

Burkevale Protestant Separate School

January Newsletter

January 1st, 2022

Happy New Year everyone! May 2022 bring increased normalcy to the lives of all, and a return to safe and healthy living for everyone. COVID certainly has had an impact on us all. We are all a little more on edge with one another and a little less tolerant. The stresses of COVID could never really have been anticipated until we lived them. For some, we lost houses, jobs and loved ones. For others, we visited food banks for the first time in our lives. Yet, for some, our essential workers, the job workload reached unimaginable heights. For our little people, they felt these added stressors. They were isolated from friends and family. Sports and other extracurricular activities stopped. We are happy to see some of these return. As we move into 2022, our hope here at Burkevale is that we all dig deep to be a little more kind and empathetic to one another, and pray for those who need it the most. We are blessed to have so many amazing students and staff that work hard every day at school. We are also blessed to have families that realize tough decisions that are made at school are ALWAYS made with ALL students' well being and education in mind. Have a wonderful, happy and healthy 2022.



School Events

December :

School Wide Bingo: Unable to participate in some of our Burkevale traditions again this year, we hosted our second annual school wide Bingo, for all students learning at school or remotely. The feedback was fantastic from both students and staff. We hope to continue this again next year.

Entrepreneur Fair: The Entrepreneur Fair moved from online back to in school this year, but the venue was set up in three locations - the gym, the grade 8 room and the grade 7½ room. Classes had to sign up for a time to view the products, and lines were marked on the floor to ensure social distancing. There were some very creative products.



Despite the restrictions due to the pandemic, the intermediate teaching staff thoughtfully planned and organized the modified virtual fair. Thanks so much to the students and staff for keeping this alive.

Student Council: The student council organized virtual school wide Christmas carols for each day of the week prior to Christmas. They also offered two school festive days: cozy/loungewear/pj day and holiday attire day where students could dress in festive colours, Christmas attire or characters. Thanks to all student council members for such thoughtful and inclusive activities.

Food Drive and Adopt a Family: Thanks to Ms. Lahaie, Ms. Dupuis and the grade two students for organizing this year's Food Drive. Thank you also to all of the families and students who were so kind and generous during this time of the year, whether it was through canned goods, donation items toward our Adopt-a Family, or kind words. We have collected over 1500 cans of food!!



Grandfather Teachings for the Month of January:



For the month of January, our school community will focus on the grandfather teacher of WISDOM. Everyone has a special gift. We can show wisdom by using this gift. How can we show wisdom? Help out a friend who is struggling, gain knowledge by asking questions, be attentive and share your knowledge by answering questions. The beaver represents wisdom because he uses his natural gift wisely for his survival.

Video Series: The Seven Sacred Laws

[Episode 6: Beaver \(Wisdom\) | The Seven Sacred Laws](#)

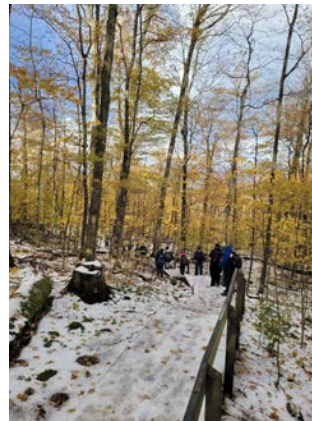
Treaties Education Continued:

Downie Wenjack Fund and Exploring by the Seat of Your Pants created a video series of Live Presentation for Secret Path Week that occurred in October. One such video focused on explaining Treaties to students. The presenter Maurice Switzer read an engaging story and took questions from classrooms all over Canada.

[▶ Maurice Switzer | Treaties Presentation \(Elementary Schools\)](#)

Presenters in December:

This month we also were excited to partner again with Awenda Provincial Park to participate in online interactive learning. We are fortunate enough to have this fabulous park and its staff minutes away from our school. Awenda Park staff came to do 2 different programming sessions through zoom. They discussed Ecosystems with the grade 7's in Miss Wright's class and Diversity of Living Things in grade 6 in Mrs. Hutchinson's. These naturalists have created online programming and graciously donated their time to zoom into our classrooms and show us the wonders of Awenda Provincial Park. We also had the opportunity to visit this location with our grade 6, 7 and 8 classrooms earlier in the fall.



Field Trips with Tiny Forest Academy:

Classes from Kindergarten to grade 6 will have the opportunity to visit the Tiny Forest academy this school year where they will have the opportunity to connect with the land and get their hands dirty. We have already had our Kindergarten and SK/1 classes participate. Here are some pictures of their adventures:



The Holidays and Welcoming 2022: We are grateful to continue to have Heather Johnston at Burkevale providing social work support to our students including one on one counselling, small group options (within cohorts) and supporting social emotional learning. These supports are available at the school 3 days a week, so don't hesitate to get in touch if your student is struggling, you can email hjohnston@pssbp.ca for more information, or check out the resources in a special well being google classroom that Heather has created



(<https://classroom.google.com/c/MzQyNjUyOTI1NTE0?cjc=7ebkuto>).

