



BLUMENORT SCHOOL

BENGALS UPDATE 34 - MAY 10, 2024

The Umbrella Project @ Blumenort School

CONSIDER THE WAY YOU EXPLAIN YOUR OWN LIFE TO YOUR CHILD by DR. JEN

We know that children are most likely to pick up their primary parent's explanatory style. What does that mean? That means that if you are an optimist, your kids will likely be too. If you tend to put a negative frame on your life events, your children will also learn to interpret the world this way. This explanatory style is changeable with some easy shifts in the words you use. To build your child's optimism and their ability to see a path through tough times, think about these two key shifts in the way you explain the world:

- **Temporary vs. Permanent**
When bad events feel permanent, it can hinder your child from believing they can change their circumstances. In contrast, when difficult events happen, as they will in every life, show your child that most of these are temporary and can be overcome with time. Start by avoiding "always" and "never" in your explanations. "This kind of thing always happens to me" feels pretty permanent. The more temporary your child sees challenging times to be, the more they will be optimistic for the future.
- **Specific vs. general/pervasive**
It's easy to see patterns in life and group them all together but this style of explanation can leave us feeling pessimistic about our chances to make change. Try to be specific about the issues you face. For example, if someone at the office is unkind to you, try to keep the issue to that person i.e. "John was unkind to me" instead of "people are unkind to me" or "men are always like this."

Think about this when you describe yourself too. Everyone is lazy sometimes, but when we generalize a feeling to our whole character we become less optimistic for change. For example, after a lazy day with nothing crossed off the to-do list you were hoping to accomplish, try saying "I was feeling lazy today" instead of "I am lazy." The latter is more specific to the situation at hand and leaves room for tomorrow to be different, while the former seems unchangeable. When we see our issues as pervasive to all areas of our lives it's hard to be hopeful for something better. The more specific we can get, the more the situation will seem like something we can overcome. Remember, to build optimism look at your own explanations of the world and aim for temporary and specific explanations over permanent and pervasive ones. Your child will follow in your footsteps.

Grade 5-8 Spring Concert & Student Leadership Popcorn Fundraiser

A huge thank you to Mrs. Sawatzky and our students for the wonderful performances! There were many positive compliments from those in attendance about the amazing talent of our students and the ability to showcase our Grade 7&8 Band, our Grade 5-8 Choir and the performance of "Thwacked", all on the same night and all under the direction of our incredible teacher, Mrs. Sawatzky! As for our popcorn play structure

fundraiser, we raised \$156.00. Thank you for your support!

Kindergarten Orientation & Registration Reminder

Our annual Kindergarten Orientation is set for Thursday, May 23rd. If you have not already called the school to set up an appointment for your child, please do so as soon as possible. If you have a child or are aware of someone who has a child who will be 5 years old on or before December 31, 2023, it is not too late to register. To begin, visit the HSD Kindergarten Registration page at <https://hsd.ca/schools/student-registration/>

Family Picnic Day - Thursday, June 27th

Our Blumenort Parent Advisory Council is in the midst of planning for this year's Family Picnic Day and Silent Auction to be held on **Thursday, June 27th**. Classes will once again have the chance to contribute by making up a themed basket to be auctioned off on that day. **You or your child need to be present to win a silent auction basket.** Classes and their corresponding theme are listed below. We ask that each student bring in an item related to the theme assigned. Cash donations may be made in lieu of items. You are free to spend as much or as little as you would like. Items must be in by **Friday, June 14th**. Funds raised will be going towards a new K-1 play structure. Thank you!

Silent Auction Theme Baskets...

KKam & KKpm

Cool and Refreshing

(ex. Lilac/pool passes, beach towels, pool toys, water guns)

1R & 1W

Family Time

(ex. Restaurant gift cards, board games, bowling passes, Escape Room passes)

2P & 2PL

Summer Fun

(ex. Outdoor games, gardening, greenhouse gift card, DQ gift card)

3D & 3M

Read, Write, Arts & Crafts

(ex. Adult coloring books, crafts, extreme dot to dot, Chapters gift card, journals, pens)

4A & 4F

Gift Card Tree

(ex. Sports Chek, McDonalds, Winners, 7-11 Slurpees, Walmart - please write amount on gift card)

5C & 5M

Movie Night

(ex. Family friendly movies, cinema passes, snacks and candy)

6H & 6P

Sports

(ex. sports equipment, Jets/Bombers gear, sports posters, badminton net)

7H & 7P

Audio & Active

(ex. iTunes gift card, earbuds, Skyzone passes, Splatters passes, Kids Zone passes)

8K & 8S

Outdoors

(ex. Cabella's, Canadian Tire, fishing/camping gear – no knives/guns)