

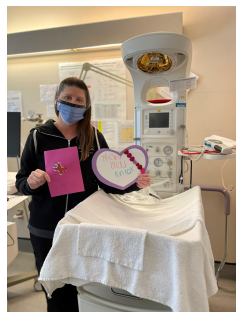
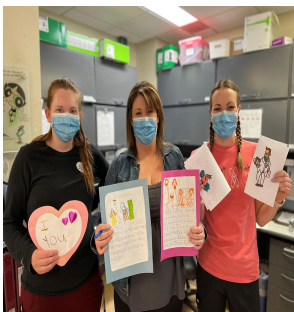
Burkevale Protestant Separate School

March Newsletter

*“Remember,
there’s no such thing
as a small act
of kindness.
Every act creates
a ripple with
no logical end.”
– Scott Adams*



The staff and students at Burkevale continue to promote the spread of kindness. Recently, many students from kindergarten to grade eight wrote letters to the staff at Georgian Bay District Hospital. The letters were received with gratitude and joy. The coordinator at the hospital shared a few photos to allow students to see the positive impact their kindness had on the hospital staff.



When the Safe Schools Committee met in February, the students suggested doing something similar for local businesses. Tim Horton’s and Towne Towing were selected because of their ongoing support of our students and students’ desire to show our thanks and gratitude for their kind acts!



Rotary  Club of Penetanguishene 

Burkevale was Ecstatic to Learn of their First Place Finish

Winterama: The 75th annual Winterama festivities and parade took place over the Family Day weekend. Students and staff entered a Burkevale Float for the parade. A special thanks to Ms. Koopman, Ms. Cameron, and Ms. Rever for designing the float. Thanks also to Ms. Thompson and Ms. Copegog for riding along on the float and supporting students. Thanks to all of the students who were a part of the day! It looked amazing. A huge thank you to Towne Towing in Midland for generously donating the driver, truck and trailer for the parade.



Shrove Tuesday:

Burkevale students celebrated Pancake Tuesday this month which is associated with the Catholic and Protestant celebration of Lent. Shrove Tuesday is the last day before Lent begins on Ash Wednesday. Lent is the period leading up to Easter, a time when many people fast or give up something they love. This is a reminder for Christians of Jesus' sacrifice and his 40 days spent in the desert without food. This was often the last chance for people to use up their eggs, milk and sugar before they went bad and pancakes were one of the easiest ways to use up these ingredients before Lent began.

Mental Health and Well-Being:

There has been a lot of ongoing stress lately , increasing our stress load and impacting how we feel. While we can't get rid of all our stress we can practice some simple ways to help our brains/bodies cope. One of the simplest ways we can manage our stress is to check in with our breathing ([What Focusing on the Breath Does to Your Brain](#)). Lots of us, children included, have a habit of inhaling up high in the chest (chest goes up) instead of inhaling into our belly (belly goes out). When we stop a few times a day to check in we can notice our breathing habits and switch to belly breathing which helps to tell our bodies and brains that we are ok, and can cope with what is happening around us..



Something to try: Breathe in with a hand on your belly and a hand on your heart, and notice which hand is going up. If the hand on your heart is going up, focus on trying to get the hand on your belly (diaphragm) to go out instead, this can reduce our body's stress response and help us relax. For more information on this check out: <https://www.health.harvard.edu/mind-and-mood/breathing-lessons>

And here are some videos kids can benefit from:

1. Just Breathe: <https://www.youtube.com/watch?v=RVA2N6tX2cg>
2. Belly Breathing: https://www.youtube.com/watch?v=Gj_btW2IHlo

Need more support managing stress? Check in with:

1. New Path Child and Family Services: 705-725-7656 <https://newpath.ca>
2. Kids Help Phone: <https://kidshelpphone.ca/>
3. Adult/couple/family counselling: 705-726-2503, <https://cfssc.ca/locations/midland/>
4. Your family doctor is a good place to connect about stress
5. Chigamik has some fantastic resources: <https://www.chigamik.ca>
6. North Simcoe Youth Hub is also great for 12+ year olds:
<https://youthhubs.ca/en/sites/north-simcoe/>
7. Kinark Child and Family Services: <https://www.kinark.on.ca>, central intake 1-888-454-6275

Getting outside and getting fresh air are excellent ways to reduce stress, doing it together as a family adds an extra benefit as you connect with each other. The little things we do can add up and buffer some of the big stressors that we can't control.



