



BLUMENORT SCHOOL

Bengals' Update 12 - February 15, 2023

Kindergarten Registration

Registration for the 2023-24 school year is now open. To be eligible, children must be five years of age on or before December 31, 2023. The first step in the registration process takes place online. Please visit the student registration page on the HSD website (<https://hsd.ca/schools/student-registration/>) for more details.

Thank you Corny Rempel!

A huge thank you to Corny Rempel from Mix 96.7 FM for joining us on Valentine's Day, as part of his I Love To Read School Tour! We were beyond thrilled to have him back. Thank you also to XPlornet for supporting our Library!

Scholastic Book Fair

Thank you everyone for your support of our Scholastic Book Fair. As a school, we generated over \$6200 for our library!

Chocolate Fundraiser - February 6th-March 6th

Our annual, school-wide World's Finest Chocolate Fundraiser continues until March 6th. The company supply of Laura Secord is very low and so we will not be able to order more in. As for the almonds, we have plenty remaining!

Grade 8 Farewell Canteen

Our Grade 8 Farewell Canteen is open every Tuesday and Thursday! Here is the price list:

Apple Juice & Sunny D \$1.50	Famous Amos Cookies \$1.00	Fruit to Go \$0.75	Chewy Granola Bar \$0.75	Cheese Stick \$0.75
---------------------------------	-------------------------------	-----------------------	-----------------------------	------------------------

Pink Shirt Day - February 22nd

Our students will be participating in Pink Shirt Day Canada (www.pinkshirtdaycanada.ca) on February 22nd. The overall focus is about anti-bullying and promoting kindness and our Student Leaders will be holding a special assembly.

The Umbrella Project at Blumenort School

Help your child face their fears - Avoiding our fears may be the easiest road in the short term but doesn't help us build resilience. What we actually need is small, repeated exposure to the things that scare us. Over time, small successes over these fears help us slowly build the confidence to navigate adversity. Here's an example from my family. When my daughter was young, she didn't like to be the centre of attention. This became glaringly obvious the day she wore a fancy dress to school for the first time in years, received at least 5 compliments in the first minute and proceeded to burst into tears and beg me to take her home. It seemed like a small thing but it pushed a big fear button inside her. Parenting dilemma...take her home to change or make her stay in a state of clear distress?

Actually there is a third choice. We had time to go home and change but only with the following condition; she was going to have to work on being the centre of attention. That was the deal. I explained that life will present her with many similar circumstances and I wanted her to have the skills to deal with those situations. While this current challenge was too big for her, we were going to choose smaller opportunities for her to practice. She agreed and we have since helped her practice this skill in many contexts until she is now more comfortable when she finds herself pushed this way. In fact, last year she made it to the school finals for a speech competition. A huge change from the girl crying in the hallway over some positive attention. This is how resilience is built. Not avoidance, not full immersion, but repeated small fears faced and defeated over time.