



BLUMENORT SCHOOL

BENGALS UPDATE 05 - SEPTEMBER 29, 2023

Orange Shirt Week

Thank you to everyone who participated in our Orange Shirt Week at Blumenort School. A special thank you to our guest presenters at this morning's assembly! Our school is also in the process of finalizing an Indigenous design of our school logo. Stay tuned in the next little while for more information about this exciting project!

Terry Fox Run

Our annual Terry Fox Run was held right here at Blumenort School on Friday, September 29. Thank you to Mr. Giesbrecht and our staff for organizing the event and also to our students for your great participation. Overall, we collected close to \$375.00 through the "Toonies for Terry" program, while many more have donated online. Thank you for your support!

Thanksgiving Lunch

We are excited to be hosting our annual Thanksgiving lunch once again on Friday, October 6 at 11:45am. Each student will receive a bowl of chicken noodle soup and a bun. Classroom teachers will be sending out notices requesting desserts and drinks from the families in their class. We are also asking for a \$2.00 donation from each student to help cover some of the cost of the event. A special thank you to our staff, parent volunteers and our Student Leaders for assisting us with the set-up, serving and cleanup! This event has been a wonderful tradition in Blumenort School and we look forward to seeing all our students gathering together to share a meal.

Blumenort Parent Advisory Council Annual General Meeting

Our Blumenort PAC AGM is set for Wednesday, October 18th at 9:30am here at the school. Please RSVP our school if you plan to attend. Our PAC is also in the process of recruiting new members. In particular, they are looking for people interested in being our Volunteer Coordinator, our Student Liaison and our Communications Lead. If those positions interest you, please be prepared to share at the meeting who you are and what position you are interested in.

The Umbrella Project at Blumenort School

This month our focus is on building **Empathy**. All the Umbrella Skills can be built with practice and this month we are working to build the empathy piece of your child's umbrella of wellbeing skills. What will empathy do for my child? Create strong social networks.

Empathy is the ability to put ourselves in someone else's shoes and understand what they may be feeling. It is a key ingredient to successful relationships with our friends and family. High levels of empathy result in lower levels of conflict and better problem solving. It also helps us make new friends, keep the ones we have and build a stronger social network.

Having a strong social network helps us live longer and is one of the best predictors of our health and happiness. Each week we will add one simple step you can use at home to build your child's umbrella skills. This week's tip is:

Help your child recognize and label their own feelings.

Understanding what you are feeling in a given situation helps children learn to empathize. When we ignore or suppress feelings it's difficult to understand them in others. At home, make sure your child understands that all of their feelings are okay, including sadness, anger, frustration and how to recognize those feelings. Help them give these feelings a label. Then set clear boundaries about what is and isn't okay to do with the feelings. For example, it's normal to feel angry at a sibling but not okay to hit them as a result. This simple step helps children learn to calm themselves, cope better with life's ups and downs and empathize with others.



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