Your provincial team that supports Burkevale has some great resources for family and youth available at: <https://smho-smsso.ca>. If you have any questions you can get in touch with Christy Hamill, chamill@pssbp.ca or 705-715-6775. Follow us on **Twitter @BurkevalePSS** for regular tweets on well being and local resources you can access.

We are so very excited for 2022 to let you know that we have partnered with Pine River Institute and Trillium Lakelands District School Board to bring you some fantastic workshops on positive parenting for mental health, managing screen time, helping manage challenging behaviours and understanding addiction.

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

Penetanguishene Protestant Separate School Board
Presents
Pine River Institute's Centre for Family Initiatives
Wellness Wednesdays

Wednesday January 19th, 2022

Parenting for Positive Mental Health, Part 1

Understanding our child's behaviours and development so that we can respond with intention to promote mental wellness and growth.

Wednesday February 16th, 2022

Parenting for Positive Mental Health, Part 2

Attunement, connection and setting limits. Understanding your parenting style and the challenges parents face when their children push back.

Wednesday March 23rd, 2022

Understanding and Managing Screen Time

Are they addicted? Why is it so hard for kids to put down devices? What do parents/guardians need to know about the digital world and how it affects their child's development. Positive strategies to build connection with your kids through tech.

Wednesday April 20th, 2022

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 create safety for them, rather than create conflict? Exploring the needs of children through the lifespan and recognizing why we sometimes struggle to connect.

Wednesday May 18th, 2022

Understanding Addiction and Addictive Behaviours

Looking at why kids can get stuck and how addictive behaviours may develop. Seeing the "function" behind the addiction, and how parents/guardians can support recovery without shame and guilt.

All webinars will take place from 7:00p.m. - 8:00p.m.



[Register here](https://us02web.zoom.us/webinar/register/WN_9MuvJkrIR2mckfCkBpH79w)

For 7 tips to Get ready for the holidays see next page or click here: [Mental Wellness First](#)



Putting Your Family's *Mental Wellness First*

7 TIPS TO GET READY FOR THE HOLIDAYS

Check out these tips and ideas to help your family support your child's mental health and manage the holidays in a pandemic.

- 1 Prioritize mental health in the holidays.**

Even in a typical year, the holidays can be an especially challenging time of year for many families. When you prioritize your or your child's mental wellness, you can focus on what works for your family. As a parent, consider the things that feel realistic for you to do and then offer those choices to kids/youth to pick from.
- 2 Plan early.**

Plan early to start having conversations with children about what the holidays may look like so that they understand things will be different this year and they know what to expect.
- 3 Focus on what's in your control.**

This is a good time to focus on the things that are in your control. When it comes to traditions of the holiday season, consider how you can incorporate the traditions, or at least parts of those traditions, that are most important to your family.
- 4 Managing disappointment.**

For a lot of us, we are going to need to accept that the holidays just won't be what they usually are. That will be disappointing for a lot of us. It's important to acknowledge that disappointment, especially for children.
- 5 Supporting children through grief.**

The holidays can be especially hard for families who are grieving. You might work together to come up with ideas for memorializing your loved one over the holiday. Remember that it's okay for you child/youth to feel upset as there have been a lot of different types of loss this year.
- 6 Take care of you.**

The holidays can be a stressful and anxious time for parents, too. Consider planning a day where the family could play a game or watch a movie together. But don't forget to have some scheduled time where kids can play games and parents can take some time out as well.
- 7 Don't underestimate your family's resilience.**

Resilience is about bouncing back from challenges, rather than not having any challenges at all. Look back on your year. Notice what works for your family – and remember that this will look different for each family.



Please remember that we have community partners who are ready to help as well. The Youth Hub is active and provides some really great and innovative supports for youth aged 12 and up; <https://youthhubs.ca/en/sites/north-simcoe/>. Youth can call into the hub phone line at 1-705-427-5639 and hub staff will provide navigation support and a warm hand-off to other hub partners and/or community services.

Catholic Family Services (you don't have to be Catholic to use) have had some fantastic workshops and resources, you can check them out here: <https://cfssc.ca/services/group-counselling/>

New Path has readily available phone sessions for youth and families at any age. You just call to connect with a counsellor: 705-725-7656 or 1-866-566-7656, <https://newpath.ca/call-in-clinics-2/>

Kinark is also offering services virtually and are based on self referral, so you just have to call: 1-888-454-6275 <https://www.kinark.on.ca>

There are Youth and COVID specific resources available at: <https://jack.org/Resources/COVID-19-Youth-Mental-Health-Resource-Hub?lang=en-ca>

Kids Help Phone has been working hard to offer easy to access adult and child resources: <https://kidshelpphone.ca>, or call anytime 1-800-668-6868

This old Persian saying brings some optimism in our current situation, "This too shall pass." Here's praying we all remain safe and well until that time.