



BLUMENORT SCHOOL

BENGALS UPDATE 38 - JUNE 5, 2026

The Umbrella Project by Dr. Jen

Focus on a restful night's sleep - Good sleep contributes to feeling well, regulating mood and behavior and doing well in school. It allows the brain to integrate and organize new information and recuperate from daily stress. Research has shown that even half an hour of missed sleep can affect a child's behavior the next day and chronic missed sleep has far reaching impacts on health and happiness. Your child's ability to use their coping skills can be heavily impacted by how rested they are.

Some of the common consequences of missed sleep include:

- Hyperactivity
- Poor impulse control
- Difficulties with attention and memory
- Irritability
- Higher injury rates
- Impaired task performance

The first step in improving your child's sleep is to make sure they are getting the right amount. The current guidelines are:

- Preschool children (ages 3-5) - 10 to 13 hours/night
- School aged children (ages 6-13) - 9 to 11 hours/night
- Teenagers (ages 14-17) - 8 to 10 hours/night

Then focus on a calm bedtime routine to maximize the chances of a good night's rest. It can be difficult to sleep if your child is engaging in activities such as watching TV, talking on the phone, texting, using the computer or playing video games in the bedroom. These and other stimulating activities can keep your children awake and affect their ability to transition to sleep. As much as possible the bedroom should be reserved for sleeping. Be aware of the household activity level at bedtime. Loud TV, company, siblings playing and general chaos can affect your child's ability to sleep. Instead, swap out chaotic bedtime activities for calming sleep rituals. These should begin about an hour before you would like your child to be asleep. This gives their body cues that it is time to slow down and mentally prepare for going to sleep. These rituals could include quiet activities such as reading, listening to music, meditation and other relaxation exercises or having a hot bath or shower.

Bengals Track & Field

This past week, our Grade 7&8 Track Team competed in their respective meets. Congratulations to all of our competitors but special mention to Danica P. for setting new HSD records in the 800-Meter and the 1200-Meter. Congratulations Danica! The season wraps up this Monday, June 8th with the Grade 5&6 Invitational Track Meet.

Spring Concert - Save the Date!

Our final music concert of the year takes place on Thursday, June 18th! There will be two public performances: 1:30pm and 6:30pm. Families are invited to come enjoy - Grade 5-8 Noon Choir and our Grade 7 and 8 Bands. Keep your eye on the weather - if it's a beautiful evening, we may have our Final Concert outside!

Blumenort Hanover Parent Child Community Program

Do you have a child that is kindergarten-age or younger? Do you have some free time during the day? We have the place for you! Come and visit us for a program filled with laughter, songs, crafts, stories, and a snack! We are in the Blumenort Community Center on Tuesdays from 9:00 am to 11:30 am and Thursdays from 1:00 pm - 3:30 pm. Can't make it for the whole 2 and a half hours? That's fine with us! We are drop-in and you are always welcome to come late or leave early if that is what is best for you. Infants are more than welcome and we cannot wait to meet you and your child(ren)! Parents are required to stay with their child(ren). We are a free program and pre-registration is not required. Please bring indoor footwear during these snowy months! If you have any questions, please call student services at 204-326-9829.

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)

BLUMENORT SCHOOL PARENT COUNCIL NEWS

Blumenort School PAC Family Picnic - June 26, 2026, 11:30am – 1:00pm

Save the Date! 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, delicious food, and exciting silent auction prizes. Here are some important details to note before that day:

Important Details Before the Day:

1. **Silent Auction Donations:** We kindly request your support by donating items for our silent auction. Your generous contributions will help raise funds for our school. Please drop off any donated items at the school office by June 12th.
2. **Silent Auction Tickets:** Silent auction tickets will be available for pre-purchase and available to purchase at the picnic. Each sheet contains 25 tickets, and you can buy one sheet for \$10 or three sheets for \$20. Pre-purchase your tickets by June 12th to secure your chances of winning amazing prizes! Order forms are going home today.
3. **Pre-buy Pizza:** Don't miss out on our delicious pizza offers! You can pre-order full pizzas or pizza slices using the LUNCHBOX site. Please place your pizza orders by June 12th. Remember to order under your OLDEST CHILD's name to ensure a smooth distribution process.

