



# BLUMENORT SCHOOL

**BENGALS UPDATE 18 - JANUARY 12, 2024**

## **The Umbrella Project @ Blumenort School**

### **JANUARY'S SKILL - AUTHENTICITY**

Authenticity is the ability to be our genuine selves, staying true to our values and beliefs even under pressure, while still adapting to the world around us. Authenticity comes from having actions that match the words we say and not trying to be someone else to impress others. It's very difficult to feel unconditionally loved and accepted without this critical skill.

Research shows that authenticity helps kids stand up for what they think is right, which reduces bullying and social stress. As parents, we can do a lot this year to work against the concerning trends in childhood mental health just by helping kids embrace and feel confident in their true selves.

With increased authenticity also comes increased self-confidence and trustworthiness, characteristics that will help your children create strong and lasting friendships which we know to be critical to their long-term wellbeing.

### **STOP FOCUSING ON PERFECTION**

Remind your child often, and in as many ways as you can, that the goal of life isn't perfection.

This important conversation builds almost every skill in your child's umbrella, and authenticity is no exception. We dove into this when we discussed growth mindset and it's worth a mention again, as we work towards developing a child who feels comfortable being themselves.

We are all climbing a mountain in life that doesn't have a top and when we imagine that there is a summit to climb, it can lead to a life of struggle trying to get somewhere that doesn't exist. Striving for perfection can create a set of unattainable standards and this often leads to covering up imperfections with a false exterior, instead of being comfortable with who we are as humans, imperfections and all.

Start by normalizing life's challenges for kids: relationships have bumps, sometimes we do poorly on tests, get injured and have tough days. When your child truly believes that these things are a difficult (but normal) part of life that everyone experiences, their authentic selves will have a chance to shine. Set goals for small incremental improvements instead of trying to get as close as possible to perfection.

Parents of high achieving kids take note: these are the kids I'm seeing most in my practice for anxiety. Remember that just because your child can achieve at a level of excellence now, doesn't mean they won't face challenges down the road. As these kids hit harder and harder challenges, they will often sacrifice all other aspects of their wellbeing to continue to achieve success including sleep, friendships and relationships with their loved ones. We know that these are critical to wellbeing and their absence takes a toll.

Make sure your children really understand that they don't need to maintain a high level of success at all times for love, acceptance or self-esteem. This false belief can become deeply ingrained in their minds and cause a lot of anxiety when they can't hit a desired target; so teach self-acceptance now, in advance of these challenges.

Mistakes are an important part of learning and the fear of making mistakes might just be what is holding your child back from being their true selves.



## **Kindergarten Registration for the 2024-2025 School Year**

Kindergarten Registration for the 2024-2025 school year is now open. Parents and caregivers are encouraged to register their children in January for September entry, as this will assist schools in planning and scheduling. Early registration also provides the opportunity to participate in upcoming orientation events in spring. To be eligible for September registration (2024-25 school year), children must be five years of age on or before December 31, 2024. Students are required to attend the school within the catchment area where they reside, which ensures balanced enrollment across the division. For more information on school catchment areas and how to begin the online registration, please check out...

<https://hsd.ca/schools/student-registration/>

## **Grade 7&8 MYLO set to visit Blumenort YFC Drop-In Centre**

Our Grade 7&8 students will be visiting the Blumenort YFC Drop-In on January 19th & 26th. Our parents will get more details about the trip very shortly. Blumenort YFC is a safe place for youth ages 12-19 to connect with friends and experience life giving activities under the care and supervision of trained staff and volunteers. They see hope and potential in every young person and want to offer a space where youth can hang out and are given the opportunity to grow in their character and abilities. Drop in is a great place to connect with friends, and be supported and encouraged by trained staff and volunteers. It is their goal to be a place where all young people come and experience HOPE in the foundational areas of life; relationally, spiritually, emotionally, and physically.

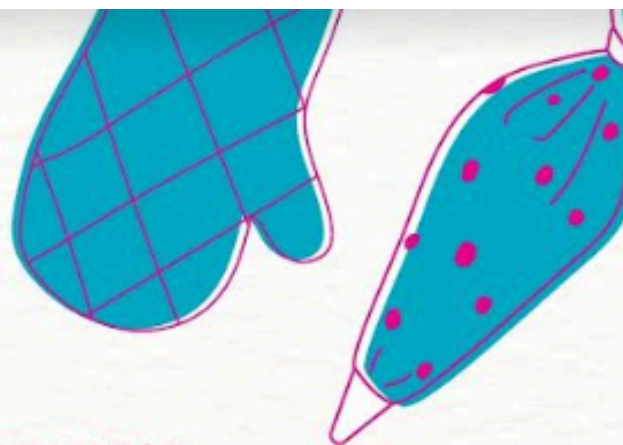
## **Blumenort School Indigenous Merchandise Orders**

A few months back, we shared with everyone our plan for offering Blumenort School Indigenous Merchandise and today we want you to know that we will be taking orders until January 31st. Our options are for T-Shirts, Hoodies and Toques in black, grey and orange. The logo will be as shown below. Stay tuned for a paper copy of the order form that will be sent home.



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