



BLUMENORT SCHOOL

BENGALS UPDATE 05 - SEPTEMBER 26, 2025

Terry Fox Run Thank you!

Our annual Terry Fox Run took place yesterday. Stay tuned next week for the total amount we raised for Toonies for Terry!

Orange Shirt Day Assembly - September 29

Our Orange Shirt Assembly is set for Monday, September 29th at 9:10am. We are very honoured to have a couple of our parents leading our assembly. Students can wear orange for the day, or all week if they like. Teachers who have lessons planned for the week based on Truth and Reconciliation, will keep our families informed and will be well aware of the age of their audience. If you have any questions, please let us know.

Bengals Volleyball

Our Bengals Volleyball regular season begins this upcoming week. Schedules have just been released and will be shared with our families shortly. In the meantime...

- Girls - Games are Tuesdays, but this week due to a holiday, they will begin on Monday, September 29th.
- Boys - Games are Thursdays, starting October 2nd.

Bengals Cross-Country Running

Well done to our runners who participated in the Provincial Milk Run this past week! A reminder...

- **HSD Divisional Run # 1** - Wednesday, October 1st (pm only) at Abe's Hill/ Steinbach Soccer Park. All Blumenort runners who have faithfully attended practices will represent our school.
- **HSD Divisional Run # 2** - Wednesday, October 8th (pm only) at AD Penner Park. All Blumenort runners who have faithfully attended practices will represent our school. Following this race, the Divisional banners will be presented.

Fire Prevention Week & Children's Contest - October 5-11

This year's Fire Prevention Week™ (FPW™) campaign, October 5-11, "**Charge into Fire Safety™: Lithium-Ion Batteries in Your Home,**" works to educate everyone about using these batteries safely. The campaign stresses how important it is to **BUY, CHARGE, and RECYCLE** safely when it comes to lithium-ion batteries.

The Manitoba Firefighters' Burn Fund, Manitoba Association of Fire Chiefs, the Manitoba government and the Office of the Fire Commissioner will once again be holding a Fire Prevention Week Children's Contest to entice children across the province to participate and learn about this extremely important initiative. Children have a chance to win a \$200.00 Gift Card and fun fire safety material. In the coming weeks more information as well as the Children's Contest Entry Form will be posted at <https://www.manitoba.ca/firepreventionweek/>

The Umbrella Project by Dr. Jen

This month our focus is on building **Empathy**. All the Umbrella Skills can be built with practice and this month we are working to build the empathy piece of your child's umbrella of wellbeing skills. What will empathy do for my child? Create strong social networks. Empathy is the ability to put ourselves in someone else's shoes and understand what they may be feeling. It is a key ingredient to successful relationships with our friends and family. High levels of empathy result in lower levels of conflict and better problem solving. It also helps us make new friends, keep the ones we have and build a stronger social network. Having a strong social network helps us live longer and is one of the best predictors of our health and happiness. Each week we will add one simple step you can use at home to build your child's umbrella skills. This week's tip is:

Help your child recognize and label their own feelings - Understanding what you are feeling in a given situation helps children learn to empathize. When we ignore or suppress feelings it's difficult to understand them in others. At home, make sure your child understands that all of their feelings are okay, including sadness, anger, frustration and how to recognize those feelings. Help them give these feelings a label. Then set clear boundaries about what is and isn't okay to do with the feelings. For example, it's normal to feel angry at a sibling but not okay to hit them as a result. This simple step helps children learn to calm themselves, cope better with life's ups and downs and empathize with others.



OCTOBER 2025

BENGALS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <i>Umbrella Project Empathy Assembly HSD Cross-Country Run #1</i> Day 1	2 Day 2	3 Day 3
6 <i>Fire Prevention Week Begins</i> Day 4	7 <i>Thanksgiving Lunch</i> Day 5	8 <i>HSD Cross-Country Run #2</i> Day 6	9 Day 1	10 Day 2
13 <i>Thanksgiving Day NO CLASSES</i>	14 <i>Discovery Time Begins</i> Day 3	15 Day 4	16 Day 5	17 <i>Eastman Choral Workshop</i> Day 6
20 <i>School Bus Safety Week Begins</i> Day 1	21 Day 2	22 <i>Blumenort Parent Advisory Council Annual General Mtg</i> Day 3	23 Day 4	24 <i>MTS PD Day NO CLASSES</i>
27 <i>Spirit Week Begins</i> Day 5	28 <i>Picture Retakes HSD Public Budget Consultation</i> Day 6	29 Day 1	30 Day 2	31 Day 3

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