



BLUMENORT SCHOOL

BENGALS UPDATE 35 - MAY 15, 2026

The Umbrella Project by Dr. Jen

Teach your child to reframe challenge - Learning to see the positives in our challenges is a technique called positive reframing. This skill is critical in helping children build optimism, even when life gets rainy. The goal isn't to find excuses for procrastination, mean behaviour or to change reality. It is to help them find the true bright spots in their difficulties, neutralize their negative feelings and beliefs, and prepare them to move forward.

How can we teach this valuable skill? As we all come to realize when we become parents, we can't force our children to see the world a certain way. Just putting a positive frame on their difficulties for them can backfire and make them feel like we don't understand what they are going through. Instead of giving your own positive perspective, try these two techniques to get your children thinking about their own reframe.

1. Help your child make new observations or think about the accuracy of their limiting beliefs by asking good questions. This can help them to tell a new story about what happened to them. Here are some options:
 - What was positive in the situation?
 - What growth can I get from this situation? How did this event make me better?
 - How can I turn this disaster into a win?
 - What is the best way to act in this kind of situation?
 - What went right?
 - What umbrella skill can I work on building from this experience?
2. Neutralize the negative feelings with a little humour.
 - Before working through some of the questions for positive reframing, use a little humour to help them get into a positive state of mind. It will be much easier for them to see their situation in a new light.

Kindergarten Orientation & Registration Reminder

Our annual Kindergarten Orientation is set for Wednesday, May 20th. An email with information has been sent. Please call the office to book your appointment. If you have a child or are aware of someone who has a child who will be 5 years old on or before December 31, 2026, it is not too late to register. Our online registration process takes only a few minutes to complete. To begin, visit the HSD Kindergarten Registration page at <https://hsd.ca/schools/student-registration/>

Blumenort School PAC Family Picnic - June 26th from 11:30am-1:00pm

We are excited to announce the upcoming Blumenort School PAC Family Picnic, a fun-filled event for our school community! Please mark your calendars for June 26th and join us for a memorable day of outdoor activities and delicious food. Classes will also once again have the chance to contribute prizes for our exciting Silent Auction by donating items to create themed baskets as found on Page 2 of this newsletter!

Spring/Summer Programming for Middle Years Students and Families

Here is an opportunity for our Middle Years students and their families this spring and summer...

GRADE 5 STAY SAFE! TRAINING

- Empower your child with essential life skills with the Stay Safe! course for youth ages 9 to 13. This course provides children with the knowledge and skills they need to stay safe when they are away from their parents or guardians, both at home and in their communities.
- For more information...
<https://www.redcross.ca/training-and-certification/course-descriptions/first-aid-training/babysitting>

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

BLUMENORT SCHOOL PARENT COUNCIL NEWS

Blumenort School PAC Family Picnic – Friday, June 26th, 2026

Our Blumenort Parent Advisory Council is in the midst of planning for this year's Family Picnic Lunch and Silent Auction to be held on **Friday, June 26th**. Classes will once again have the chance to contribute by donating items to create themed baskets that will be auctioned off on June 26th. **You, or your child, need to be present to win a silent auction basket.** Classes and their corresponding themes are listed below. We ask that, if possible, each student bring in an item related to their class theme. Cash donations may be made in lieu of items. Feel free to spend as much, or as little as you would like. Items must be brought in to the school office by **Friday, June 12th**. Funds raised will be going towards various projects/items identified in collaboration with the school staff, students and members of the PAC. Thank you!

Silent Auction Theme Baskets

KKam & KKpm

Summer Fun

(ex. Outdoor games, ice cream/Slurpee gift cards, pool toys, water guns, beach toys/towels)

1W & 1N

Family Time

(ex. Puzzles, board games, bowling/swim passes)

2P & 2PL

Support Local

(ex. Local restaurant gift cards, local food products, locally made items)

3R & 3M

Read, Write, Arts & Crafts

(ex. Coloring books, crafts, diamond art, journals, pens, Chapters gift card)

4A & 4M

Gift Card Tree (*please put the dollar amount on the gift card*)

(ex. Sport Chek, McDonalds, Winners, Walmart, iTunes)

5W & 5P

Movie Night

(ex. Family friendly movies, cinema theatre passes, chips, candy, popcorn)

6CP & 6H

Sports

(ex. Sports equipment, Jets/Bomber gear, sports posters, badminton/pickleball nets)

7JP, 7MP & 7KK

Food Theme

(ex. Chips, candy, chocolate, pop/Gatorade)

8K & 8S

Outdoors

(ex. Fishing/camping gear (NO knives/guns), lawn chair, Cabella's/Canadian Tire gift card)

TRACK & FIELD CANTEEN

★ MAY 22ND, 2026 ★

**FUEL UP,
CHEER LOUD**

**AND ENJOY
SOME TASTY TREATS!**



HOT DOG  \$2	COMBO 1 (GRADES 1-4)  INCLUDES: HOT DOG, JUICE BOX & CHIPS \$5	COMBO 2 (GRADES 5-8)  INCLUDES: HOT DOG, POP & CHIPS \$5		
GATORADE  \$2.50	CAN OF POP  \$1.50	CHIPS  \$1.50	FREEZIES  \$1	GUMMY TREATS  \$2.50

★ **COME AND SUPPORT OUR ATHLETES
AND ENJOY SOME GREAT FOOD!** ↗

♥ THANK YOU FOR SUPPORTING OUR ATHLETES! ♥

BLUMENORT SCHOOL



BENGAL COOL TREATS!

GRAB A COOL TREAT & SUPPORT OUR SCHOOL!

ICE CREAM SANDWICH



\$2.00

JUMBO FREEZIES



\$1.00

MINI FREEZIES



\$0.25

CHAPMAN'S POPSICLE



\$1.00



SOLD EVERY FRIDAY

at LUNCH RECESS

FOR THE MONTHS OF

MAY & JUNE

WHERE TO FIND US:

GR. 8 DOORS

GR. 2 DOORS



THANK YOU FOR SUPPORTING OUR SCHOOL! CASH ONLY



STAY COOL. BE KIND. GO BENGALS!

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