



BLUMENORT SCHOOL

Bengals' Update 05 - October 31, 2022

Report Cards & Parent-Teacher Conferences

In a few short weeks, our students will have completed the first term of the school year and that is always followed by our Parent-Teacher Conferences. A letter will be sent home shortly outlining the options for making an appointment for our upcoming conferences, but in the meantime please keep the following dates in mind...

- *Tuesday, November 22nd @ 3:45 – Report Cards available to view on the Parent Portal***
- *Thursday, November 24th – Kindergarten Conferences from 9:10-7:00pm.*
- *Thursday, November 24th – Gr. 1-8 Parent-Teacher Conferences from 2:30-7:00pm.*

***Please be reminded that paper copies of Report Cards will not be sent home. To view report cards on-line you will need to log onto the parent portal. On the left hand menu click on Report Card. Then select "Switch to Electronic Report Card".*

Class Photos and Picture Retakes

A reminder that our class photos and picture retakes are set for this Tuesday, November 1st!

Sugarplum Desserts Ltd. Cookie Dough & Cheesecake Fundraiser

Our Sugarplum Desserts Ltd. Cookie Dough and Cheesecake Fundraiser continues. Here are a few reminders...

- All orders and money should be turned into the school by **Thursday, November 10th.**
- Any cheques should be made payable to Blumenort School.
- Great prizes will be available to sellers.

The product will be delivered at least two weeks after all the order forms are collected.

Blumenort PAC Annual General Meeting

Thank you to all who attended the PAC AGM on October 20th! Our PAC Committee for 2022-2023 is as follows...

- Chad Richardson - Chair
- Jess Barkman - Vice-Chair
- Stephanie Karalash - Treasurer
- Jill Plett - Secretary
- Brittany Walker - Executive Member
- Nicole Plett - Executive Member

Blumenort PAC Hot Lunches

Our PAC Hot Lunch Program has returned! Last week you would have received a Bright Arrow with all of the information you need to place an order from Lunchbox, our online ordering program. A reminder that orders are due on Sunday, while the hot lunch takes place each Tuesday.

Blumenort PAC Rocco's Pizza Fundraiser

Our Parent Council will be holding a Rocco's Pizza Fundraiser starting on November 1st. Order forms will be sent home at that time and will need to be returned by November 17th. Pizzas will then be available for pickup at the school on November 30th between 4:30-5:30pm. Please note that the prize incentive is a little different than last year. This year, anyone that sells 20 pizzas or more will be entered into the draw to win the scooter. More information will be sent home in our next Bengals' Update.

Grade 7&8 MYLO - Middle Years Learning Opportunities

Our Grade 7&8 MYLO continues in the month of November with Financial Literacy and CPR for our Grade 7s and CPR and the first of a number of visits to the SRSS for our Grade 8s. As mentioned in our introductory letter, we believe that this one-year pilot will build and strengthen relationships between staff and students and across grade levels. We are also excited about the chance to have the students participate in a number of great learning opportunities that we felt we just didn't have the proper time to move forward with in the past. If you have any questions, please let us know.

Hanover Parent & Child Community Program @ Blumenort School

The Hanover Parent and Child Community Program would like to invite Blumenort parents and their preschool children to visit our free weekly program each Monday from 1:00-3:30pm and also Wednesdays from 9:15-11:45am. Please note that families can attend weekly or just drop in when they can. We will follow the school schedule according to closure days. Finally, we ask that parents please park in the designated street parking areas.

The Umbrella Project at Blumenort School

This month at The Umbrella Project is all about Mindfulness, the skill that helps us to stay present in our experience instead of spending most of our time thinking about the past or worrying about the future.

What will mindfulness do for my child? Mindfulness has been shown to have many benefits. Paying attention to the present moment can boost our mood, improve our self-confidence and help us think more clearly. It can also improve our immune system's ability to fight disease. Mindfulness can increase brain size, specifically the parts responsible for learning, memory and empathy. It is an important skill in our umbrella and supports development of the other skills in our umbrella.

It helps us pay attention to our feelings, thoughts, bodily sensations and our environment, in the moment, without labeling them as good or bad (non-judgement). This means we aren't feeling bad or trying to change our feelings. Instead, we are just noticing them and becoming more aware of them and the world around us. This may seem simple, but mindfulness takes practice. On average, we spend half our time thinking about something other than what we are doing in the present. This distracted mind has a big impact on our happiness and well-being!

Start with intention and your 'Why' to shift from 'doing' to 'being.'

For many of us, life has become an endless to-do list we are constantly in the process of trying to complete. Doing has taken over most aspects of our lives and it dominates the way we parent. In most cases, we have drifted so far into the doing side of life that we have forgotten why we are "doing" in the first place. To reconnect to our wellbeing, we need to shift our focus to another state and that is 'being.' Being present, being with the people we love, being in our experience. Mindfulness is the practice of being, of connecting to and staying present with our moment to moment experience.

To begin the journey of shifting away from the constant parenting cycle of doing, start with why. Why are you making dinner or helping with homework? What is the point of getting in a cold car at 6 pm to take your child to soccer lessons, ballet or swimming? Is it for joy, a connection to your child, exercise, growth and challenge? Or is it a task on your to-do list to check-off, an arbitrary achievement without purpose? It's easy to become a task master, drilling our children to higher levels of achievement just for the sake of achievement. In the process, we can undermine their well-being and our own.

Asking 'Why?' will help you connect to the experience of the task instead of feeling like it is another chore to be done. When you identify an item without an underlying 'Why', spend some time thinking about whether that should really be taking up precious moments of your life.





NOVEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 PAC Hot Lunch Class Photos & Picture Retakes <i>Day 1</i>	2 HPCCP - Hanover Parent-Child Community Program <i>Day 2</i>	3 <i>Day 3</i>	4 Grade 7&8 MYLO <i>Middle Years Learning Opportunities</i> <i>Day 4</i>
7 HPCCP - Hanover Parent-Child Community Program <i>Day 5</i>	8 PAC Hot Lunch <i>Day 6</i>	9 HPCCP - Hanover Parent-Child Community Program <i>Day 1</i>	10 Remembrance Day Assembly @ 11am <i>Day 2</i>	11 Remembrance Day NO CLASSES
14 Administration Day NO CLASSES	15 PAC Hot Lunch <i>Day 3</i>	16 HPCCP - Hanover Parent-Child Community Program <i>Day 4</i>	17 <i>Day 5</i>	18 <i>Day 6</i>
21 HPCCP - Hanover Parent-Child Community Program <i>Day 1</i>	22 PAC Hot Lunch Report Cards Issued <i>Day 2</i>	23 HPCCP - Hanover Parent-Child Community Program <i>Day 3</i>	24 Parent-Teacher Conferences from 2:30-7:00pm <i>Day 4</i>	25 Grade 7&8 MYLO <i>Middle Years Learning Opportunities</i> <i>Day 5</i>
28 Professional Development Day NO CLASSES	29 PAC Hot Lunch <i>Day 6</i>	30 HPCCP - Hanover Parent-Child Community Program <i>Day 1</i>		