



BLUMENORT SCHOOL

BENGALS UPDATE 07 - OCTOBER 10, 2025

The Umbrella Project by Dr. Jen

Start a phone bin - Technology provides us with a great many benefits but one downfall is its impact on our empathy levels. When we are immersed in our devices we get less practice with face-to-face interactions, communication and interpreting people's feelings, all key components of empathy. To build empathy this week, start to carve out device-free time in your home with a phone bin. Use it over dinner, while playing a family game or walking to get ice cream. Have everyone with a device throw it in the bin and just enjoy each other's company without distraction. Try to find a few chances every week to connect this way. Time without technology is critical in helping our children develop empathy. Even before they themselves have these devices, our empathy levels as parents are impacted by this divided attention and we are modelling behaviours that are very important for our child's future development. In my home, I find my 7 and 9 year old will ask for this device-free time now. A great start for when they get their own technology to manage.

Bengals Cross-Country Running

Our Cross Country Running Team had a very strong showing over this fall's series of 3 races! There are often over 100 runners in each category, and our students ran hard and placed well in every race! We want to give a special shout out to those runners who placed in the Top 10 in Hanover School Division: Grade 5 Girls: Piper 7th, Paris 5th; Grade 6 Girls: Adelyn 6th; Grade 8 Boys: Thomas 10th; Grade 8 Girls: Danica 1st (by over a minute each race!) And a HUGE congratulations to our Grade 5 Boys Team, who brought home the Divisional Green banner in the Small Schools category: Ali 10th, Landon 9th, Timur 7th, Bryson 4th, and Seth 1st! Congratulations to all runners!

Hearing Screening - October 21st

Hearing Screening is taking place on October 21st. All Kindergarten and Grade 1 students will be screened. If you have a child in a different grade and would like their hearing checked, please call the school office.

Blumenort Parent Advisory Council - Annual General Meeting - October 22nd

The Blumenort PAC AGM will be held on Wednesday, October 22nd at 10am, here at our school. All parents are welcome to attend! We currently have three positions available - Volunteer Coordinator, Fundraiser Coordinator and Staff Appreciation Support. Please send your name to the school or directly to the PAC board if you are interested in joining! And don't hesitate to reach out if you have any questions or would like further information. You can contact our Board Chair, Nicole Plett at nicoleplett9@gmail.com

Koats for Kids



Need winter gear?

Koats for Kids is unable to take orders directly from parents, caregivers, or individuals. Instead, requests must come through your child's school, daycare, or a social service agency.

If your family is in need of winter outerwear this year, please reach out to our School Guidance Counsellor, **Samantha Kinley**, at skinley@hsd.ca or **204-326-1757**. She will be happy to assist you with the request process.

10 Park Street • Blumenort, MB, R0A 0C1 • Phone: (204) 326-1757 • Fax: (204) 326-8125

Email: blumenort@hsd.ca • Web: <http://blumenort.hsd.ca> • twitter: #BlumenortHSD • Instagram: blumenorthsd

Safe & Supported: Parenting in the Teen Years

Facilitated by
Bruce Somers;
Organized by
Headway

The group will meet
weekly on Wednesdays:

- October 8th, 15th, 22nd,
29th, and November 5th
- 6:30pm-8:30pm
- Steinbach Regional
Secondary School
- 190 McKenzie Avenue



Join our group!

To register, email Heidi at
heidi.falk@rcmp-grc.gc.ca
or call 204.905.3685

*No cost

Topics include:

- Balancing holding tight
with allowing freedom
- Strategies to improve your
teen's decision-making and
problem-solving skills
- How to communicate so
you both feel heard
- Attachment and
parenting styles
- Roadblocks
- Restored relationships