

# February Newsletter

Burkevale Protestant Separate School



**What:** Embedding Kindness at Burkevale

**When:** Ongoing

**Participants:** Entire School

**Most Recent Acts:** Ambassadors don their kindness shirts every Monday, modeling for all students that they are leaders in kindness and want to support all Burkevale students. The student council initiated a Kindness Campaign for February with a Kick Off Assembly scheduled for February 4th. Additionally, the grade 7 class signed up for Snow Angels, a program initiated by the county that brings volunteers forward who are willing to shovel driveways, walkways etc. for members in need of support within our community. Finally, the grade 8 class is painting a kindness tree mural in the main hall, inviting all grades to put their "thumb print leaves" on the tree to show kindness solidarity.

## #BELL LET'S TALK

Bell Let's Talk Day 2025 Prioritized Youth Mental Health as Young Canadians Face a Growing Crisis

- Bell to give \$10 million towards mental health in 2025, bringing total Bell Let's Talk investment to \$184 million since 2010
- Bell Let's Talk Day on January 22, 2025 featured text-to-donate campaign in support of six youth mental health providers
- Bell matched Canadians' donations by text on Bell Let's Talk Day up to \$1 million
- Youth mental health in decline according to new Mental Health Research Canada report

Information was shared with Burkevale families about the focus for this year's #Bell Let's Talk day. Some classrooms explored the Bell Let's Talk Toolkit for classrooms to support the wellbeing of all students. All classes were given kindness boxes and cards to write down visible acts of kindness within their class.



## KINDERGARTEN REGISTRATION

- Children who were born in 2021 may register for Year One Kindergarten
- Children who were born in 2020 may register for Year Two Kindergarten
- If your child attended Year One Kindergarten at Burkevale Protestant Separate School, you do not need to register for Year Two Kindergarten

### Registration Process

- Online registration is available via the board site at <https://www.pssbp.ca/>
- To complete the online registration parents/guardians will be asked to "Create an Account". A confirmation email will be sent to you indicating that you have successfully completed the registration for your child.

### After Registering

After Family Day weekend, please feel free to contact Mrs. McIvor at (705) 549-7456 to drop off the required documentation or email it to [smcivor@pssbp.ca](mailto:smcivor@pssbp.ca) to complete the registration process.

### Required Documentation:

1. Proof of Child's Age (*birth certificate, passport, baptismal certificate, birth registration*)
2. Immunization Record
3. Proof of Home Address (*document with physical address on it – driver's license, utility bill, etc.*)
4. Immigration Papers (*if applicable*)
5. Court Documents for custody/access (*most recent if applicable*)
6. Direction of School Support Form (*only applicable if resident of the Town of Penetanguishene*)



### Grandfather Teachings for the Month of February:

For the month of February, our school community will focus on the grandfather teaching of Courage / Bravery (Aakwa'ode'ewin).

We continuously face life with courage, this allows us to use our personal strengths to face difficulties. We can stand tall through adversity, and make positive choices to become our best selves.

The bear represents courage and bravery because she has the strength to face all challenges and fears as well as protect her young. The bear also shows us how to live a balanced life with rest, survival and play.

Video Seven Sacred Laws focusing on Courage and the Bear:

[▶ Episode 4: Bear \(Courage\) | The Sev...](#)

### Student Council Activities:

In the last week of January, the staff hosted a mystery dress-up day for all students. Each day of the week, staff dressed up in a new way and students' observation skills were challenged. At the end of the week, students were tasked with seeing who was most observant and prizes were distributed.

### February's Focus - Kindness

The student council has opted to focus on kindness initiatives for the month of February with a kick-off assembly scheduled for February 3rd. Some of the planned activities will be:

- A Kindness Wall
- Kindness bookmarks
- Kindness Posters
- A Kindness bingo game of activities to complete each week
- Kindness grams with positive messages to be sent out to all

### Other Council Activities:



**February 14th:** Valentine's Day - wear red, white or pink

**February 26th:** Pink Shirt Day - wear your pink shirts to support anti-bullying

### Other Burkevale Happenings:

#### Grade 1 Skating Days:

January 22nd  
February 5th  
February 12th



#### Cross Country Ski Dates:

January 30 (Grades 7,8, 3)  
January 31 (Grades 4, 6)  
Feb. 3 (Grades %,5,2)  
Feb. 13 (Grades 7,8, 3)  
February 18 (Grades %,5,2)  
February 19 (Grades 4, 6)

