

Burkevale Protestant Separate School

January Newsletter

January 1st, 2018

It's hard to believe that it is now the year 2018! We hope that the new year marked a fantastic beginning for all of you. There is something magical about a new year - it's the time of rebirth, of starting fresh, of sweeping bad times and misfortunes away. May your new year be filled with health, happiness and good fortune. It's also a time for starting fresh at school, after a well-deserved and needed break. The year ahead holds many fun activities and learning for your children. The staff at Burkevale is looking forward to sharing these with our Burkevale families. God bless.



School Events

December - Christmas Concerts: Our primary and junior/intermediate Christmas concerts were a huge success. There are so many students with amazing dramatic and musical talents. The feedback from board members, staff, and parents was very positive. A huge thank-you needs to go out to our two MCs- Savannah Duval and Hailey Gignac for their wonderful job. Also, a special thanks to Mrs. Gilchrist, Mr. T. and the rest of the staff and students for their efforts and part in making these two evenings such special events. Clearly, with the number of spectators, this is a time honoured tradition at Burkevale. We may have to add a show next year to accommodate our audience. Thank you for continuing to support us in this capacity!

Curling Bonspiel: Some of our grade 7 and 8 students participated in a curling bonspiel on Tuesday, December 19th and our team placed first. Way to go Burkevale students! Thanks to Ms. French and Mrs. Gilchrist for coaching the team.

Food Drive: The grade 1/2 class organized a school wide collection of non-perishable food items for St. Vincent de Paul this year and modelled the grandfather teaching “love” in an extraordinary way. Not only did we support families at St. Vincent de Paul, but also three families within our school. We collected over 1000 items again this year! Thanks to Mrs. Lahaie, Mr. and Mrs. Puddicombe, Mrs. Mclvor, and all of the parents and students for their support and efforts to make this fundraiser a success!

Bayfield House: Once again, our choir and music groups went to the Bayfield house to share their musical talents with the residents. Thanks students and Mrs. Gilchrist and Mr. T. for helping to support this valuable community connection.

Girls' Basketball and Boys' Volleyball: The girls' and boys' teams competed in their final tournaments in December. Thanks need to go out to the coaches, Mr. Cowan, Ms. Wright, Ms. Hartman and Mr. T.

January Events:

Primary Skating: The grade 1 to grade 3 classes will be going skating throughout January, February, and March. There will be notes coming home shortly with dates and costs.

Ski Days: The primary students will be going cross country skiing for 4 half days throughout January and February. The junior and intermediate students will be going skiing for 4 full days, with the option to go downhill skiing on the last 2 days. Notes will be coming home with dates and costs shortly.

Cross Country Ski Team: Once again, Burkevale will have a cross country ski team for grades 4-8 students. Information regarding the ski program will come home in January.

Junior Curling: Grades 5 and 6 students have the opportunity to participate on the curling team in the New Year. An announcement will be made in January regarding details.

Basketball and Volleyball: Boys' basketball and girls' volleyball started in late December for our intermediate students. A letter regarding details and schedules will be sent home in January.

Health - Respect and Well Being

<https://www.theodysseyonline.com/true-meaning-self-respect>

“Self-respect is about having a sense of honour and dignity about yourself, your choices, and your life. It is about treating others well and knowing that by doing so, others will treat you well in return.”



Having self- respect helps you honour yourself, knowing deep down that you are enough just the way you are right now. This belief can change during life, in hard times and in good times, it may shift and we may look to those around us for support to get back to what we know about ourselves and what we honour in ourselves. Surround yourself with people who honour you, see your strengths and they can lift you up when you are having trouble seeing the positives in yourself.

Having self respect allows you to know what it is to be respectful of others. It supports you in relationships and in the choices that you make. Self respect is based in the actions we take and how we take care of ourselves. (eating, moving, talking to ourselves in ways that are kind and promote health). Self respect is also shown in how we take care of our things and how we care for our environments, classes, school, community, and our homes.

Since it's that time of year when we make some new goals... What's one thing that you can do in January 2018 to show yourself some respect? What is one way that you can show respect for others, or for something around you?

<https://goo.gl/images/Hqd6Hb>

(Above and below are good resources for teachers and caregivers on Seven Sacred teachings – out of Alberta so not specific to local communities)

<http://empoweringthespirit.ca/cultural-awareness/seven-grandfathers-teachings/>

VOLUNTEERS AND CONTRIBUTIONS

Thanks to all parents, guardians, grandparents and community members who have helped out at the school during our first four months. Your participation in school council, volunteering in the classroom, donation of food items, plastic basket wrap, and your time are genuinely appreciated. Working together helps out all of us!



STUDENTS RECOGNIZED FOR THE GRANDFATHER TEACHING OF LOVE

KA:	Kalee Kernahan	KB:	Ruby Creighton
Grade 1:	Kyra Recollet-Martin	SK/1:	Bryson Marchildon
Grade 1/ 2:	Katrina Jessop	Grade 2/3:	Noah Sherk
Grade 3:	Ezra Tuckett	Grade 4:	Scarlett Laurin
Grade 4/5:	Brooke Nicholson	Grade 5/6:	Maisey Gignac
Grade 6/7:	Mia Craftchick	Grade 7:	Ali Kurely
Grade 8:	Eli Lafond		



