

# NOVEMBER NEWSLETTER

NOVEMBER 1ST, 2024



*"We must remember. If we do not, the sacrifice of those one hundred thousand Canadian lives will be meaningless. They died for us, for their homes and families and friends, for a collection of traditions they cherished and a future they believed in; they died for Canada. The meaning of their sacrifice rests with our collective national consciousness; our future is their monument." [Carleton University](#). Burkevale students will be remembering our veterans on November 11th*

## **Parent-Teacher-Student Conferences: Progress reports will be coming home on Wednesday, November 20th, 2024. Student-teacher-parent conferences will take place the week of November 25th to the**

**29th. Families may book their interviews on School Days starting November 21st for available times and dates. Friday, November 29th is a PA Day for interviews in the morning.**

**Winter Weather:** We have been blessed with another mild fall and some abnormally warm days. The fall leaves were vibrant this year, but with the arrival of November, I fear the winter weather is just around the corner. With the snow comes a happy cheer by children for potential SNOW DAYS. As has been past practice, we will attempt to notify parents of bus



cancellations in the morning. School bus cancellations for our area can also be found at <http://www.simcoecountyschoolbus.ca> or on our local radio station Pure Country 106 and 104.1 Bounce. We are considered the North Simcoe Zone. Unless there is extreme weather, the school will remain open for student learning on snow days.

## **Fire Drills and Lockdown:**



All three fall fire drills have taken place with students becoming more confident and capable each time.

The fall lockdown, hold and secure and shelter in place will take place with the OPP in early November. In the event of an emergency where students are required to evacuate our building, the kindergarten to grade 4 students will be going to the Penetanguishene Museum and Archives and grades 4-8 will be going to the Penetanguishene Public Library, unless it is a Wednesday where the evacuation point changes to The Bayfield House. If there is an emergency that lasts beyond the regular school day, communication from the board will be sent out regarding pick up locations and procedures.

## **Grandfather Teachings for the Month of November:**



Turtle  
Teaches Us  
Truth

For the month of November, our school community will be focusing on the grandfather teacher of TRUTH.

## TRUTH

Truth is represented by the turtle as he was here during the creation of Earth and carries the teachings of life on his back. The turtle lives life in a slow and meticulous manner because he understands the importance of both the journey and the destination.

### Upcoming Days of Significance:

**Treaties Recognition Week (Nov 3rd - 9th):** Treaty Education Week is recognized as the first full school week of November. This is a recurring opportunity to intentionally deepen our knowledge and understanding of Treaties, Indigenous perspectives, our collective history, and align with #62 & #63 of the Truth and Reconciliation Call to Action.

**National Inuit Day Nov. 7th:** A day to honour the vibrant culture and rich history of Inuit communities in Canada and around the world.

**National Indigenous Veterans Day Nov. 8th:** Indigenous people in Canada have reason to be proud of their wartime contributions. More than 7,000 First Nations members served in the First and Second World Wars and the Korean War, and an unknown number of Inuit, Métis and other Indigenous people also participated. One Veterans group estimates that 12,000 Indigenous men and women served in the three wars.

**November 16th: Louis Riel Day:** As stated by former Métis Nation of Ontario President, Tony Belcourt, "November 16th marks a significant occasion of

observance for the Métis Nation. This date gives us an opportunity to bring about an enlightened focus on the significant role and achievements of Louis Riel and the Métis Nation in the building of Canada."

### October and November Events:

Throughout the fall, a number of grade 4-8 students participated in cross country running with a big area meet being held at Little Lake Park in Midland. Eighteen runners (our highest ever number) advanced to the county meet at Mt. Saint Louis. Congratulations to all athletes! Girls basketball (Grades 7-8) and boys volleyball (Grades 7-8) is also underway for a number of students and they are so excited to compete against other schools. Some classes have attended their first field trips to Chappell's farm and/or Forest School. (K-2) Darlene the Drummer has also been in the primary classes through the month of October.

**School Council:** The school council hosted their second "Burkevale Market" on Saturday, November 2nd at the school from 9:30-3:00 pm. There were a variety of vendors at the event. We appreciated seeing many Burkevale families at the event!

Local Mental Health Supports:

[Quick Access Child and Youth Mental Health Clinic](#)

-Kinark Child and Family Mental Health Services: [Community-Based Child and Youth Mental Health](#)

-Students age 12+ can access service at the HUB: [North Simcoe - Youth Wellness Hubs Ontario](#)



-All youth under 18 eligible for counselling support at [One Stop Talk](#), connect with a therapist and make a plan to feel better  
-Check in with your mental health lead, [Christy Hamill](#) , [chamill@pssbp.ca](mailto:chamill@pssbp.ca) and check out resources for youth and parents at; [School Mental Health Ontario](#)

### **TECHNOLOGY UPDATES:**

Burkevale uses a variety of technology tools for our students to help their learning and to be better prepared for our ever changing technological world. Our Grade 1-8 students have 1 to 1 Chromebooks in their classrooms and utilize [Google Suite for Education](#) along with [Read & Write for Education](#). To access these tools at home your child has to login to their school GSuite account on a home device ([GSuite Login Help](#)). Teachers use a variety of other online programs depending on the child's grade level and teacher's preferences. If you have any questions about the programs your child is using please contact your classroom teacher or Mr. Kent ([lkent@pssbp.ca](mailto:lkent@pssbp.ca)). For a more extensive list of websites and information visit our [Student](#) and [Family](#) resource pages. Thanks, Mr Kent!



