

# W.J. BEREZOWSKY PUBLIC SCHOOL

566 McIntosh Drive, Prince Albert, SK S6V 6T2

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www.srsd119.ca/bz

Principal Leanne Tretiak Vice-Principal Matt Bergen



## March 2025

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7 Ribbon Skirt/ Ribbon Shirt Day 
10	11	12 Parent/Teacher Conferences 3 – 8 pm	13	14 Convention No Classes
17  HAPPY St. Patrick's -DAY- Green & Gold Day	18	19	20  First Day of Spring	21 International Day for the Elimination of Racial Discrimination
24	25	26	27	28
<b>CO-OP GIFT CARD FUNDRAISER</b> March 24 <sup>th</sup> - April 2 <sup>nd</sup>				
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## PRINCIPAL & VICE-PRINCIPAL'S MESSAGE

Dear WJB Parents and Guardians,

As we welcome the month of March, we want to take a moment to express our gratitude for your continued support and partnership in your child's education. We have had a fantastic school year so far, and we look forward to an exciting and productive Spring season!

### Important Dates & Upcoming Events

- **March 7:** SaskRivers Ribbon Skirt and Ribbon Shirt Day. The ribbon skirt symbolizes the identity, traditions, and strength of First Nations women. National Ribbon Skirt Day, inspired by Isabella Kulak, a Grade 5 student from the Cote First Nation in Saskatchewan, is formally recognized each year on January 4<sup>th</sup>; however, as this was during the Winter Break, SaskRivers School Division is recognizing this important day on Friday, March 7.
- **March 12:** Parent - Teacher Conferences (3:00pm-8:00pm). Please book a meeting time for each of your child's/children's teachers on your Edsby account (reach out to us at the school if you need assistance).
- **March 14:** No Classes. Teachers will be attending their annual Teacher Convention this day.
- **March 17:** St. Patrick's Day (Green and Gold Day)
- **March 20:** the 1<sup>st</sup> Official Day of Spring
- **March 21:** International Day for the Elimination of Racial Discrimination
- **March 24-April 2:** Co-op Gift Card Fundraiser. Please watch for the fundraising package we will be sending home with your child. We are fundraising for improvements to our outdoor learning space and Gr4-8 playground 😊

### Spring Reminders

- **Attendance Matters!** Please continue to ensure your child arrives on time and attends school regularly. Every day counts toward their success. We encourage students to get plenty of rest and eat a healthy breakfast to help them learn their best.
  - **8:25** supervision on the playground begins
  - **8:35** 1<sup>st</sup> bell
  - **8:40** classes begin
  - **11:45-12:30** Lunch break
  - **12:30** classes resume
  - **3:00** end of day dismissal
- **Weather Changes:** As we transition into spring, please ensure your child is dressed appropriately for the unpredictable and often wet weather. We recommend packing extra pants and socks in their backpacks in case they get wet during the day.



## PRINCIPAL & VICE-PRINCIPAL'S MESSAGE (con't)

### Parent Involvement Opportunities

We always welcome parent volunteers! If you would like to support our school through classroom assistance, event planning, being a member of our WJB School Community Council, or chaperoning curricular field trips, please contact our front office for more information.

Thank you for being a part of our school community. Your involvement and encouragement make a difference in your child's education. If you have any questions or concerns, please don't hesitate to reach out.

Wishing you a marvelous March!

Warm regards,

Ms. L. Tretiak, Principal

Mr. M. Bergen, Vice - Principal

Conferences will be held Wednesday, Mar. 12<sup>th</sup> (3:00-8:00pm). To streamline your sign-up

# PARENT-TEACHER CONFERENCES

process, we will be doing online bookings through your Edsby account. Please log into your Edsby app (or the online Edsby portal) and click a time which works best for you. If you need help setting up Edsby please, contact the school and we would be more than happy to help!

Edsby is also where parents and guardians can:

- Check your child's academic progress and assessments on individual assignments
- Let the school know that your child will be late or away from school
- Message directly with your child's teacher
- View your child's report cards (posted at the end of January and the end June)
- and so much more!



Institute of  
Child Psychology

# Cultivating Gratitude:

In Children



Cultivating Gratitude:



## Why?

Gratitude has phenomenal benefits when it comes to all areas of physical and psychological health.

Including:

- Increasing empathy, self-esteem, quality of social interactions
- Increasing a sense of control in one's life
- Decreasing aggression
- Decreasing cortisol ( stress hormone)
- Increasing oxytocin in the body ( our bonding hormone)
- Nurturing higher positive mood and overall life satisfaction

## Sometimes, the Negativity Bias gets in the way of gratitude:

Negative events tend to impact our brains more than positive events. We tend to be more aware of negative events, persevere more over negative events, learn more from negative events, and make more decisions based on negative events.

## We have to train our brain to change the narrative:

Gratitude is not something that "just happens" - like any other skill it needs to be practiced repeatedly in order to wire the brain to notice the small moments. Individuals who practice gratitude tend to have a more activated reward center in the brain - small, joyful moments literally light up the brain and positively impact psychological and physical functioning.

[instituteofchildpsychology.com](http://instituteofchildpsychology.com)

"Gratitude is the  
fairest blossom which  
springs from the soul."

- Henry Ward Beecher.



## Here are some ideas to retrain our brain to take note of life's wonderful moments:

- Slow down
- When you're feeling stressed, move your body. This helps to decrease the stress reaction and instead engage the prefrontal cortex. The prefrontal cortex helps us to empathize, gain perspective, emotionally regulate and problem solve
- Reframe challenging experiences (eg: "That was difficult, but I learnt that I am far stronger than I realized.")
- Practice healthy boundaries and surround yourself with people and experiences that nurture authenticity, courage, and joy.
- Actively look for positive moments
- When something positive happens, force your brain to focus by writing down the positive moment, talking to somebody else about it, or using your body to express feelings of positivity and joy.

**Practicing gratitude as a family is a wonderful connection ritual.**

## Ideas to cultivate gratitude:

- At meals times, take turns relating what you are grateful for
- Create a marble jar where you put a marble in the jar for each grateful experience
- Each time something wonderful happens, write it down in a gratitude journal
- Create a gratitude wall- use post-its or whiteboard paint
- Family members write down what they are grateful for on different colour popsicle sticks and pop them in a jar to read together later
- Create a gratitude tree: each time you experience something positive, write it on a leaf and add it to the tree
- Carry a gratitude rock in your pocket, each time you touch it, remind yourself to practice gratitude
- Give back to your community

# CARLTON



# GRADE 9 SHOWCASE

Join us and discover all that we have to offer!  
Explore our programs, meet our teachers, and  
get a feel for student life as you prepare for an  
exciting high school journey.

Don't miss this opportunity to learn why  
Carlton is the right choice for your future!



**Wednesday**  
March 12th, 2025



**Time**  
6:00 PM - 8:00 PM



**Location**  
665 28th St. E





