



BLUMENORT SCHOOL

BENGALS UPDATE 30 - APRIL 12, 2024

The Umbrella Project @ Blumenort School

This month we continue our focus on building **Cognitive Flexibility**.

USE PICKY EATING TO BUILD COGNITIVE FLEXIBILITY by DR. JEN

Cognitive flexibility is all about having an open mind and being able to shift our perception of something. Nothing could be better practice for this than eating. Kids are notoriously stubborn when it comes to ruling foods in or out in a very *black and white fashion*. Instead of accepting these decisions as the food rules you will obey, instead help them think flexibly about food.

There are millions of ways to prepare each food. In fact, there is an entire industry built around new ways to prepare the same foods. Even the foods we love can be prepared in ways we don't like and likewise, you can find preparations of most foods that can shift your child's perception of a food from *black and white to grey*.

Here's an example in my house: my kids will often profess to dislike zucchini. While they don't like it stir-fried, they love the zucchini chocolate chip muffins we make. When they try to rule out zucchini forever, I remind them that they just don't like zucchini prepared that way but they do like zucchini in our muffins (i.e.: it's about preparation, not the food itself). This way, when we encounter a new preparation of zucchini they are much more likely to put it in the *grey* category and open-mindedly give the new dish a try.

The best part is, the more new things they try, the more cognitive flexibility they will build. The more cognitive flexibility they have, the more new things they will be willing to try, and the cycle continues. As a parent, you just have to get the snowball rolling and it will gain its own momentum, even when you step out of the equation. The eventual goal of parenting is to create adults that can make good decisions for themselves and this is a great place to start when it comes to food and flexibility.

2024-2025 Class Lists

The process for creating our 2024-2025 class lists has begun. 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 was sent out last week with the Bengals' Update. Let us know if you did not receive it. 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.

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!

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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.



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Saturday, April 13th
10:00am — 5:00pm

Mennonite Heritage Village

General Admission \$15/ea

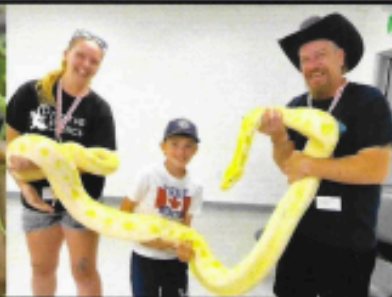
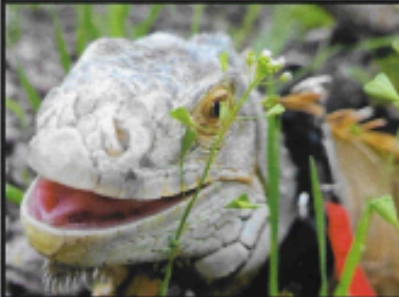
Kids (2yrs-12yrs) & Seniors \$10/ea

Infant (under 2yrs) FREE!

Cash, Debit & Credit Cards accepted at the door only



Come get face to face with turtles, tortoises, geckos, dragons, chameleons, snakes, frogs, toads, tarantulas, scorpions, hedgehogs, bunnies, birds and more! You can enjoy an edu-taining experience while Steve & Kenzi introduce you to a couple of their friends during interactive presentations throughout the day. We'll have over 30 species on display for you to meet and enjoy at your leisure. Our staff will have animals out for people to meet in a family friendly, hands on and interactive environment.





Blumenort Community Pick up and Walk

April 27 at 9AM

meet at the Blumenort Community Church!

Bring your own boots, gloves & High Vis clothes if you have.
Garbage bags & snacks will be provided by the church.