



BLUMENORT SCHOOL

BENGALS UPDATE 22 - FEBRUARY 9, 2024

The Umbrella Project @ Blumenort School

SELF-EFFICACY: SET-UP SMALL, ENGAGING OPPORTUNITIES TO PRACTICE

An unshakeable sense of self-efficacy comes from repeatedly taking on challenges and overcoming them. When a child doesn't believe in themselves, it can create a lot of generalized anxiety for a child and will commonly stop them from even trying. When they stop trying, it can become more and more difficult to build self-efficacy.

To build self-efficacy, help your child recognize the importance of not giving up and instead actively engaging in challenging and difficult skills. This might be social skills, academic skills or any normal challenge that they will have to face repeatedly through their lives. Notice the areas that your child needs some practice and set up small stepping stone challenges to help them practice the skill and expand their comfort zone.

For example, if your child is very shy in public, you might challenge them to first make eye contact with the person who works at the grocery store. When they accomplish that task, give them a high five and then create a slightly more difficult challenge. In this example, the next step may be saying hello or handing the money to the person working at the store. These challenges should be big enough to put your child just outside their current comfort zone, but small enough to be manageable for them.

Help them understand that each little challenge is practice for the next time they find themselves in a similar situation and the more they practice, the bigger the challenge they will be able to face. Engaging them in picking their own challenges is a great way to make sure they are embracing the process. Over time, you will see your child's belief in their own capabilities grow.

World's Finest Chocolate Almond & Assorted Chocolates Fundraiser

Our annual, school-wide World's Finest Chocolate Fundraiser is underway and will run until March 4th. Thank you everyone for your support!

Blumenort PAC Instagram - @blumenortpac

Our Blumenort PAC would like you to know they are now on Instagram! Follow them for information on upcoming events, fundraising initiatives, and more!

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/>

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