

# Burkevale Protestant Separate School

## OCTOBER NEWSLETTER

October 1st, 2021



We were forced to do things a little differently again this year due to COVID restrictions, but we still managed to ensure all students participated in the Terry Fox School Run held on September 29th, 2021. Thanks to the families who so graciously donated on our School Days website. We managed to raise \$1309.00 for the Georgian Bay Cancer Support Centre. Thank you so much for your generosity. This year marked the 41st anniversary where over 800 million dollars has been raised in Terry's honour. It would be difficult to say that we all don't know someone who has been touched by cancer and Terry's "Marathon of Hope" reminds us to keep striving to find a cure.

### *School Activities: September and October Dates:*

- September 21st: Speech Assessments
- September 24th: Franco-Ontarien Day
- September 30th: Orange Shirt Day (Truth and Reconciliation)
- October 12th: Thanksgiving Monday
- October 15th: Photo Day
- October 25th: Virtual Electrical Safety Presentations JK-8
- October 29th: Any items in the school "Lost & Found" will be donated



gg66112445 GoGraph.com

Burkevale uses Lifetouch to take school photos. Lifetouch has developed new COVID-19 protocols for Picture Day. These include, but are not limited to, enhanced cleaning, social distancing, masks, pre-session health checks and safety training for staff. There will be no class pictures this year.

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## *Burkevale Protestant Separate School - School Council 2021*

Our school council elections took place on September 21st, 2021. Thanks to all parents who attended. The school council representatives and contact information are below:

Chair –	Angela Limmer	<a href="mailto:jonandanj@hotmail.com">jonandanj@hotmail.com</a>
Vice Chair –	Jan Parent	<a href="mailto:mjanparent@gmail.com">mjanparent@gmail.com</a>
Secretary –	Lisa Cheigthon	<a href="mailto:creighton.lisa@gmail.com">creighton.lisa@gmail.com</a>
Treasurer –	Sara Adams	<a href="mailto:tsadamsfamily@gmail.com">tsadamsfamily@gmail.com</a>
	Julie Kingma	<a href="mailto:andrewjuliek@hotmail.com">andrewjuliek@hotmail.com</a>
Voting Members-	Jodi Ritchie	<a href="mailto:jodiritchie1@gmail.com">jodiritchie1@gmail.com</a>
Non-Teaching Rep-	Jesse Gignac	<a href="mailto:jgignac@pssbp.ca">jgignac@pssbp.ca</a>
Teacher Rep –	Melissa Gignac	<a href="mailto:mgignac@pssbp.ca">mgignac@pssbp.ca</a>
Principal –	Julia McLaren	<a href="mailto:jmclaren@pssbp.ca">jmclaren@pssbp.ca</a>
V-Principal -	Mr. Cowan	<a href="mailto:wcowan@pssbp.ca">wcowan@pssbp.ca</a>

*Our next school council meeting is on Tuesday, October 19th at 6:00 pm. All are welcome!*



### **Big Brothers and Big Sisters of North Simcoe:**

Game On!: Big Brothers and Big Sisters is offering a new program for male-identifying youth ages 11-14. Please check School Days for more detail if you are interested.

Virtual Go Girls: A program for girls ages 11-14 beginning this fall. Please check School Days for more information if you are interested.

## *Mental Health and Wellbeing*

# WHY BREATHING EXERCISES?

When we feel anxious, we sometimes don't breathe as deeply as we should. These short breaths can be bad for our bodies and our brains and make us feel more anxious. Practicing deep breathing can help to still your mind, calm your body, and control your feelings of anxiety.

**BREATHING EXERCISES ARE A USEFUL TOOL TO CHECK-IN WITH AND CALM OURSELVES.**



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario

Find out  
more at

[jack.org/covid](https://jack.org/covid)

Thanks to all our staff, students and families for supporting a mentally healthy start to the year. We are seeing lots of outdoor activities, and exercise happening to support everyone's health. There are activities in class to support mentally healthy classrooms, Zones of Regulation and activities to support self regulation are a part of our daily routines. We are excited to see students at school and online engaging in learning.

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It's a different start to the year and we've got extra focus on supporting mental health this year. You can follow us on **Twitter @BurkevalePSS** for updates and mental health resources. Thank you for supporting mental health at home with healthy bedtimes, getting moving, monitoring screen time and taking time to connect with your children. If you need some resources see below, or contact Christy Hamill, Mental Health Lead, [chamill@pssbp.ca](mailto:chamill@pssbp.ca).

There are a lot of great resources to be found at **School Mental Health Ontario**, including a tip sheet on noticing mental health concerns for your child:

<https://smho-smso.ca/wp-content/uploads/2020/08/Info-sheet-noticing-concerns.pdf>

This is a selection of **resources for youth**:

<https://jack.org/Resources/COVID-19-Youth-Mental-Health-Resource-Hub?lang=en-ca>

The **North Simcoe Youth Wellness Hub** <https://youthhubs.ca/en/sites/north-simcoe/> in Midland has some great support and has virtual hours Monday to Friday from 8:00 am – 4:00 pm. 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. Currently the space is closed to walk-ins. Appointments can be made on a case by case basis for in-person consultation.

**New Path Youth and Family Services** offers a range of free child and youth mental health services. <https://newpath.ca/?s=Call+in+clinics> Call us today. Get help today. 705-725-7656 or 1-866-566-7656 and a counsellor will contact you to book an appointment.

#### **Information Items:**



- Many students have requested water bottles from the office. Please send reusable ones with your child. Fountains are no longer available, but two water bottle filling stations are here for everyone to use.

