

# BOBKAT BULLETIN

## May Events

May 3 - 7 - Mental Health Week;  
Education Week; Food Bank Drive

May 5 - Hats On for Mental Health;  
BIGBOX fundraiser pick-up

May 12 - Dress up 80s Day

May 13 - School Council meeting  
@ 6:30pm

May 14 - Living Rosary

May 17 - Healthy Hunger  
FunLunch - Subway

May 18 - Nourish the BobKat

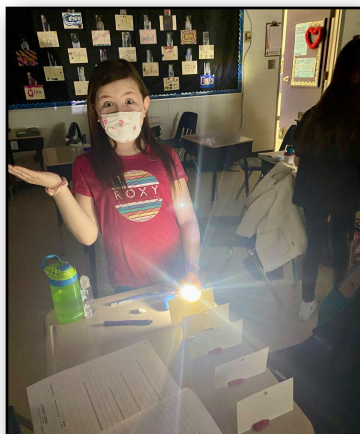
May 21 - PD Day - NO SCHOOL

May 24 - Victoria Day - NO  
SCHOOL

May 26 - Helping Hands  
Assembly; Principal/VP for the Day

May 28 - No Kinder

May 29 - Peace Garden working  
bee



## May is the Month of Mary

## Admin Message

In the month of May, we honour the Blessed Mary, our Heavenly Mother of Jesus. During this special month we give homage to Mary as a mom, an advocate, a benefactress, and a helper. As a school, we will pray the rosary and celebrate Mary through the Living Rosary ceremony we will participate in school-wide on May 14th.

Service projects are very important to our school community and we are always impressed by how much support is provided to all of our initiatives. When a representative from St. Vincent de Paul contacted the school in need of kitchen supplies, we knew our families would step up. Thanks to you, and your children, we were able to raise over \$1100 from our Break-a-Rule Day in support of this important cause. **In the month of May, our school will be collecting Food Bank donations for St. Albert Parish. We value our relationship with the parish and would like to help as much as possible. Please bring in your nonperishable food items from May 3 - 7.**



## Peace Garden

During the 2019/2020 school year, BK was awarded a grant from the city to build a Peace Garden honouring Indigenous teachings and individual classroom garden plots. Due to COVID, our plans were halted. We have picked up where we left off, but we need parent volunteers to complete our project. Can you help us on Saturday, May 29th? Please email Mrs. Cancian: [jcancian@gsacrd.ab.ca](mailto:jcancian@gsacrd.ab.ca) if you are able to assist in any way.

## GSACRD Bus Technology

GSACRD has implemented new safety technology on their rural busses to help students safely cross the road. Please check out this [BROCHURE](#) for more information.

Also, registration for 2021/2022 bus passes is now open. Please visit the [PARENT PORTAL](#) to register.

## Faith News

Check out April's version of GSACRD's "[Telling Our Story](#)" faith news as BK has been highlighted.

If your child is being confirmed this year or receiving the Sacrament of Reconciliation and the Eucharist, can you please let Mrs. Baker know?

**Food Bank Drive items:** cans/jars of tomato sauce, peanut butter, and jam; canned fruits and vegetables; canned lunch meat including tuna

In April, our students participated in a One School, One Book Indigenous project. All of our classes read the book *My Wounded Island* by Jacques Pacquet. Students learned about the importance of environmental servitude, as well as the impact of climate change on our Indigenous brothers and sisters. Each day of that week students learned about a different aspect of the Inuit culture and participated in classroom activities.

Mental Health Week takes place the first week of May, in which our school takes an empathetic view on personal wellness. Our school community will look at the importance of personal affirmations, taking time for oneself, and reflecting on our impact on others' wellness.

As we wind down the school year, we are excited to celebrate our grade 2 and 6 students in receiving their sacraments and in confirmation. We will also recognize our Grade 6 students as the leaders that they are, as they head off to junior high. Thank you to all of our parent volunteers who volunteered from a "distance;" your dedication to our school is MUCH appreciated.

Thanks again for the amazing partnership that you provide for your children at school. As always, please feel free to contact administration about any need that your child may have.

God Bless,

Nicole Baker  
Principal

Josie Cancian  
Vice Principal



## School Council

### **Always Learning!**

Two of our School Council members were able to virtually attend the Alberta School Councils' Association Conference. They took part in education sessions that enabled them to acquire knowledge and skills that will benefit our school community.

### **We are recruiting!**

We need helping hands in planning the outdoor spaces and are recruiting members for our Playground Replacement and Outdoor Space Development Committee. Let us know if you are interested in being a part of the committee by emailing School Council. Keep an eye on your email for the next meeting announcement.

### **Year End Celebrations**

We are looking for input on Year End Celebrations for our Grade 6 students. If you have any ideas on how we can celebrate these wonderful students and wish them well please email School Council.

### **Join Us!**

Our next School Council meeting will take place virtually on May 27, 2021 at 6:30 pm. Agenda suggestions for the next meeting will be accepted until May 25th.

Let us know if you have a topic you would like to see discussed at one of our meetings. On the agenda for the next meeting is the discussion of the Draft Curriculum. Keep an eye on your emails for the agenda and meeting details/zoom link.

Interested in learning more about how you can be a part of School Council and/or its committees? Email [bkschoolcouncil@gmail.com](mailto:bkschoolcouncil@gmail.com) any time, we love hearing from you!

