



BLUMENORT SCHOOL

BENGALS UPDATE 06 - OCTOBER 4, 2024

Mom's Pantry School-Wide Fundraiser - September 20th-October 11th

Our Mom's Pantry school-wide fall fundraiser is quickly coming to a close next Friday, October 11th. Please check out the letter that was emailed or the flyer that was sent home this week to our families for details on how to place your order!

Toonies for Terry

Our annual Terry Fox Run was held right here at Blumenort School last week Tuesday. Thank you again to Mr. Giesbrecht and our staff for organizing the event and also to our students for your great participation. Overall, we collected \$232.00 for the Terry Fox Foundation through the "Toonies for Terry" program. Thank you for your support!

Fire Prevention Week - October 6th-12th

Fire Prevention Week™ (FPW™) is October 6-12, 2024. This year's FPW campaign, "Smoke alarms: Make them work for you!™" strives to educate everyone about the importance of having working smoke alarms in the home. For more information, please check out nfpw.org

Thanksgiving Lunch - October 11th

We are so excited to once again be hosting our annual Thanksgiving Lunch on Friday, October 11th at 12-noon. Our lunch will look a little different this year as all of our students will bring their regular lunch down to the gym for a picnic lunch with their classmates. Our teachers will also be in touch with you about what items they may need for their class picnic. This event has been a wonderful tradition in Blumenort School and we look forward to seeing all our students gather together!

Blumenort Parent Advisory Council - Annual General Meeting - October 16th

The Blumenort PAC AGM will be held on Wednesday, October 16th, at 9:15am, here at our school. All parents are welcome to attend! We currently have two roles available on the PAC. The first is a Student/Parent Liaison. This would be a touch point for parents as well as to communicate with the larger student body. They could also help with organizing other new school initiatives (i.e. school canteen, etc.). The second is a Fundraising Coordinator. This would become the contact for organizing fundraising initiatives, as well as to assist in the ongoing fundraising project for the K-2 play structure. Please send your name to the school or directly to the PAC board if you are interested in joining! And don't hesitate to reach out if you have any questions or would like further information. You can contact our Board Chair, Nicole Plett at nicoleplett9@gmail.com

The Umbrella Project - Dr. Jen

What is Gratitude and how will it help my child? Welcome to Gratitude month at The Umbrella Project. This month your child will be learning all about Gratitude in their classroom. Gratitude is the skill that helps us recognize all the things we have, instead of focusing our energy on the things we don't have or the things we can't control. Our brains naturally pick up and focus more on threats and negatives than positives. This deeply-rooted survival mechanism helped our ancestors dodge danger and avoid life-threatening situations. Unfortunately, this bias to the negative can work against our day to day mental health and to counter this we need to make sure we help our children see the positives as often as possible. Practicing gratitude is a great way to accomplish this positive focus and prime our brains for a happier outlook. It also helps us show our appreciation and return kindness given to us. Teaching your children to be thankful for what they have, what others do for them and expressing these feelings is a powerful, positive coping strategy that can get them through many of life's difficult days, strengthen their relationships and protect against anxiety and depression. **Make gratitude visible and easy to express!**

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