Day of the Picnic: June 26 @11:30:

1. **Arrival:** On the day of the picnic, please arrive at the school for 11:30 and stop by the table in the entrance to pick up your silent auction tickets.
2. **Enjoy Lunch with Your Children:** Pick up your pre-ordered pizza(s) or pack a picnic lunch. Grab your children from youngest to oldest and enjoy a delightful lunch together.
3. **Silent Auction Tickets:** Don't forget to place your silent auction tickets in the designated bags in the gym by 12:15pm. This will give you a chance to win fantastic prizes!
4. **Dexter's MINI Donuts:** Indulge in the deliciousness of Dexter's MINI donuts, available on-site In the back parking lot for your enjoyment.
5. **Silent Auction Prize Draw:** The silent auction prize draw will take place at 12:30 PM in the gym. Remember, you need to be present to win. Good luck!

Return to Class and Afternoon Plans:

Please ensure that your children are back in their respective classrooms by 1:00 PM. If you plan on taking your child home for the afternoon, kindly notify the office in advance. We look forward to a fantastic day of celebration and community bonding at the PAC School Picnic. Your participation and support make events like these truly memorable. Thank you for being a part of our wonderful school community!

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!

The background of the poster features a light blue sky with scattered white musical notes and a variety of colorful flowers in shades of pink, yellow, blue, and purple. The Accent Singers logo is positioned in the upper right corner, with the word "Accent" in a black cursive font, "SINGERS" in a bold black sans-serif font, and "present" in a smaller black sans-serif font below it.

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



JUNE 2026

BENGALS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8</p> <p><i>Grade 5&6 Invitational Track Meet @ Steinbach Christian</i></p> <p><i>Day 4</i></p>	<p>9</p> <p><i>Grade 7&8 Provincial Track Invitational</i></p> <p><i>Day 5</i></p>	<p>10</p> <p><i>HSD Grade 7 Track & Field Day in Steinbach - Rain Date</i></p> <p><i>Day 6</i></p>	<p>11</p> <p><i>Day 1</i></p>	<p>12</p> <p><i>All Library Books Returned</i></p> <p><i>Day 2</i></p>
<p>15</p> <p><i>Lost & Found Week</i></p> <p><i>Day 3</i></p>	<p>16</p> <p><i>Day 4</i></p>	<p>17</p> <p><i>Grade 7&8 Science Fair</i></p> <p><i>Day 5</i></p>	<p>18</p> <p><i>Grade 5-8 Spring Concert @ 130pm & 630pm</i></p> <p><i>Day 6</i></p>	<p>19</p> <p><i>Day 1</i></p>
<p>22</p> <p><i>HSD Grade 7&8 Soccer Tournament</i></p> <p><i>Day 2</i></p>	<p>23</p> <p><i>Day 3</i></p>	<p>24</p> <p><i>Day 4</i></p>	<p>25</p> <p><i>Day 5</i></p>	<p>26</p> <p><i>Gr. 7&8 Awards Day @ 1030am</i></p> <p><i>Blumenort PAC Family Picnic Day 11:30am-1:00pm</i></p> <p><i>K-3 Carnival PM</i></p> <p><i>Gr. 4-8 Fun Day PM</i></p> <p><i>Day 6</i></p>
<p>29</p> <p><i>Administration Day NO CLASSES</i></p>	<p>30</p> <p><i>Administration Day NO CLASSES Reports Issued</i></p>	<p><i>Summer Holidays: June 27th-September 9th.</i></p> <p><i>Meet the Teacher Night: Wednesday, September 9th.</i></p> <p><i>Classes Resume: Thursday, September 10th!</i></p>		

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