

Burkevale Protestant Separate School

June Newsletter

**BIG
JOURNEYS
BEGIN
WITH
SMALL
STEPS**

When a teacher reflects upon the year in its entirety, it is amazing to witness how every students' small steps show immense growth at the end of the year. This holds true with so many things in life, whether it is a weight loss journey, fitness goal, or working toward a six year Masters degree. The little small steps seem insignificant at first glance, but in the end these small steps form the foundational pieces that allow the big journey to take place. Our students have walked so many small steps over the past couple of years. Their resilience and accomplishments must be applauded. As a staff, we are excited to continue this journey in the 2022-2023 school year. Have a wonderful and restful summer with your loved ones, as you enjoy the journey together!

Retirements and Leaves: We are sad to see that Mrs. Hutchinson is leaving Burkevale at the end of the year, but we are also very excited for her as she begins the next chapter of her life. Enjoy your retirement - you will be missed! We are also sad to see Ms. Alma go, but understand how the east coast, ocean views and sound of the waves are hard to pass up. Enjoy Newfoundland Alma - you will be missed too, and may have a few visitors! Finally, we must say goodbye to Ms. Lisa who has been a lunch supervisor with us for over a decade. You are a part of our Burkevale family and will be hard to replace. Enjoy Niagara Falls and being close to your sister!

Office Staff: Mrs. McIvor is at home and recovering well from her knee surgery. She will be returning in the fall, and we wish her a speedy recovery. A special thank you to Mrs. Cowan, who has done a superb job filling such 'big shoes.'

HEALTH AND WELL-BEING

Ms. Hamill - Mental Health Lead

Stress levels have been high for a really long time, with gas, housing and grocery bills being higher than ever. We know that many are struggling, so if you are, you are definitely not alone. Locally we have some wonderful supports. Catholic Family Services of Simcoe County (you don't have to be Catholic to use service) has been offering some

fantastic workshops and they have partnered to re-open the walk-in counseling clinics.



Catholic Family Services of Simcoe County; [Group Counselling](https://cfssc.ca/walk-in-counseling/) offer many great services and walk in counselling; <https://cfssc.ca/walk-in-counseling/>

We try to share as much community information as we can on our Twitter account. If that will help please follow us on **Twitter @BurkevalePSS** for updates and information on how to access support for well being. You can also find well being resources online with our partner School Mental Health Ontario: [Parents and Families - COVID-19](#). And you can email Christy Hamill (chamill@pssbp.ca, Mental Health Lead) for more information about the support available at Burkevale.

SUMMER PROGRAMS AVAILABLE

Our mental health staff are available on a part time basis through the summer with the goal of helping support students so they can transition back in the fall as smoothly as possible. Please reach out if you feel your child would benefit from support this summer. We will be having our Burkevale version of day camps, which will be small groups (1-2 hours long) offered for a variety of ages and concerns, Tuesday to Thursday. This will be supported by the school social worker, an educational assistant and the mental health lead. REGISTER via this link: <https://forms.gle/1em1afmmaUWRS7p6A> or reach out to **Christy Hamill, chamill@pssbp.ca**

Chigamik Community Health Centre offers some fantastic programs and resources related to food, physical and mental health; [Welcome! Ahnii! Bienvenue!](#)

CONNECT: Strong social connections are one of the most powerful influences on our mood. Those who are dedicated to spending time with friends, and family show the highest levels of happiness. If you can't see your loved ones every day, you could connect online, over the phone or at a safe distance outside. If you or someone in your family need extra support reach, out to the wonderful and wide variety of supports at the **Youth HUB for 12+**

(705-427-5639), [North Simcoe](#), **New Path Youth and Family Services for all ages, (705-728-5044)** and [Kids Help Phone: Get Support](#), (1-800-668-6868) now have adult and child based services.

