

January 2025

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| <u>Dates to Remember</u> | |
|---|---|
| Wrestling Club- 3:00-4:00- | January 13 th , 20 th , 27 th , Feb. 3,10,24, March 3, |
| PAC Meeting @ 6:30pm on ZOOM | January 14 th |
| Treat Day- Popcorn and Juice | January 17 th |
| CSOPA- Percy Jackson- Grade 4/5 students at Cultural Centre | January 23 rd |
| Professional Development Day- school is not in session | January 24 |
| Success Assembly | January 30 th |
| Hot Lunch – Sinamen Bun Co. | January 31 st |

GREETINGS TO THE BERNARD ELEMENTARY COMMUNITY

There are some very important groups we need to thank for their generous donations and time commitment making sure our students are getting everything they need. Thank you to the **Bernard Elementary PAC**, **ELKS** (adopt-a school- hockey tickets,) **FreshCo**, **City Life Church**, **Excelsior Lodge**, for all of the wonderful work they do at our school and their generous contributions.

Thank you

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, January 14th, 2025 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

Here is the Join Zoom Meeting Link

<https://us05web.zoom.us/j/86170589213?pwd=ogC1On3NJIkdxyVb4fP9LlmNdLBIAI.1>

BERNARD ELEMENTARY
PAC

How it works

- ✓ Collect your returnables
- ✓ Drop them off at a Return-it Depot
- ✓ Use school code
- ✓ Support your school

School Code: 4546545465

PAC is sponsoring a Return-It-School fundraising program.

If you wish, you can use the school code when returning your recycling to the Recycling Depot. The PAC will use these funds in supporting school initiatives and programs.



PAPA JOHNS is offering a special for our families is you are going to order pizza.

Bernard Athletics



We have Wrestling, Ball Hockey (Gr.5) and Triple Ball starting up for students.

Link to Athletics

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

From the library.

Dear Families,

Thank You for Supporting the Scholastic Book Fair!

We sincerely appreciate the incredible support from parents and families during our recent Scholastic Book Fair. Your enthusiasm and participation play a vital role in fostering a love for reading among our students. The funds raised will go towards enhancing our library collection and providing more resources for our children to enjoy. Thank you for helping us make this event a success!



Super Reader Reminder

We are thrilled to see so many students participating in the Super Reader program! This initiative encourages daily reading, helping to build strong literacy skills and a lifelong love for books. If your child has misplaced their tracker, don't worry! You can easily get a replacement at the library. Our library is always happy to assist and encourage students to keep up with their reading goals. Let's keep the momentum going and continue to celebrate our students' reading achievements together!

Happy reading!

Mr. Frail

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 eace | 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?

| | |
|---|---|
| <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"> • sad • sick • tired • bored • slow-moving |  |
| <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"> ★ happy ★ okay ★ focused ★ calm ★ ready to learn |  |
| <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"> • frustrated • worried • silly/ wiggly • excited • a little out of control |  |
| <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"> • mad • mean • scared • yelling / hitting • out of control |  |

