



BERNARD ELEMENTARY NEWSLETTER

October



Principal, Brad Johnston
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Vice-Principal, Carla Thompson
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SCHOOL HOURS & BELLS

- 8:25 - Welcoming Bell
- 8:30 - Class in session
- Recess
 - 10:00 Kindergraten
 - 10:15 Divisions 4,7,8,9,15,16
 - 10:30 Divisions 5,6,10-14
- 12:15 - LUNCH
 - 12:15-12:35 eating period
 - 12:35-1:00 play period
- 1:00- Class in session
- 2:28-Dismissal

GREETINGS TO THE BERNARD ELEMENTARY COMMUNITY

The month of October is a great time to celebrate “gratefulness”. Gratitude promotes optimism and helps us to develop a more positive outlook. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

DATES TO REMEMBER

- FRI OCT 10 - TERRY FOX RUN @ 1:05
- MON, OCT. 13 - THANKSGIVING - SCHOOL CLOSED
- TUES, OCT. 14 - PAC MEETING @ 6:30
- WED, OCT 22 - INDIGENOUS DAY OF LEARNING
- THURS, OCT 23 - EARLY DISMISSAL- 11:30 - BUSES WILL BE RUNNING
- FRI, OCT 24 -PRO-D DAY - SCHOOL CLOSED
- FRI, OCT 31 - HALLOWEEN COSTUME PARADE



P.A.C. MEETING OCTOBER 14

Every parent at our school is a valued member of the Parent Advisory Council.

We warmly invite you to join us for our first PAC meeting of the year. The meeting will be held in the school library, with the option to attend virtually via Zoom.

PAC EXECUTIVE 2025-2026

- Chair: Cassandra French
- Vice Chair: Kara Turcotte
- Treasurer: Shelby Aslin
- Secretary: Shelly Bunnah
- DPAC Rep: Amanda Connolly

HOT DOG HOT LUNCH

Friday, Oct. 10

Orders Due Tuesday, Oct. 7

Halal and Vegetarian Options Available

Contact Bernard PAC

Email:

bernard-pac@sd33.bc.ca

Facebook:

Bernard Elementary School Page

HOT LUNCH PROGRAM (MUNCH-A-LUNCH)

To order online:

<https://munchalunch.com/schools/BernardBC>

The link will allow parents to set up their own personal account. In the account they can add their children and credit card or debit information. From there they can order online.

They can either choose to do 1 hot lunch at a time or fill out the whole session. The program will collect payments. There is a cutoff date of 1 week before the lunch is to be served.

MunchaLunch will also send out reminders to parents.



ATHLETICS

SOCCER

GRADES 4-5

2:45-3:15 PM

Boys: Tuesdays

Co-ed: Wednesdays

Dates TBD

CROSS COUNTRY

GRADES 4-5

Races Start at 3:30

Oct 2 - Fairfield

Oct 9 - Sardis Sport Complex





HOCKEY TICKETS

Bernard Elementary has been sponsored by the Elks Lodge this year for Chiefs tickets. Our staff and students would like to thank them for their generous donations to our school so the children go to some games. We will have random draws each week

LIBRARY NEWS

Welcome back, Bernard! It's a new school year, and I'm excited to see everyone returning to the library.

All students should have brought home their Super Reader Tracker. This tracker is a fun way to keep a record of nightly reading throughout the year. If your child did not receive one, please stop by the library to pick up a replacement if you would like to participate. You will find the instructions on the back of the tracker to help you get started.

When students reach 100 nights of reading, they'll earn a special prize sponsored by the Kiwanis Club. We can't wait to celebrate our amazing readers.

And don't forget—make sure to bring back your library books so you can check out new ones each week. Happy reading,

Mr. Frail



Walk away
Ignore
Talk it out
SeeK help

W.I.T.S. is a school-wide problem-solving model designed to help students respond to peer conflict.

SPARK GIVES US A SHARED LANGUAGE FOR BUILDING A SAFE, KIND, AND RESPONSIBLE SCHOOL COMMUNITY.

S - Safety
P - Peace
A - Attitude
R - Respect
K - Kindness



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

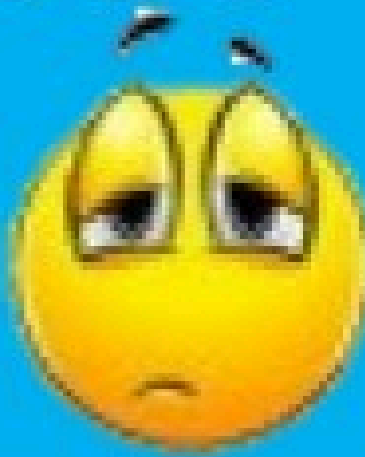
Understanding how their behaviours influence others' thoughts and feelings

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



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ELEMENTARY
NEWSLETTER**

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Days in Session	187
Number of Instructional Days	177
Number of Non-Instructional Days	10
Schools Open	September 2
NON-INSTRUCTIONAL DAY #1 (Pro-D Day)	September 29
Truth and Reconciliation Day – Statutory Holiday	September 30
Thanksgiving Day - Statutory Holiday	October 13
Early Dismissal Day #1	October 23
NON-INSTRUCTIONAL DAY #2 (Pro-D Day)	October 24 (Provincial)
NON-INSTRUCTIONAL DAY #3 (A&E Day #1)	November 3
NON-INSTRUCTIONAL DAY #4 (Pro-D Day)	November 10
Remembrance Day - Statutory Holiday	November 11
Last Day of School before Christmas Holidays	December 19
Christmas Holidays	December 22 to January 2
Schools Reopens after Christmas Holidays	January 5
NON-INSTRUCTIONAL DAY #5 (A&E Day #2)	January 23
NON-INSTRUCTIONAL DAY #6 (Pro-D Day)	February 13
Family Day - Statutory Holiday	February 16
Early Dismissal Day #2	February 27
Last Day of School before Spring Vacation	March 13
Spring Vacation Period	March 16 – March 27
Schools Reopens after Spring Vacation	March 30
Good Friday - Statutory Holiday	April 3
Easter Monday - Holiday	April 6
NON-INSTRUCTIONAL DAY #7 (Pro-D Day)	April 24 (CTA)
NON-INSTRUCTIONAL DAY #8 (Pro-D Day)	May 15
Victoria Day - Statutory Holiday	May 18
NON-INSTRUCTIONAL DAY #9 (A&E Day #3)	May 29
Last Day for Students / Early Dismissal #3	June 25
Administrative Day	June 26