



# BLUMENORT SCHOOL

**BENGALS UPDATE 09 - OCTOBER 24, 2024**

## **MTS Professional Development Day - No Classes - October 25th**

A reminder that our teachers will be attending their annual MTS Professional Development Day tomorrow (Friday, October 25th) and so there will be no classes.

## **Class Photo and Individual Picture Retakes - October 28th**

Lifetouch is retaking all class photos on Monday, as well as those who are getting individual retakes. If you are planning to get an individual retake, please let our office know.

## **Student Leadership Spirit Week - October 28th-November 1st**

Thank you to our Student Leadership Team for organizing our upcoming Spirit Week. Here is what they have planned:

- Monday, October 28th - Dress Your Best - Dress just as it's named!
- Tuesday, October 29th - Twin (or Triplet) Tuesday - Dress up in matching outfits with your friends!
- Wednesday, October 30th - Wacky Wednesday - Time for silly outfits and outrageous accessories!
- Thursday, October 31st - Costume Day - Keep your costume fun and creative, but avoid anything too scary or spooky!
- Friday, November 1st - Pajama Day - Nothing like comfort on a cozy fall Friday!

## **Mom's Pantry School-Wide Fundraiser Order Pickup Date - October 29th**

Don't forget that our Mom's Pantry Order Pickup date is set for Tuesday, October 29th from 12:30-4pm, here at our school.

## **Blumenort Parent Advisory Council Updates**

- **Tuesday Pizza Hot Lunches** - As of this week, there will no longer be a veggie pizza option for Hot Lunch orders on Tuesdays. Anyone who has pre-ordered veggie pizza will be issued a refund for future orders. We will continue to offer pepperoni and cheese options! Make sure you have your orders placed by Sunday for the following week.
- **Call for Volunteers** - The PAC committee is looking for volunteers to help show appreciation for our fantastic staff! If you enjoy baking (or shopping for treats), we'd invite you to sign up to contribute to a staff snack sometime this school year. The link with more info and a date to sign up is included with this email.

## **The Umbrella Project - Dr. Jen**

**Have your child reflect on their network of supportive adults** - One great way to help kids build gratitude is to help them reflect on the network of supportive adults they have around them. This could be teachers, parents, caregivers, aunts, uncles, grandparents, coaches or anyone your child can turn to for advice and strength when facing challenges. Helping your child visualize all of the umbrellas of support around them will help them to practice gratitude and recognize who they can trust to help them when they need a little extra shelter and support.

**Step 1:** Have your child draw a picture of themselves in the centre of a page.

**Step 2:** Next, have them write the names of all of the supportive figures in their lives around the outside of the page and connect them to the centre with a line. This can be through a combination of reflecting on those who have helped them in the past and other people who care about their wellbeing.

**Step 3:** Have a conversation with your child about how they felt when they received support in the past to deepen the practice of gratitude.

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