



BLUMENORT SCHOOL

Bengals' Update 20 - June 10, 2022

The Umbrella Project at Blumenort School

Focus on a restful night's sleep - Good sleep contributes to feeling well, regulating mood and behavior and doing well in school. It allows the brain to integrate and organize new information and recuperate from daily stress. Research has shown that even half an hour of missed sleep can affect a child's behavior the next day and chronic missed sleep has far reaching impacts on health and happiness. Your child's ability to use their coping skills can be heavily impacted by how rested they are.

Some of the common consequences of missed sleep include:

- Hyperactivity, Poor impulse control, Difficulties with attention and memory, Irritability,, Higher injury rates and Impaired task performance

The first step in improving your child's sleep is to make sure they are getting the right amount. The current guidelines are:

- Preschool children (ages 3-5) - 10 to 13 hours/night
- School aged children (ages 6-13) - 9 to 11 hours/night
- Teenagers (ages 14-17) - 8 to 10 hours/night

Then focus on a calm bedtime routine to maximize the chances of a good night's rest. It can be difficult to sleep if your child is engaging in activities such as watching TV, talking on the phone, texting, using the computer or playing video games in the bedroom. These and other stimulating activities can keep your children awake and affect their ability to transition to sleep. As much as possible the bedroom should be reserved for sleeping. Be aware of the household activity level at bedtime. Loud TV, company, siblings playing and general chaos can affect your child's ability to sleep. Instead, swap out chaotic bedtime activities for calming sleep rituals. These should begin about an hour before you would like your child to be asleep. This gives their body cues that it is time to slow down and mentally prepare for going to sleep. These rituals could include quiet activities such as reading, listening to music, meditation and other relaxation exercises or having a hot bath or shower.

The Emperor's New Clothes

Congratulations to all of our performers and technicians, cast and crew of the Emperor's New Clothes for an amazing production! Thank you also to Mrs. Sawatzky for her outstanding work in preparing our students for the performances!

Bengals Phys. Ed. Dept.

Our Track and Field season has come to a close. Well done to all of our Grade 5-8 students for representing our school! Next up is the HSD Grade 7&8 Soccer Tourney set for Monday, June 20th.

Gr. 1-4 Bike Rodeo Update - Morning Only

The return of our annual Gr. 1-4 Bike Rodeo is now set for the morning only of Thursday, June 16th. Bikes and Beyond from Winnipeg are still scheduled to perform tune-ups. Right after that, our riders will make their way through a variety of stations that will prepare them for the season ahead!

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 currently is on display in our main foyer until the end of June.

Thank you!

A big thank you to our Grade 8 Farewell Committee of Cindy Penner, Amy Plett, Lindsey Plett, Heather Bergen, Lisa Moesker, Larissa Froese, Sharon Thiessen & Trudy Thiessen for all of your excellent planning with this year's event!



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!



Plus...



Dexter's Donut Truck

(available for purchase)

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



Silent Auction

- Great prizes to be won!
- \$10 – 25 Tickets (1 sheet)
- \$20 – 75 Tickets (3 sheets)

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 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 <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 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 AM ONLY 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	

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