



BERNARD ELEMENTARY NEWSLETTER

February



Principal, Brad Johnston
brad_johnston@sd33.bc.ca

Vice-Principal, Linda Zenzen
linda_zenzen@sd33.bc.ca

DATES TO REMEMBER

- February 6 PANCAKE BREAKFAST - STUDENTS AND FAMILYS 8:00-9:00
- February 10 PAC MEETING @ 6:30
- February 12 BAKE SALE &
- SPRIT DAY - WEAR VALENTINES COLORS - RED/PINK
- February 13 NON-INSTRUCTIONAL DAY - NO SCHOOL
- February 16 FAMILY DAY - STATUTORY HOLIDAY - NO SCHOOL
- February 20 100TH DAY OF SCHOOL CELEBRATION
-DRESS LIKE YOU ARE 100 YEARS OLD
- February 24 HOT LUNCH- CHIEFS VISIT- @ LUNCH
- February 25 **PINK SHIRT DAY**
- February 27 EARLY DISMISSAL - 11:30AM

TO THE BERNARD ELEMENTARY COMMUNITY

During the month of February, we celebrate Valentine's, Family Day and promote Anti Bullying by recognizing Pink Shirt Day. We would like to celebrate all of our families by hosting a Pancake Breakfast at our school from 8:00-9:00am on Friday February 6th. If you are available, please come into the gym and have some pancakes and coffee. Please bring your own water bottles. Hope to see all of you there.

Looking forward to an exciting month with students 😊

Warm regards,

Brad Johnston (Principal) & Linda Zenzen (Vice Principal)



On Wednesday February 25th we are encouraging everyone to show their caring attitude and wear a pink shirt in support of anti-bullying. For more information, check out <http://www.pinkshirtday.ca>

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: the next PAC meeting is on
Tuesday, February 10 at 6:30pm.

PAC EXECUTIVE

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

HOT LUNCH with the Chiefs

Tuesday, Feb 24

Contact Bernard PAC

✉ bernard-pac@sd33.bc.ca

f Bernard Elementary School Page

HOT LUNCH PROGRAM (MUNCH-A-LUNCH)

To order online:

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

Valentines 
**BAKE
SALE**

CALLING ALL BAKERS

Donations
NEEDED

IF YOU ARE ABLE TO DONATE
BAKED GOODS PLEASE EMAIL
THE PAC

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



JUMP ROPE FOR HEART



Bernard Elementary is proud to be participating in Heart & Stroke's Jump Rope for Heart.

Each class will have the opportunity to participate in a Jump Event on Wednesday, February 11th, 2026. Students will learn easy healthy habits and raise funds to support lifesaving heart and brain research.

Help us reach our fundraising goal by donating or register to create your own fundraising page to share with family and friends. Visit our school's fundraising page to get started:
<https://jumpropeforheart.crowdchange.ca/114110>

Students who create a fundraising page (or have their parents do it on their behalf) and reach the milestones below will be thanked with a gift card of their choice from Indigo, Walmart, or Amazon.

- Raise \$25 – Earn 1 of 500 chances to win a \$10 gift card
- Raise \$75 – Earn a \$10 gift card
- Raise \$100 – Earn a \$15 gift card
- Raise \$250 – earn a \$25 gift card
- Raise \$500 – earn a \$50 gift card
- Raise \$1000 – earn a \$200 gift card

