

Burkevale Protestant Separate School

MAY NEWSLETTER



Mental Health Week is from May 6-12 it will be the 73rd annual Mental Health Week celebrated in Canada. Mental Health Week is a time to come together as communities to share ways to support mental health as individuals, families and communities.

This year's focus is on kindness and compassion. "We all have the capacity to be compassionate, and we know that doing so can make an enormous difference. This year's Mental Health Week is centered on the healing power of compassion. In a world plagued by suffering, we emphasize that kindness is equally intrinsic to our humanity." [Mental Health Week - CMHA National](#)

You can find more information here: [CMHA Mental Health Week](#); A CALL TO BE KIND; Because Compassion Connects Us All

Part of what children learn through social emotional learning at school is how to recognize and name emotions. Most classes have time during the day when students can share part of their story, what's happening with them and gain support and compassion from the class.

The main components of mental health are: a sense of who we are, a sense of purpose, a sense of belonging and knowing that we can contribute to our school, communities, families, and have experiences that we enjoy. All of these things build resilience so we can bounce back when times are tough. We can't bounce back on our own, though; we need strong social connections, friends and family to support us along the way.

There are some great ideas and links to resources to explore what mental health means to you and your family from our partners at School Mental Health Ontario.

Some highlights of the resources are:

- 1: a **tip sheet for caregivers** noticing if your child is experiencing a mental health challenge: [Noticing Mental Health Concerns for Your Child](#)
- 2: And **some fun family activities** that support mental health: [Do you have elementary school children at home? Try these easy and fun mental health activities](#)
- 3: **A few tips to support caregiver wellness!** From the resource [Take Care of Yourself](#)

At Burkevale, we are working hard to ensure that all of our students are supported, feel safe and have a sense of belonging. We are using our Mental Health Strategy and this year's action plan to focus on positive mental health for everyone in the school community. We have been providing opportunities for staff and students to learn more about positive mental health and well-being.

It is through the leadership of the board and school that we have been able to implement programs that support well being in a holistic way, supporting all of the key areas, academic, social, spiritual and physical well-being. Here are just a few:

- Zones of Regulation and Mind Up - programs to help students recognize and manage emotions
- Eat Well to Excel - healthy foods are available and support positive well-being
- Kindness projects - supporting community and a sense of connection
- Outdoor Education
- Indigenous support and community connections

As part of the Burkevale community, you have access to Christy Hamill MSW, RSW, our Mental Health & Multidisciplinary Lead, who supports parent consultations and links to community resources and questions/concerns. To connect email Christy Hamill chamill@pssbp.ca.

DON'T BE AFRAID TO CONNECT: Strong social connections are one of the most powerful influences on our mood. Those who are dedicated to spending time with friends and family show the highest levels of happiness.

If you or someone in your family need extra support, reach out to the Youth HUB for 12+ (705-427-5639), [North Simcoe](#), New Path Youth and Family Services for all ages, (705-728-5044) [New Path](#), and [Kids Help Phone: Get Support](#), (1-800-668-6868) now have adult and child based services.

Local Partners and Resources for Youth Mental Health:

- Family Doctors and North Simcoe Family Health Team
<https://nsfht.ca/childrens-mental-health/>
- Kinark Child and Family Services: 788 Yonge St. Midland, 705-526-3708
1-800-230-8529 [Kinark Child and Family Services](#)
- New Path has child and family services; [New Path Youth and Family Services](#)
- Georgian Bay Native Friendship Centre, 175 Yonge St. Midland, 705-526-5589

- La Cle, 63 Main St. Penetanguishene; <https://lacle.ca/>
- Chigamik, has some fantastic programs, check them out at: [Welcome! Ahnii! Bienvenue! | CSC CHIGAMIK CHC](#)
- Catholic Family Services of Simcoe County [Catholic Family Services of Simcoe County](#) ; offer many great services supporting families. They've recently had mindfulness and parenting workshops that are great. Check them out online for more information. They have started the walk-in clinic again, so please connect if you'd like services.

A WEEK OF COMPASSION; ACTIVITIES TO GROW YOUR MENTAL HEALTH:

SUNDAY:



Help someone in your family. Who could use your help, or would enjoy spending time with you.

MONDAY:



Take some time to notice how you feel when you've been kind. Then share your feelings with someone, maybe even the person you were kind to, how did it impact them.

TUESDAY:



Find a joke (or anything that makes you laugh) and share it with someone in your home. Tip: find a video of a baby laughing online and try not to laugh. Finding joy in the little moments together can create connection and a sense of compassion.

WEDNESDAY:



Share something that you're grateful for. You can do this on your own, by writing down a list of things you're grateful for, or for double the impact, you can share it with someone else, and indicate why you are grateful for them or something they've done for you.

