

Burkevale Protestant Separate School Board

APRIL NEWSLETTER

Spring officially arrived on March 20th, but with the temperature being -21 today, you would not know it is here. Luckily, the sunshine is just around the corner, as we are anxiously awaiting the warmer weather. When I think about spring, I think about fresh starts, and a new chapter. New buds will soon be appearing on trees, and spring flowers will be popping up.



Along with spring comes the melting of snow, the singing of birds, and many new mud puddles in the Burkevale school yard. Please encourage children to wear appropriate rain gear and bring extra clothes for emergencies, as we have had a few mud puddle mishaps already.

School Events:

- Grades 4-8 attended Maurice's Farm, Fer-Mar, and The Tiny Sap Shack for a school trip where they learned about potato processing and maple syrup making. They also sang and danced to French music. It was a fun day for all!
- Grade 7 & 8 basketball intramurals began after March break with four co-ed teams
- Recorders are starting back up for grades four, five and six students
- Our therapy dog, Tanner, has returned to school part time, and the students couldn't be more delighted
- EQAO will take place for grade 3 and 6 students who are learning in person
- Kindergarten to grade 4 classes are booking "Scientists in the Classroom."

Thank You:

On behalf of our students and staff, we would like to thank the Covenant Church and the Big Brothers and Sisters for their ongoing support, virtually and in person. We would also like to thank The Maurice Family for opening the doors to their farm and business, as well as Joelle Roy for the amazing French singing and dancing. Finally, thanks to the School Council for the members' ongoing support and hard work. We are so blessed and grateful to have such amazing community partners.



French Class Trips:

Grade 4 to grade 8 students had the opportunity to visit the Tiny Sap Shack in Lafontaine. Pancakes, hotdogs and maple syrup delighted everyone's taste buds while live French folk songs encouraged students to sing along and dance by the fire pit. Students and staff then journeyed to the FER-MAR potato farm to experience the packaging and distribution process. Thank you Maurice family for a memorable and wonderful experience



Health and Well-Being:

Connection and Empathy in Response to Behaviour; What can our child's behaviour tell us about their developmental needs? How can we respond in a way that builds our relationship and creates safety for them, rather than creating conflict? Exploring the needs of children through their lifespan and recognizing why we sometimes struggle to connect.

Parent questions about mental health and well being are welcome! Connect with **Christy Hamill** (Mental Health Lead, MSW, RSW), chamill@pssbp.ca, or **Heather Johnston** (School social worker BSW, RSW), hjohnston@pssbp.ca

Heather is offering online or at school counseling, and Mindful Meals to students in the classroom every other week to help build coping skills and check in on the wellness of any students wishing to participate.

We have a classroom on google drive all set up with some great mental health and well being resources, thanks to Heather Johnston, you are welcome anytime to check these out. Here's the link: <https://classroom.google.com/c/MzQyNjUyOTI1NTE0?cjc=7ebkuto>

You can email or use the parent referral form if you would like to refer your child:


<https://docs.google.com/forms/d/e/1FAIpQLScUMniejek5HD5BgdJOip5U8CyjCyghfKvO7kkANy-WYWWkzA/viewform>

School Mental Health Ontario has some great online resources. You can check them out here: <https://smho-smso.ca>

Wellness Wednesday's Continue! Join us online!

Register here: https://us02web.zoom.us/webinar/register/WN_9MuvJkrIR2mckfCkBpH79w


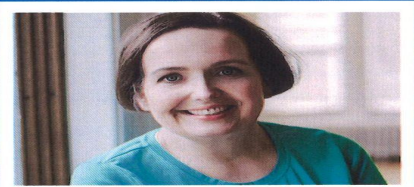
Parenting for Positive Mental Health Webinar; Wednesday April 20th, 2022



The Burkevale Protestant Separate School Presents

A PSSBP PARENT SPEAKER SERIES

April 6, 2022 at 6:30pm
via Zoom (1 hour)



Parenting Through the Storm
How to Handle the Highs, the Lows, and Everything in Between

Keynote Speaker

Canada's bestselling and trusted parenting author, Ann Douglas knows what it's like to parent a child diagnosed with bipolar disorder, depression, anorexia, Asperger syndrome and ADHD. Each of her four children has struggled with one or more conditions that fall under the "children's mental health" umbrella.

