BLUMENORT SCHOOL

BENGALS UPDATE 09 - OCTOBER 30, 2026

Picture Retakes - November 4th

A reminder that our picture retakes are scheduled for Wednesday, November 4th! Please notify the homeroom teacher or our office if you would like your child to have a retake. Also note that we will be in touch with those classes who we feel will need a class photo retake!

Remembrance Day Assembly - Tuesday, November 10th @ 11am

Please join us for our Remembrance Day Assembly on Tuesday, November 10th at 11am in our gym. Together, we will honour and remember the veterans, active members, and all who have served and sacrificed for peace in Canada and around the world. Families and community members are welcome. Please wear a poppy and arrive a few minutes early for a respectful start.

Term 1 Report Cards & Parent-Teacher Conferences

In a few short weeks, our students will have completed the first term of the school year and that will be followed by our Parent-Teacher Conferences. A letter will be sent home shortly outlining the options for making an appointment to see your child's teacher. Please keep the following dates in mind...

- **Monday, November 23rd @ 3:45pm – Report Cards available to view on the Parent Portal****
- **Thursday, November 26th – K-8 Parent-Teacher Conferences**

**Please be reminded that paper copies of Report Cards will not be sent home. To view report cards on-line you will need to log onto the parent portal. On the left hand menu click on Report Card. Then select "Switch to Electronic Report Card".

Start with Intention and Your 'Why' by Dr. Jen, The Umbrella Project

This month at The Umbrella Project is all about Mindfulness, the skill that helps us to stay present in our experience instead of spending most of our time thinking about the past or worrying about the future.

What will mindfulness do for my child? Mindfulness has been shown to have many benefits. Paying attention to the present moment can boost our mood, improve our self-confidence and help us think more clearly. It can also improve our immune system's ability to fight disease. Mindfulness can increase brain size, specifically the parts responsible for learning, memory and empathy. It is an important skill in our umbrella and supports development of the other skills in our umbrella.

It helps us pay attention to our feelings, thoughts, bodily sensations and our environment, in the moment, without labeling them as good or bad (non-judgement). This means we aren't feeling bad or trying to change our feelings. Instead, we are just noticing them and becoming more aware of them and the world around us. This may seem simple, but mindfulness takes practice. On average, we spend half our time thinking about something other than what we are doing in the present. This distracted mind has a big impact on our happiness and well-being!

Start with intention and your 'Why' to shift from 'doing' to 'being.' For many of us, life has become an endless to-do list we are constantly in the process of trying to complete. Doing has taken over most aspects of our lives and it dominates the way we parent. In most cases, we have drifted so far into the doing side of life that we have forgotten why we are "doing" in the first place. To reconnect to our wellbeing, we need to shift our focus to another state and that is 'being.' Being present, being with the people we love, being in our experience. Mindfulness is the practice of being, of connecting to and staying present with our moment to moment experience.

To begin the journey of shifting away from the constant parenting cycle of doing, start with why. Why are you making dinner or helping with homework? What is the point of getting in a cold car at 6 pm to take your child to soccer lessons, ballet or swimming? Is it for joy, a connection to your child, exercise, growth and challenge? Or is it a task on your to-do list to check-off, an arbitrary achievement without purpose? It's easy to become a task master, drilling our children to higher levels of achievement just for the sake of achievement. In the process, we can undermine their well-being and our own.

Asking 'Why?' will help you connect to the experience of the task instead of feeling like it is another chore to be done. When you identify an item without an underlying 'Why', spend some time thinking about whether that should really be taking up precious moments of your life.

NOVEMBER 2026

BENGALS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2 *Umbrella Project Mindfulness Assembly* *Day 4*	**3** *Day 5*	**4** *Picture Retakes* *Day 6*	**5** *Day 1*	**6** *Day 2*
9 *Day 3*	**10** *Remembrance Day Assembly @ 11am* *Day 4*	**11** *Remembrance Day NO CLASSES*	**12** *Day 5*	**13** *Day 6*
16 *Administration Day NO CLASSES*	**17** *Day 1*	**18** *Day 2*	**19** *Day 3*	**20** *Day 4*
23 *Report Cards Issued* *Day 5*	**24** *Day 6*	**25** *Day 1*	**26** *Parent-Teacher Conferences* *Day 2*	**27** *Day 3*
30 *Day 4*				

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