### **Burkevale Happenings Continued:**

- February 10th: 100th Day of School (K-2)
- February 10th: Speeches in the gym (grades 4-8) starting at 9:00
- February 14th: Report cards come home
- February 15th: Winterama Parade
- February 17th: Family Day (NO SCHOOL)
- February 18th: Grad Photos
- February 22nd: Winners for grades 4-8 speech competition have the option to attend the Lion's Club of Penetanguishene Effective Speaking Contest @ Brian Orser Hall
- February 24th (week of): Girls' volleyball and boys' basketball regional tournaments
- February 26th: Pink Shirt Day
- February 27, 28 - Dental Screening - JK, SK, 2, 4, 7



### **CURRENT CONTACT INFORMATION**

Recently, we have attempted to reach a few contact numbers that are no longer in service. Please ensure the school has all current contact information, proper address, and additional emergency numbers so that we are able to reach someone in the event that there is a need. Thanks in advance for your cooperation.

### **COLD WEATHER**

Please ensure your children have appropriate clothing for the outdoors, as we encourage outdoor activity, even on cold or rainy days. We are conscientious about their safety and adhere to Simcoe Muskoka



District Health Unit Recommendations for keeping students inside in extreme cold. According to the Canadian Pediatric Society, we should be keeping children indoors if the temperature is  $-27^{\circ}$  C, including windchill.

### **Winter Mental Health Moments**

The winter months can be a tough time to keep our mood up. Even though we know that enough sleep, eating a wide range of foods, moving regularly and connecting with friends are the foundation of our mental health, it can be tough to stay motivated in the winter. Try to keep things simple and consistent: healthy food, walking daily, having regular bedtime and wake times and scheduling times to see friends and family. If you're struggling to manage with daily things or losing energy for what you usually enjoy, seek some support from friends, family doctor or helplines. If you are noticing your children struggling, reach out and we are happy to connect and help.

At school Laura Leslie CYW, lleslie@pssbp.ca is offering support to students to help build coping skills and wellness check ins for any students wishing to participate.

School Mental Health Ontario has some great online resources for you, you can check them out here:

<https://smho-smso.ca/parents-and-caregivers/>

**Kids Help Phone** staff 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 some of 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**

Connect with your **family doctor** and update them on what stressors

you've been experiencing. Family doctors may be part of a family health team and they have some child and family counselling options: [North Simcoe Family Health Team](#)

We partner with Children's Treatment Network to provide a variety of services that students may need including speech therapy and occupational therapists. You can find out more about what they provide [Children's Treatment Network](#)

Catulpa Tamarac [Catulpa Community Support Services](#) is another community partner we work with, they provide services to families with children with unique and special needs. to Autism Ontario ([Autism Ontario](#)) is another great partner You can check out the website and/or call to see if it fits for your family.

#### **Community Connections:**

- **Simcoe County Mental Health Crisis Line – 705-728-5044,**
- **Kinark Child and Family Services: Phone: 1-888-454-6275 central intake, Midland office 1-800-230-8529, 788 Yonge St, Suite 3 [Kinark Child and Family Services](#)**
- **New Path Youth and Family Services: [New Path Youth and Family Services](#)**

#### **Online/Phone Help:**

**First Nations and Inuit Hope for Wellness Help Line is 1-855-242-3310**

**KidsHelpPhone:  
1-800-668-6868**

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

**Lesbian Gay Bi Trans Youth  
Line 1-800-268-9688**

[www.youthline.ca](http://www.youthline.ca)

**Canadian Human Trafficking**

**Hotline: [Canadian Human](#)**

**[Trafficking Hotline:](#)**

**1-833-900-1010**

From the Simcoe Muskoka D.H.U



Outdoor Fun!

Outdoor activity has great benefits for your overall health. You can be active or outside connecting with nature. Find fun and easy ways to fit movement into your day by choosing physical activity that you enjoy. Whatever you choose works towards sixty minutes a day, every day.

For more information, visit Canadian 24-Hour Movement Guidelines.

