



November 2021

Honour and Remember

The Remembrance Day Ceremony has played a major role in Remembrance in Canada since 1931. Every year, at the eleventh hour of the eleventh day of the eleventh month, we gather in memorial parks, community halls, workplaces, schools and homes to stand in honour of all who have fallen. Together, we observe a moment of silence to mark the sacrifice of the many who have fallen in the service of their country, and to acknowledge the courage of those who still serve. <https://www.legion.ca/remembrance/remembrance-day>

Although we cannot gather together this year in remembrance, Benito School students will participate in an in-class virtual service on November 10th. All students will receive a poppy, are encouraged to wear red, and bring a donation toward the Legion for the poppies.

Please take time on November 11 to REMEMBER. Whether it be through a television broadcast, wearing a poppy, or a few minutes of silence at 11:00 am. It is so important that we honour our veterans, to remember, and to be grateful for their sacrifices.



The Act of Remembrance

*They shall grow not old, as we that are left grow old;
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.
We will remember them.*



Parent-Teacher Conference Coming



Parent Teacher Conferences are quickly approaching. Report Cards will be sent home on Nov. 16th.

Due to COVID-19 restrictions, Parent Teacher interviews will be held over the telephone this year and can be scheduled for the evening of November 18 from 4:15—6:30 pm and the morning of November 19 from 9:00 am — 10:00 am.

Your child's teacher will call you at your scheduled time.

Please complete the Parent-Teacher Conference appointment request form attached to this newsletter and return it to the school **by November 16th**. We will do our best to accommodate you. Please be sure to include the telephone number you can be reached at during your scheduled interview time. An appointment schedule will be included in your child's report card.

Remembrance Day



November 11th - NO SCHOOL

No School - Nov. 19th - Parent-Teacher Interviews

From the Office...

Principal's Message....

How Do Children Develop Resilience?

Resilience develops and changes over time. One may show resilience at one point in life and not in another. Resilience relies on the development of competence. **What is competence? Competence is having the ability to adapt successfully when exposed to risk, threat, adversity or a stressful situation.** Developing competence in childhood is very significant in the future and is dependent upon one's perceptions, relations and capacities to discover and alter their environment. Competence changes over time and it generates more competence. Individuals who demonstrate competence exhibit positive self-worth, happiness, good cognition, are agreeable and aware of their actions. They often have more socioeconomic resources and are likely to have a positive relationships with at least one competent and caring parent/caregiver.

Protective factors are in place to support children in building multi-systemic resilience. These factors function in special ways, at high levels, in one or many areas, to reduce the effects that risk adversity has on students' ability to adapt and function.

Protective factors include:

- Effective caregiving and parenting quality
- Close relationships with other capable adults
- Close friends
- Intelligence and problem-solving skills
- Self-control; emotion regulation; planfulness
- Motivation to succeed
- Self-efficacy
- Faith, hope, belief life has meaning
- Effective neighborhoods; collective efficacy
- **Effective schools**

(Masten 2014)

Resources and programs include: Social Fingers * Growth Mindset * Social Thinkers * Mind-up * Restitution * Emotional ABCs * Go Noodle * 7 Teachings * Thrival Kits * Cosmic Kids * Model Me Kids * Life Skills * Yoga * Be Safe * Crisis Centre Programs *

Schools are one of the most important and influential social systems in children's lives. Our Benito School year plan promotes resilience by providing them with a nurturing safe environment that reduces the stress and practices emotional wellness. We provide opportunities for caring relationships, social connectedness, and active engagement in social and learning social activities. We have a student service team that provides programming, speech and language therapy, counselling, physiotherapy and occupational therapy.



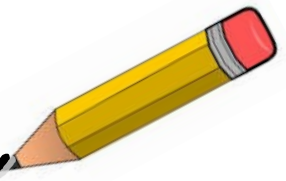
Caring Contest: talk with your child about caring relationships and enjoyable school activities. Record one thing they shared and return it by Nov. 4th to be entered in a draw for a student prize. One ballot per student.

Caring Contest: Student Name and comment: _____

Caring Contest: Student Name and comment: _____

Caring Contest: Student Name and comment: _____

What's Hap'n



As the winter draws closer, please make sure you are sending a toque/ear-muffs/headband with your child/children, along with warm mittens, heavy jacket, boots and snow pants to school with your child.

Extras might be a good idea as well!

With the new regulations, all children at Benito School have been spending their noon-hour and recesses outdoors. Having the proper winter clothing will ensure that your child is warm and comfortable as he/she enjoys outdoor recess with his/her friends.

Report Cards will be sent home November 16th

BENITO LIBRARY NEWS

We are still accepting children for Story Hour. If you have any questions, please contact Christa at the library.

We have some new movies and books.