### **Reminders!**

Yearbooks can be purchased throughout the school year and will be distributed in September 2021. Yearbooks are \$20 each and can be purchased here: <https://form.jotform.com/203008181554246>

BK Face Masks are available for purchase. View mask options and order here: <https://form.jotform.com/202236978057260>

Keep up to date and in touch with School council by heading over to our Facebook page (<https://www.facebook.com/bkbobkats>) and give us a like and follow!

BK School Council

## Friends of BK

Do you have empty bottles and pop cans piling up in your garage or under your deck?

Set up an account with "Skip the Depot" to set up a time for pick up and donate the money to the BK Playground Project!

More info can be found here: [www.linktr.ee/FOBK](http://www.linktr.ee/FOBK) where our other fundraisers are located as well!

It's an easy one stop shop!

Thank you to everyone who supported our projects this past month by ordering BigBox Greeting Cards and Pizza Kits (Crazy bread was the biggest seller! If you missed out we will be running another one in October). Thank you Heather P, Lorriane P and Lisa K for ensuring those orders were delivered on time! We raised \$600 that will go directly into the BK Playground Project.

Don't forget BIGBOX Card Orders will be ready for pick up on May 5 at 3:30 or for our SIGIS families your order will be at SIGIS when you pick up your child.

Reminder:

May 17 is Subway FunLunch

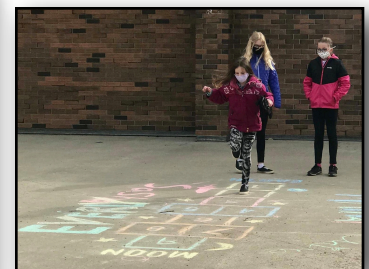
June 14 is Edo Japan FunLunch

Please place your orders or make changes up to 5 days before at [www.healthyhunger.ca](http://www.healthyhunger.ca)

Our next Friends of BK Fundraising meeting will be **Thursday, May 27 at 6:30**. June Bacon and Bison Fundraisers are on the agenda along with looking ahead into this fall. We are always looking for ideas and helping hands in making our fundraising efforts successful - the students and future students of BK thank you!

Thank you for being a Friend!

FOBK Executive





## Dive into a Practise of Mindfulness

To say the last year has been difficult would be an understatement. Many of us have been worrying about what is and what's to come. One tool that can help us focus and destress is the practice of mindfulness.



Mindfulness is a practice that help us let go of other thoughts, feelings, emotions, senses, opinions and demands that distract you from the present. Mindfulness can be used by anyone, anywhere and at any time. There is a growing body of research to support the health benefits of mindfulness.

### Health benefits include:

- Stress reduction
- Reduced rumination/daydreaming
- Decreased negative affect (depression, anxiety)
- Less emotional reactivity/more effective emotional regulation
- Increased focus
- More cognitive flexibility
- Improved working memory

**Many are daunted by the concept of mindfulness but don't be!**

**We will show you how easy it can be!**

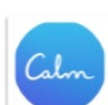
### Preparation

Determine when in your day you may be most likely to carve out 5 to 10 minutes to develop a practice of mindfulness. A time of day you're least likely to be distracted.

Get yourself into a comfortable position. Soften your face and relax your eyelids. Find a comfortable position for your arms to rest.

There are many apps (with built in timers) that can be used to assist you in your mindfulness practice.

**A few you can try include:**



### Breath:

Notice your breath. Focus all of your attention on the rhythmic rise and fall of your belly, and the flow of air in and out of your lungs.

Inhale deeply through the nose, filling your belly with breath. Exhale slowly through your mouth.

### Thoughts:

While focusing, you may feel your thoughts begin to wander. Do not fight your thoughts. Acknowledge their presence, but do not become drawn into them. Observe them, and then let them go. Gently bring your focus back to your breathing.



## MINDFULNESS AND KIDS

Mindfulness has been found to change brain structure and function in the amygdala, hippocampus and prefrontal cortex. These areas of the brain are responsible for emotions, learning and memory and self-regulation respectively. These areas are very important for a child's growth and well-being. Teaching them mindfulness is greatly beneficial.

**Here are some tasks you can try to encourage mindfulness in your kids:**

### SOME APPS THAT MAY ASSIST YOU IN DEVELOPING A MINDFULNESS PRACTICE WITH YOUR CHILD INCLUDE:

**Super Stretch Yoga HD**  
**Positive Penguins**  
**Three Good Things: A Happiness Journal**

Mindfulness is a journey, not a destination. Give a try and have fun with it!

1. Practice kind thoughts by prompting your child to think of 5 people they would like to send kind wishes to
2. Bang on a pot/pan and invite your child to signal to you when they no longer hear the sound "hanging" in the air
3. Blow bubbles and emphasize a big deep breath in through the nose and then out through the mouth to blow the bubble
4. Tense and let go different muscles in the body from head to toe
5. Go for a mindful walk and take turns collecting things from nature and describing how they feel; point out sights and sounds while walking
6. Use weather as an analogy to describe how you are feeling and encourage your child to do the same
7. Have your child place a stuffed animal/favorite toy on their tummy and move it up and down belly breathing
8. Listen to some music and point out different instruments
9. Explore gratitude by taking turns going back and forth noting things you are grateful for
10. Have a snack with them in slow motion and describe what you are tasting

Literature cited:

<https://parentswithconfidence.com/25-mindfulness-practices-for-kids-who-cant-sit-still/>  
**Physitrack**