

November/ December
2024

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Dates to Remember

- Oct 29th- Nov. 2nd- Diwali- 5 days of the Festival of Lights
- Thurs. Nov. 7th – Remembrance Day Assembly- 11:00am
- Fri. Nov 8th - Non Instructional Day- school is not in session
- Mon. Nov. 11th- Remembrance Day
- Tues. Nov 12th- PAC Meeting- 6:30pm- on Zoom and in person in the Library
- Fri. Nov 15th – ROC YOUR MOCS
- Friday. Nov 29th- Hot Lunch- McDonalds
- Mon. Dec 2nd - Deck The Halls and Christmas Colours
- Tues. Dec 3rd- Fri. Dec 6th- Book Fair
- Fri. Dec. 13th- Annual Turkey Lunch for students
- Wed. Dec. 18th- Christmas Concert- 12:30pm & 6:30pm
- Dec. 20th - PAC sponsored Christmas Dance- 3:30-5:30 in the gym. Everyone is Welcome
- - Spirit Week- Dec. 16th- (Christmas Colours) 17th- (Ugly Sweater) 18th- (Christmas Bling)- 19th – (Christmas Hat/Stocking) 20th - (Pajama day)

GREETINGS TO THE BERNARD ELEMENTARY COMMUNITY

The month of **November and December** our school is focusing on **KINDNESS**. We are working with the children to demonstrate kindness by: **being sensitive to others' feelings, smiling, saying thank you, sharing with and including others, and being patient and polite**. Here is a picture of our Kindness Board that students will participate in. Please continue to work on Kindness at home with your children because the **POWER OF KINDNESS HAS A TREMENDOUS IMPACT ON THE PHYSICAL AND MENTAL WELL BEING OF EVERYONE**

Warm Regards,
Brad Johnston & Carla Thompson





BERNARD ELEMENTARY

MEET YOUR PAC

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, November 12th, 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

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

From the library.

Dear Families,

We're thrilled to share that the Scholastic Book Fair is just around the corner! From December 2 to December 6, students will have the chance to explore a fantastic selection of books after school and during lunch.

Mark your calendars for our Family Event! One lucky student will win a \$50 Door Prize, allowing them to choose \$25 worth of products from the fair, with their classroom teacher also receiving \$25 worth! It's a wonderful opportunity to foster a love for reading.



For your convenience, we welcome cash or credit card payments, but please note that we cannot accept cheques.

We can't wait to see our students excited about books and discovering new stories!

Happy reading!
Mr. Frail



Diwali

Many of our families celebrated Diwali this weekend. It is a major festival celebrated in India. It signifies the victory of good over evil and the triumph of light over darkness. The festival is celebrated for 5 consecutive days, starting with Dhanteras and ending with Bhai Dooj. Diwali 2024 will be celebrated from October 31st to November 1st. People decorate their homes with lights, diyas, and rangoli, and worship Goddess Laxmi for good fortune and prosperity. Diwali is also associated with the worship of Goddess

Saraswati and the exchange of gifts among friends and relatives.

Rock Your Mocs – November 15th

Rock your Mocs started as a social media event in 2011. Founder Jessica "Jaylyn" Atsye, Laguna Pueblo, encouraged all Indigenous people worldwide to wear their moccasins in unity and post the images on social media. Since then, Rock your Mocs has grown into a week-long celebration of unity and diversity, with organizations holding events worldwide.

Moccasins represent more than footwear to Native people. They are sacred and passed down through generations. Moccasins are a physical expression of the Native journey. Because Mother Earth (Unci Maka) is sacred, moccasins allow the People to tread on her with honor and respect. Wearing moccasins for Rock your Mocs keeps this tradition and others alive



Christmas Concert:

We are excited to host our annual Christmas Concert but this year it is live in the gym on **Wednesday December 18th**
The times will be: **-12:30-2:30 and 6:30-8:30 pm**



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.

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

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?

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