FREE Webinar: Burkevale School & PSSBP, & Dr. Jennifer Saltzman-Benaiah Present:

What: Online workshop; *Practical Tips to Understand the Brain and Add to Your Parenting Toolkit*

When: Wednesday, May 10, 2023 @ 6-7pm

TOPIC DESCRIPTION: *Dr. Jen Saltzman-Benaiah is a clinical neuropsychologist with the Children's Treatment Network. She will provide practical information on how to use brain science to connect, respond and better understand our children's behaviour.*

Where: Online (please email chamill@pssbp.ca with questions)

Register: <https://forms.gle/U8mv2aRoNH5PRv5S7>

Upcoming Activities:

- March 1st Boys' Basketball tournament @ North Simcoe Arena
- March 2nd Girls' Volleyball tournament @ Le Caron
- March 2nd Metis Dancer workshop for grades 4-6
- March 2nd Indigenous Drummer in Grade 3
- March 21st Co-Ed Hockey Tournament Grades 7-8 @ North Simcoe Arena
- March 24th Forest School Grade 2 Dupuis
- March 31st Forest School Grade 2 Lahaie



For Students age 12+ the Youth Hub is a great resource, see below and call (705)427-5639 if you need help getting your kids there, they have some assistance with transportation



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Peer Support Drop In 4-5 PM	2	3 Karaoke Night 4-5 PM	4
5	6 Family Feud Night 3:30-5 PM	7	8 International Women's Day: Docu Screening 4-5 PM	9	10 Mario Party Night 4-5 PM	11
12	13 Gratitude Bead Making 3:30-5 PM	14	15 Budget Bites Cooking Class 4-5:30 PM	16 Smudge and Info Night w/ Greg 4-5:30 PM	17 Slime Making 4-5:30 PM	18
19	20 MYOP: Make Your Own Pizza Night 4-5:30 PM	21	22 Spring Cleaning Meditation: Clean Out Your Mind 4-5 PM	23	24 Paint Night 4-5:30 PM	25
26	27 Tie Dye Party 3:30-5:30 PM	28	29 Mental Health Support Group 4-5 PM	30	31 Movie Night: The Perks of Being a Wallflower 4-5:30 PM	

★ Registration Required (Contact Hub @ 705-427-5639 ~ nsywh@waypointcentre.ca ~ in-person @ 287 Bayshore Room 1117)

Important Information:

Ice Galore: With all of our unpredictable weather, many patches of ice are forming around the yard. We will continue to support students in making choices to stay as dry and safe as possible. We would appreciate your support in reminding them to avoid icy patches and the likely large puddles that will develop.

February Reading Month: The students partook in many Student Council led activities related to reading throughout February. By the end of the month, over 1000 books were read. Way to go Burkevale!

Register for Kindergarten



Kindergarten Registration: Burkevale families who are planning on having a child begin JK at Burkevale in September (must be 4 years of age before December 31, 2022) are asked to go to the board website for all registration information (www.pssbp.ca). Registration for new families has started. Registration for all kindergarten students outside of Penetanguishene to enroll at Burkevale remains closed for the time being. The only exceptions are for families who currently have siblings enrolled in the school, or for staff who wish to bring their child to Burkevale. Under board policy, this will be reviewed yearly.

**Join us on INSTAGRAM @burkevale_school or on TWITTER @BurkevalePSS
to see more fantastic student work and activities**

Grandfather Teachings for the Month of March:



For the month of March, our school community will focus on the grandfather teaching of humility “Ddaadendiziwin” and this trait is represented by the wolf.

How do we show humility?

We can celebrate everyone’s accomplishments equally, ask for constructive feedback and listen to others openly. Live life selflessly and not selfishly. For the wolf, life is lived for his

pack and the ultimate shame is to be outcast. Let yourself be humbled by the world.

Tiny Forest Academy Adventures:

With the snow, the classes have had the opportunity to be a part of a winter wonderland!

