



BLUMENORT SCHOOL

BENGALS UPDATE 31 - APRIL 17, 2025

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 was sent to our families last week. 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.

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.

Earth Month Activities

We have a couple of events planned in the next few weeks as we continue our focus on Earth Month.

- TUESDAY, APRIL 22nd - Town Cleanup - Our students will be cleaning up a designated portion of our community. To participate, our students will need to have the Walking Field Trip permission given in the Parent Portal.
- WEDNESDAY, APRIL 30th - I Walk to School - We will be encouraging everyone to walk, roll or bike to school on April 30th. A letter will be sent home in the upcoming week with more details.

The Umbrella Project - Dr. Jen

Treat yourself as you would treat a good friend. Children who are low in self-compassion are often very hard on themselves. They can feel isolated and alone in their struggles and have a hard time moving on from failures. From a parenting perspective, it can be very difficult to convince children with low self-compassion that people aren't judging them as harshly as they are judging themselves.

One of the easiest ways to help your child practice their self-compassion is to start one step outside themselves. Ask them to think about how they would treat a good friend who is struggling and then reflect on whether they treat themselves with the same care. This exercise is beneficial for everyone and most people are quite surprised when they take a moment to listen to what they say to themselves. The phrase "we are our own worst enemy" rings true here. Here are a few simple steps to follow when you notice your child's self-criticism is becoming detrimental to their wellbeing:

- 1. Have them bring to mind a good friend or someone they care about and imagine it is their friend, and not them, experiencing the struggle.*
- 2. Ask your child these questions: What would you say to your friend in this situation? How would you treat them? What do you think would happen if you said the same things to your friend that you are saying to yourself? Would it help them?*
- 3. Help your child remember that they can be a good friend to themselves. Remind your child they should offer themselves the same amount of love, compassion, forgiveness and respect as they offer everyone else.*

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!.

