



BLUMENORT SCHOOL

BENGALS UPDATE 29 - APRIL 5, 2024

The Umbrella Project @ Blumenort School

This month our focus is on building **Cognitive Flexibility**.

MIX UP YOUR ROUTINE FOR A MORE FLEXIBLE BRAIN by DR. JEN

Does your child thrive on routine? Do you and the school go out of your way to make the world predictable for them? While I'm all for a good bedtime routine, sometimes we can take this too far and prevent our children's minds from building the confidence to deal with uncertainty.

I see many kids in my practice who struggle with stepping outside their comfort zones and the natural tendency is to alleviate anxiety by keeping things the same and creating routines that the child's brain can predict. While this may work to reduce anxiety in the short term, it doesn't help them navigate the inevitable uncertainty waiting for them in the future.

To overcome this, start a brain training program. Much like upping the weights at the gym, start with small manageable changes to the routine that make them flex this part of their brain. Move the furniture around more often, drive to school a different way, send them to a new summer camp or generally just *shake things up*. The more times your child sees that 'different' is safe, the more new pathways they will build and the more flexible their brain will get.

Let your kids in on the plan. It's more fun when they can see their successes and these should be celebrated. Even if your child isn't struggling with anxiety now, help them proactively build this skill in advance of needing it. There's nothing wrong with liking routine but make sure it is a point of pride in your family to be ok with the unfamiliar too.

Solar Eclipse - April 8th

Earlier this week, our division sent further detailed information about the upcoming solar eclipse. Here at Blumenort School, we will be keeping our students indoors from 12-3pm to ensure they don't view the eclipse. From 12-12:30, we will hold a picnic lunch for all of our students in the gym. They are welcome to bring a blanket to share with a friend. We will also have a livestream of the eclipse running on our projector.

We are also asking our families to take note of the following...

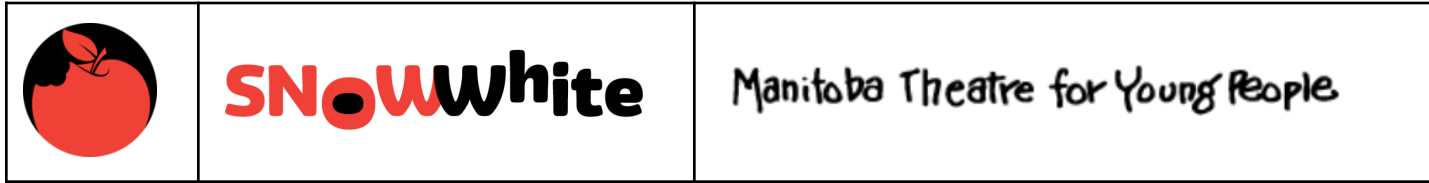
- If you are a walker who goes home for lunch, we invite you to bring a lunch and stay with us.
- If you are a KPM student, please arrive as close to the start time as possible and come directly inside.
- If you would prefer to keep your child at home to witness or avoid the eclipse, please let our office know.

2024-2025 Class Lists

The process for creating our 2024-2025 class lists is set to begin. There are a number of factors that need to be considered when developing these lists such as achievement, behaviour, group dynamics, learning styles, etc. 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 will be sent to our families today. Please take a few moments with your child to complete it by Friday, April 26. A reminder to complete one form per child. If you have any questions, please let us know.

Manitoba Theatre for Young People

Blumenort School is pleased to welcome the Manitoba Theatre for Young People to our school on Thursday, April 11th for their performance of Snow White. Start time is 1:45pm and will be for our Grade 1-7 students. In the play, Snow White tells her side of the story in this clever adaptation of The Grimm Brothers classic. Two actors play Snow White, the huntsman, the prince, and all seven of the dwarves in this hilarious, unexpected take on the timeless fairy tale. Plus, a twist so good you'll never see it coming, even with a mirror in your hand!



Blumenort PAC Rocco's Pizza Fundraiser

The PAC will be doing a Rocco's Pizza Fundraiser until April 16th. (Please disregard April 15th due date on order form.) Selling forms have been sent home. There will be a prize for the student who sells the most pizzas AND a pizza party for the class that sells the most pizzas! All funds raised will go towards the new play structure!

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/>

Lions Kidsight Vision Screening Program

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 Grades 1 and 5. 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 and Grade 5 classrooms. The vision screener they use is capable of screening 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).

The individual screening takes just a few seconds and is performed from a distance of about three feet. There is no physical contact with the child and no eye drops are administered. The individual conducting the screening will provide a print-out of the results for each child for whom a follow up appointment is recommended with an eye care professional. If you would prefer to have your child "opt-out" of the screening assessment, please notify your child's teacher within the next few days. It is important to understand that it is only a screening and does not constitute an examination or diagnosis of vision problems.

Our school screening day is scheduled for Tuesday, April 16th. This service is offered free of charge by the Lions Club under the MD5M Lions Kidsight vision screening program. The school will also provide you with a brochure which provides more information for you. If you have any questions, please feel free to call your child's school.

ATTENDANCE MATTERS!

Many absences, even in Kindergarten, can cause children to fall behind in school.



Students who miss 10 days or more during a school year are less likely to graduate from high school.



Missing just a day or two each month can make it harder to learn to read.



Attending school regularly helps children feel better about school and themselves.



Being in school every day will enable children to do well in school and graduate from high school ready for work or college.

