

BERNARD ELEMENTARY NEWSLETTER

Novemeber



Principal, Brad Johnston brad_johnston@sd33.bc.ca

Vice-Principal, Carla Thompson carla_thompson@sd33.bc.ca



GREETINGS TO THE BERNARD ELEMENTARY COMMUNITY

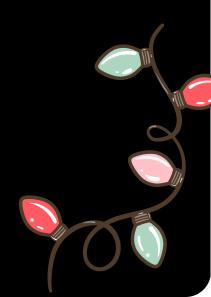
The month of November and December our school is focusing on KINDNESS. We are working with the children to demonstrate kindness by: being sensitive to others' feelings, smiling, saying thank you, sharing with and including others, and being patient and polite. Here is a picture of our Kindness Board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

Warm Regards,

Brad Johnston& Carla Thompson

DATES TO REMEMBER

- Fri. Nov. 7th Remembrance Day Assembly- 10:30 am
- Mon. Nov 10th Non-Instructional Day- school is not in session
- Tues. Nov. 11th- Remembrance Day
- Fri. Nov 14th ROC YOUR MOCS
- Fri. Nov 14th- Hot Lunch- Pizza Pizza
- Tues. Nov 18th- PAC Meeting- 6:30 pm- on Zoom and in person in the Library
- Fri. Nov 28th- Popcorn Day
- Tues. Dec 3rd- Fri. Dec 6th- Book Fair
- Thurs. Dec 11th- Annual Turkey Lunch for students
- Thurs. Dec 18th- Christmas Concert- 1:00 pm & 6:30pm
- Thurs. Dec 18th- Report Card Distribution
- Fri. Dec 19th- Last day of school before the holidays.
- Spirit Week- Dec. 15th- (Christmas Colours) 16th- (Ugly Sweater) 17th- (Christmas Bling)- 18th (Christmas Hat/Stocking) 19th (Pajama day)



P.A.C. MEETING OCTOBER 18

Every parent and guardian of a
BernardElementary 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
18th at 6:30pm. It will be on ZOOM as
well as in person in our Library.

PIZZA PIZZA HOT LUNCH

Friday, Nov. 14 Ordering is now closed

PAC EXECUTIVE 2025-2026

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

Contact Bernard PAC

Email:
bernard-pac@sd33.bc.ca
Facebook:
Bernard Elementary School Page

HOT LUNCH PROGRAM (MUNCH-A-LUNCH)



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 acutoff date of 1 week before the lunch is to be served. Munchalunch will also send out reminders to parents.



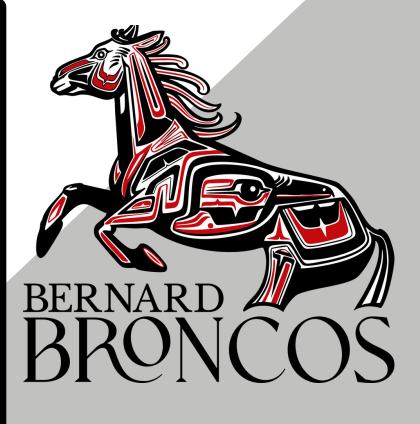
ATHLETICS - GRADE 4/5

SOCCER

We are so proud of our hard-playing soccer players, coaches, and refs for a fun, great season

TRIPLE BALL & FLOOR HOCKEY

Coming January 2026



Rock Your Mocs November 14th

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. 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 alive.



CHRISTMAS CONCERT

We are excited to host our annual Christmas Concert in the gym on Wednesday, December 18th. The times will be: 1:00-2:30 pm and 6:30-8:00 pm





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

Dear Families,

Get ready, Bernard! Our Scholastic Book Fair is coming to the library from Monday, December 1 to Friday,

December 5!

The library will be open after school each day for parents and students to shop together.

For students who take the bus or can't make it after school, the library will also be open at lunch.

Every purchase helps add more great books to our school library for all of Bernard to enjoy!

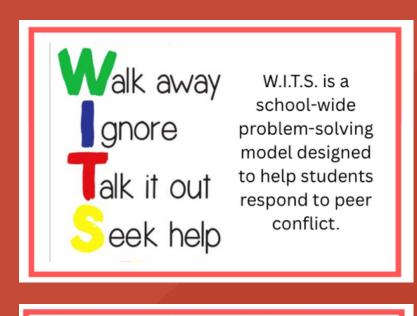
Plus, one student and their teacher will each win \$25 worth of books. The draw will take place on Friday, December 5.

Come discover your next favorite book and help support our amazing school library

Happy reading!

Mr. Frail





S.P.A.R.K. GIVES US A SHARED LANGUAGE FOR BUILDING A SAFE, KIND, AND RESPONSIBLE SCHOOL COMMUNITY. 5 -Safety P - Peace A - Attitude R - Respect K- Kindness





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.

