



# BLUMENORT SCHOOL

***Bengals' Update 08 - December 9, 2022***

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## **The Umbrella Project at Blumenort School**

This month, we continue our school-wide focus on **Intrinsic Motivation**. Be on the lookout for the flow state - Flow state is that state of existence when we are completely engaged in what we are doing. Coined by researcher Mihály Csíkszentmihályi, it describes the feeling of being energized and fully absorbed in a task. You might see this state in a high level athlete as they execute an extremely difficult skill for example, or in our children when they are so absorbed in what they are doing that they lose all sense of time. You've probably felt it yourself when you have been so absorbed in something you look at the clock and realize hours have passed without realizing it. Flow state is a great indicator of intrinsic motivation and an enjoyment of the process.

Flow state exists just a step beyond our current ability levels and usually requires us to recruit all of our attention to complete the task. Often referred to as 'goldilocks tasks,' these activities are not too hard, not too easy... just right! The tasks that elicit this state help us work up to our potential, challenge ourselves and build confidence in our abilities. In a learning environment, the lessons that fall in this sweet spot are usually the ones that keep our children the most engaged - preventing boredom from tasks that are too easy and anxiety or procrastination from tasks that are too hard.

Be on the lookout this month for the activities that put your child in this state of flow and help them find opportunities to practice these activities. Identifying the natural flow states our children experience is a great way to learn about what type of activities, learning methods, and environments intrinsically motivate them. With this information we can teach our children how to move towards this flow state more often, practicing their intrinsic motivation and prioritizing engagement with the process instead of just the outcome.

## **Blumenort School Christmas Concerts & Grade 5-8 Choir**

A huge thank you to Mrs. Sawatzky and our Grade 4-6 students and staff for the wonderful performance of, "The Christmas Train" this past week. We also received a number of appreciative emails extended to our Grade 5-8 choir who were on tour this past Wednesday in Steinbach. The highlight of their trip was to perform at SCU, which was broadcast live on AM 1250.

A reminder that our Grade 1 - 3 students will present "Christmas in the Country" on **December 20th** at the Blumenort Community Church. Performance times are at 2:00 and 6:30pm.

## **Student Leadership Toy Drive for Southeast Helping Hands**

We need your help to add toys to hampers for families in need this Christmas. If you want to donate, please bring in an unwrapped toy by December 16th! Students will be working with their den colour to see which den brings in the most toys for the hampers. The den colour with the most toys will get MEGA POINTS!! Here are toy suggestions by grade...

K-Grade 2	Grade 3-5	Grade 6-8
<ul style="list-style-type: none"> <li>● Sports Equipment</li> <li>● Dolls</li> <li>● Hot Wheels</li> <li>● Lego</li> <li>● Stuffed Animals</li> <li>● Craft Supplies</li> </ul>	<ul style="list-style-type: none"> <li>● Hot Wheels</li> <li>● Lego</li> <li>● Journals</li> <li>● Markers</li> <li>● Rubik's Cube</li> <li>● Pop Socket</li> <li>● Tech Decks</li> <li>● Balloons</li> <li>● Sports Equipment</li> <li>● Pop it</li> <li>● Cards</li> <li>● Board games</li> </ul>	<ul style="list-style-type: none"> <li>● Socks</li> <li>● Lego</li> <li>● Journals</li> <li>● Markers</li> <li>● Rubik's Cube</li> <li>● Pop Socket</li> <li>● Tech Decks</li> <li>● Sports equipment</li> </ul>