The week of Remembrance Day, we have activity sheets and info for children age 5-7. November 11th the library will be closed. Please come in and ask for one.

When entering the library please wear your mask and sanitize your hands.

Computers are open to public.



Halloween Treats



Benito School has a school wide Nutrition Policy,

which encourages children to eat healthy. We ask that when packing lunches please only include one (1) piece of candy/chocolate bar/chips in their lunch per day if sending Halloween treats. Please do not send pop. If your child is packing his/her own lunch, please monitor what is being brought to school.



RETAKES

Picture retake day is Monday, November 3rd at 1:00 pm.

Please advise the office if your child requires retakes.

Christmas Cheer Board

The Christmas Cheer Board gives hampers to working low-income families. This may include families with special circumstances such as a medical crisis, loss of job, attending school, or working and receiving partial assistance. If you know of a family in need, please let that family know that they are accepting:

APPLICATIONS BY PHONE ONLY AT 204-734-9368
Nov. 8th—Nov. 30th
Monday—Friday, 9:00 AM to 4:00 PM
(Do not call this number after 4 PM)

Donations of non-perishable food items, or monetary donations would be greatly appreciated. Cash donations can be made at the Swan Valley Crisis Centre. If a receipt for tax purposes is needed then the cheque must be payable to the Swan Valley Crisis Centre, open Monday thru Friday from 9 AM to 4 PM. **Deadline: Wednesday, December 8th.**

SCHOOL Website

www.svsd.ca/schools/benito

Thank You!

Thank you to Benito School Parent Council and to the residents of the Thunderhill Courts for providing the students treats with Halloween treats.

SPORTS REPORT

Well, fall was sure kind to us this year! We've had plenty of warm fall days for outdoor P.E. classes as well as our noon-hour intramural program. As the temperatures drop, we will be returning back into the gym on a more regular basis. This poses some new challenges for us, such as having more students in a much smaller space. Please remember to continue to wash your hands/sanitize as we come to and from the gym! Equipment will continue to be sanitized as needed.

In regards to our intramural program, we finished up a 4-day **Disc Golf** tournament at the end of September. Each event had a set total of points that were up for grabs for all competitors in grades 4-8. Congratulations to our grade 4-5 winner (Mason), as well as our grade 6-8 winner (Matt) for having the most points after all 4 events. We have moved onto indoor/outdoor soccer. In total, 24 students have signed up for soccer, which is great to see!

On Wednesday, October 13th, 6 students from Benito School participated in Swan Valley School Division's **Cross-Country Fall Run** which was held at the museum in Swan River. While the evening was quite chilly and rain-filled, all participants showed great work ethic and determination. A few even ran their personal best for 2 km in spite of the slippery and cold conditions! Congratulations to the following boys for a job well done: Jaxson, Mason, Leiland, Lincoln, Sage, Matt and Porter.



With our fall units coming to a close outdoors, we have now moved on to two new units in phys-ed: Fitness and Conditioning, as well as Mini-Volleyball. So far, most students have enjoyed the in-class, stationary workouts in phys-ed. In grades 5-8, one of the things we have been doing is 'tabata,' which is high-intensity interval training. Each tabata workout is 8 rounds, with a round consisting of 20 seconds of work, followed by 10 seconds of rest. Our movement focus has been largely body weight, such as air squats, lunges, burpees and skips. The grade 7-8 class has also been using equipment such as kettlebells and medicine balls to do some more varied movements. Learning how to set goals or targets, work hard, and move our bodies safely and efficiently are all lifelong skills that I think fitness teaches us! For fitness testing, we use a program called **Fitnessgram**, which focuses on the following 'main tests' of fitness:

1. The Push-Up Test- Muscular Endurance
2. The Sit-Up Test: Muscular Endurance
3. Sit and Reach Test: Flexibility
4. Trunk Lift: Flexibility

The 20 M Pacer Test: Cardiovascular/Aerobic Capacity



We also do a few extra tests such as standing broad jump, a standing vertical jump as well as an agility cone test for time! Students keep track of their own results for each term in the school year in the form of a spreadsheet. The goal is students will be able to look back at their results, set new goals, and hopefully see improvements not only term to term, but also year to year as they progress through the grades at Benito School.



Last but not least, **Volleyball** practices have also begun for all students in grades 5-8. We will be running these on Tuesdays and Thursdays from 3:45 to 4:45 pm.

Wishing everyone a safe and healthy November!