Activities in February:

Grade 1 and 2 Skating:



Cross Country Skiing at Mountain View:



Our community Partners Seasons Centre for Grieving Children have an Educational Day & a FREE Parent Forum on Cultivating Resilience coming up April 20th. See poster below for more info:

SEASONS CENTRE FOR GRIEVING CHILDREN IS PROUD TO PRESENT

AN EDUCATIONAL DAY ON

Cultivating Emotional Resilience in Children and Families



Thursday, April 20, 2023

In-Person & Virtual Symposium

WE ARE OFFERING TWO SEPARATE SESSIONS

9:15am - 3:30pm
Service Providers' Workshop

6:30pm - 8:30pm
Parents' Forum

Confirmed speakers:

Dr. Robert Meeder, is a Pediatrician and Medical Director of Family, Child, and Youth Mental Health at Waypoint Centre For Mental Health Care in Penetanguishene, Ontario. He has a community-based focused practice in the area of child and youth behaviour and mental health. Dr. Meeder completed his medical training at McMaster University and Pediatrics Residency at Western University. He resides near Orillia, Ontario with his wife and four children. Check out his Smart Family podcast at <https://podcasts.apple.com/ca/podcast/smart-family-podcast/id1497316466>

Jennifer Kolari, M.S.W., R.S.W. **Child and Family Therapist and Founder of Connected Parenting** One of the nation's leading parenting experts, Jennifer Kolari is a highly sought-after international speaker and the founder of Connected Parenting. A child and family therapist with a busy practice based in Toronto and San Diego, Kolari is also the author of Connected Parenting: How To Raise A Great Kid (Penguin Group USA and Penguin Canada, 2009) and You're Ruining My Life! (But Not Really) Surviving the Teenage Years with Connected Parenting (Penguin Canada, 2011). Kolari is a frequent guest on many national morning shows and her advice can be found in many Canadian and U.S. magazines. Jennifer entertains and educates audiences with her powerful parenting model based on the neurobiology of love. Kolari's wisdom, quick wit and down-to-earth style helps parents navigate modern-day parenting problems, offering real-life examples, as well as practical and effective tools and strategies.

Ned Johnson is an author, speaker, and founder of PrepMatters, an educational company providing academic tutoring, educational planning, and standardized test preparation. Ned has spent nearly 50,000 one-on-one hours helping students conquer an alphabet of standardized tests, learn to manage their anxiety, and develop their own motivation to succeed. With Dr. William Stixrud, Ned co-authored The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives and What Do You Say? How To Talk With Kids To Build Motivation, Stress Tolerance, and a Happy Home. Ned is the host of The Self-Driven Child podcast: conversations with parenting and education experts. area.

A day that focuses on cultivating resilient children and families.

Dr. Rob Meeder will assist participants into gaining insight into the importance of healthy relationships and family systems. Ned Johnson shares practical suggestions for how parents and educators can support kids without undermining autonomy or creating dependence. Jennifer Kolari provides immediate strategies for attendees to feel confident when engaging in emotional moments and to support children to work through difficult feelings.

LEARNING GOALS:

- To gain an understanding of the neuroscience and psychology behind the development of emotions in infants and children.
- To gain insight into the importance of healthy early relationships and family systems in promoting the development of a secure attachment and the foundation for emotional regulation and resilience.
- To learn what a sense of control looks like inside, and does to, developing brains and why it is so pivotal to mental health and motivation.
- To learn immediate strategies to feel confident when engaging in deeply emotional moments and to help children to work through and process difficult and painful feelings.

SERVICE PROVIDERS' EDUCATION DAY - \$125

PARENTS' FORUM - REGISTRATION REQUIRED - FREE

(Supported by Early Childhood Development, County of Simcoe)

TO REGISTER AND PURCHASE TICKETS ONLINE PLEASE VISIT
<https://www.grievingchildren.com/educationday/>

FOR FURTHER INFORMATION PLEASE CONTACT:

Joan Kennedy, Outreach Manger at 705-721-5437 ext. 202
joan@grievingchildren.com - <https://www.grievingchildren.com>

Sponsored by:

County of Simcoe

SEASONS CENTRE
FOR GRIEVING CHILDREN
Healing Hearts with Hope



Burkevale students celebrated Pancake Tuesday this month which is associated with the Catholic and Protestant celebration of Lent.

Shrove Tuesday is the last day before Lent begins on Ash Wednesday. Lent is the period leading up to Easter, a time when many people fast or give up something they love. This is a reminder for Christians of Jesus' sacrifice and his 40 days spent in the desert without food.

This was often the last chance for people to use up their eggs, milk and sugar before they went bad and pancakes were one of the easiest ways to use up these ingredients before Lent began.

