



# BLUMENORT SCHOOL

**BENGALS UPDATE 23 - FEBRUARY 16, 2024**

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

### **CREATE AN ENVIRONMENT FOR YOUR CHILD THAT IS RICH IN MASTERY OPPORTUNITIES by DR. JEN**

Mastery experiences provide our children with one of the most powerful inputs for building their self-efficacy. Mastery experiences can range from tying shoes to solving difficult puzzles and everything in between. They are the evidence we provide ourselves that we are capable. This "I can do it" attitude is critical for future success.

Parents who arrange more opportunities for their child to master different tasks raise children who are more efficacious. The more we try and succeed, the more we believe in our ability to succeed. Set your child up for success by creating an environment where they are free to explore, to try new things, build on the old and to slowly master the world around them. Take note of the natural parenting tendency to "over-help" our children, especially when we are rushing through our busy days. These can take away from their opportunities to build self-efficacy and instead leave them feeling dependent on others. Here's a recent example of this from my life: Over the weekend my son and I were working on building a robot he received as a gift. The Saturday morning hours ticked away as we got to the final step - the track assembly. This involved a fiddly and repeated step that we were both working away at. My son made a few attempts and then turned to me and asked me to do it for him, clearly frustrated with the process and noticing that I had mastered it.

It would have been so easy for me to quickly finish the job so we could all move on with our day but instead here is how we approached it: I started by verbalizing my process for him, showing him specifically how I held my hands and where to apply pressure (see last weeks tip for building self-efficacy). We then did the steps together, repeating out loud the main action "Click and flip, click and flip." By the end, it was a race to see who could complete their section first and we had added one more data point to his "I can do it" bank. Self-efficacy is built through slowly accumulating the evidence that we are capable of many, many things!

## **Grade 8 SRSS Tour and Open House - February 22nd**

Our Grade 8 students will be heading to the SRSS for their annual tour on Thursday, February 22nd in the morning. Mrs. Shumsky, Mrs. Koop, Mrs. Berkowski and Mrs. David will also be attending. A reminder that the SRSS will also be holding their Open House for parents that same evening from 6:00-8:30pm. Please check your inbox for a letter sent earlier this month from the SRSS for more details and also for a permission form in the Parent Portal.

## **World's Finest Chocolate Almond Fundraiser**

A reminder for everyone that just two weeks remain in our annual, school-wide World's Finest Chocolate Fundraiser!

## **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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**Principal: Dave Schettler - [dschettler@hsd.ca](mailto:dschettler@hsd.ca) • Vice-Principal: Vanessa David - [vdavid@hsd.ca](mailto:vdavid@hsd.ca)  
10 Park Street • Blumenort, MB • R0A 0C1 • Phone: (204) 326-1757 • Fax: (204) 326-8125  
Main Email: [blumenort@hsd.ca](mailto:blumenort@hsd.ca) • Website: <http://blumenort.hsd.ca>  
twitter: #BlumenortHSD • Instagram: blumenorthsd**