Registrants will be sent a Zoom link on Monday, April 4, 2022

To Register:
Email Michelle Eamiguel at meamiguel@pssbp.ca

The first 25 registrants will receive a copy of the book.

Kids Help Phone has had a massive increase in calls and they are ready and available anytime to help. You can call, text CONNECT to 686868 for youth, and text CONNECT to 747474 for adults, chat or check out their resources at <https://kidshelpphone.ca/>. If you identify as Indigenous, you can ask to be connected with a First Nations, Inuk or Métis crisis responder (if one's available) by messaging FIRST NATIONS, INUIT or METIS to **686868**

Grandfather Teachings for the Month of April:



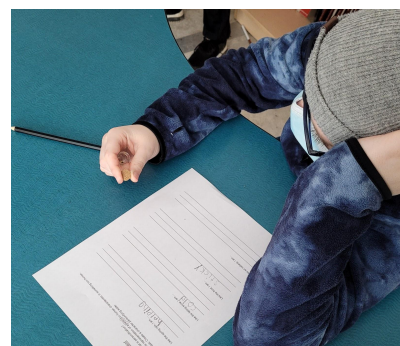
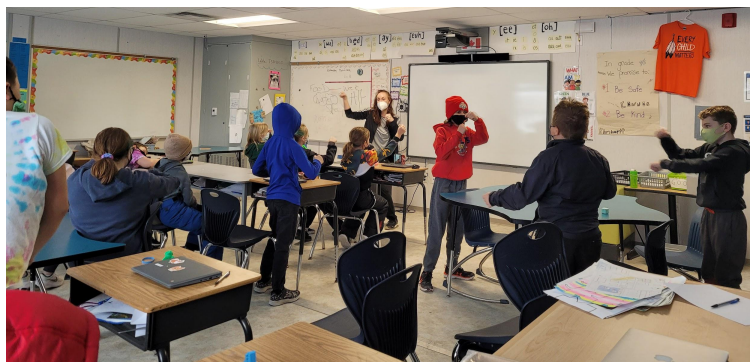
For the month of April, our school community will focus on the grandfather teaching of RESPECT “Mnaadendimowin” and this trait is represented by the Buffalo. How do we show respect?

Respect is to treat others kindly. We do this by listening, and admiring or considering other people’s well-being. The buffalo respected the needs of others and their survival above his own by giving and sharing his body. Because the Buffalo considered others’ well-being, he represents respect.

Activity in March:

Water Monument Program delivered by the Orillia Cultural Centre

Grades 4 to 8 participated in The Water Monument Workshop led by Kate Hillard, highlighting the importance water. The students were guided through a descriptive writing process and then composed a dance to address their concerns and feelings about water in their lives. The program was developed in conjunction with Kim Wheatly, an Anishinabe Traditional Grandmother and Ancestral Knowledge Keeper, as well as 2 Métis dancers, Miyeko Ferguson and Jera Wolfe, who collaboratively created a video that was brought to each class and then followed by the in-person class taught by Kate Hillard.



Grade 2/3 visited the Tiny Forest Academy:

IMPORTANT UPCOMING DATES AND INFORMATION:

- The grade 8 graduation is scheduled for June 23rd, 2022, at the school. Details to follow. There will be 2 guests maximum per child in most circumstances. Please notify the office if there are extenuating circumstances in your family (i.e. two parents and two step parents). We are hoping to video the evening for siblings, grandparents etc. to view at a later date.
- Kindergarten Registration is still open for the next school year on the board website: www.pssbp.ca
- After Easter weekend, we will be opening the yard at 8:35, but are still encouraging families to arrive as close to the bell as possible
- All families wishing to have students learn remotely must notify the school/board using the Google form posted in School Days no later than APRIL 15th. Please be sure to read through the letter provided by Mr. Overholt regarding this method of learning.
- There will be a school track and field event this spring
- Easter is just around the corner - No school April 15th or 18th!

