

Burkevale Protestant Separate School

OCTOBER NEWSLETTER



We were excited to resume in person assemblies again this year. Our first assembly was kicked off by Mr. Kent with a live bible story, paid tribute to the Queen, and celebrated the life and contributions of Terry Fox. We also partook in a school wide Terry Fox Run/Walk on September 29th, 2022. Thanks to the families who so graciously donated on our School Days website. Having a student who has recently undergone cancer treatments made it especially touching to donate \$972.85 to the Georgian Bay Cancer Support Centre. Thank you so much for your generosity. This year marked the 42nd anniversary 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. A special shout out to

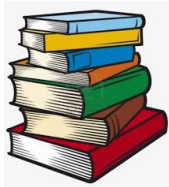
Ms. Archer and Mrs. Rodaway who helped to organize this year's event and activities.

School Activities: September and October Dates:

- September 22nd: Speech Assessments & Meet and Greet/ Book Fair
- September 23rd: Franco-Ontarian Day
- September 27th: Grade 7 & 8 Vaccinations
- September 29th: Terry Fox Walk
- September 30th: Orange Shirt Day (Truth and Reconciliation)
- October 3rd: School Council Meeting 6:00pm
- October 5th: Cross Country Fun Run
- October 6th: Speech Assessments
- October 10th: Thanksgiving Monday
- October 12th: Cross Country Area Meet (Rain Day October 14th)
- October 19th: Cross Country County Meet (qualifiers only)
- **October 21st: PA DAY NO SCHOOL FOR STUDENTS**
- October 24th: Class Photo Day and Picture Retakes
- October 31st: Wear Black, Orange, Fall Colours or Costumes



gg66112445 GoGraph.com



Book Fair/Meet and Greet:

A record number of families came out to our fall "Meet and Greet" and book fair. Despite our cramped spaces and inability to have a BBQ for health and safety reasons, Burkevale families did not disappoint. Thank you so much for all of the positive feedback to classroom teachers, and the staff. We appreciate your ongoing support, and it was absolutely wonderful to have you back in the building again.

Burkevale Protestant Separate School - School Council 2022

Our school council elections took place on September 15th, 2022. Thanks to all parents who attended and submitted their nomination forms. The school council representatives and contact information are below:

Chair –	Mallory Burke	malloryburke33@gmail.com
Vice Chair –	Suzie Barber	suziebarber@hotmail.com
Secretary –	Lisa Creighton	creighton.lisa@gmail.com
Treasurer -	Sara Adams	tsadamsfamily@gmail.com
	Julie Kingma	andrewjuliek@hotmail.com
Voting Members-	Jan Parent	mjanparent@gmail.com
Non-Teaching Rep–	Debbie Archer	darcher@pssbp.ca
Teacher Rep –	Lucie Charlebois	lcharlebois@pssbp.ca
Principal –	Julia McLaren	jmclaren@pssbp.ca
V-Principal -	Mr. Cowan	wcowan@pssbp.ca

Our next school council meeting is on Monday, October 3rd at 6:00 pm. All are welcome!



Big Brothers and Big Sisters of North Simcoe:

Burkevale has worked with Big Brother and Sisters for a number of years. The mentorship programs they offer for some of our students have received positive feedback. They also offer some programs for different age groups. Up and coming:

Virtual Go Girls: A program for girls ages 11-14 beginning this fall. Please check with the classroom teachers for more details.

We wish to thank them for their ongoing support and wanted to make families aware should they wish to support them in the future.

Volunteers and Random Acts Of Kindness: “No kind action ever stops with itself. One kind action leads to another. A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.” ~ Amelia Earhart

This year, we have asked students to focus on ‘spreading kindness.’ At our first assembly of the year, we talked about ways of demonstrating kindness to others and shared the video provided in the link that follows. The grade 5/6 class added to our bulletin board at the front of the school with some of their thoughts on the topic. We are asking families to support and talk about this at home too, so that we can have the kindest school community, and we are off to a great start! Thanks, Mrs. Rawson, for the beautiful work on the flowerbeds. Thanks to whomever donated the lovely planter at the front. Thanks to our school council volunteers for donating their energy and time. Thanks to Big Brothers and Sisters and Kinark for providing support services to some of our students. Thanks to families for kind messages and acts during our first month of school, and thanks to students and teachers for so many daily kind acts. Likes keep it going!

"The rewards of acts of kindness are many," says Dr. IsHak. "They help us feel better and they help those who receive them. We're building better selves and better communities at the same time."

<https://www.youtube.com/watch?v=O9UByLyOjBM>

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.



Find out
more at

School
Mental Health
Ontario

jack.org/covid

Santé mentale
en milieu scolaire
Ontario

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, walking daily and activities to support co-regulation are a part of our daily routines.

