

# Benito School Newsletter

September 2021



## Welcome Back!

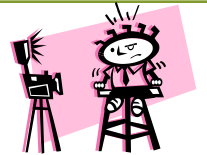
Benito School would like to welcome all students back for another school year. It's great to see your happy faces again. We start the new school year off with an enrolment of 65 students.

Special welcome to our new students in Kindergarten! We are pleased to have you join us, look forward to getting to know you, and sharing many learning experiences.

Please check your child's agenda daily for messages and assignments. The **Benito School Student Handbook and Covid-19 Response Plan** will be sent home next week. Please read through the information and share it with your child as many important additions and changes have been made.

Attached to this newsletter is the **2021-22 Benito School calendar** which provides a year-at-a-glance to assist parents when planning family vacations and appointments. Please post it in a convenient location for reference.

### SCHOOL PICTURES



On **Monday, September 13th**, Life-touch Canada will be at the school in the morning. All students will be photographed. Wear solid colour clothing for best results.

Please do not send money on Picture Day. You will be able to select your background, image and desired package after viewing your proofs.

**COBRA BLUE FRIDAYS**  
Wear your Cobras T-Shirt or  
blue on Fridays.

### Principal's Message...



Welcome students, families and staff to another school year! I extend a big welcome to our new students and our new teacher Mrs. Howard. I am extremely excited to be back in school and see all the sparkling eyes and big smiles. I look forward to nourishing relationships and exploring great new learning opportunities. Our school staff continue to inspire, stimulate and educate our youth in collaboration and on-going effort of our students, families, community organizations and agencies and Swan Valley School Division personnel. Please feel welcome to contact me with your thoughts and concerns by phone 204-539-2466 or email [jbender@svsd.ca](mailto:jbender@svsd.ca). I invite you to visit our Benito School Website as it will provide you with an abundance of current information to support your exciting educational experience. Visit our Facebook page as well. We will provide you with a monthly newsletter containing educational programming, valuable information and celebratory stories of student success. I encourage you to take time and read it thoroughly, and to record important dates on your calendar. We continue to focus on child-development through social-emotional learning. It is our goal this year to develop what is referred to as **Multisystemic Resilience** in our educational community. Our educational community includes you! With the involvement of students, families, educators and community partners we aspire to develop values, skills and practices in our students to promote happiness, joy in learning and overall human development. I invite you to participate in the learning and activities with us! Let's have a fantastic year!

Yours in education,

Jocelyn Bender, Principal.

# From the Office...

**"Every goal that you desire starts as a tiny seed in your imagination. If you nurture it, it will grow into your real world."** *Keith Macpherson & Charlotte Jackson*



Our goal is to prepare your children for the future. Your children, our students, have beautiful images in their mind – images of their dreams and aspirations, of books to read, activities to participate in, places to go, items to build, music to create, sports to play, and pictures to draw. It is our job as educators, families, and community members to be a positive role model: guide them in their learning; support them with challenges and new ventures; advocate for them; and celebrate their success. With our new learning and practice of multisystemic resilience, **together** we will **"nurture their growth"** to **prepare** them for the **"real world"**.

~Mrs. J. Bender

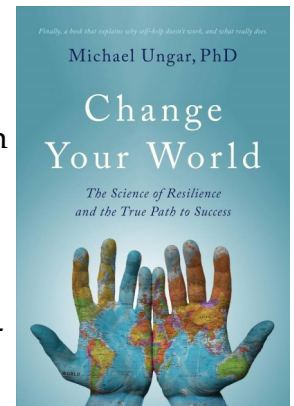
## What is Resilience?

Resilience is what we require in life to help us overcome the upsets and challenges that we experience. In order to develop resilience we take care of our basic needs of love, belonging, fun, freedom, power and safety, as we continue to learn and develop. Developing resiliency to its fullest capacity involves building strong relationships with family, friends and community members. It relies on the support of others and services. We have all developed resilience at some level, and must continue learning and practicing skills. I invite you to join us at building educational community resilience.