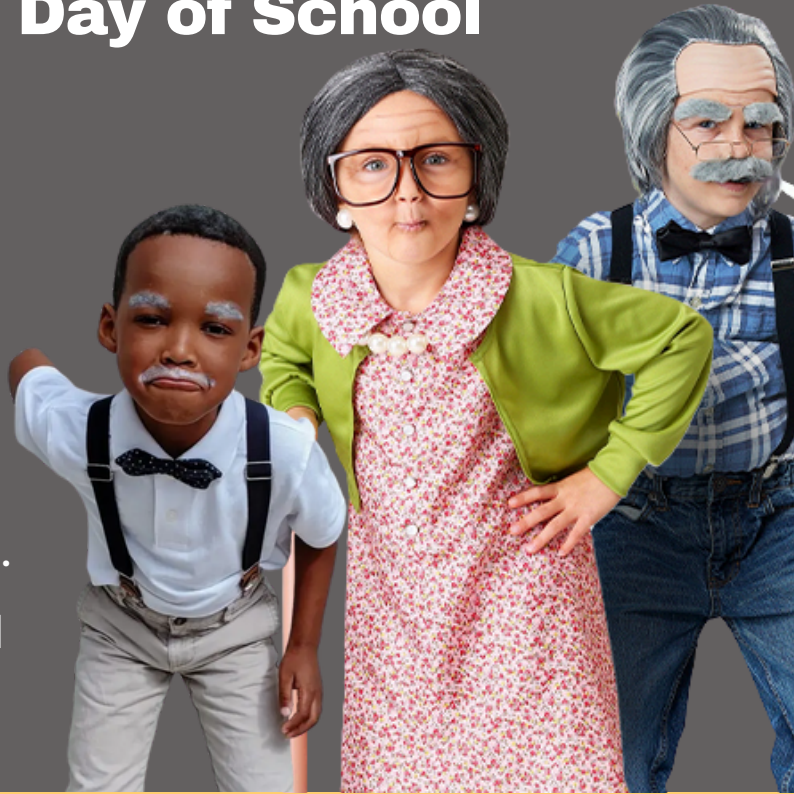


Our fundraising goal for the school is \$1000 from January 28th – February 11th, 2025.

Mr. Johnston and Ms. Zenzen have agreed to take a PIE to the FACE if we reach our goal.

Dress Up for the 100th Day of School on February 20th

The hundredth day of school is coming up and we have lots of fun activities planned for the day. We would like to invite the students to dress up like they are 100 years old. Get creative with glasses, hair, and outfits. It's lots of fun.



READERS SHINE!



A huge congratulations to our 100-Night Super Readers! You are doing a fantastic job. Keep up the amazing reading! Remember to read every night and bring your Super Reader Trackers to the library. Happy reading!
Brien Frail - Teacher-Librarian



Student Learning Survey 2025/2026

The Provincial Student Learning Survey is unique in its scope, size and usefulness to schools. It gathers information from parents/guardians/caregivers, teachers, and students on topics related to school environment, safety, and achievement. The information is used for planning in individual schools and provides a district and provincial perspective.

The Student Learning Survey will be administered to students in grade 4 and parents/guardians/caregivers have the opportunity to participate as well. We encourage parents/guardians/caregivers to participate in this survey, as the results are important in identifying and celebrating current strengths and areas for support.

The survey is available online from January 5th to May 1st.

[Take the online survey](#)

