



BLUMENORT SCHOOL

Bengals' Update 06 - November 15, 2022

Term 1 Report Cards & Parent-Teacher Conferences

Our students have completed the first term of the school year and it is time for our Parent-Teacher Conferences. A letter will be sent this week 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".*

Elder Eric Flett Special Assembly at Blumenort School

Blumenort School is pleased to announce that Elder Eric Flett will be joining our November assembly for the K-8 students. Eric plays a leadership role in the community as a knowledge keeper/elder and has earned the right to teach students on topics such as The Seven Teachings. With this, Eric will be sharing his knowledge on The Seven Teachings and how they relate to The Umbrella Project and Blumenort School's core values as a whole. Eric has previously visited other schools within the division and our neighboring school divisions as well. In the spirit of reconciliation, we are eager to have him join us on November 24th, from 2:30-3:30pm.

Upcoming Christmas Dates

Please mark your calendars with the following dates from our Music Department:

- *Tuesday, December 6th - Grade 4-6s Christmas Program at Blumenort School*
- *Wednesday, December 7th - Grade 5-8 Choir Steinbach Tour*
- *Tuesday, December 20th - Grade 1-3 Christmas Program at Blumenort Community Church*

Sugarplum Desserts Ltd. Cookie Dough & Cheesecake Fundraiser

Our Sugarplum Desserts Ltd. Cookie Dough & Cheesecake Fundraiser has come to a close. Thank you to all who participated. Please expect a two to three week turnaround for your order and stay tuned to our next Bengals Update for our final numbers and the prizes that were handed out.

Blumenort Parent Advisory Council Rocco's Fundraiser

A reminder from our PAC that the Rocco's Pizza Fundraiser Order Forms 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.

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 9:15-11:45 am. Please note that families can attend weekly or just drop in when they can. We will follow the school schedule according to closure days. We ask that parents please park in the designated street parking areas.

Bengals Merchandise

Our online store continues to offer our families the opportunity to purchase Bengals Merchandise. They have a variety of items to choose from and ship directly to your home. Please take advantage of an early bird offer below. To find out more, please visit <https://blumenortschool.entripyshops.com/>



The Umbrella Project at Blumenort School

Listen to your child with your full attention

Divided attention is a BIG challenge. Recent research has shed light on the damage distraction does to our happiness. When our mind wanders, our happiness levels drop. When we are focused on the present moment, our happiness levels go up. Simple on paper but difficult to achieve in our busy lives. Each day, we face distractions from technology, apps and targeted marketing designed to win our attention away from the things that matter.

To develop mindfulness at home, we need to reclaim our attention and practice listening to our children without distraction. Listening attentively to our children helps them feel genuinely heard. It also gives us deeper and more accurate insight into their well-being through body language and other subtle cues that we miss when distracted.

We have all had the experience of a conversation where we don't have someone's full attention. The connection that comes from these types of interactions is weak at best and does not lead to a feeling of wanting to disclose more to that person. Mindful parenting is about creating a strong connection with your child and some undivided attention is a must for your child and for your own happiness. Taking the time to listen and understand your child's challenges and viewpoints promotes trust and emotional connection, leading to a deeper and more authentic relationship. It also teaches children how to be aware of their own thoughts, feelings and sensations, which in turn makes them less stressed.

This is not an all or nothing principle ... laundry must be done, some emails must be answered, dinner must be made. But, pay attention to the split in attention. How much undivided attention does your child really get from you?