Each month I will select topics to learn. Information will be included in the newsletter to guide you and interest you into practicing with your family. Fun activities and contests will also be part of our learning. I am excited for you participate by reading, and engaging with your family and sharing with us! Let's do this together. ~Mrs. Bender

## Join a Book Study: Change Your World

You are invited to participate in a book study hosted by myself. Author, Dr. Michael Ungar is a world-renowned expert on resilience, and he is a family therapist, Dalhousie University professor, and the Canada Research Chair in Child, Family, and Community Resilience. He will enlighten you with ways to build relationships, overcome adversity, enjoy life, and develop self-efficacy. **If you are interested, please notify me by September 15th. We will decide as a group on format and timeline. It will be an inspirational experience....not overwhelming at all! Please join!** I have some book copies, or you could purchase: <https://www.chapters.indigo.ca/en-ca/books/change-your-world-the-science/9781999439521-item.html>





# Earth Rangers



The Earth Ranger Mission is to care for the environment. The focus is recycling, composting, growing produce and educating others. Planting a school garden is one of their projects.

This past year the students planted tomatoes, peas, onions, potatoes, cabbages, carrots and watermelon. They planted flowers: four-oclocks, petunias and marigolds. Tomatoes, seeds and gardening tools were donated from Swan Valley Communities That Care. Marigolds were donated from Lynn's Greenhouse in honour of our Indigenous families. Remaining plants were purchased at Lynn's Greenhouse. They plan to harvest their garden and prepare snacks and meals for their fellow students.

I identify this project as a terrific means to develop resiliency in students. They learn in the classroom, dig in the dirt, play with water, utilize tools, clean up messes, and monitor the growth of their garden.

Your task this month is to have a discussion with your family and list all the skills, behaviours and activities that were needed throughout this project! Share your answers below! Cut out and return it to Mrs. Bender for a little surprise! These are your first few steps to learning about multisystemic resilience. Have fun!

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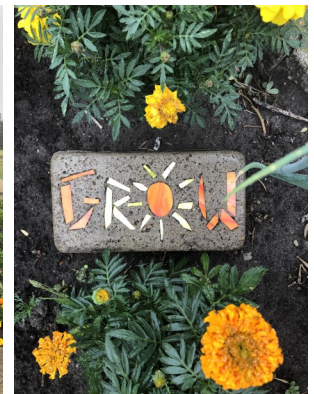
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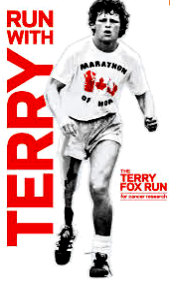
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# What's Hap'n



## Terry Fox Run

On the afternoon of Friday, September 17th, we will be holding our annual Terry Fox Walk/Run. All students will be going for a jog or brisk walk to support a great cause. Students are asked to bring a \$2 donation towards cancer research. Thank you!

**Thank you** to our custodian, Darrell Coutts, for working extra hard over the summer to get our school so clean and shiny, and for his extra efforts in daily cleaning and sanitizing.



## Grandmother's Walk

What is a 'Grandmother's Walk'?

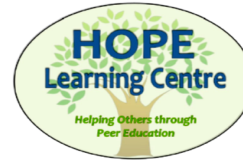
It is a walk to honor the sacredness of our children. This walk is about the student and the journey a student takes. September 21<sup>st</sup> is the first day of fall, the beginning of a new season. It is also the beginning of a new school year for our children in the valley!

Traditional Indigenous teachings tell us we must prepare for the journey ahead. It is called the Grandmother's Walk because it was their responsibility during traditional times to make sure everyone was looked after...no one was ever left behind to fend for themselves.

Benito School staff and students will participate in the walk in their classes on September 21<sup>st</sup>. Have an awesome year!