**KINDNESS MATTERS:** At Burkevale, we are striving to institutionalize kindness! Did you know that one smile can have a positive impact on 30 people? Did you know that scientific research

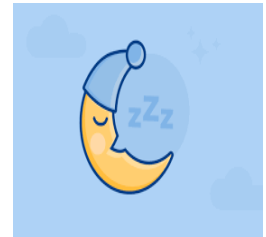


shows that the more we consistently display kindness, the more positive the impact on one's well being? It also helps to reduce stress!! If we know that putting kindness into action can transform individuals, schools and communities, we need to ACT. Our goal is to spread kindness in our classrooms, homes, school and community. Please be a part of our Kindness Club. Kindness is contagious and we want it to spread like wildfires!

[The Benefits of Kindness: Helping our Kids Harness the Superpower of Kindness | Kelty Mental Health](#)

### **Sleep is Essential for Mental and Physical Health**

During sleep your brain is busy taking care of all of the body's systems, helping you feel good, fight off disease, and function at your best.



#### **SUPPORT SLEEP BY:**

- 1) Getting outside, get sunlight early in morning and as much as possible throughout the day (without sunglasses on)
- 2) Move - walk, dance, run whatever but move more, get sweaty sometimes
- 3) Eat foods that fuel your activity level but stop an hour or so before bed
- 4) An hour before bed, dim the lights, turn off the devices and allow your body to begin to rest and produce the chemicals/hormones it needs to sleep
- 5) Relax - try a big sigh to help your body relax - take a deep breath, then take in just a little more then do a slow sighing sound to exhale

#### **Is Bedtime Stressing You Out?**

Kids ages 6-12 need about 10 hours of sleep every night but sometimes getting them to bed can be frustrating. You can help create a regular sleep schedule for your child by setting a clear bedtime and sticking to the same time every night. Sleep and wake times help our brain/bodies' natural clock/circadian rhythm. Start getting ready an hour or two before bed; dim the lights to simulate it getting darker, turn off the TV, computers and phones. Spend quality time talking or reading stories to help them unwind. Agree on how many you'll read before you start! Keep their room dark, cool and quiet. Making sure your child gets enough rest will help improve their mood, behaviour and ability to learn.

**For more bedtime tips, contact Health Connection at 705-721-7520 or 1-877-721-7520 to speak with a public health nurse or visit [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).**

Here are some links if you want to learn more about sleep and how important it is for overall health.

[Sleep and children: the science behind it - The Douglas Research Centre.](#)  
[How Screen Time May Cause Insomnia in Teens | Sleep Foundation](#)

[Screen time and developmental health: results from an early childhood study in Canada](#)

[Brain Basics: Understanding Sleep | National Institute of Neurological Disorders and Stroke](#)



EAT WELL TO EXCEL: We continue to be supported through the Eat Well to Excel Program at the school, with a number of students accessing our healthy food bin daily. Without their support, many students would go hungry. We are truly grateful to their organization. They are hosting an upcoming event,

### **Help Feed Hungry Students**

### **November 19<sup>th</sup> is Eat Well to Excel Day in Simcoe County, 2024**

Our goal is to ensure no child begins the school day hungry. Eat Well to Excel, is a Simcoe County non-profit community partnership that supports our school's student nutrition program. The funding provided by Eat Well To Excel allows us to supply students with access to nutritious snacks during the school day.

More and more students seem to be coming to school saying they are hungry. Many of the students in our schools are coming to

school without having eaten breakfast and do not have food to eat throughout the day. The costs of food are rising and the amount of money provided from the province is not enough. Schools run out of money all of the time, or they are limited in what they can offer because of the limited funds they receive.

It's simple: when children are hungry, they can't focus, and if they can't focus, they can't learn. Kids that are hungry struggle to retain knowledge and keep focused throughout the day. With your support, we can maintain and improve our programs to provide a consistent supply of nourishing food to children so they can feel energized, concentrate better in class and perform better in school.

### **INFORMATION FROM THE SIMCOE MUSKOKA DISTRICT HEALTH UNIT**

School lunches – what is your role?

Everyone plays a role in student lunch times.

Parents/guardians choose what foods to provide. Grocery shopping, food choices and meal planning are adult roles. As they get older, your child can take a more active role.

Children choose whether and how much to eat from what was packed. Respect your child's decisions. Let them eat food in the order they choose. Trust your child when they tell you they are full, or they are hungry for more.

Schools/educators choose when and where food is eaten during the school day. The school

schedules meals and snacks at regular and consistent times and allows access to water between meals.

### **Cooking is a great family activity!**

Cooking together is a great way to share family traditions, spend quality time together and learn some skills! Kids learn about food through their senses (sight, touch, smell, hearing and tasting). Teach them about kitchen and food safety. Keep it simple and give them tasks that can help with. Let them measure and stir ingredients and cut fruit and vegetables as they get older. Don't expect your children to eat it. Your kids will be more interested in cooking if they know there is no pressure to try everything they make. Over time they will get more comfortable with different foods and will try something new when they are ready.

Looking for more information? Call Health Connection at 705-721-7520 or 1-877-721-5720 or visit the health unit's website at [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).

