



BERNARD ELEMENTARY NEWSLETTER

MAY



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GREETINGS TO THE BERNARD ELEMENTARY COMMUNITY

As we reflect on the 2025-2026 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 & Linda Zenzen

UPCOMING DATES

June 9 PAC MEETING @ 6:30PM

June 10 TRACK-N-FIELD MINI MEET @ 3:30

June 12 HOT LUNCH ORDERS ARE DUE

June 18 DISTRICT TRACK MEET

June 19 NATIONAL INDIGENOUS DAY- (JUNE 21ST) - BANNOCK @ LUNCH

June 23 SPORTS DAY AND HOT LUNCH- PIZZA

June 25 LAST DAY FOR STUDENTS / EARLY DISMISSAL-11:30AM

GOODBYE

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

- Ms. Shayler (Educational Assistant)
- Ms. Rozendal (Literacy Support Teacher)
- Ms. Letkeman (grade 1/2 teacher),
- Mr. McGowan (PE and Grade 3/4 teacher)
- Mrs. Rogers (Kindergarten)
- Ms. Wouda (Kindergarten), who will be on Maternity Leave)
- Ms. Culbert (Learning Support Teacher)

Indigenous Day Celebration



National Indigenous Day is on Saturday June 21st but we are going to celebrate this day on Friday 19th. We will be doing a number of classroom activities that celebrate this day. The students will also enjoy freshly made bannock with jam as a treat.

SPORTS DAY

On Tuesday June 23rd all students will be participating in Sports Day. We will also be dressing up in the colours of the Canadian Flag.

Our PAC has organized HOT LUNCH- PIZZA that day for families to enjoy lunch together. **Orders are due June 12**

More information regarding Sports Day will come from your child's classroom teacher.



Our pile is growing! Parents, if you are visiting the school 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



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".
*please note * most of Bernard catchment is not considered eligible, please contact transportaion for eligibility*

SCHOOL SUPPLIES

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.

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, June 9 at 6:30**

PAC EXECUTIVE

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

Contact Bernard PAC



bernard-pac@sd33.bc.ca



Bernard Elementary School Page

HOT LUNCH PROGRAM (MUNCH-A-LUNCH)

To order online: <https://munchalunch.com/schools/BernardBC>

LIBRARY NEWS

**DON'T FORGET TO LOOK FOR LOST
LIBRARY BOOKS AT HOME AND BRING
THEM IN BEFORE THE END OF JUNE. TO
AVOID BOOK FINES!**



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.