



# BLUMENORT SCHOOL

**BENGALS UPDATE 29 - MARCH 27, 2025**

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

This month we are adding the skill that will help your child to be kinder to themselves in the face of failure and difficulties, Self-Compassion.

**What will self-compassion do for my child?** You probably won't be surprised to hear that 75% of people treat others more kindly than they treat themselves. Self-compassion means offering ourselves compassion when we fail, make mistakes or are at fault. Self-compassion is the opposite of self-criticism and will help your child treat themselves like they would a good friend instead of continuously judging themselves harshly. Like a bully that is with your child all the time, self-criticism actually reduces self-confidence (just like an external bully would), making it hard for them to succeed.

Self-compassion helps to reduce children's feelings of isolation and instead recognize that struggle is a normal part of being human that everyone experiences. There is a 100% chance of rain at some point in every life so it's important that we learn to weather these storms with compassion. Do you often catch your child saying harsh things about themselves and their abilities? It's vital that we help our children avoid getting caught up in the dramatic storyline of their struggle and instead recognize this normal part of life. Imperfections, rough days, mistakes, being at fault and failures are a part of being human and the better we are at accepting this, the easier it is to preserve our wellbeing through these challenges.

## **PowerSchool Cybersecurity Incident - March 14, 2025 Update**

Our Main Office has been receiving some parent phone calls wondering if the recent PowerSchool emails they've been receiving are legit. To double check if they are and for the latest updates, we are encouraging our families to check out the HSD website, and more specifically... <https://hsd.ca/2025/03/14/cybersecurity-incident-update-5/>

## **Blumenort Community Church Library**

Want a puzzle to work on over spring break (or anytime)? The Blumenort Community Church Library has a variety of puzzles that you can come and pick up for free and return whenever you are finished. No signout or membership necessary! Come anytime during office hours Tuesday to Friday 9:00am to 5:00 pm.

## **Steinbach Arts Council**

The Steinbach Arts Council has a number of events coming up over the Spring Break and into the month of April. For more information, please check out <https://steinbacharts.ca/>

## **Save The Date!**

We would like our families to know about two very important events coming up after the break and encourage you to save the dates!

**WEDNESDAY, APRIL 30TH**

**Family Folk Dance Night  
K-Grade 4  
6:30PM**

**THURSDAY, MAY 8TH**

**Drama Night  
Grade 7&8  
6:30PM**

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

# FLAG FOOTBALL IS COMING TO OUR COMMUNITY!

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**\$117**  
per athlete

- ✕ No experience required
- ✕ Open to ages 9-13
- ✕ U10, U12 & U14
- ✕ Boys and Girls

*Includes one Blue Bombers ticket to pre-season home game in 2025.*

**TO REGISTER & LEARN MORE, VISIT:**  
**BLUEBOMBERS.COM/HANOVERFLAGFOOTBALL**

**W FLAG**  
**FOOTBALL**

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MUNICIPALITY



# APRIL 2025

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
<b>SPRING BREAK - CLASSES RESUME ON MONDAY, APRIL 7, 2025</b>				
7  <i>Welcome Back!</i>  <i>Day 2</i>	8  <i>UP Self-Compassion &amp; Earth Month Assembly</i>  <i>PAC Hot Lunch</i>  <i>Day 3</i>	9  <i>Bengals Canteen</i>  <i>Grade 6&amp;8 Immunizations</i>  <i>Day 4</i>	10  <i>PAC Hot Lunch</i>  <i>Day 5</i>	11  <i>Bengals Canteen</i>  <i>Day 6</i>
14  <i>Administration Day NO CLASSES</i>	15  <i>PAC Hot Lunch</i>  <i>Day 1</i>	16  <i>Bengals Canteen</i>  <i>Day 2</i>	17  <i>PAC Hot Lunch</i>  <i>Day 3</i>	14  <i>Good Friday NO CLASSES</i>
21  <i>Grade 8 Farewell Hot Lunch Fundraiser</i>  <i>Day 4</i>	22  <i>PAC Hot Lunch</i>  <i>Day 5</i>	23  <i>Bengals Canteen</i>  <i>Day 6</i>	24  <i>PAC Hot Lunch</i>  <i>Day 1</i>	25  <i>Bengals Canteen</i>  <i>Day 2</i>
28  <i>Grade 8 Farewell Hot Lunch Fundraiser</i>  <i>Day 3</i>	29  <i>PAC Hot Lunch</i>  <i>Day 4</i>	30  <i>Bengals Canteen</i>  <i>K-4 Family Folk Dance Night @ 630pm</i>  <i>Day 5</i>		