



# BLUMENORT SCHOOL

***Bengals' Update 13 - March 1, 2023***

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

This month the Umbrella Project is focused on the skill that helps us think and do for ourselves, feel that our life is in our control and confidently make our own choices when faced with uncertain situations. This skill is **Autonomy**. What will autonomy do for my child? When we have autonomy we feel empowered to make decisions that can improve our lives instead of feeling that our lives are outside of our control. Having autonomy increases our motivation and ability to do things for ourselves and can make tasks feel less like work and more enjoyable. Research on autonomy in more than 80 countries has shown a positive connection to our wellbeing. The feeling that our life is self-directed instead of controlled by others has wide reaching implications on almost every aspect of our well-being from our engagement in school to our honesty at home. It forms the foundation of our independence.

**Don't compare your child to others** - To boost your child's confidence and ability to make self-directed decisions, resist the urge to compare them to siblings and peers. Instead of motivating your child, this most often has the effect of making them feel inferior and reduces their confidence in decision making for themselves. Low self-esteem comes from perceiving we are inferior to those around us.... not a great autonomy builder. When our children don't feel good about themselves they tend to look to others to make decisions for them instead of having the confidence to do it for themselves. The best comparison for your child is themselves. If your child struggles with listening in class for example, the first step shouldn't be comparing them to the great models of listening in the class. Change doesn't happen overnight and becoming a mediocre listener is a step in the right direction towards the eventual goal of being good at this skill. Celebrate positive progress from your child's own baseline and try to eliminate other unhelpful comparisons. It will serve your child more to go down their own path at their own pace. Confidence that you are good enough is a big piece of developing autonomy, independence and good decision making skills.

## **World's Finest Chocolate Fundraiser**

We are down to the last few days and the last few boxes of our chocolate fundraiser. A reminder that this fundraiser concludes on Monday, March 6th. If you would rather make a donation instead of selling chocolates, please contact our main office.

## **Kindergarten Registration**

Kindergarten Registration for the 2023-2024 school year continues! Parents/Guardians are encouraged to register their children as soon as possible as early registration will assist our school in planning for fall entry. For more information, please check out our school and divisional websites.

## **Report Cards & Parent-Teacher Conferences**

Please keep the following dates in mind...

- Tuesday, March 21st @ Noon - Report Cards will be available to view on the Parent Portal.
- Thursday, March 23rd - Grade 1-8 Student-Led Conferences. More info to follow.

## **Bengals Music Department**

Congrats to 49 Grade 6-8 singers from our Noon Choir for a great afternoon, singing O Canada at the Moose hockey game and staying to cheer for the home team on February 20th! The Grade 5 Noon Choir will have the same opportunity to sing at the Canada Life Centre on Friday, March 24th, at the 7pm game. Details will be sent home with choir students.

Here are a few other upcoming events...

March 7th - Grade 5-8 Choir performs for the Steinbach EMC Senior's Tea at 10:15am. Parent volunteers are needed! March 17th - South East Music Festival - All Grade 4 students will be performing at the Festival in the morning, and all Grade 5-8 Noon Choir students will be performing in the afternoon. We will go a bit early for our performance to observe other choirs who are performing that day. Mrs. Sawatzky will be looking for parent volunteers for this day as well.



# MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>  HPCCP - AM  <i>Day 5</i>	<b>2</b>  PAC Hot Lunch  <i>Day 6</i>	<b>3</b>    <i>Day 1</i>
<b>6</b>  HPCCP - PM Chocolate Fundraiser Ends  <i>Day 2</i>	<b>7</b>  PAC Hot Lunch  <i>Day 3</i>	<b>8</b>  HPCCP - AM  <i>Day 4</i>	<b>9</b>  PAC Hot Lunch  <i>Day 5</i>	<b>10</b>  Administration Day NO CLASSES
<b>13</b>  HPCCP - PM  <i>Day 6</i>	<b>14</b>  PAC Hot Lunch  <i>Day 1</i>	<b>15</b>  HPCCP - AM Grade 7 MYLO  <i>Day 2</i>	<b>16</b>  PAC Hot Lunch Grade 8 MYLO  <i>Day 3</i>	<b>17</b>  Southeastern Music Festival  <i>Day 4</i>
<b>20</b>  HPCCP - PM  <i>Day 5</i>	<b>21</b>  PAC Hot Lunch Reports Available on Parent Portal  <i>Day 6</i>	<b>22</b>  HPCCP - AM  <i>Day 1</i>	<b>23</b>  PAC Hot Lunch Student-Led Conferences PM  <i>Day 2</i>	<b>24</b>  Grade 8 Farewell Hot Lunch Last Day of Classes  <i>Day 3</i>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>SPRING BREAK - CLASSES RESUME ON MONDAY, APRIL 3rd</b>				