

**May 2025**

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### **Important Dates**

**Thurs. June 12<sup>th</sup>** – Spirit Day “ Dress in Tropical Attire”  
**Thurs. June 19<sup>th</sup>** – District Track Meet  
**Friday June 20<sup>th</sup>** – Indigenous Day Celebration-  
**Tues. June 24<sup>th</sup>** – Sports Day- wear colours of a Rainbow  
**Thurs. June 26<sup>th</sup>** – Last Day of School- 8:30-11:30 - report cards will be handed out

**Office Open- June 30<sup>th</sup>, July 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> - 8:30-3:30 pm**

### **School Hours and Bell Schedule**

**8:25- Warning 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**

As we reflect on the 2024-2025 school year, we need to celebrate the many wonderful learning experiences and educational opportunities that have taken place at Bernard Elementary. The staff are so proud of the achievements and accomplishments of our students. This was made possible by parental support and through the dedication of staff who work tirelessly to provide opportunities for all our young people to grow and learn.

Kind regards

Brad Johnston & Carla Thompson

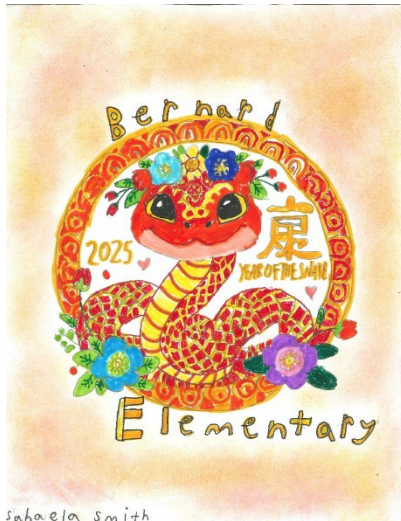
### **STAFF GOOD BYES**

***It is with sadness that we say good-bye to the following staff members this year:***

Ms. Bond (Educational Assistant), Mrs. Culbert (Student Support) , Ms. Laurillard (Kindergarten), Ms. Wood (grade 4/5 and PE) and Mrs. Van Egmond (Gr. 2/3 -Maternity Leave)

## Indigenous Day Celebration

National Indigenous Day is on Saturday June 21<sup>st</sup> but we are going to celebrate this day on Friday 20<sup>th</sup>. We will be wearing Orange Shirts and doing a number of classroom activities that celebrate this day. The students will also enjoy freshly made bannock with jam as a treat.



### **YEARBOOKS NOW ON SALE**

**\$10 per book - sign in to [Student Quick Pay](#) to place your order.**  
**Thank you to our PAC for continuing to make these books accessible by subsidizing the cost of each book.**

**Order Now Limited Quantities Available**

## 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 June 17<sup>th</sup> at 6:30pm on **ZOOM**

<https://us05web.zoom.us/j/83011471969?pwd=Tb2bnCFTgCtLfZm7bDuEzJlMFDuS2x.1>

### **PAC EXECUTIVE 2024-2025**

- **Chair:** Cassandra French
- **Vice Chair:** Kara Turcotte
- **Treasurer:** Katrina Clow
- **Secretary:** Shelly Bunnah
- **DPac Rep:** Amanda Connolly

## Our PAC Executive

We would like to take this opportunity to thank our hard-working PAC Executive for their never-ending support. Thank you for all that you do for our students. I don't know what we would do without our hard-working PAC. We'd love to see many parents come out to the PAC meetings every month. It is an amazing way to meet families in our community, and it's also a fun time to meet to talk about key happenings in our school.

## **Sports Day**

On Tuesday June 24<sup>th</sup> all students will be participating in Sports Day. Our PAC has generously offered to provide every child with a FREE HOT DOG and CHIPS for this year's school-wide Sports Day - Vegetarian/Halal options will be available.

Parent spectators will be able to purchase a Hot Dog and Chips for \$3.00.  
More information regarding Sports Day will come from your child's classroom teacher.

## **Lost and Found**

Our pile is growing! Parents, if you are visiting the school over the next week, can you please take a look at the "Lost and Found"? All items will be picked up and sent out of our school on the last day of school.

## **Transportation to School Next year**

If you are eligible and would like your child to travel to school every day on the school bus, please make sure to register them with transportation as soon as possible. You can register on-line by going to the Chilliwack School District website (<http://sd33.bc.ca>) and click on "Transportation".



## **School Supply Lists**

We will be sending home class supply lists for next year. The only grade that we pre-buy supplies for is Kindergarten. So, if you have a child starting in Kindergarten next year, we will have the supplies here for them. All you have to do is pay the school in the fall. **If you have any questions about school supplies, please let us know.**

## **From the Library**

Dear Students and Families,  
Summer is quickly approaching and so are the sunny days ahead. As we prepare for these sunny days, don't forget to check your backpacks, under your beds, and even in the backseat of the car for any library books you may have borrowed throughout the year. It's important to return them to the library so that other students can enjoy them too!  
Happy reading and have a fantastic day!



Sincerely,  
Mr. Frail

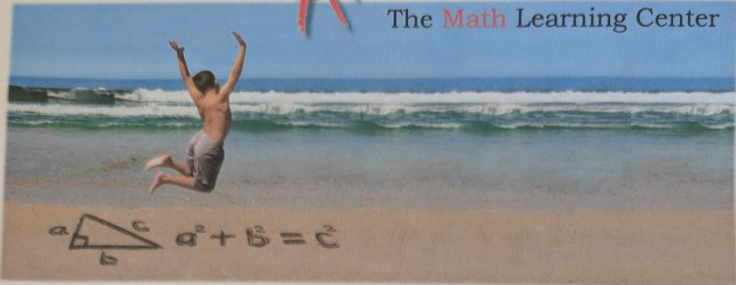


It is that time of year again. If you have a child who will be turning **5 before December 31, 2025** then it is time to register for **Kindergarten**. If you have a neighbour who has a child who needs to register, please remind them too. All registrations are now completed online. Please either go to our School District website or follow the link. 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 <https://sd33.vivosforms.com/Home>

# MATHNASIUM<sup>®</sup>


The Math Learning Center




*The Mathnasium Summer Math Program is a great way to give your student fun activities to do during the summer while also helping them get a head start on the next school year.*

## Mathnasium of Chilliwack

(778) 344-5525



*Get started by booking a free assessment:*



Family Resources and Advocacy Resources for  
Inclusion, Mental Health, Gender Diversity, Sexual Assault and Children in (Kinship) Care



## Links to Community Resources

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

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


Agriculture Program

Elementary/Middle July 2 - July 22 TBD

Registration opens on April 7th @ 7 am

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



	<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> </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 person's 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](#)

