



BLUMENORT SCHOOL

BENGALS UPDATE 26 - MARCH 6, 2025

HSD Administration Day - March 7th - No Classes

A reminder that there will be no classes tomorrow - Friday, March 7th - as our teachers will be finalizing Term 2 Report Cards!

Report Cards & Parent-Teacher Conferences

Please keep the following dates and times in mind...

- Monday, March 17th - Report Cards will be available to view on the Parent Portal.
- Thursday, March 20th - Kindergarten Parent-Teacher Conferences from 9:00am-6:30pm.
- Thursday, March 20th - Grade 1-8 Parent-Teacher Conferences from 4:00-6:30pm.

World's Finest Chocolate Almond & Assorted Chocolates Fundraiser

Our annual, school-wide World's Finest Chocolate Fundraiser has concluded. We officially raised \$3690, which will go towards various school events/activities, upcoming field trips and our Middle Years Learning Opportunities (MYLO). Thank you again for your support! As promised, here is a list of our prize winners...

- Declan L. - Walmart Gift Card
- William B. - Walmart Gift Card
- Jaxon G. - McDonald's Gift Card
- Malcom S. - Walmart Gift Card
- Adalyn L. - Walmart Gift Card
- Alexa T. - Boston Pizza Gift Card
- Mia R. - Walmart Gift Card

The Umbrella Project - Dr. Jen

Offer constructive choices - Many times when our children are frustrated it is because they feel they have no choice or power in the current situation. We all thrive when we feel we have some control or choice in our lives and children will often try to seize this power back by making choices anyways. Responding to the situation with meltdowns, anger, yelling, ignoring us, refusing to eat the food they don't want to and others are our children's attempt to demonstrate autonomy. By purposely offering choices to our children we can head off this reaction to feeling powerless and instead, help them practice their autonomy in a more healthy way.

Here are a few of the benefits of offering choices to your child whenever possible:

- Improves their problem solving skills
- Helps them feel an internal sense of control over their lives
- Promotes self-regulation
- Teaches them to accept responsibility for their choices
- Minimizes the reactive behaviour that comes with feeling controlled and helps to prevent our children from seeking power in unhealthy ways

Remember, there is often a layer of non-negotiable that exists for children. It's not an option to not go to school, for example. In our house, I consider healthy eating non-negotiable. It's important to learn that not everything in life is within our control and we often have to work within the parameters of society, workplaces etc. There are, however, choices within these situations that can usually be identified and help us to practice our autonomy. At our house, I may add control by getting the kids to help with the family meal plan, or selecting the vegetables that they want in their school lunches. This choice can also be purposely using your Umbrella Skills like empathy or cognitive flexibility. These are always within our power to choose.

Principal: Dave Schettler - dschettler@hsd.ca • Vice-Principal: Vanessa David - vdavid@hsd.ca
10 Park Street • Blumenort, MB • R0A 0C1 • Phone: (204) 326-1757 • Fax: (204) 326-8125
Main Email: blumenort@hsd.ca • Website: <http://blumenort.hsd.ca>
twitter: #BlumenortHSD • Instagram: blumenorthsd

Steinbach Millers U11A Hockey Team - Chevrolet Good Deeds Cup

Currently in 5th Place!



WHAT IS THE CHEVROLET GOOD DEEDS CUP?

**A challenge for eligible U10, U11, U12, U13, U14 and U15 minor hockey teams to take the values they learn on the ice
- determination, leadership, teamwork -
and use them to support their communities, off the ice.**

Every Good Deed - no matter how big or small - brings your team one step closer to winning \$100,000 for charity.

At Blumenort School, we have a few of our students who are members of the Steinbach U11A Hockey Team.
Here are a couple of recent articles on SteinbachOnline...

- Dec. 17/24 - <https://steinbachonline.com/articles/young-hockey-team-spreads-kindness-in-the-community>
 - Feb. 20/25 - <https://steinbachonline.com/articles/steinbach-millers-are-inspiring-the-community-to-do-good-deeds->
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So how can we help?

Here at Blumenort School...	At home, you can...
<ul style="list-style-type: none">• Our office will record Good Deeds of only those with proper permission (we will call you).• Post it on Instagram using #GoodDeedsCup and #Contest• We will tag @ChevroletCanada and the U11 Steinbach Millers to make sure our entry gets counted!	<ul style="list-style-type: none">• Record your Good Deed.• Post it on Instagram/Facebook using #GoodDeedsCup and #Contest• Be sure to tag @ChevroletCanada and the U11 Steinbach Millers to make sure your entry gets counted!

Every eligible Good Deed you submit on Instagram or Facebook will add one point to your team's collective score on the Good Deeds Cup Leaderboard. The more Good Deeds you submit, the more points your team collects.
The more points your team collects, the better their chances of winning this year's Cup!