BERNARD RONCOS	Safety	Peace	Awesome Attitude	Respect	Kindness
All Settings	I can report problems and keep my hands and feet off others	l can maintain a peaceful atmosphere	l can always do my best	l can use appropriate language and accept individual differences	I can be kind to others and use good manners
Classroom/Library Computer Lab	 I can use books, supplies, equipment properly I can clean up after myself 	I can use an inside voice I can wait my turn	 I can be on time I can be prepared to learn and complete work I can ask for help to learn 	I can listen to and follow directions I can accept consequences for my choices I can keep my hands off other peoples belongings	I can enter and exit in an orderly manner I can return books on time
Playground/Outside	I can stay in supervised areas I can report unsafe behavior I can use heads up and feet down on the equipment	I can play cooperatively	I can return all equipment I can demonstrate good sportsmanship	I can put garbage in the proper receptacles I can follow instructions of supervisory adults	I can share equipment I can include others
Hallways	I can walk on the right I can be aware of others	I can walk quietly at all times	I can keep my hats and cap off	I can keep my hands off hallway displays	I can say excuse me if I bump into someone
Washrooms	I can wash my hands with soap	I can wait my turn I can reenter the classroom quietly	• I can report problems to an adult	I can use equipment appropriately I can clean up after myself	I can allow for privacy of others
Gym	I can use equipment appropriately I can wear appropriate shoes/clothing I can be aware of others	I can use my inside voice I can wait my turn	I can return all equipment I can demonstrate good sportsmanship	I can listen to and follow directions	I can share equipment I can include others
Assembly	I can enter and exit gym in an orderly manner	I can use my silent voice during applause	I can sing O'Canada and the Bernard School song appropriately I can welcome guests	I can quiet down quickly I can listen attentively I can look at the speaker	I can applaud appropriately I can stay seated
Field Trips	I can remain in assigned groups	I can use quiet voice on bus	I can come with an attitude to learn I can bring permission slips in on time	I can listen to and follow directions	I can encourage others I can be patient

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 What Are You in?

BUUE ZONE

I am feeling...

- sad
- sick
- tired
- bored
- slow-moving



GREEN ZONE

I am feeling ...

- ⋆ happy
- ⋆ okay
- ★ focused
- * calm
- * ready to learn



VEDDOW ZOUE

I am feeling...

- frustrated
- worried
- silly/ wiggly
- excited
- a little out of control



RED ZOUE

I am ...

- mad
- mean
- scared
- yelling / hitting
- out of control





BERNARD ELEMENTARY NEWSLETTER October



LICE ALERT!

Head lice has been identified in several classrooms, and are being treated. It is important to remember that while head lice can certainly be a nuisance, lice however do not transmit disease or cause physical illness.

WHAT ARE THEY?

Lice are wingless insects that cannot fly or jump. They can spread quickly from head to head through sharing of articles such as brushes, hats, etc. You should discourage your child from borrowing personal items like these from their friends.

HOW CAN LIDENTIFY THEM?

The best method of preventing the spread of lice is for parents to regularly check their own child(ren). Live nits' (eggs) lie on the hair shaft usually close to the scalp but can be found down the strand as well. The nits are firmly attached and cannot be flicked off or easily moved along the hair shaft even after treatment.

TREATMENT:

There are a number of medicated shampoos on the market that will kill adult lice and hatched eggs. Not all eggs will be destroyed by one application no matter what product is chosen. That is why it is important to actually pick off as many eggs from the hair shaft as possible. If you wish further information regarding treatment we suggest you speak to your pharmacist or contact the health nurse at 702-4900.

Lice kits are available at the office by request.

Thank you for your support and cooperation as we make every effort to keep this problem under control

Bernard Elementary

LICE ARE NOT NICE:

(BUT ANYONE CAN GET THEM)



1. These are head lice ... tiny insects that live on the scalp.



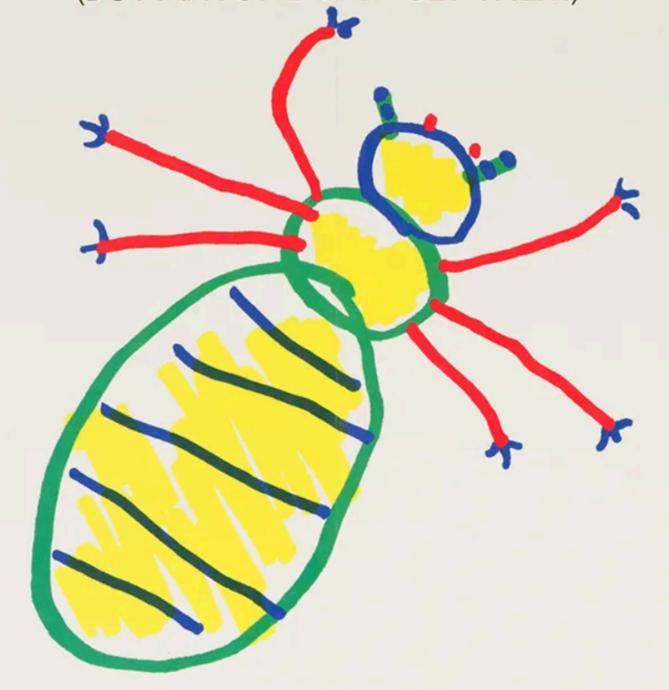
2. If you get lice, you may not be able to see them. But you'll feel them... because they make your head *itch*.

3. Lots of kids get lice, because they spread very easily even though they can't jump or fly.



4. So don't try on your friends' hats, scarves or other clothing, or borrow their combs or brushes.







5. If your head itches a lot, tell your teacher or parent right away.



6. You may not have lice, but they can tell if you do.



10. So you won't itch anymore!

9. Your parents will also wash or dry-clean your bedding and clothing, and use a special spray that kills lice on carpets and furniture.



8. Then they'll use a special comb to help get all the lice and lice eggs out of your hair.



7. If you do, your parents will wash your hair with a special shampoo the nurse recommends. It kills lice *fast*, but it won't hurt you.

Information to share with your children/students