



BLUMENORT SCHOOL

Bengals' Update 14 - March 15, 2023

The Umbrella Project at Blumenort School - Autonomy Check-In

Offer constructive choices - Many times when our children are frustrated it is because they feel they have no choice or power in the current situation. We all thrive when we feel we have some control or choice in our lives and children will often try to seize this power back by making choices anyways. Responding to the situation with meltdowns, anger, yelling, ignoring us, refusing to eat the food they don't want to and others are our children's attempt to demonstrate autonomy.

By purposely offering choices to our children we can head off this reaction to feeling powerless and instead, help them practice their autonomy in a more healthy way. Here are a few of the benefits of offering choices to your child whenever possible:

- Improves their problem solving skills; Helps them feel an internal sense of control over their lives
- Promotes self-regulation; Teaches them to accept responsibility for their choices
- Minimizes the reactive behaviour that comes with feeling controlled and helps to prevent our children from seeking power in unhealthy ways

Remember, there is often a layer of non-negotiable that exists for children. It's not an option to not go to school, for example. In our house, I consider healthy eating non-negotiable. It's important to learn that not everything in life is within our control and we often have to work within the parameters of society, workplaces etc. There are, however, choices within these situations that can usually be identified and help us to practice our autonomy. At our house, I may add control by getting the kids to help with the family meal plan, or selecting the vegetables that they want in their school lunches. This choice can also be purposely using your Umbrella Skills like empathy or cognitive flexibility. These are always within our power to choose.

World's Finest Chocolate Fundraiser

Our World's Finest Chocolate Fundraiser has now come to a close. Thank you to everyone for participating! As promised, here are the names of our top sellers and the prizes they won: Maddie & Miley G. - Walmart & Canadian Tire Gift Cards; Nathan B. - Source for Sports Gift Card; Mia R. - Walmart Gift Card; Vaughn P. - Walmart Gift Card; Davien H. - Walmart Gift Card; Evan F. - McDonald's Gift Card and Emily L. - Walmart Gift Card.

Report Cards & Student-Led Conferences

A reminder of our upcoming Student-Led Conferences...

- Tuesday, March 21st @ Noon - Report Cards available to view on the Parent Portal.
- Thursday, March 23rd from 4:10pm-6:30pm - Grade 1-8 Student-Led Conferences.
- For more info, please check out our March 2023 Student-Led Conferences Letter from March 9, 2023.

Bengals Music Department

Here are a few upcoming events...

- Friday, March 17th - Southeastern Music Festival - Steinbach EMC Church, 422 Main Street - All Grade 4 students will be performing at the Festival in the morning. Grade 5-8 Noon Choir students will be performing in the afternoon.
- Friday, March 24th - Grade 5 Noon Choir will be singing at the Moose game at Canada Life Centre. Start time is 7pm.

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