THURSDAY:



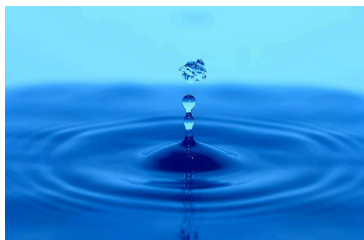
Take some time to move your body today, taking care of our bodies is a form of self kindness and compassion that supports your mental health.

FRIDAY:



Collect garbage in your neighborhood, showing kindness to the earth.

SATURDAY:



Take some time to reflect on all the activities you've done this week. Which ones did you really like, and which ones can you keep going? Share this by making a list to remind yourself, or talk

about it as a family and make a list of ways you can support each other's mental health. No one does it alone; we all need each other. Every time we are kind and support each other, we create a ripple of kindness, the impact of which can reach very far.

Kindergarten @ Burkevale: Our Kindergarten @ Burkevale evening is taking place on May 14th from 5:30-7:00. Some various community partners will be present to welcome our new Kindergarten students. Among them will be Greg Garratt, president of the Georgian Bay Metis Council. Greg will also be available for families with questions regarding Metis citizenship.



Grandfather Teachings for the Month of May:

For the month of May, our school community will focus on the grandfather teaching of Honesty “Gwayakwaadiziwin” and this trait is symbolized by Sabé, also known as Bigfoot or Sasquatch.

How do we demonstrate Honesty?

The Honesty Teaching tells us that it is important to not lie, gossip, cheat or steal. When we live honestly, we can have more peaceful and happy lives. When we are honest with ourselves and what we truly want to care about, we create a simple life for ourselves, which then makes us happier.

The Honesty teaching is symbolized by Sabé. Sabé teaches us not to deceive ourselves or others, and to speak honestly from the heart.

A MESSAGE FROM THE SIMCOE MUSKOKA DISTRICT HEALTH UNIT:

Stress: Kids get it too!

Kids have stress, just like us. Stress is a normal part of life, but our bodies are only made to handle it for short amounts of time. Continued stress can cause feelings of pressure, anxiety, and tiredness. It can make it hard for kids to focus in school and can cause them to become sick, get lower grades, or make unhealthy choices.

It's easy to mistake signs of stress for bad behavior in your child. You can help them learn to manage stress by staying calm, showing love and talking openly about their feelings. Encourage them to try calming activities like deep breathing or doing something active. If the stress continues, be sure talk to your child's family doctor or health care provider.

For more tips visit Strong Minds Strong Kids (<https://strongmindsstrongkids.org/>).

To speak with a public health nurse, contact *Health Connection* at 705-721-7520 or 1-877-721-7520 or visit www.simcoemuskokahealth.org.

Burkevale Happenings

Intramural Sports and Extracurriculars: Junior boys and girls' basketball and soccer are underway in the gymnasium and at MaGuire Park during lunch/snack breaks. The primary Skittles league, Ontario Skills groups and yearbook committee are all underway. Additionally, the primary choir, Glee Club, and band are all preparing for the Y's Men's Music Festival that takes place in early May. Thanks to all students and staff who are participating in these activities and/or have volunteered their time. We are hoping school sports will be back to normal in the fall.

Volunteers: May is the time of year when we reflect upon and show gratitude toward all of the wonderful volunteers at the school. We are tremendously grateful for our school volunteers. Now that class trips are in full swing and BINGO is running, we are seeing more parent volunteers. Brent Jefkins from the Covenant Church commits a tremendous amount of time toward supporting Christian Education at the school. Other regular volunteers include Darlene, Sharon and Peter who come regularly to share their knowledge of drumming and grandfather teachings. Finally, a huge thanks to our School Council members who work consistently to support all of our students, attending monthly meetings and working behind the scenes to make Burkevale a better place. Thank you all for your selfless commitment toward supporting our students and school!



Kindergarten Registration: The Burkevale families who are planning on having a child begin Year 1 Kindergarten at Burkevale in September (must be 4 years of age before December 31, 2024) are asked to inform Mrs. McIvor in our office immediately. Class lists will soon be made for the fall. Our Kindergarten @ Burkevale evening will take place on May 14th from 5:30-7:00. Families should have received an invitation via email if they have registered. Information may also be found on the board website @ www.pssbp.ca.

Grade 8 Graduation: The students are excited about their transition to high school. As part of the culmination of elementary school, a graduation ceremony will be taking place at the school on Wednesday, June 26th, 2024. The ceremony will commence at 7:00, with the doors opening at 6:30. Grads are invited to come 30 minutes prior to the commencement of the ceremony for photos. Details will be coming home in the next few weeks.