: center; font-weight: bold; font-size: 1.2em;">RED ZONE</p> <p>I am ...</p> <ul style="list-style-type: none"> <li>• mad</li> <li>• mean</li> <li>• scared</li> <li>• yelling / hitting</li> <li>• out of control</li> </ul>	

