

# DECEMBER NEWSLETTER

## Burkevale Protestant Separate School



## Have Yourself a Merry Christmas and a Happy New Year!

### Christmas at Burkevale - The Christmas Concert Returns 🎅

Mark your calendars as booked for December 20th (snow date of the 21st) for the Burkevale Christmas concert. Despite a library being on the stage, a student population that is beyond the capacity of our gymnasium (let alone when parents and/or grandparents join in the festivities), we are forging ahead with our Christmas concert. Creative minds hashed out a schedule so that all loved ones would have the opportunity to come and watch the students celebrate the joys of Christmas. Our evening will be divided into four separate time frames, with the kindergarten students going first, followed by grades one and two, three to 4/5 and finally grades 5/6 to 8. More details will follow.

Christmas brings out the best version of so many people - we care a little more, give a little more, and show a little more patience and empathy toward others. Traditionally, Burkevale has come together as a community to support families from within our school who could use a little extra help during tough times. We have three families that have been selected for the adopt-a-family this year. The committee will be reaching out regarding details of this fundraiser shortly. Christmas carols in the gymnasium have always been a part of our Burkevale tradition. This year, we will be playing Christmas carols over the PA system during snack time for all students to hear, and on the last Friday before Christmas break, we will host two assemblies for a live caroling experience. With the rising costs of groceries, and inflation, food banks are being accessed at an alarming rate, and our local food banks are no exception. Ms. Lahaie's grade two class will be spearheading our local food collection for St. Vincent de Paul. Non-perishable food items will be accepted between December 5th-16th, and will be delivered the following week. Thanks in advance for your support and generosity.

Food Drive, December 5th-16th

**Mondays** (canned goods)

Give what you CAN



**Tuesdays** (breakfast items)

We CEREAL-sly appreciate your donation

**Wednesdays** (canner items)

**Thursdays** (donate anything day)

You are PASTA-bly the best



**Fridays** (doonies & toonies)

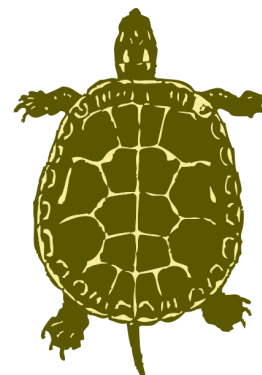
Be the CHANGE!  
Make a difference



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## Grandfather Teachings for the Month of December:

For the month of December, our school community will continue to focus on the grandfather teaching of **TRUTH**. The turtle lives life in a slow and meticulous manner because he understands the importance of both the journey and the destination. This teaching can be shown with honour and sincerity in all that you say and do.



In the month of November we recognized Nation Treaties week which took place the first week of November.

There is an online resource through the Anishinabek Nation that guides students and educators through a series of videos learning about the importance of Treaties. You can access these resources online at:

<https://www.anishinabek.ca/education-resources/treaty-education-home/>

### *HEALTH AND WELL-BEING THROUGHOUT THE HOLIDAYS:*



December is here, snow is falling, some special days at school and the holiday break are all coming soon. These are wonderful times at school and with family and friends. While we celebrate we can buffer the stress that comes with the changes in routine by being intentional about how we recognize and manage our emotions through the holiday season.

Keeping some structure in place over the month of December and through the break can help keep things running smoothly, and help give everyone the energy they need to manage the excitement and stress of the holidays.

- Keeping bedtime and wake up times (children need 10 hours of sleep, less than that and you may see some challenges coping during the day)
- Eating all the foods - so while we include more treats making sure we are still eating all the foods that help our minds/bodies working at their best
- Have daily fun with movement/getting outside - we know that moving (aka exercise) can help our bodies get rid of stress chemicals, so have some family walks, skating, and sliding fun together to stay moving through the holidays

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- Checking in with each other and talking about what is exciting, what's stressful and supporting each other in managing stress, some people need together time, others may need some quiet time to themselves
  - Seeking support, there are community supports available, for help with mental health, New Path has available; [Quick Access Child and Youth Mental Health Clinic](#), and 705-728-5044 is the local mental health crisis line
  - Access to emergency baby needs are available through Early Years Midland (call 705-526-2456)
  - Food Bank at St. Anne's church is available T/W/TH 1-1:30 call 705-549-2560 ext.2

