



BLUMENORT SCHOOL

Bengals' Update 19 - May 31, 2022

The Umbrella Project at Blumenort School

This month at the Umbrella Project, we will build our Lifestyle skills. Lifestyle skills include the healthy habits your child needs to have the strength to hold up that big umbrella they are building. Food, sleep, outdoor time and other brain foods are extremely important in helping your child use their valuable coping skills. When we're hungry, tired, or haven't had enough exercise, our brains don't work as well, making it more difficult to practice all the other skills of wellbeing. We can become grouchy, short-tempered, and less capable of coping with the day-to-day challenges of life. Even people with the strongest coping skills can't use them as well when they aren't feeding their brains properly. Making the choice to establish healthy lifestyle behaviours (such as eating well, sleeping enough, and exercising regularly) has been shown to reduce stress, elevate mood, improve immune system function, and make learning easier.

Get a good start to the day - The way your child starts the day has a powerful effect on their wellbeing. For many children, there is no better way to get them on track for the day than some physical exercise. This is especially true for kids who struggle with anxiety, low mood or difficulty concentrating in class. Exercise releases powerful brain neurotransmitters that have a big impact on how their brain will work for the rest of the day. Here are a few options for morning exercise:

- Set up an obstacle course around the house that they can race through (trying to beat previous times is a great motivator)
- Send them outside 10 minutes early to run around
- Get a mini trampoline they can use inside for cold and rainy days
- Start a morning dance party
- Bike or walk to school

The options are endless - so try to pick something your kids will want to engage in! This can even be a family goal. Exercise in the morning will benefit you as much as your child, improving your mood and energy as well. Moving our bodies is a huge piece of our ongoing wellbeing. The morning is a perfect time to add this ritual to your day and set your family up for improved happiness and success.

The Emperor's New Clothes

Based on Hans Christian Anderson's fairy tale, this musical adventure tells the story of a good-hearted but gullible king duped by two cunning scoundrels who weave an invisible suit of clothes which "only the wise can see." Our Grade 5-8 cast and crew of over FIFTY students are busy putting the finishing touches on amazing costumes, witty dialog and clever songs - this is a show you won't want to miss! Cast and crew will have an after school rehearsal on Monday, June 6th from 3:45pm to 6pm. Our dress rehearsal performance for the school takes place on Wednesday, June 8th at 9:10am, and there are two performances which are open to the public: Wednesday, June 8th at 1:30pm and 7:00pm.

Bengals Phys. Ed. Dept.

Our Track and Field season is quickly coming to a close. The HSD Grade 5&6 meet will now take place on Tuesday, June 7th, while the Grade 7&8 meet is still set for this Thursday, June 2nd. Rain date for that event is Thursday, June 9th.

Gr. 1-4 Bike Rodeo

The return of our annual Gr. 1-4 Bike Rodeo is set for Thursday, June 16th. In the morning, we have invited Bikes and Beyond from Winnipeg to perform bike tune-ups. Then in the afternoon, our riders will make their way through a variety of stations that will prepare them for the season ahead. We are looking forward to an awesome day!

Lost & Found

If you have a chance over the next few weeks, please make sure you stop by and check out our Lost & Found, currently located near the main entrance. It will later be on display in our main foyer until the end of June.

Blumenort School 2022-2023 Teacher Line-Up

Here is our 2022-2023 teacher lineup as of May 31, 2022. More updates will come at the end of June.

<i>Position</i>	<i>Teacher Name</i>
Principal	Dave Schettler
VP/Learning Support	Corinne Thiessen
Learning Support	Pam Barkman
Counsellor	Curtis Brandt
Literacy Support	Kayla Dupont
Kindergarten AM/PM	Elaine Kauenhofen
Grade 1	Amanda Ross
Grade 1	Emily Walker
Grade 2	Jenn Penner
Grade 2	Irene Plett
Grade 3	Brandy Derksen
Grade 3	Celia Kellett
Grade 4	Rachel Allard
Grade 4	Rebecca Friesen
Grade 5	Andrea Cuccaro
Grade 5	Heather Messner
Grade 6	Cam Hiebert
Grade 6	Mallory Worsnop
Grade 7	Scott Hutchinson
Grade 7	Michelle Plett
Grade 8 AM	Kristy Shumsky
Grade 8	Bryanna Berkowski
Gr. 1-8 PE	Nathan Giesbrecht
Gr. 1-8 Music/Guitar/Drama	Shannon Sawatzky
Gr. 5-8 French	Janessa Roy

