

October 9 – October 13, 2023



BURNETT W A A G

Monday October 9	Tuesday October 10	Wednesday October 11	Thursday October 12	Friday October 13																																																
National Holiday	(BLT - ABCD)	(ABCD)	(BLT - ABCD)	(ABCD)																																																
School Closed Thanksgiving	BLT Bell Schedule	Learning Updates (due at 8:30am)	BLT Bell Schedule	Learning Updates Emailed home																																																
<i>"Live a life full of humility, gratitude, intellectual curiosity, and never stop learning."</i>	<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	SFU Beedie School of Business Presentation @ lunch	<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	
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Listening, Learning, and Leading

Every student, every day, whatever it takes!

"Live a life full of humility, gratitude, intellectual curiosity, and never stop learning." *Unknown*

Gratitude changes our brains; it is an important part of education. As educators and parents, we often reward good behaviour in our children with the hope that they learn to associate the positive behaviour with pleasure. Simply put, the pleasure center of our brain divides these rewards into intrinsic (i.e. food rewards) and extrinsic rewards (i.e. money and success). However, it is not just rewards that activate the brain.

Research on the brain shows that feelings of gratitude activate the same areas of the brain as when an individual is rewarded intrinsically or extrinsically. In other words, giving gratitude, or "giving thanks", can have the same pleasurable impacts on our brain as food rewards, money, success, etc.

Thus, cultivating an attitude of gratitude with students in our classrooms, in our schools and in our communities is vital for nurturing happy and healthy young people. Research shows that students who express more gratitude are generally more optimistic, have higher life satisfaction, and are more satisfied with their school experience. They also exhibit fewer depressive symptoms, are happier with their lives overall, are less likely to abuse drugs and alcohol, and are less likely to have behavior challenges at school and in the community.

A daily practice of gratitude, taking a few minutes each day to give thanks, results in a significant decrease in materialism and an increase in gratitude and generosity.

To experience the benefits of expressing gratitude, we need to really mean it. We can't just say thank you to be polite or pretend to be grateful; we need to genuinely feel grateful. Our brain can distinguish the difference; brain scans in research confirm it.

Living a life full of gratitude encourages curiosity and lifelong learning. A life full of gratitude encourages individuals to live in the moment. A life full of gratitude changes the brain.

At Burnett we "Champion students!"

Take Our Kids To Work Day

The Richmond School Board, in cooperation with The Students Commission of Canada, business, labour and the community, is proud to be involved in this initiative which supports students as they begin to identify and develop personal interests, passions and competencies. On **November 1**, Gr. 9 students in Richmond will go to work with a parent, relative, or adult friend. Students will be doing a pre-activity for TOKTWD during our Conference Day on October 27 to prepare for this event.

Students are asked to return the permission form to the school office no later than Friday, October 27th.

DATES TO REMEMBER:

Oct 9	Thanksgiving (School Closed)
Oct 11	Fire/Earthquake Drill @ 11am
Oct 11	Learning Updates Due @8:30am
Oct 13	Learning Updates emailed home
Oct 15	Innovation Grant Applications due
Oct 16	Ed Fac Meeting @ Lunch
Oct 17	Collaboration Time
Oct 17	SBT Meeting (Lunch)
Oct 18	Parent Teacher Conferences (2-4pm)
Oct 19	Parent Teacher Conferences (2-4pm & 6-8pm)
Oct 19	Post Secondary Event at JNB
Oct 19	Photo Retakes (in the AM only)
Oct 20	Professional Development Day -PSA (School Closed)
Oct 24	SBT Meeting @ Lunch
Oct 25	SCC Meeting @ Lunch
Oct 26	Health and Safety Meeting @ Lunch
Oct 27	Student Conference Day
Oct 27	Lockdown Drill @ 2:30pm

Communicating Student Learning

Student progress information will be communicated to parents in various ways this year. For each subject, students will receive an interim report, learning update report (midterm) at the mid-point of the semester, and a summary of learning (final report card) at the end of the Semester. These progress updates will include information about the learning progress to date and feedback that will aid in improving a student's performance, as well as comments about a student's work habits and engagement. The first communication will be Learning Updates, which will be sent home on October 13, 2023.

Learning Updates Timeline

October 3-10	Teachers prepare Interim Report Cards
October 11	Interim files due by 8:30am
October 11-12	Admin & Counsellors review Interim Reports
October 13	Interim Reports emailed home
October 13-17	Parent Conferences Sign-up Open
October 18&19	Parent Conferences 2-4pm & 6-8pm(19 th only)

Parent Teacher Phone/Virtual Conferences

Conferences will be held on October 18th and 19th. All conferences will be conducted via phone or online virtually. All teachers will be on site at Burnett during these phone or online conferences. Parents can start signing up on October 13, 2023, when Interim Reports are emailed home. We will once again be using our online sign-up site, and parent instructions will be posted on the Burnett website when the sign-up page is available. Students are welcome to join parents during the Parent Teacher Conference if they wish.

Steps to success during BLT - Burnett Learning Time

- Organize your learning plan
 - Develop a game plan for the week & the BLT days
 - Set your priorities – What do you need to accomplish
- Sign-up online - Be prepared and ready to learn. Student may also drop into classes, space /seats permitting.