- October brings rain and mud puddles in our yard. Thanks to many of you who have sent extra clothing in the event of an accident in the yard. Please be sure to send rubber boots, as the puddles seem to have a magnetic pull for children.



- Thanks for sending in all of the school supplies. Students have been working hard completing diagnostics for teachers to demonstrate their strength and learning needs. We appreciate your positive support and ongoing communication with teachers.

## FRANCO-ONTARIAN CELEBRATIONS - SEPTEMBER 24TH



Burkevale celebrated Franco-Ontarien Day on September 24th, with many cultural activities and festivities.

Thanks to Madame Lucie and Lisa for organizing the day - it was so much fun!



**Tu as besoin d'améliorer ton français pour accompagner ton enfant dans son apprentissage ?**

**Formation gratuite !**

**Les services de formation aux adultes de La Clé peuvent t'aider !**

**La formation est**

- ↳ Sur mesure
- ↳ 1 à 1
- ↳ Adaptée à tes besoins

**Seulement 1 heure par semaine pourrait t'aider à améliorer ton français oral et écrit pour :**

- Appuyer ton enfant dans ses tâches et devoirs
- Mieux communiquer avec ton enfant à la maison et avec le personnel de l'école

**Groupes de conversation aussi disponibles !**

☎ 705 725-9755 ✉ formation@lacle.ca 🌐 lacle.ca/afb

*Plus un enfant est exposé à la langue, la lecture et l'écriture en français, meilleures sont ses chances d'avoir plus tard de bonnes compétences de base et de réussir à l'école.*

**la Clé** Pour apprendre en français dans Simcoe

Canada **EMPLOI ONTARIO** Ontario

### ADULT LEARNING OPPORTUNITY:

On a separate note, are any families looking to refresh their spoken French be it at home, at work, or at school? If so, La Clé is offering adult refresher courses via zoom. For details, call 705-549-3116.

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## Days of Significance: Truth and Reconciliation Day / Orange Shirt Day on September 30th.

Orange Shirt Day is a day when we honour the Indigenous children who were sent away to residential schools in Canada and learn more about the history of those schools.

Orange Shirt Day is an event that started in 2013. It was designed to educate people and promote **awareness** about the residential school system and the impact this system had on Indigenous communities for more than a century in Canada, and still does today.



Students are asked to wear an orange shirt to school on September 30th to remember the impact of the residential school system. The orange shirt is a symbol of remembrance as it is the orange shirt that Phyllis Webstad brought with her to residential school and was taken from her. The shirt represents the hurt Phyllis and others experienced, as a result of these schools.

On September 30th we remember! <https://www.angeshirtday.org/>

## Days of Significance: Powley Day, September 19th



Powley Day is a date of great cultural and political significance. It represents the anniversary of the ground-breaking Supreme Court of Canada decision in 2003 that ushered in a new era of Métis rights. For more information about this case and its significance you can visit the Métis Nation of Ontario website.

<http://www.metisnation.org/rights/the-powley-story/>

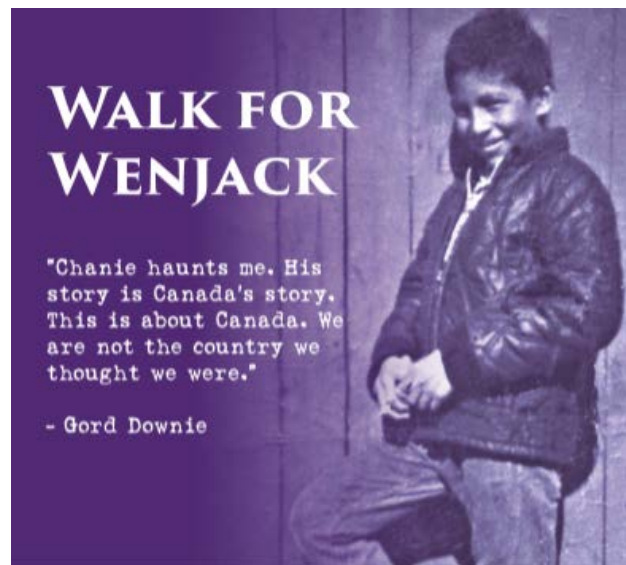
## Grandfather Teachings for the Month of October:



For the month of October, our school community will be focusing on the grandfather teacher of love. The Eagle represents LOVE because of its unique relationship with the Creator. Only the Eagle has the ability and strength to fly higher than any other animal, thereby placing it closest to the Creator than all others. He can carry our thoughts and our prayers high above the clouds, into the Spirit World. It is because of this that the eagle feather is sacred and so special.

**RECONCILIATION:** In October, as a school we will be partaking in a new "ReconciliAction" called "Walk for Wenjack". This walk was started to promote awareness about residential schools and their lasting impacts. The Gord Downie and Chanie Wenjack Fund has supported schools and Canadians to get involved and do something. The walk will take place during Secret Path Week (October 17-22)

"Everybody has their own reason to Walk for Wenjack. For some, it may be a moment to honour Chanie Wenjack and the many others like him. For others, it may be an opportunity to raise awareness about the true history of residential schools. Each Walk for Wenjack is unique. This year, we are challenging all Canadians to "Do Something", as Gord Downie would say, and participate in their own Walk for Wenjack."



DATE / TIME:

LOCATION:

For more information visit [DownieWenjack.ca](http://DownieWenjack.ca).

Secret Path Week  
Oct. 17 - 22



<https://downiewenjack.ca/our-work/walk-for-wenjack>