BLUMENORT SCHOOL

BENGALS UPDATE 10 - NOVEMBER 6, 2026

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.

No Classes - Wednesday, November 11th

A reminder that there will be no classes on Wednesday, November 11th, as it is Remembrance Day.

No Classes - Monday, November 16th

A reminder that there will be no classes on Monday, November 16th, as it is an Admin. Day. This is where our teachers prepare the Term 1 report cards.

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".

Listen to Your Child with Your Full Attention by Dr. Jen, The Umbrella Project

Listen to your child with your full attention - Divided attention is a BIG challenge. Recent research has shed light on the damage distraction does to our happiness. When our mind wanders, our happiness levels drop. When we are focused on the present moment, our happiness levels go up. Simple on paper but difficult to achieve in our busy lives. Each day, we face distractions from technology, apps and targeted marketing designed to win our attention away from the things that matter.

To develop mindfulness at home, we need to reclaim our attention and practice listening to our children without distraction. Listening attentively to our children helps them feel genuinely heard. It also gives us deeper and more accurate insight into their well-being through body language and other subtle cues that we miss when distracted.

We have all had the experience of a conversation where we don't have someone's full attention. The connection that comes from these types of interactions is weak at best and does not lead to a feeling of wanting to disclose more to that person. Mindful parenting is about creating a strong connection with your child and some undivided attention is a must for your child and for your own happiness. Taking the time to listen and understand your child's challenges and viewpoints promotes trust and emotional connection, leading to a deeper and more authentic relationship. It also teaches children how to be aware of their own thoughts, feelings and sensations, which in turn makes them less stressed.

This is not an all or nothing principle … laundry must be done, some emails must be answered, dinner must be made. But, pay attention to the split in attention. How much undivided attention does your child really get from you?

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