



# BERNARD ELEMENTARY NEWSLETTER

MAY



Principal, Brad Johnston  
brad\_johnston@sd33.bc.ca

Vice-Principal, Linda Zenzen  
linda\_zenzen@sd33.bc.ca

## UPCOMING DATES

- May 7 DISTRICT CROSS COUNTRY RUN- CULTUS @ 3:30PM
- May 8 TALENT SHOW @ 1:10- 2:20 PM / POPCORN DAY
- May 12 PAC MEETING @ 6:30PM
- May 15 NON-INSTRUCTIONAL DAY #8 (PRO-D DAY) (IN LIEU)
- May 18 VICTORIA DAY - STATUTORY HOLIDAY
- May 22 HOT LUNCH -SUBWAY
- May 29 NON-INSTRUCTIONAL DAY #9 (A&E DAY #3)
- June 1 GRADE 5 TOUR—ADR- 10:00AM
- June 3 KINDERGARTEN DISCOVERY DAY- PARENT NIGHT- 5:00-6:00
- June 3 TRACK-N-FIELD MINI MEET @ 3:30
- June 9 PAC MEETING @ 6:30 PM
- June 10 TRACK-N-FIELD MINI MEET @ 3:30
- June 11 GRADE 5 CELEBRATION- CULTUS LAKE- 9:00AM
- June 18 DISTRICT TRACK MEET
- June 19 NATIONAL INDIGENOUS DAY- (JUNE 21<sup>ST</sup>) - BANNOCK @ LUNCH
- June 23 SPORTS DAY AND HOT LUNCH- PIZZA
- June 25 LAST DAY FOR STUDENTS / EARLY DISMISSAL #3 -8:30-11:30AM

# 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, May 12 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>



# FUNDRAISER FRIDAYS



OR THE LAST DAY OF THE WEEK

Help the grade fives fundraise for their  
end of year field trip

STAY TUNED FOR THE TREAT OF THE WEEK

\$1 - \$2 EACH

April 10<sup>th</sup> - June 19<sup>th</sup> 2:30pm - 2:45pm

@ the front of the school



## 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



## ATHLETICS - GRADE 4/5

### CO-ED BASKETBALL

2:45 -3:30 pm

Tues, Apr 7 Away vs. Strathcona

Tues, Apr 14 Home vs. Promontory

Tues, Apr 21 Home vs. Unity

Tues, Apr 28 Away vs. Cascade

Tues, May 5 Home vs. Yarrow

**Tournament May 13 @ CSS 3:15-4:20**



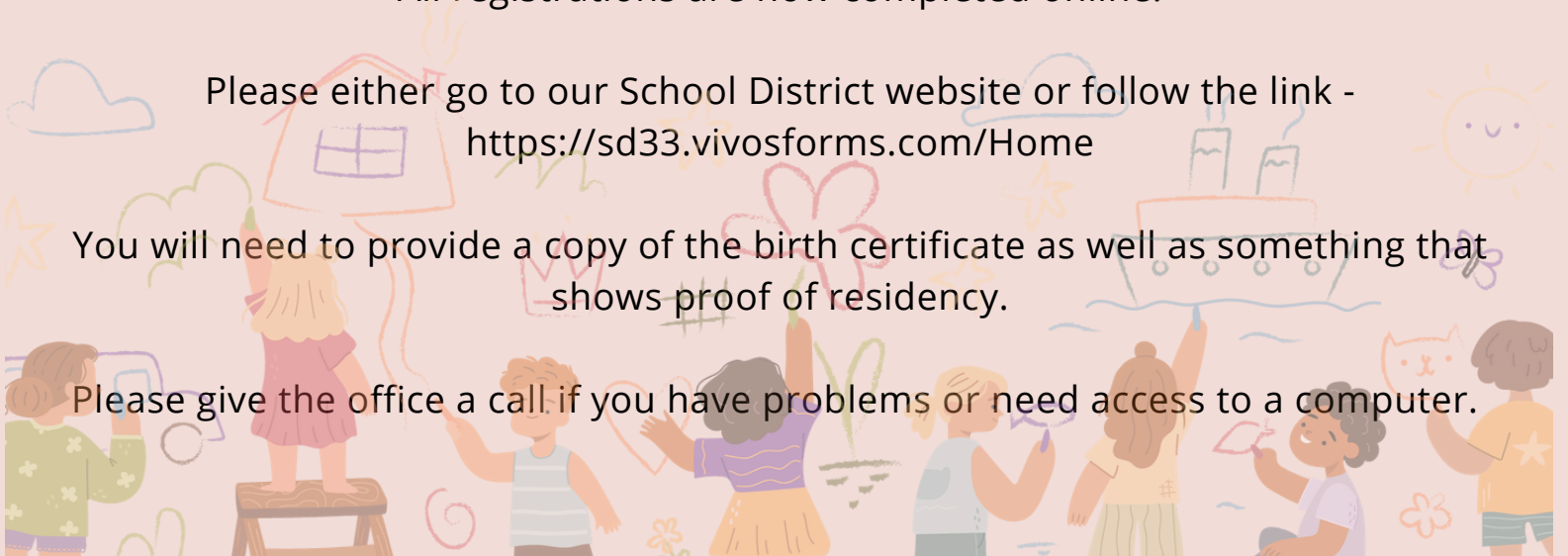
## Kindergarten Registration

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.



BERNARD ELEMENTARY  
SCHOOL

# Kindergarten Discovery Days

Is your child starting Kindergarten this September?  
Join us for 1-hour sessions where children (and parents!),

Meet the Kindergarten teachers

Experience snack, recess & activities

Explore classrooms and different areas of the school

A fun way to get comfortable and excited for Kindergarten in  
September!

.....

## DATES:

THURSDAY MAY 14TH, 10-11AM

WEDNESDAY MAY 20TH, 10-11AM

TUESDAY MAY 26TH, 10-11AM

.....

## WELCOME TO KINDERGARTEN BBQ

WEDNESDAY JUNE 3<sup>RD</sup> 5:00-6PM

Our final session is a celebration as your child becomes  
a Bernard Bronco and joins our school community!

Enjoy hot dogs and chips, fun activities, photo ops., and a  
chance to connect with future kindergarten families.

.....


Come to one session, or join us for the whole series.

For registration and more information

[www.bernard.sd33.bc.ca](http://www.bernard.sd33.bc.ca)



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.

	<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> <li>I can bring permission slips in on time</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>

**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



**W**alk away  
**I**gnore  
**T**alk it out  
**S**eek 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.