

April 2025

Brad Johnston, Principal | Tel 604.795.7840 | brad_johnston@sd33.bc.ca |
Carla Thompson, Vice-Principal /carla_thompson@sd33.bc.ca

Dates to Remember

- **Mon. March 31st** - Schools Re-open
- **Tues. April 8th**- PAC Mtg.@ 6:30pm on ZOOM or in the Library
- **Wed. Apr. 16th** - Family Gathering- 4:00-5:30 pm
- **Fri. April 18th**- Good Friday – School is not in session
- **Mon. April 21st** - Easter Monday- school is not in session
- **Wed. April 23rd** – Class/Team Photos
- **Thurs. April 24th**- Terry Fox Run
- **Fri. April 25th** - Professional Development Day- school is not in session

School Hours and Bell Schedule

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 April is known for beautiful spring weather. As the weather is getting warmer, the days are getting longer, and spring flowers will begin to bloom. We are currently growing herbs, flowers, and plants indoors under grow lights and then will be moving them to our outdoor garden containers. A great learning experience for the kids to be a part of. Our new inclusive playground is also nearing completion and will be a great addition to our outplay play spaces. We have lots of celebrations planned in the month of April and will continue to teach and promote the values of respect and kindness.

Thank you for your ongoing support and encouragement.

Kind regards

Brad Johnston & Carla Thompson

Lost and Found

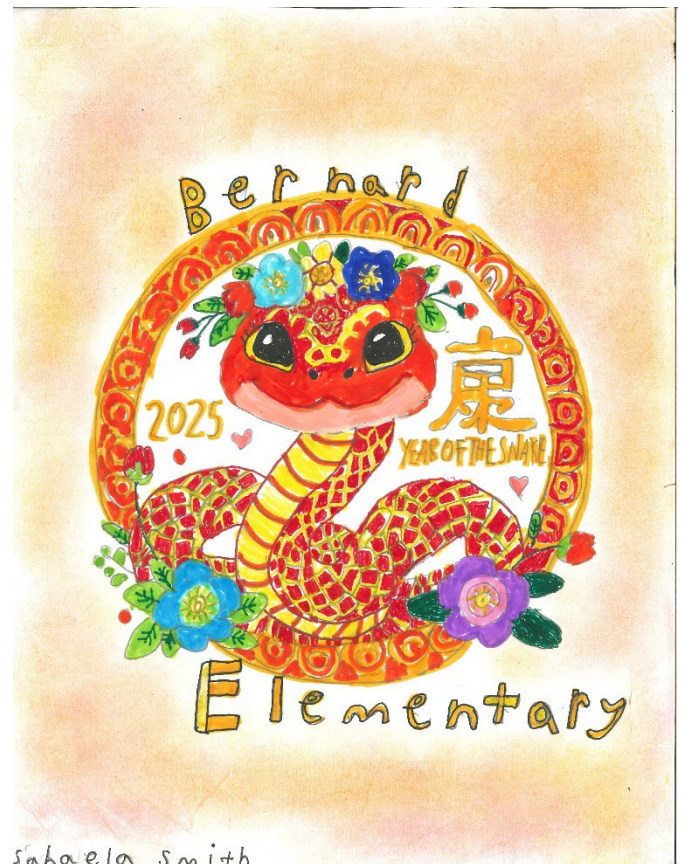


Please remind your children to pick up any lost and found items before Spring Break. We will be donating any unclaimed clothing to the Community Cupboard Organization

YEARBOOK COVER WINNER

Thank you to Sahaela Smith for art work. She had the most votes in our Yearbook Cover Contest.

Ordering information will be sent in May to families.





TALENT SHOW MAY 02/25

We are excited to announce auditions for our upcoming Talent Show!

- ★ Singing
- ★ Dancing
- ★ Acting/Comedy
- ★ Instrumental Performances
- ★ Unique Talents (Magic, Juggling, etc.)

Parents, we encourage you to support and practice with your child if they wish to participate. Please note that we have a limited number of spots available, so students should come prepared with a well-rehearsed routine.

Unfortunately, parents will not be able to attend auditions, but we appreciate your help in getting your child ready to perform with confidence!

Auditions will be held April 9-11

For questions, please contact
lianne_mccarthy@sd33.bc.ca

Summer Learning 2025 will be running on the following dates and times:

Elementary/Middle	July 2 - July 15	8:30 - 12:30
Secondary	July 2 - July 29	8:30 - 12:30

Agriculture Program

Elementary/Middle	July 2 - July 22	TBD
Secondary	July 2 - Aug 22	TBD

Registration opens on April 7th @ 7 am

<https://sd33.bc.ca/summer-learning-2025>

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.

The meeting is on **Tuesday, April 8th at 6:30pm on ZOOM** and in our Library. You are invited



HOT LUNCH

Please follow the link at <https://munchalunch.com/schools/BernardBC>

Basketball is beginning during the month of April. Thank you to the coaches: Ms. Chen, Ms. Wood, and and Mrs. Cooper

Here is a link to the game schedule.

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

Bernard Athletics



It is that time of year again. If you have a child who will be turning **5 before December 31, 2025** then it is time to register for **Kindergarten**. If you have a neighbour who has a child who needs to register, please remind them too.

All registrations are now completed online. Please either go to our School District

website

or follow the link - <https://sd33.vivosforms.com/Home>

You will need to provide a copy of the birth certificate as well as something that shows proof of residency. Please give the office a call if you have problems or need access to a computer. Thanks

[2025/26 Request Lists are NOW OPEN for SD33 Just B4 Preschools](#)

- **Just B4 Preschool locations** - Vedder, Watson, and Robertson Elementary
- [Click here](#) to learn more about Just B4 Preschool and fill out the “Request Form”

Follow SD33 Early Learning and Child Care on Social Media!



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?

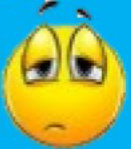
- **Video:** [Why Do We Lose Control of Our Emotions?](#)
- **Video:** [Zones of Regulation](#)

What Zone Are You In?

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

