



BLUMENORT SCHOOL

BENGALS UPDATE 35 - MAY 17, 2024

The Umbrella Project @ Blumenort School

TEACH YOUR CHILD TO REFRAME CHALLENGE

Learning to see the positives in our challenges is a technique called positive reframing. This skill is critical in helping children build optimism, even when life gets rainy. The goal isn't to find excuses for procrastination, mean behaviour or to change reality. It is to help them find the true bright spots in their difficulties, neutralize their negative feelings and beliefs, and prepare them to move forward.

How can we teach this valuable skill? As we all come to realize when we become parents, we can't force our children to see the world a certain way. Just putting a positive frame on their difficulties for them can backfire and make them feel like we don't understand what they are going through. Instead of giving your own positive perspective, try these two techniques to get your children thinking about their own reframe.

- Help your child make new observations or think about the accuracy of their limiting beliefs by asking good questions. This can help them to tell a new story about what happened to them. Here are some options:
 - What was positive in the situation?
 - What growth can I get from this situation? How did this event make me better?
 - How can I turn this disaster into a win?
 - What is the best way to act in this kind of situation?
 - What went right?
 - What umbrella skill can I work on building from this experience?
- Neutralize the negative feelings with a little humour.
 - Before working through some of the questions for positive reframing, use a little humour to help them get into a positive state of mind. It will be much easier for them to see their situation in a new light.

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/>

Congratulations Mr. Giesbrecht - MB Softball Hall of Fame Inductee 2024!

Seven individuals and three teams were inducted into the Manitoba Softball Hall of Fame on May 11th, 2024. The group of inductees includes 5 Athletes, 1 All Around, 1 Builder and 3 teams. The Manitoba Softball Hall of Fame & Museum Inc. recognizes individuals, teams and organizations for outstanding achievement in softball and/or for contributions to the sport of softball. At Blumenort School we would like to congratulate Mr. Giesbrecht for entering the Hall of Fame in the Athlete Category! Here is a little bit of Mr. Giesbrecht's successful past that was shared...

Nathan has excelled as a fastball player from an early age. As a bantam aged player he competed in Western Canadians and at the Canada Games. As a junior aged player he was on Manitoba teams that competed at Junior Nationals twice. As a senior player he played with the Red Dogs; the Manitoba Alliance and the Kegel Black Knights out of Fargo, ND. With these teams he competed at many provincials and Western Canadian Championships and made numerous appearances at ISC and NAFA tournaments. From 1997 to 1999 Nathan was named to Canada's national team player pool. At every level that he played at he was a top batter and earned various individual awards. Following his playing career he did some coaching at the minor softball level and continues to serve on the Landmark Minor Softball Board.

Grade 1&2 Bike Rodeo & Bike Safety Reminders

Please mark Monday, June 10th on your calendar for our annual Grade 1&2 Bike Rodeo. Stay tuned for more info. In the meantime, we would like to remind our families that under Manitoba law, it's compulsory for anyone under 18 years old to wear a properly fitted and fastened helmet when cycling. However, it is strongly encouraged that all cyclists wear helmets, especially if they will be sharing the road with vehicles.

Bengals Track & Field

Our Track and Field season continues. Here are some important dates to remember...




- Friday, May 24th - Grade 5-8 Blumenort Track Meet (Rain Date is May 29th)
- Monday, May 27th - Grade 7&8 Divisional 1200m Run in Steinbach
- Tuesday, June 4th - Grade 5&6 Divisional Meet in Steinbach (Rain Date is June 11th)
- Thursday, June 6th - Grade 7&8 Divisional Meet in Steinbach (Rain Date is June 13th)

WISE Kid-netic Energy - Summer STEM Day Camp

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STEM Day Camp
AGES 9-12


Science day camp which covers a variety of fun theme days throughout the week!

THEME DAYS:


- Construction & Architecture
- Plants & Fungi
- Forensic Science
- Marine Biology
- Science of Sound

Learn More & Register at:
wisekidneticenergy.ca

Coming to:
STEINBACH, MB
AUGUST 12-16,
2024

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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)