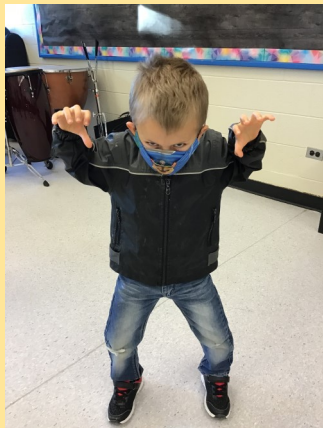
Mr. B

MUSIC NOTES

Hello Everyone! What a fabulous October we did have! Many AWESOME sounds coming from the Band Room this month. Grade 2-7 Strings students have been practicing hard and it is paying off – great progress everyone!

Given that I am writing this at a spooky time, I would like to introduce you to my musical monsters from the K/1 class. The last little while we have been working on some Halloween songs – “October is Here,” “Costume Fun,” and “Pumpkin, Pumpkin.”

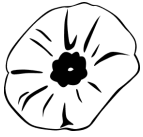
“Pumpkin, Pumpkin” is a dramatic singing game where students turn themselves into the scariest Jack-O-Lantern possible. The student with the scariest pumpkin face becomes “The Big Pumpkin” for the next round of the song. Take a look at these spooktacular faces!



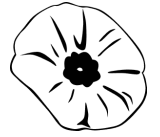
We celebrate the development of our multi-systemic community through our “Stars of the Month” theme, “**Community Builders**”. We are presenting awards each month to students who show that they care for and include other people. The goal is to highlight the activities of individuals who contribute to the community by their actions. Throughout the year, Benito School Staff members observe the activities of students who take responsibility and show awareness of, and respect for others in group. Their actions and initiatives as community builders may take place in the school or in the wider community, as volunteers or helpers.

OCTOBER

Grade 1	Jayla Larocque-Jentsch
Grade 1	Phoenix Pangracs
Grade 2	Mason Fuchs
Grade 3	Emmaley Staples
Grade 6	Theo Hominuk
Grade 8	Matt Kerr



News-worthy & Noteworthy



Thank you to Red Road Compass and Elbert Chartrand Friendship Centre, and the Winnipeg School that compiled a book of stories. These organizations donated books to Benito School for our students to enjoy.



This month in ELA we have been learning about how we use different parts of our mouth to make the sounds for letters. We learned that P and B are brothers because they are both lip poppers because our lips pop open

with air. The letters T and D are also brothers because they are Tip Tappers as our tongue taps the top of the mouth behind our teeth. I wonder what letters are going to be next as we learn about Tongue Scrapers. We also had Mrs. Munroe come into our classroom to read us a book about a brown bear who could feel the weather changing and started getting ready to sleep called, "Time to Sleep". The next day we had a virtual fieldtrip where we learned about Polar Bears from scientists. The event was live streamed from Churchill and was sponsored by Frontier School Division. We were able to ask questions to the scientists. One of them taught us about a polar bears head and how they use their big mouth and teeth to eat.



Parent-Teacher Conference

I wish to have my appointments:

In the evening (4:15—6:30pm)
November 18th

In the morning (9:00am—10:00am)
November 19th

- Ms. Smith Miss Bowles Mrs. Howard Mrs. Bender
 Mrs. Fullerton Mr. Behrmann Mr. Slepicka

Please indicate with a the teachers you wish to see:

Student's Name(s): _____



Contact Phone Number: _____

Preferred Time: _____



Forms are due back in the Office no later than November 16th.

November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 ⁶	2 ¹	3 ² PICTURE RETAKES	4 ³ Immunizations Gr. 6-8	5 ⁴ COBRA BLUE FRIDAY	6 Rick McElroy Invitational
7 Set Your Clocks Back 	8 ⁵	9 ⁶	10 ¹ Remembrance Day Service	11 Remembrance Day NO SCHOOL 	12 ² COBRA BLUE FRIDAY	13
14	15 ³	16 ⁴ Report Cards Go Home	17 ⁵ Volleyball Valley Champs—SVRSS 10:00am—6:00pm	18 ⁶ Parent-Teacher 4:15-6:30 pm	19 Parent-Teacher 9:00—10:00 am NO SCHOOL	20
21	22 ¹	23 ²	24 ³	25 ⁴	26 ⁵ COBRA BLUE FRIDAY	27
28	29 ⁶	30 ¹				

Social-Emotional Learning Programs

Mrs. Cathy Haggarty from the **Swan Valley Crisis Centre** is providing our students with safety programs to prevent bullying and promote healthy relationships and positive mental and physical health. Students in the Grade 5/6 class and the 7/8 class engaged in the first presentation, Bullying & Teens: Take A Stand.

Remaining scheduled presentations include:

K/1: Words Can Hurt and Kids in the Know Personal Safety

2/3: Words Can Hurt and It's You're Body, You're In Charge

4/5: Building Healthy Relationships and Kids in the Know Personal Safety

5/6 and 7/8: Identifying Depression, Preventing Suicide and How To Handle Anger Without Exploding.