We continue to focus on supporting mental health this year. We have a school social worker Heather Johnston BSW, RSW, at the school 3 days a week offering small group and individual counseling, you can connect with her via email @ hjohnston@pssbp.ca.

You can also follow us on **Twitter @BurkevalePSS** for updates, community 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 more info or want to know more about community resources feel free to contact Christy Hamill MSW, RSW, Mental Health Lead, chamill@pssbp.ca.

We have partnered with Kinark again this year to offer counseling to students one morning a week. Please let us know if this is something your child would be interested in, our social worker Heather will do an initial assessment and then let you know what resources you can access.

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: [Noticing Mental Health Concerns for Your Child](#)

The **North Simcoe Youth Wellness Hub** [North Simcoe - Youth Wellness Hubs Ontario](#) 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. They can help with transportation if needed and you can find them on Instagram to stay informed about what they offer.

New Path Youth and Family Services offers a range of free child and youth mental health services, including having walk-in clinics back on Tuesdays <https://newpath.ca/?s=Call+in+clinics> , 705-725-7656 or 1-866-566-7656.



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 strengths and learning needs. We appreciate your positive support and ongoing communication with teachers.

FRANCO-ONTARIAN CELEBRATIONS - SEPTEMBER 25th

Grade 7 and grade 8 students organized and hosted a variety of French based activities and games on September 23rd. It was a great day of fun promoting the French culture that surrounds us in our community .



Thanks to all grade 6 students that led the teams to the various stations and to everyone behind the scene who helped organize the day - it was so much fun!

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 FREE adult refresher courses via zoom, in person or in hybrid sessions.

For details, call 705-725-9755.

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

Groupes de conversation aussi disponibles !

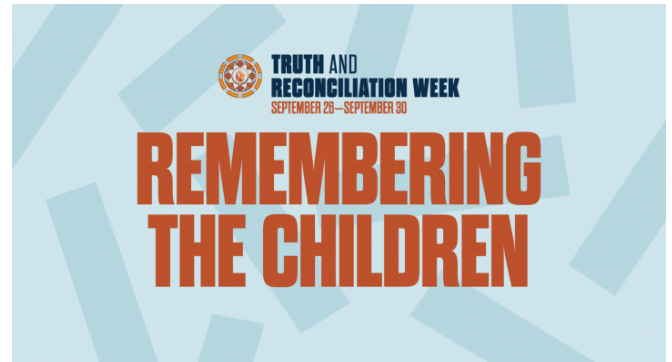
705 725-9755 formation@lacle.ca lacle.ca/afb

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

Days of Significance we recognize in September include: Powley Day, September 19th, National Truth and Reconciliation Week, and National Truth and Reconciliation Day / Orange Shirt Day, September 30th.

National Truth and Reconciliation Day / 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.

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.orangeshirtday.org/>



Days of Significance: Powley Day, September 19th

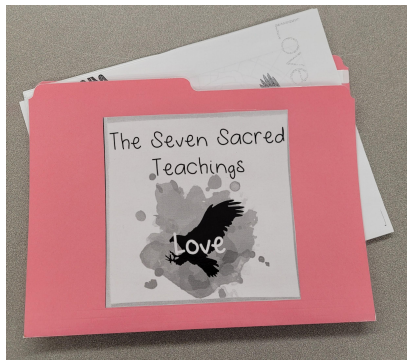


Powley Day is a date of great cultural and political significance. It represents the anniversary of the ground-breaking Supreme Court of Canada decision in 2003 that ushered in a new era of Métis rights. For more information about this case and its significance, you can visit the Métis Nation of Ontario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

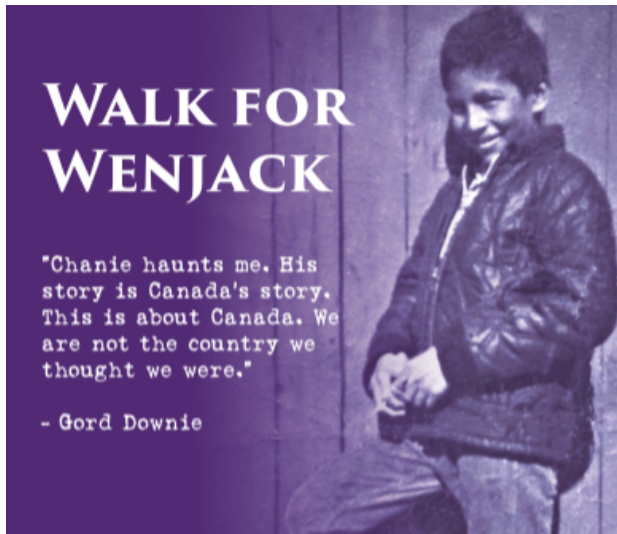


A new command I give you: Love one another.

John 13:34



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."

Orange Shirt Day at Burkevale- Thanks to everyone that helped get the orange shirts into the hands of ours students!