Managing screen time can be challenging. Consider what your family values are about screen time, for example, do you have times when you put devices down, eat dinner together, play games, or watch movies and no one (parents included) has their device during that time? Do you have some safe practices in place, devices being used in public spaces, knowing what and who your kids are connecting to online? *Media Smarts* has some great safety tips for a variety of age groups that you can check out online:

[Internet Safety Tips by Age: 8-10 | MediaSmarts](#)

We know that most students are spending time online, if you'd benefit from some support on how to help your child manage their online experiences please click this link for some great ideas and resources: [SMH-ON • Helping Your Child Manage Digital Technology • Info Sheet](#)



**ONLINE Book Resource** - Connecting to literacy, we know that reading with your children can build and grow strong connections for reading skills. **Books** that your child can listen to and you can Read Aloud with your children to support learning about emotions and mental health can be found at this link: [Find a Resource - Students](#) and a resource to support the holiday **transition back to school** can be found here: [How to Support a Mentally Healthy Back to School for Your Child](#)

Support will be available at Burkevale via Heather Johnston (hjohnston@pssbp.ca) the school social worker, she offers support to students managing their stress via Mindful Meals program and counselling at school. We also have a partnership with Kinark ([Kinark Child and Family Services](#)), they offer support Monday mornings at the school. Christy Hamill (chamill@pssbp.ca) is available if you have further questions about the mental health and multidisciplinary programs available.

### **November Activities:**

November is always landmarked by giving thanks to our veterans. On November 11th, we had two separate assemblies, led by Mrs. Rodaway, Ms. Gichrist and the grade eight students. This year, we were privileged to have Major Sarah Oakley join us via skype from Base Borden, and Mrs. Daglind Hahn

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join us with her beautiful rendition of The Last Post and the Reveille on the trumpet. It was so impressive to watch the receptiveness and respect of all of our Burkevale students. They should be commended for their behaviour during our assemblies.

Other Activities:

- Girls' basketball and boys' volleyball are in full swing with coaches Mr. Genier, Ms. Laurin, Ms. Hartman and Mr. Vavrovics. All students are loving the return of sports
- The Student Council, composed of representatives from grades 4-8, has organized a number of fun activities for students. At the end of November, they led a number of kindness activities for all to participate
- The grades 6-8 classes are planning a French Fashion Show
- The kindergarten classes have all gone to Forest School now, and our grade threes attended the Simcoe County Museum in November
- A group of singers accompanied by Madame Lucie and Mrs. Gilchrist sang Oh' Canada at the inauguration of the new council

Upcoming December Activities:

- The girls' county basketball meet is taking place on December 6th in Midland at GBSS and the Rec Centre
- We will be planning a cozy/comfy day for December 23rd, where the entire student population may wear PJs or comfy clothing
- We will be planning a festive attire day for December , where students may wear Christmas colours, sweaters, or dress as their favourite Christmas character
- The Entrepreneur Fair is taking place on December 15th in our gymnasium

**SAVE THE DATE FOR OUR CHRISTMAS CELEBRATION – DECEMBER 20TH (SNOW DAY THE 21ST)**

**WE HAVE DECIDED TO DIVIDE OUR CONCERT INTO 4 SEPARATE EVENTS TO ACCOMMODATE ALL SPECTATORS. WE KINDLY REQUEST THAT ALL SPECTATORS ENTER THROUGH THE FRONT DOORS AND EXIT THROUGH THE BACK DOOR IN THE GYMNASIUM. THE PRIMARY GATE WILL BE UNLOCKED FOR THE EVENT. BELOW IS A TENTATIVE SCHEDULE FOR THE EVENING:**

<b>KINDERGARTEN:</b>	<b>5:30-6:00</b>
<b>GRADES 1 AND 2:</b>	<b>6:15-7:05</b>
<b>GRADES 3, 4, AND 4/5:</b>	<b>7:20-7:50</b>
<b>GRADES 5/6-8:</b>	<b>8:05-8:30</b>





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# Tips for Reducing Holiday Stress

The holidays are here again! While this can be a great time to enjoy family and friends, it can also be stressful. Here are some tips on decreasing stress so you can increase fun.

1

Make lists of activities you want to do and events you want to attend and prioritize them.



2

Decide what you DON'T want to do and cross those things off the list.

3

Let things be IMPERFECT. Sometimes the messy can be the most fun.



4

Accept help if/when you need it.



5

Give help when/where you can.

7

Make time for yourself! And do something you enjoy.



6

Keep up your (and your kids') regular routines for eating, sleeping, etc.

