



BURNETT WAAAG

November 6 – November 10, 2023

Monday November 6 (ABCD)	Tuesday November 7 (BLT - ABCD)	Wednesday November 8 (ABCD)	Thursday November 9 (BLT - ABCD)	Friday November 10 (ABCD)																																																																								
<p style="text-align: center;">Staff Meeting @ 3:10pm (Library)</p>	<p style="text-align: center;">BLT Bell Schedule</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <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> <p style="text-align: center;">SBT Meeting @ Lunch (D128)</p>	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	<p style="text-align: center;">Semester 1 Term 1 Suggested Assessment Cut-off</p> <p style="text-align: center;">University of McGill Library Lab @ Lunch</p>	<p style="text-align: center;">BLT Bell Schedule</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <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> <p style="text-align: center;">University of Alberta Library Lab @ 8:30am</p> <p style="text-align: center;">Remembrance Day Rehearsal (Block D)</p>	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	<p style="text-align: center;">Remembrance Ceremony Bell Schedule</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Warning</td><td>8:25</td><td></td></tr> <tr><td>Block A</td><td>8:30</td><td>9:35</td></tr> <tr><td>Block B1</td><td>9:40</td><td>10:40</td></tr> <tr><td>Block B2</td><td>10:45</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> <div style="text-align: center; margin-top: 20px;"> </div>	Warning	8:25		Block A	8:30	9:35	Block B1	9:40	10:40	Block B2	10:45	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!

“Have a balanced reaction to joy and misery....protects one from emotional agitation.” *Buddhists*

We all know people who can maintain a sense of composure, balance, and stability as they navigate the many curveballs that life throws at them. They have an evenness of mind and temperament; they carry themselves with grace and serenity. They possess a contemplative mindset that is spiritual, philosophical, and ancient in tradition.

Fortunately, a contemplative mindset, or equanimity, is not just a psychological trait that we are born with; it is a state of mind that we can actively cultivate. We can seek to enhance our inner sense of peace, reduce our reactivity to external stimuli, and cultivate our non-attachment to specific outcomes.

Contemplative practices can be transformative because they focus on helping us become calmer, wiser, kinder, and happier. A contemplative pedagogy in a classroom and at home empowers students to maintain an open heart and mind, to be non-reactive in the face of challenging situations. It is not easy to remain calm but through reflection, meditation, deep breathing exercises, and yoga (connecting the mind and body) we can live with an open heart without letting it overwhelm us. We should all take time each day to reflect, meditate, breathe deeply, and practice yoga.

Empowering students through a contemplative pedagogy will deepen their understanding, foster greater connection to and compassion for others, and engender engaged inquiry into their most profound questions.

By maintaining equanimity, we can relate to others without being swayed by personal preferences, biases, or expectations. It promotes an attitude of acceptance, patience, and understanding, creating a conducive environment for effective communication, conflict resolution, and empathy. It is well worth our effort because when we are in a state of equanimity, we can respond to life's ups and downs with more clarity and wisdom.

At Burnett we “Champion Students and their Learning.”

Semester 1 Term 1 Report Card Timeline

November 9–14	Teachers prepare marks/comments for entry in MyEdBC
November 15	All marks/comments posted in MyEdBC @ 8:30am
November 15	Additional attachments due to office
November 16–17	Admin/counselling review all report cards
November 20	Report cards published to student and parent portal in MyEdBC

DATES TO REMEMBER:

- Nov 6 Staff Meeting
- Nov 7 SBT Meeting (Lunch)
- Nov 8 Semester 1 Term 1 suggested marks cutoff
- Nov 10 Remembrance Day Assembly (alternate bell schedule)
- Nov 13 School Closed in honour of Remembrance Day
- Nov 15 Mid-Semester Report Card Marks Due by 8:30am
- Nov 15 SCC Meeting @ Lunch (D213)
- Nov 16 SFU Presentation at Lunch
- Nov 17 Department Lunch (English/Socials)
- Nov 20 Mid-Semester Report Card Marks Published to MyEdBC
- Nov 20 Ed Fac Meeting @ Lunch
- Nov 21 SBT Meeting @Lunch
- Nov 27 U of Calgary info session @ Lunch
- Nov 28 Pro-D Meeting @ Lunch
- Nov 29 H & S Meeting @ Lunch
- Dec 1 Pro-D Day (school closed to students)
- Dec 4 Staff Meeting @ 3:10pm (Library)
- Dec 7 PAC Meeting in Library (or online TEAMS)
- Dec 8 Teacher Appreciation Breakfast hosted by PAC
- Dec 11 Ed Fac Meeting @ Lunch
- Dec 12 Pro-D Meeting @ Lunch
- Dec 13 H & S Meeting @ Lunch
- Dec 14 Winter Concert hosted by Burnett Band
- Dec 15 Conference Day @ Burnett (8:30am – 2:20pm)
- Dec 18 Learning Progress Update sent home by teacher (if required)
- Dec 20 SCC Meeting @ Lunch (D213)
- Dec 21 Locker Clean-up
- Dec 21 Seniors' Breakfast @ 8am
- Dec 22 Breaker Holiday Breakfast (Student Pancake Breakfast) 8-9am
- Dec 22 Staff Luncheon (1:30pm to 2:30pm)
- Dec 22 Last Day Before Winter Break (9:00am to 1:25pm)
- Jan 8 School Reopens after Winter Break

Remembrance Day “What do you want to be remembered for?”

This year's Remembrance Day theme is “sacrifice?” We remember those who volunteered, sacrificed, served, fought, and died for our freedom. We thank them, and we salute them for their sacrifice.

Those who sacrificed greatly for our freedoms must always be remembered. But, along with never forgetting them, it is our responsibility to honour them with our own commitment to peace, kindness, and respect for all. During this year's ceremony, we ask all students: “What sacrifices do you make for others?” What sacrifices will you be remembered for? Will you be remembered for standing up for those who are being marginalized or mistreated and those who are experiencing racism and inequality?

This year's ceremonies will be student-led events with student MCs, musical presentations by Burnett's Band, and student poets. The two ceremonies will be during B Block at 9:40am and 10:45am on November 10th.

LEST WE FORGET