[www.svsd.ca/schools/benito](http://www.svsd.ca/schools/benito)



## Art Therapy

**What: 6 Week Art Therapy Course (Free)**

**When: Every Tuesday, Oct. 5 – Nov. 9, 2021**

**2:00 – 3:30 pm**

**Where: Online, through Zoom Conferencing**

(limited in-person seating available at our locations in Swan River and Dauphin for those without internet or computer – call for more info)

*Art Therapy allows you to work through difficult experiences and emotions verbally and non-verbally to communicate how you feel. In this course, healthy coping strategies will be taught to self-manage challenges you face while gaining a positive sense of self. You do not need to be an artist, just willing to be creative and connect with others.*



Call 204-614-8544 for more information  
or visit [parkland.cmha.ca/events/art-therapy](http://parkland.cmha.ca/events/art-therapy) to register

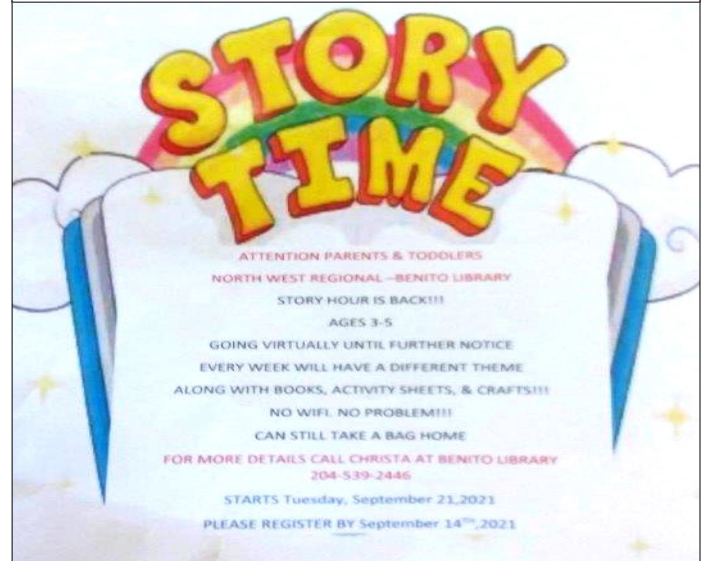


Canadian Mental Health Association  
Mental health for all



years of community

## Northwest Regional Library Benito Branch



# September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 <b>Labour Day</b> NO SCHOOL	7 <b>Admin Day</b> NO SCHOOL	8 <b>PD Day</b> NO SCHOOL	9 Day 1	10 Day 2	11
12	13 Day 3 Picture Day—am Registration Pkgs Due	14 Day 4	15 Day 5	16 Day 6	17 Day 1 Terry Fox Walk	18
19	20 Day 2	21 Day 3 Grandmother's Walk	22 Day 4	23 Day 5	24 Day 6	25
26	27 Day 1	28 Day 2	29 Day 3	30 Day 4 <b>Truth &amp; Reconciliation</b> NO SCHOOL		

## EDUCATION CORNER

### Our staffing timetable for the 2021 / 2022 school term:

Ms. Brenna Smith - Kindergarten / Grade 1

Miss Pam Bowles - Grade 2/3

Mrs. Sarah Howard - Grade 4/5



Mrs. Shannon Fullerton - Grade 5/6; Gr. 5-8 Math and French, Gr. 5/6 ELA, Art and Social Studies

Mr. Scott Behrmann - Grades 7/8; K-8 Phys. Ed., Gr. 7/8 ELA and Social Studies

Mr. Brad Slepicka - Kindergarten - Grade 4 Music, Grade 5/6 & 7/8 Band, Grade 4 - 8 Science, Grade 4/5 Art

Mrs. Jocelyn Bender - Principal and Resource



## National Day for Truth and Reconciliation

The Province of Manitoba announced it will observe the National Day for Truth and Reconciliation to recognize the history and trauma caused by residential schools.

The day will be observed on **September 30**.

Schools will be closed and no classes will be held on that day, the province said in a news release. Additionally, non-essential government services and offices will be closed. Manitoba's public servants will also recognize the occasion.

Flags on all provincial government buildings will be lowered to half-mast.