



BLUMENORT SCHOOL

Bengals' Update 15 - March 24, 2023

The Umbrella Project at Blumenort School

This month we are adding the skill that will help your child to be kinder to themselves in the face of failure and difficulties, **Self-compassion**. What will self-compassion do for my child? You probably won't be surprised to hear that 75% of people treat others more kindly than they treat themselves. Self-compassion means offering ourselves compassion when we fail, make mistakes or are at fault. Self-compassion is the opposite of self-criticism and will help your child treat themselves like they would a good friend instead of continuously judging themselves harshly. Like a bully that is with your child all the time, self-criticism actually reduces self-confidence (just like an external bully would), making it hard for them to succeed.

Self-compassion helps to reduce children's feelings of isolation and instead recognize that struggle is a normal part of being human that everyone experiences. There is a 100% chance of rain at some point in every life so it's important that we learn to weather these storms with compassion.

Do you often catch your child saying harsh things about themselves and their abilities? It's vital that we help our children avoid getting caught up in the dramatic storyline of their struggle and instead recognize this normal part of life. Imperfections, rough days, mistakes, being at fault and failures are a part of being human and the better we are at accepting this, the easier it is to preserve our wellbeing through these challenges.

2023-2024 Class Lists

The process for creating our 2023-2024 class lists is set to begin. There are a number of factors that need to be considered when developing these lists such as achievement, behaviour, group dynamics, learning styles, etc. We believe that our parents are active partners in their child's education and thus we are asking you to forward information you feel is important for us to know about your child. Although we are not always able to guarantee all of your requests, your input is valuable. A link to a Google Form will be sent to our families right after Spring Break. Please take a few moments with your child to complete it by Friday, April 28. A reminder to complete one form per child.

Bengals Phys. Ed. Department

An exciting basketball season has just wrapped up. Our Bengals teams did amazingly well! The grade 8 boys team made it to finals, losing a very close game to SCS in front of hundreds of fans. Thank you to all our coaches that put in the time and effort to make this season a big success!

Bengals Music Department

Our school enjoyed a fantastic Talent Show on Friday morning, organized by Mrs. Sawatzky. Students from Grades 1-8 auditioned, and a variety of talented students were chosen to represent their grade. The entire school body was treated to "The Big Show" which included gymnastics, dance, skits, hockey and Ripstick tricks, singing, piano solos, violin, and guitar! We will definitely do this again, so keep working on your acts for next year! Meanwhile, the Grade 5 members of the Noon Choir look forward to singing O Canada at the Moose Hockey game tonight, March 24th, to kick off Spring Break! Discounted seats are available to anyone who wishes to join us - just follow this link to purchase seats for \$22 each, instead of the regular \$35! It's a fantastic, family-friendly way to spend the evening - who says you can't combine Music with Sport? <https://fevo.me/blumenortschoolchoir> If we have 100 seats sold in our section, each singer in the Choir receives a free toque from the Moose hockey club - so far we have sold about 74... we hope you can join us and help us reach our goal! Lastly, congratulations to our fantastic Blumenort singers who took part in the Southeastern Music Festival last week - the Grade 4's performed two songs in the morning, and the Grade 5-8 Noon Choir performed in the afternoon. The adjudicator was very impressed with their focus, their attention to detail, their energy, and of course their fantastic singing! Thank-you for representing our school so well, and we also wish to say a big thank-you to our parent volunteers who came along to keep us organized!

Red Rock Update

It's confirmed! Thanks to an overwhelming positive response, our current Grade 6&7 students (Grade 7&8 in the fall) will be heading to Red Rock from September 20-22, 2023. To help with some of the costs, those attending will be holding a gift card fundraiser through FundScrip. It starts March 24th and runs through April 21st. If you are interested in purchasing gift cards from a variety of stores, please connect with one of our current Grade 6&7 families/students or contact our office.

Grade 5 Fundraiser

This past month, a group of Grade 5 students have brought it upon themselves to create a fundraiser for Syria and Turkey to support humanitarian aid. The students have been bringing crafts, treats, and books from home and having weekly sales in hopes to reach a \$300 goal. With the support from families, students and staff they have surpassed their goal. We would like to thank the students involved as well as the families and students who help support the cause. They could not have reached their goal without you, thank you. A few students involved have had a chance to share their story with Corny Rempel. If you'd like to hear the interview please check out SteinbachOnline in the days ahead.

Boston Pizza Partners in Reading for K-6

K-6 parents, once again we will be teaming up with Boston Pizza for "Partners in Reading". Simply complete the Boston Pizza Reading Log each month and then submit it to your teacher to receive your free kid's meal voucher. If you have any questions, please let us know.



A simple program set up for local schools by Boston Pizza to encourage elementary students for out of school reading.

How does it work?

The student must read, or be read to for a minimum of twenty times for twenty minutes over the course of a month. At the end of the month, the students will be recognized and presented with a certificate for a Free Boston Pizza Kid's Meal by their teacher.

Who does the monitoring?

Each participating student will be given a reading log. At the end of the month, the student's parent signs the sheet and the student hands it in to his or her teacher.

* For full school participation for a 6-month period, Boston Pizza will donate \$500.00 to your school library.



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APRIL 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Welcome Back! Hanover Parent-Child Community Program PM Day 4	4 Umbrella Project Self-Compassion Assembly PAC Hot Lunch Day 5	5 HPCCP - AM Day 6	6 PAC Hot Lunch Day 1	7 Good Friday NO CLASSES
10 HPCCP - PM Day 2	11 PAC Hot Lunch Day 3	12 HPCCP - AM Day 4	13 PAC Hot Lunch Day 5	14 Grade 8 Farewell Hot Lunch Day 6
17 Professional Development Day NO CLASSES	18 PAC Hot Lunch Day 1	19 HPCCP - AM Day 2	20 Umbrella Project Self-Compassion Assembly #2 PAC Hot Lunch Day 3	21 Day 4
24 HPCCP - PM Day 5	25 PAC Hot Lunch Day 6	26 Administrative Professionals Day HPCCP - AM Day 1	27 PAC Hot Lunch Day 2	28 Grade 8 Farewell Hot Lunch 23/24 Class List Feedback Deadline Day 3