



# BLUMENORT SCHOOL

**BENGALS UPDATE 30 - APRIL 11, 2025**

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## **2025-2026 Class Lists**

The process for creating our 2025-2026 class lists is set to begin. There are a number of factors that need to be considered when developing these lists such as achievement, behaviour, group dynamics, learning styles, etc. We believe that our parents are active partners in their child's education and thus we are asking you to forward information you feel is important for us to know about your child. Although we are not always able to guarantee all of your requests, your input is valuable. A link to a Google Form will be sent to our families today. Please take a few moments with your child to complete it by **Friday, April 25th**. A reminder to complete one form per child. If you have any questions, please let us know.

## **Grade 8 Farewell Hot Lunches**

Our Grade 8 Farewell Committee has two more lunches planned for this month...

- MONDAY, APRIL 21st - Chicken Burgers (Order Deadline is April 16th).
- MONDAY, APRIL 28th - Hot Dogs (Order Deadline is April 23rd).

## **Save The Dates!**

A reminder of two very important events coming up in the next few weeks and we encourage you to save the dates!

- WEDNESDAY, APRIL 30th - K-Grade 4 Family Folk Dance Night @ 6:30pm.
- THURSDAY, MAY 8th - Grade 7&8 Drama Night @ 6:30pm.

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

**Stop judging yourself as a parent so harshly!** Parenting is one of the toughest jobs in the world. Children don't come with step-by-step instructions and there is a reason that millions of parenting books exist, all with different solutions to the same problems. Just like snowflakes, each child is completely unique and therefore responds differently to the world and our attempts to guide them. How many times has an idea worked brilliantly for one of your children and not at all for the next? Ever feel like one day you have this parenting thing nailed and the next day want to give up completely? Such is the nature of raising another human with their own agenda and parents deserve to treat themselves with a high level of compassion on the tough days.

Unfortunately, research and experience show us that this is not the case. As parents, we are terrible critics of our own best efforts to raise our children and we now know that the more we judge our own parenting, the more likely it is that our child will develop symptoms of anxiety and depression. The solution? Less self-blame and more non-judgemental acceptance of our own parenting skills. In other words, show our children what self-compassion looks like in action. None of us are perfect parents, you will make mistakes and that's OK!

It sounds simple but remember that most of us have a very vocal inner critic, evaluating our every move. Start by noticing your own self-judgement and then try to think of what you might say to a good friend who was in the same situation. Say these words to yourself and remember, beating yourself up in an effort to be a better parent is having the opposite effect on your child's wellbeing. Instead, take ownership of your feelings and choices, recognize when you make mistakes, apologize, keep learning and move on. You've got this!

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**Blumenort PAC Playstructure Update**

Our Blumenort School / Blumenort PAC Play Structure Project has been progressing very nicely and the dream of a new play structure is getting very close to a reality. The picture you see below will be posted in our school and updated often until our goal of \$75,000 is reached! If you would like more information about how you can donate, please contact us!.

