



BLUMENORT SCHOOL

Bengals' Update 16 - April 14, 2023

The Umbrella Project at Blumenort School

Stop judging yourself as a parent so harshly! Parenting is one of the toughest jobs in the world. Children don't come with step-by-step instructions and there is a reason that millions of parenting books exist, all with different solutions to the same problems. Just like snowflakes, each child is completely unique and therefore responds differently to the world and our attempts to guide them. How many times has an idea worked brilliantly for one of your children and not at all for the next? Ever feel like one day you have this parenting thing nailed and the next day want to give up completely? Such is the nature of raising another human with their own agenda and parents deserve to treat themselves with a high level of compassion on the tough days.

Unfortunately, research and experience show us that this is not the case. As parents, we are terrible critics of our own best efforts to raise our children and we now know that the more we judge our own parenting, the more likely it is that our child will develop symptoms of anxiety and depression. The solution? Less self-blame and more non-judgemental acceptance of our own parenting skills. In other words, show our children what self-compassion looks like in action. None of us are perfect parents, you will make mistakes and that's OK!

It sounds simple but remember that most of us have a very vocal inner critic, evaluating our every move. Start by noticing your own self-judgment and then try to think of what you might say to a good friend who was in the same situation. Say these words to yourself and remember, beating yourself up in an effort to be a better parent is having the opposite effect on your child's wellbeing. Instead, take ownership of your feelings and choices, recognize when you make mistakes, apologize, keep learning and move on.

2023-2024 Class Lists

The process for creating our 2023-2024 class lists has begun. 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 has been sent to our families. Please take a few moments to complete one form per child by Friday, April 28.

Earth Day

Blumenort School will be celebrating Earth Day with a community cleanup on Friday, April 28th. Stay tuned for more info in the upcoming weeks.

Bus Evacuations

Our bus students will be practicing evacuations the week of April 18-21st. A letter will be sent to our bus families letting them know the actual date that will take place so you are aware of their late arrival.

Lions Kidsight

Hanover School Division is excited to announce that we have partnered with The Lions Club to offer vision screening to all of our students in Grade 1, starting April 2023. The program is very similar to the hearing screening we conduct in the fall every year. Members of The Lions Club have been trained in the use of the SPOT Vision Screener and will use this tool to screen children in all HSD Grade 1 classrooms. The screening is done from a distance of about 3 feet with no physical contact, takes just a few seconds, and can screen for Myopia (near-sightedness), Hyperopia (far-sightedness) and Anisocoria (pupil size deviation). In addition, Astigmatism (blurred vision), Anisometropia (unequal refractive power) and Strabismus (eye misalignment) which can result in Amblyopia (lazy-eye).