



BURNETT W.A.A.C.G

May 22 – May 26, 2023

Monday May 22	Tuesday May 23	Wednesday May 24	Thursday May 25	Friday May 26																																																
Victoria Day (School Closed)	(BLT - ABCD) BLT Day Schedule <table border="1"> <tr><td>Warning</td><td>8:25</td><td></td></tr> <tr><td>BLT</td><td>8:30</td><td>9:25</td></tr> <tr><td>Block A</td><td>9:30</td><td>10:35</td></tr> <tr><td>Block B</td><td>10:40</td><td>11:45</td></tr> <tr><td>Recess</td><td>11:45</td><td>11:55</td></tr> <tr><td>Block C</td><td>12:00</td><td>1:05</td></tr> <tr><td>Lunch</td><td>1:05</td><td>1:50</td></tr> <tr><td>Block D</td><td>1:55</td><td>3:00</td></tr> </table>	Warning	8:25		BLT	8:30	9:25	Block A	9:30	10:35	Block B	10:40	11:45	Recess	11:45	11:55	Block C	12:00	1:05	Lunch	1:05	1:50	Block D	1:55	3:00	(ABCD) Learning Progress Reports Emailed home by classroom teachers SCC Meeting @ Lunch (D205)	(BLT - ABCD) BLT Day Schedule <table border="1"> <tr><td>Warning</td><td>8:25</td><td></td></tr> <tr><td>BLT</td><td>8:30</td><td>9:25</td></tr> <tr><td>Block A</td><td>9:30</td><td>10:35</td></tr> <tr><td>Block B</td><td>10:40</td><td>11:45</td></tr> <tr><td>Recess</td><td>11:45</td><td>11:55</td></tr> <tr><td>Block C</td><td>12:00</td><td>1:05</td></tr> <tr><td>Lunch</td><td>1:05</td><td>1:50</td></tr> <tr><td>Block D</td><td>1:55</td><td>3:00</td></tr> </table> Grad Information Meeting For all grade 12 students and their parents @6:30pm Click the link to join Teams	Warning	8:25		BLT	8:30	9:25	Block A	9:30	10:35	Block B	10:40	11:45	Recess	11:45	11:55	Block C	12:00	1:05	Lunch	1:05	1:50	Block D	1:55	3:00	(ABCD) Grade 7 Student Orientation at Burnett 10am to 12:30pm Buddha's Birthday (Buddhism)
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Reminder: Buy your tickets!! Burnett PAC Fundraising Dinner and Silent Auction on June 9th Tickets available for purchase at school cash online or click here: TICKETS			Bodin Scholarship Bike Ride on Saturday May 27 th at Burnett																																																	

Every student, every day, whatever it takes!
Remember, you've been criticizing yourself for years, and it hasn't worked. Try approving of yourself and see what happens.
 Louise L. Hay

We all stumble and fall, and experience setbacks in life. Our students are no different. In fact, they may stumble and fall more often because they are constantly being assessed at school and at home as they develop and grow. It is common for students to respond to their setbacks by either becoming defensive and blaming others, or more commonly and unfortunately blaming themselves. Blaming others like teachers, classmates, etc. alleviates responsibility, but it comes at the expense of learning. Blaming oneself, on the other hand, may feel warranted in the moment, but it can lead to an inaccurately harsh assessment of one's potential, which undermines personal development, self-esteem and motivation.

What if instead, we were to encourage students to treat themselves when they fail as they would treat a friend in a similar situation? More likely than not, they'd be kind, understanding, and encouraging. That type of response internally, toward one-self, is self-compassion. This response encourages new learning. Research points out that self-compassion is a useful tool for enhancing performance in a variety of settings, from classrooms to athletic fields.

Self-compassion leads to personal growth. People with high levels of self-compassion demonstrate three behaviors: First, they are kind rather than judgmental about their own failures and mistakes; second, they recognize that failures are a shared human experience; and third, they take a balanced approach to negative emotions when they stumble or fall short—they allow themselves to feel bad, but they don't let negative emotions take over and stop the learning process.

Encouraging self-compassion does not mean we are encouraging students to convince themselves that we are better than they but rather helping them avoid defeatism; thinking they're worse than they are. Self-compassion is an effective intervention for students suffering from negative self-views as well as those that give up too easily. **Championing Students and Their Learning**

Grade 12 Graduation Timeline

Red Carpet at Burnett	June 2 @ 4pm
Prom at Vancouver Convention Centre	June 2 @ 7pm
Dry Grad Celebration at Burnett	June 2-3
Valedictorian/Historian/Poet Selection	June
Rehearsal, Grad BBQ, and Guest Speaker	June 27 th
Valedictory Ceremony at UBC @ 7pm	June 29 th

DATES TO REMEMBER:

- May 22 Victoria Day (School Closed)
- May 24 SCC Meeting @ Lunch
- May 26 Grade 7 Student Orientation at Burnett (10am to 12:30pm)
- June 1 PAC Meeting @ 7pm (Library and [Teams](#)) Dry Grad 6pm
- June 2 Teacher Appreciation Breakfast hosted by PAC
- June 2 Red Carpet: Graduation Walk @ 4pm
- June 2 Prom (Graduation Dinner and Dance) @ 6pm
- June 2 Dry After Grad Celebration @ 11:30pm (Burnett)
- June 9 Night Market and Dinner (PAC Fundraiser) @ 5:00pm (Burnett)
- June 14 Athletic Banquet @ 5:00pm (Gym)
- June 15 Fine Arts Night Celebration @ 5:00pm to 7:00pm (Burnett)
- June 21 Awards Ceremony (Gym)
- June 23 Last Day of Classes
- June 27 Yearbook Distribution and Celebration
- June 27 Valedictory Rehearsal (Gym)
- June 29 Valedictory Ceremony (UBC Chan Centre)
- June 30 Admin Day (Last Day for teachers)

Awards Ceremony and Athletic Banquet. On June 21st, we will have an Awards Ceremony in the Gym during the school day for grades 8-11. Grade 12 students will receive their awards at the valedictory ceremony. On June 14th, we will also have an Athletics Banquet to recognize Burnett's student athletes. Families are encouraged to attend this special night to celebrate student athletes.

Learning Progress Reports email home May 24th

This week, classroom teachers will be emailing home Progress Reports for students that have incomplete assessments. This report indicates that the student may not successfully meet the standards of a course(s). These reports outline the steps that the student must take to remove their incomplete status and successfully meet the standards of the course. It is not too late for students to be successful.

Grade 7 Orientation

We are looking forward to hosting all our incoming Grade 7 students on Friday, May 26. Grade 7 Student Orientation Day is a wonderful tradition at our school. Burnett students and staff will welcome our newest students to the school, engage them in some fun 'getting to know you' activities and tour the school to see some high school classes in action.

Grade 7's will meet the principal, other Burnett staff members and some current students and get a glimpse into what high school life will be like in September 2023.

- 9:45 Grade 7 Students Arrive
- 10:00 Welcome from Admin
- 10:15 – 10:45 Rotation 1
- 10:50 – 11:20 Rotation 2
- 11:25 – 11:55 Rotation 3
- 12pm – 12:30 Pizza Lunch and Prizes

Please help us welcome the JN Burnett graduating Class of 2028.