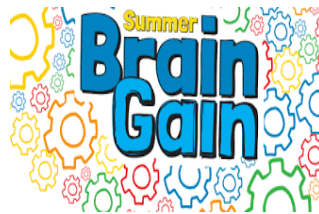


[ACTIVITIES FOR WELL BEING \(for adults or to do together as a family\)](#)

- **Get Outside**
- **Try to get a Good Night's Sleep**
- **Move:** Walking consistently has been shown have a wide range of mental and physical health benefits
- **Journal About Gratitude:** Every night write down three good things about your day. They don't have to be major. They might be as simple as a good meal, talking to a friend, or getting through something difficult.
- **Write a Letter:** Think about someone who has had a major impact on your life, someone who you would like to thank, or someone who you appreciate having in your life. Write a letter with specific details about what it is you appreciate about them, and send it.
- **Visit Someone Whom You Appreciate:** Take the idea of a gratitude letter a step further and visit with the individual whom you would like to thank. You can choose to deliver and read a gratitude letter, or simply socially distance visit and tell them why it is that you appreciate them.
- **Use Social Media for Connection:** You can follow many of the community resources listed here on Instagram (youth hub has great posts), Facebook and Twitter - if your kids are old enough to be on social media link them with these resources online so they can see what's happening locally through the summer.
- **Take a Gratitude Walk:** Go for a walk and make a special effort to appreciate your surroundings. You might notice the smell of flowers, a pretty building, or a soothing breeze. Spend a few minutes focusing on each of your senses (sight, hearing, taste, smell, and touch) to find new things you may not have noticed.

Summer Learning Program

Burkevale is offering a summer learning program again this year. The program will run weekdays from Monday, July 18th until Friday, August 5th (8:30-2:00 approximately) at the school. The program is for grades 1-4 in the fall and determined by the Program Lead space for a few more must commit to attend all 15 from school is the responsibility additional questions about the program, please feel free to email the program lead, Mr. Genier , at cgenier@pssbp.ca.



students who will be in admission criteria is and educators. There is participants. Participants days. Transportation to and of parents. If you have

Burkevale Happenings: The last two months of the school year have been abuzz with the return of activities and fun! We are so thankful for staff, students, and parents for supporting these wonderful programs and events.

May Activities:

- Primary Skittles (2x/wk)
- Junior Basketball (2x/wk)
- Intermediate Soccer and Ball Hockey (two tournaments)
- Grade 7/8 Instrumental Band (2x/wk)
- Zoo to You (K-2)
- Awenda Park and Tiny Forest Academy trips (4 trips)
- Fire Drill and Lockdown(1 each)
- Intermediate Girls Football (2x/wk)
- Big Brothers and Sisters Tutoring (1x/wk fro four students)
- Grade 6 EQAO
- Grade 8 Waterloo Math Challenge



June Activities:

- Primary Play Day
- Kindergarten Play Day
- Grade 4-8 Track Day
- Year End Trips
- Grade 8 First Aid Training
- Welcome to Kindergarten Evening
- Grade 3 EQAO



June is National Indigenous History Month:

For the month of June, our school community will focus on recognizing and celebrating the unique heritage, cultures, and outstanding contributions of First Nation, Inuit, and Métis peoples.

We will also be recognizing: National Indigenous Peoples Day on June 21st.

The summer solstice festival will be hosting some virtual events this year. Here is the list of some of the programming they will be offering. We hope to participate in some throughout the month:

June 2, ART AND NATURE with EMILY BRASCOUPE

June 7, INUIT GAMES with AALLA METCALFE

June 9, INDIGENOUS MUSIC WORKSHOP with TWIN FLAMES

June 14, STORYTELLING with MICHAEL KUSUGAK

June 16, HOOP DANCING with DALLAS ARCAND

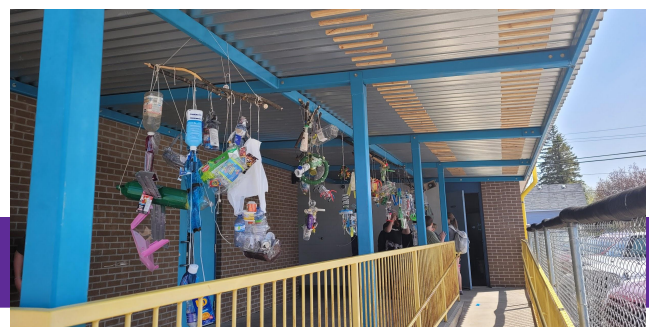
June 21, DOWNIE WENJACK FOUNDATION



<https://summersolsticefestivals.ca/education-days-virtual/>

Some activities that occurred in May for both Experiential Learning and Indigenous Education:

The Orillia Cultural Centre visited our classrooms again from grades 4 to 8 and shared different forms of artwork and incorporated our theme of water preservation. The artist who presented the program, Sean Rees, is a designer, artist, and photographer. He is inspired by the systems and patterns observed in the natural world. Sean is also a University Professor in Graphic and Web Design teaching branding, typography, user experience, web design, and drawing. Students were walked through different forms of installation art and then encouraged to build their own works. The individual classroom mobiles were then displayed outside for the school to view and appreciate. The artwork was completed using mostly reused plastics.



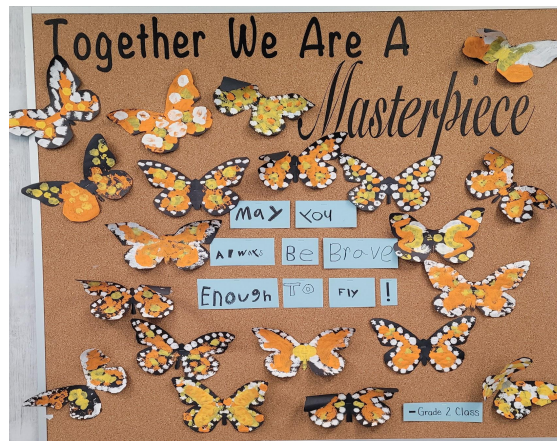
Classes are raising Painted Lady Butterflies:

- We received our caterpillars for this spring and classes from k-4 are watching their development from caterpillar to chrysalis to finally butterfly! Some are already changing so rapidly and we are so excited to see them reveal themselves.

Artwork by Ms. inspired by the come:



Lahaie's grade 2 class butterflies soon to



Primary Classes had the ZOO to YOU come to their classroom to talk about various animals and their adaptations. Here are some pictures documenting the presentations:



What an amazing experience!



Virtual Presentation with Erika Wabigwan from Georgian Bay National Islands National Park:

Erika taught the grade 5 class about the Medicine Wheel and the significance of the medicines and directions.

She expressed the importance of the medicine wheel in her life and in her culture. She was gifted this knowledge from an Elder and has passed on her teaching to the grade 5's. We hope to see Erika in person next fall at our school.



Ms. Cameron's Grade 4 class visited Awenda Park on May 27th!

It may have rained all day but that didn't stop the grade 4 class from having an amazing trip to Awenda Provincial Park. The group was greeted by Tim Tully and Naturalists Nick and Jacqueline. They taught the 4th graders about predator/ prey relationships. They specifically talked about how a fisher is highly specified to hunt for porcupines. They have the ability to absorb the quills of porcupines into their skin so as to not be injured. After we learned about that amazing predator/ prey relationship, we happened upon a porcupine that had been predated by a fisher. What an amazing find by the grade 4's, as the naturalists who had taught us about this had never seen it firsthand! Incredible!

In our Community: Also as an extra opportunity outside of school in celebration of National Indigenous History Month, La Cle is hosting an artist named Shauit at 63 main street on June 2nd, 2022 at 7:00 pm. Shauit is a singer-songwriter originally from northeastern Quebec who sings in his native language Innu. Here is a link to his website: <https://shauit.com/>

The ECPP programs that currently run in Simcoe are primarily for students in SMCDSB or SCDSB. That being said, on occasion, Kinark will admit a student regardless of the board if they are intensely involved with a family. Kinark is the "gatekeeper" of the program. In general, they would need to be active with the family (the family needs to be engaged in the service), and they would need a current assessment in the referral. Is the family engaged in community based mental health support?



Special Thanks: As the year draws to an end, we must thank our School Council, Covenant Church partners, and Tim Hortons for giving their time, energy and love to our students and staff. We truly appreciate all that you have done and continue to do to make Burkevale a better place. Have a wonderful summer!