



# BLUMENORT SCHOOL

**BENGALS UPDATE 36 - MAY 22, 2026**

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

**Consider the way you explain your own life to your child.** We know that children are most likely to pick up their primary parent's explanatory style. What does that mean? That means that if you are an optimist, your kids will likely be too. If you tend to put a negative frame on your life events, your children will also learn to interpret the world this way.

This explanatory style is changeable with some easy shifts in the words you use. To build your child's optimism and their ability to see a path through tough times, think about these two key shifts in the way you explain the world:

1. Temporary vs. Permanent - When bad events feel permanent, it can hinder your child from believing they can change their circumstances. In contrast, when difficult events happen, as they will in every life, show your child that most of these are temporary and can be overcome with time. Start by avoiding "always" and "never" in your explanations. "This kind of thing always happens to me" feels pretty permanent. The more temporary your child sees challenging times to be, the more they will be optimistic for the future.
2. Specific vs. General/Pervasive - It's easy to see patterns in life and group them all together but this style of explanation can leave us feeling pessimistic about our chances to make change. Try to be specific about the issues you face. For example, if someone at the office is unkind to you, try to keep the issue to that person i.e. "John was unkind to me" instead of "people are unkind to me" or "men are always like this."

Think about this when you describe yourself too. Everyone is lazy sometimes, but when we generalize a feeling to our whole character we become less optimistic for change. For example, after a lazy day with nothing crossed off the to-do list you were hoping to accomplish, try saying "I was feeling lazy today" instead of "I am lazy." The latter is more specific to the situation at hand and leaves room for tomorrow to be different, while the former seems unchangeable. When we see our issues as pervasive to all areas of our lives it's hard to be hopeful for something better. The more specific we can get, the more the situation will seem like something we can overcome.

Remember, to build optimism look at your own explanations of the world and aim for temporary and specific explanations over permanent and pervasive ones. Your child will follow in your footsteps.

## **Bengals Track & Field**

Our Track and Field season is in full swing. Here are some important dates to remember...

- Friday, May 22nd - Grade 5-8 Blumenort Track Meet
- Tuesday, May 26th - Grade 7&8 Divisional 1200m Run in Steinbach (Rain Date is May 28th)
- Tuesday, June 2nd - Grade 8 Divisional Meet in Steinbach (Rain Date is June 4th)
- Thursday, June 4th - Grade 7 Divisional Meet in Steinbach (Rain Date is June 10th)
- Monday, June 8th - Grade 5&6 Invitational Track Meet @ Steinbach Christian

## **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 6 BABYSITTING TRAINING**

- Are you a young person between 11 and 15 looking to learn basic first aid and caregiving skills? Become a responsible and skilled babysitter and provide care to children of different ages with the Babysitting course.
- For more information...  
<https://www.redcross.ca/training-and-certification/course-descriptions/first-aid-training/stay-safe>

# 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 26<sup>th</sup>**. Classes will once again have the chance to contribute by donating items to create themed baskets that will be auctioned off on June 26<sup>th</sup>. **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 12<sup>th</sup>**. 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)

BLUMENORT SCHOOL



# BENGAL BENGALS 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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## **Farm Safety Drawing Contest**

The Farm Safety Drawing Contest invites kids in Kindergarten to Grade 6 to draw a picture that shows farm safety practices. To enter, students must choose one of the safety topics below and draw a picture on the back of the entry form to describe it.

The grand prize winner will receive a new tablet, and their drawing will be featured in the 2027 Farm Safety Calendar. Twelve other drawings will be chosen and featured in the calendar. Have fun and remember that being on a farm means being safe!



Farm safety topics...

**1.Livestock Safety** - Calves can be cute, but their moms can be mean if you get too close. Always have a parent or adult with you if you want to get close to a calf or other farm animal.

**2.Grain Safety** - Never climb or play in grain bins, grain trucks, grain carts or piles of grain. You can sink into the grain and get trapped, so it is important to remain safe.

**3.Farm Equipment Safety** - Never play in or around farm equipment like tractors, trucks, trailers or combines, whether they are running or not. These machines have moving parts that can hurt you if you get too close. They are also big and loud, so the driver may not be able to see or hear you if you are nearby.

**4.Chemical Safety** - Farm chemicals can hurt you if you touch, eat or inhale them. Stay away from containers with warning signs and ask your parents before eating or drinking strange things.

For more information about the safety topics, please contact SAFE Work Manitoba at [WCBComm@wcb.mb.ca](mailto:WCBComm@wcb.mb.ca).

**Mail your entry to the following address. Please note that all entries must arrive by May 29, 2026, at 4 PM CST.**

WCB Manitoba

Attn.: Communications

333 Broadway

Winnipeg, MB R3C 4W3

The contest is now open and runs until May 29, 2026. A selection of finalist's photos will be chosen for the 2027 Farm Safety Calendar. A first-place winner will be randomly selected from the finalists.



*Accent*  
**SINGERS**  
present

**sounds of**  
**Spring**

**St. Paul's Lutheran Church**  
**Sunday, June 7**  
**3:00 PM**

Directed by Meredith Hutchinson  
Accompanied by Annalee Schellenberg

Adults: \$15  
Students: \$5  
Children (<13): Free  
Tickets available at the door

With Special Guests:  
Shannon Sawatzky, Kim Bestvater-Sidorchuk,  
and the Blumenort Middle School Choir  
Also featuring Accent Singers Alumni



# EASTMAN

## Male Choir

— IN CONCERT —

*Special Guests*

**Blumenort School**  
*Grade 5-8 Noon Choir*

*Sunday,*  
*May 31<sup>st</sup>*

**7:00 PM**

Grace  
Mennonite  
Church,  
Steinbach

*Free Admission!*

Collection will be taken to  
*Steinbach Community Outreach*

