



BLUMENORT SCHOOL

BENGALS UPDATE 36 - MAY 24, 2024

The Umbrella Project @ Blumenort School

REALISTIC OPTIMISM TOP-5 by DR. JEN

1. CONVERSATION STARTER: A Favour

If you are a parent of older kids and/or teenagers, this simple swap can change your relationship with your child. Instead of demanding your child do something to help you, instead try asking them if they can do you a favour. For example you might say "Can I ask you for a favour. Would you mind unloading the dishwasher for me?" or "Would you do me a favour and watch your brother while I make dinner? It would really help me." Why is this powerful? A favour allows your child to do something for you, to give back to you for all the things you do for them while allowing some autonomy of choice over the request. By saying yes to a favour, they can feel good about helping you instead of being forced to do something they didn't choose and this significantly reduces the chances they will push back and boosts the mental health benefits of helping.

2. ARTICLE: The Elite Young Athlete: Strategies to Ensure Physical and Emotional Health

Any child participating in competitive sports knows the pressure of performing well. This article dives into some critical strategies for ensuring your child stays healthy while challenging themselves to grow and develop in a sport. A personal highlight for me is the protective role optimism plays, both on physical injuries and for their mental health. To learn more about developing optimism in your child you can read this article, follow us on social media this month or pick up a copy of The Umbrella Effect with a section dedicated to developing this important skill.

3. ACTIVITY: Do Something You Enjoy Before Problem Solving

It's easy for children to obsess over the unpleasant things that happen to them. When we try to problem solve right after one of these events, it can be difficult to build optimism. Our brain naturally wants to match our memories and thoughts with the current mood we are in. Right after something unpleasant happens, it's much more likely that our brain will turn to pessimistic thoughts. If you notice this happening with your child, help them learn to put something they enjoy in between the unpleasant event and problem solving when possible. This strategy helps to bring them back to a more positive mood which will, in turn, lead to more optimistic problem solving. It will also improve the creativity of the solutions they come up with. Just remember to come back to the problem after the enjoyable activity. This shouldn't end in problem avoidance. It should instead teach your child that they can build optimism and better problem-solving skills by intentionally improving their mood before they tackle difficult challenges.

4. BOOK: Little Blue Truck - Alice Schertle

There are a few books in our house that I could recite word for word, based on the number of times it has been requested and this is one of them. This catchy board book is great for preschool and kindergarten aged children. It highlights the power of day to day kindness in creating a community that will be there to help when you need it. It's fun to read and liked by all the preschoolers I know.

5. VIDEO: The Single Most Important Parenting Strategy | Becky Kennedy | TED TALK

I've run a lot of parenting communication workshops lately and relationship repair is always a critical piece of what we talk about. Unrepaired arguments can really take a toll on your child's confidence and the way they think about themselves. In this video Becky Kennedy shares some very practical advice to repair relationships after the inevitable arguments that happen in all families.



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 - UPDATE

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




- Monday, May 27th - Grade 7&8 Divisional 1200m Run in Steinbach
- Wednesday, May 29th - Grade 5-8 Blumenort Track Meet
- 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

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