ATHLETICS - GRADE 4/5



Girls Triple Ball

2:45 -3:30 pm

Thurs, Feb 5 Away vs. Roberston

Wed, Feb 11 Home vs. Rosedale

Wed, Feb 18 Home vs. Cheam

Wed, Feb 25 Home vs. LME

Tournament is TBD

Boys Triple Ball

2:45 -3:30 pm

Tues, Feb 3 Home vs St. Mary's

Tues, Feb 10 Home vs East Chilliwa

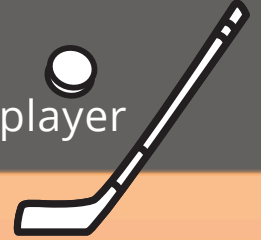
Tues, Feb 17 Home vs FG Leary

Tues, Feb 24 Home vs Rosedale

Tournament - TBD

FLOOR HOCKEY ~ FLOOR BALL

Please see individual game schedule provided to each player



READY, SET, EXPLORE

Parents of 3 and 4 Year Olds

An important preschool **OPEN HOUSE**

You and your child won't want to miss

Bernard Elementary

School Gymnasium

Wednesday February 4th 11:00-12:00

Kindergarten Registration

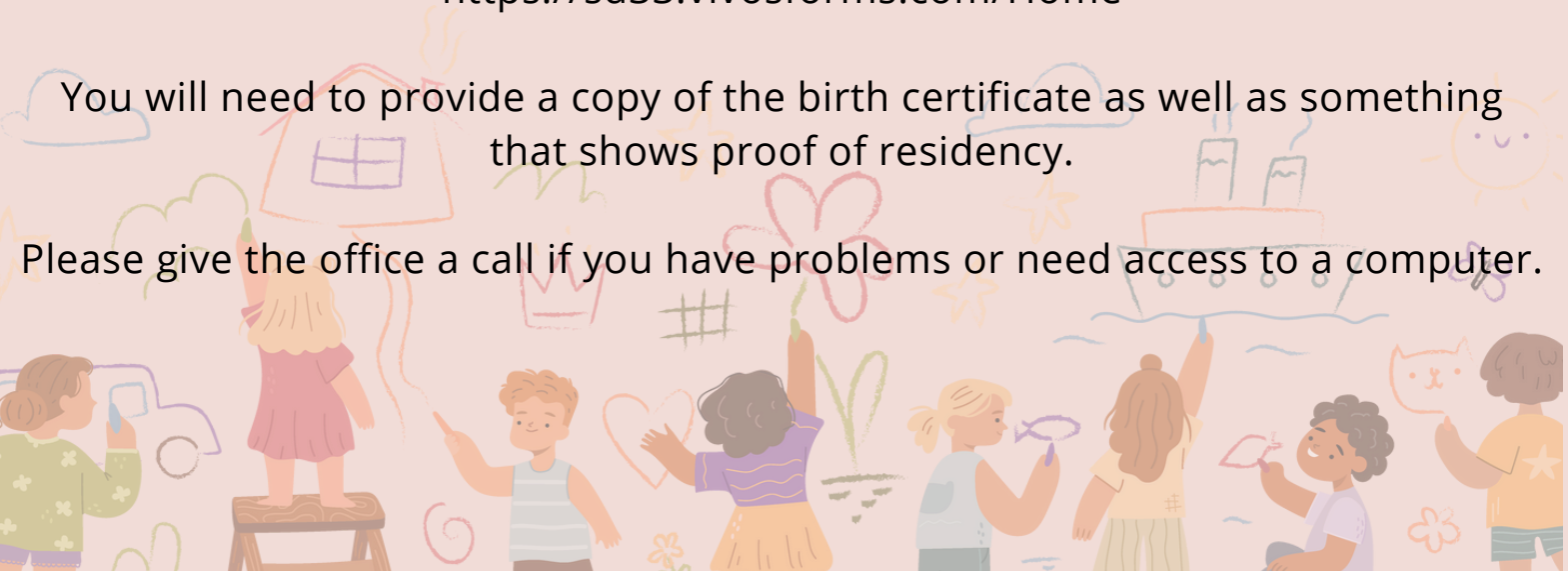
It is that time of year again. If you have a child who will be turning 5 before December 31, 2026 then it is time to register for Kindergarten. If you have a neighbour who has a child who needs to register, please remind them too.

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.



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 ease	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

S.P.A.R.K. GIVES US A SHARED LANGUAGE FOR BUILDING A SAFE, KIND, AND RESPONSIBLE SCHOOL COMMUNITY.

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



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.

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



Effective Behaviour Systems

At Bernard we use our MATRIX of behavior expectations to help teach our students on how to behave in all school situations and environments.

When students are demonstrating these behaviours, staff will reinforce them through praise, encouragement and possibly a S.P.A.R.K ticket. We draw for SPARK tickets at the end of each week.

We are also helping teach students to take responsibility for solving their own problems and not becoming a victim. They are taught to use their words by using the acronym S.T.A.R.S. . This stands for S- say stop, T- talk- ask again, A- always walk away R- respectably walk away- S- seek help if it continues

It is very important that students talk to their teacher or another staff member if they are having a problem that hasn't stopped and they need an adult to help.