



BLUMENORT SCHOOL

Bengals' Update 11 - January 28, 2022

The Umbrella Project at Blumenort School

Welcome to **Self-Efficacy** month at the Umbrella Project! So you might wonder, what is self-efficacy and how will it help my child? The easiest way to think about self-efficacy is as our "I can do this" or "I cannot do this" skill. It's the belief in ourselves and our ability to succeed or manage situations. As you can imagine, self-efficacy has dramatic effects on our children's behaviour, effort, learning and achievement. When your child doesn't feel that they can do something, they are unlikely to give the task a lot of their time and energy and thus are unlikely to succeed at that task. Self-efficacy is a big part of motivation. This skill gets stronger the more we overcome difficulties and challenges related to our goals. As your child's self-efficacy increases, they will feel a greater sense of positive control over their lives, which is a critical part of their wellbeing!

Provide regular positive encouragement - One of the ways we can improve motivation and self-efficacy in our children is social persuasion. Social persuasion in the form of positive encouragement is the concept that your child can be persuaded to believe in themselves by others around them and this can be a powerful tool in parenting for wellbeing. "*Believe you can and you are halfway there*" may sound cliché, but research shows it is true. People who believe in themselves are much more likely to achieve their goals. When it comes to self-efficacy, we can actually help our child believe in their ability to handle new tasks or take on challenges, just by giving them regular positive encouragement. Your confidence in them will help your child overcome their self-doubt and grow this very important skill. Small tasks and goals are a great place to start because they provide quick feedback to your child on their abilities and help them gather evidence that they can accomplish many different things.

World's Finest Chocolate Fundraiser

Our World's Finest Chocolate Fundraiser is set for February 7-March 7, 2022. You should have received a letter this past week that outlined the fundraiser and also asked for your thoughts on participating. Please complete what is required and have it returned to us by Thursday, February 3rd so we can start to prepare your order.

Scholastic Book Fair

Coming soon! Blumenort School library will once again be hosting a Scholastic Book Fair this year! Although it may take on a different look with students only coming into the book fair, we will also offer virtual shopping for parents/guardians. More information will come in the weeks leading to the February 28th-March 3rd Scholastic Book Fair library fundraiser.

Kindergarten Registration

Kindergarten Registration for the 2022-2023 school year is underway! Parents/Guardians are encouraged to register their children as soon as possible. Early registration will assist our school in planning for fall entry. Please check out our school and divisional websites for more info.

I Love to Read Month

Our I Love to Read month activities will be focused on reading and writing in the themes of our authenticity and self-efficacy Umbrella Skills. This year we are very excited to have six local authors read their books and answer questions about their writing journeys via Zoom. Classes will once again complete a READO Bingo card to earn a class celebration.



FEBRUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <i>Day 6</i>	2 <i>Day 1</i>	3 <i>Day 2</i>	4 Administration Day NO CLASSES
7 Chocolate Fundraiser Begins <i>Day 3</i>	8 <i>Day 4</i>	9 <i>Day 5</i>	10 <i>Day 6</i>	11 <i>Day 1</i>
14 <i>Day 2</i>	15 <i>Day 3</i>	16 <i>Day 4</i>	17 <i>Day 5</i>	18 <i>Day 6</i>
21 Louis Riel Day NO CLASSES	22 <i>Day 1</i>	23 <i>Day 2</i>	24 <i>Day 3</i>	25 HTA PD Day NO CLASSES
28 Book Fair Begins <i>Day 4</i>				