



BLUMENORT SCHOOL

Bengals' Update 03 - October 1, 2021

Thank you!

On behalf of Mrs. Thiessen and our entire staff, I would like to thank our Blumenort School community for all of your efforts in making this past month a safe and successful one! We look forward to your continued support and cooperation as we navigate our way, day by day, through this school year!

Restoring Safe Schools Update

The provincial Toolkit for Notification of Cases in Schools has been updated to reflect current public health guidance related to case/contact management. In the section, "Self-Isolation (Quarantine) and Testing Requirements for Close Contacts and Household Members", one sentence states...*Currently, household members of close contacts in general are not required to self-isolate (quarantine) as long as the close contact is asymptomatic and there are no other cases in the household.* For Blumenort School, this change means that when a family member is ill, children or siblings who are asymptomatic will be allowed to remain at school.

Blumenort Parent Advisory Council News & Annual General Meeting Information

The Blumenort PAC would like to welcome all staff and students back to school! A few things to note:

- **Hot Lunch** - As of now, our Hot Lunch Program remains on hold.
- **PAC AGM** - We would like to invite you to our PAC AGM Meeting that will be held on **Wednesday, October 13th @ 9:30am via Zoom**. If you are interested in attending, please RSVP to the school office - blumenort@hsd.ca - by October 8th to receive the invitation to the Zoom meeting. An RSVP is required to attend the meeting.

The Umbrella Project at Blumenort School

This month our focus is on building **Empathy**. All the Umbrella Skills can be built with practice and this month we are working to build the empathy piece of your child's umbrella of wellbeing skills. What will empathy do for my child? Create strong social networks. Empathy is the ability to put ourselves in someone else's shoes and understand what they may be feeling. It is a key ingredient to successful relationships with our friends and family. High levels of empathy result in lower levels of conflict and better problem solving. It also helps us make new friends, keep the ones we have and build a stronger social network. Having a strong social network helps us live longer and is one of the best predictors of our health and happiness. Each week we will add one simple step you can use at home to build your child's umbrella skills. This week's tip is: **Help your child recognize and label their own feelings.**

Understanding what you are feeling in a given situation helps children learn to empathize. When we ignore or suppress feelings it's difficult to understand them in others. At home, make sure your child understands that all of their feelings are okay, including sadness, anger, frustration and how to recognize those feelings. Help them give these feelings a label. Then set clear boundaries about what is and isn't okay to do with the feelings. For example, it's normal to feel angry at a sibling but not okay to hit them as a result. This simple step helps children learn to calm themselves, cope better with life's ups and downs and empathize with others.