Family Picnic Day - Friday, June 24th

Our Blumenort Parent Advisory Council is in the midst of planning for this year's Family Picnic and Silent Auction to be held on **Friday, June 24th**. Classes will once again have the chance to contribute by making up a themed basket to be auctioned off on that day. You do not have to be present to win a basket. Classes and their corresponding theme are listed below. We ask that each student bring in an item related to the theme assigned. Cash donations may be made in lieu of items. You are free to spend as much or as little as you would like. Items must be in by **Friday, June 10th**. Funds raised will be going towards a new K-1 play structure. Thank you!

Silent Auction Theme Baskets...

KKam & KKpm

Cool and Refreshing

(ex. Lilac/pool passes, beach towels, pool toys, water guns)

1B & 1W

Family Time

(ex. Restaurant gift cards, board games, bowling passes, Escape Room passes)

2P & 2PL

Summer Fun

(ex. Outdoor games, gardening, greenhouse gift card, DQ gift card)

3K & 3M

Read, Write, Arts & Crafts

(ex. Adult coloring books, crafts, extreme dot to dot, Chapters gift card, journals, pens)

4A & 4W

Gift Card Tree

(ex. Sports Chek, McDonalds, Winners, 7-11 Slurpees, Walmart - please write amount on gift card)

5C & 5K

Movie Night

(ex. Family friendly movies, cinema passes, snacks and candy)

6H & 6P

Sports

(ex. Sports equipment, Jets/Bombers gear, sports posters, badminton net)

7H & 7P

Audio & Active

(ex. iTunes gift card, earbuds, Skyzone passes, Splatters passes, Kids Zone passes)

8B & 8S

Outdoors

(ex. Cabella's, Canadian Tire, fishing/camping gear – no knives/guns)



Blumenort School Family Picnic

Friday, June 24, 2022

11:30 – 1:00

Join the Blumenort PAC for a family fun picnic lunch to kick off summer vacation!

Stop by! Say hello! Grab a cookie!

Pack a lunch, bring your picnic blanket, and come join us on the school grounds!



Dexter's Donut Truck

(available for purchase)

- Mini Donuts
- Popcorn
- Coffee /Cappuccino /Hot Chocolate
- Pop /Water



Silent Auction

- Great prizes to be won!

All funds raised will go toward the K-1 play structure!



JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Umbrella Project Healthy Lifestyle Assembly <i>Day 2</i>	2 Grade 7&8 HSD Track & Field Meet Gr. 8 Grad Pizza Lunch <i>Day 3</i>	3 <i>Day 4</i>
6 <i>Day 5</i>	7 Grade 5&6 HSD Track & Field Meet Raindate <i>Day 6</i>	8 Grade 5-8 The Emperor's New Clothes Musical @ 1:30pm & 7pm <i>Day 1</i>	9 Grade 7&8 HSD Track & Field Meet Raindate Gr. 8 Grad Pizza Lunch <i>Day 2</i>	10 Grade 8 Farewell <i>Day 3</i>
13 Administration Day NO CLASSES	14 <i>Day 4</i>	15 Library Books DUE <i>Day 5</i>	16 Gr. 1-4 Bike Rodeo Gr. 8 Grad Pizza Lunch <i>Day 6</i>	17 <i>Day 1</i>
20 Grade 7&8 HSD Soccer Tourney Lost & Found Week <i>Day 2</i>	21 <i>Day 3</i>	22 <i>Day 4</i>	23 <i>Day 5</i>	24 Blumenort PAC Family Picnic Day 11:30am-1:00pm <i>Day 6</i>
27 <i>Day 1</i>	28 <i>Day 2</i>	29 Gr. 6-8 Awards Day @ 11am Reports Issued <i>Day 3</i>	30 Administration Day NO CLASSES	