

November 14 – November 18, 2022



BURNETT WAAAG

Monday November 14 (ABCD)	Tuesday November 15 (BLT - ABCD)	Wednesday November 16 (ABCD)	Thursday November 17 (BLT - ABCD)	Friday November 18 (ABCD)																																																
<p>Ed Fac Meeting @Lunch (Library Lab)</p>	<p>BLT Day Schedule</p> <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> <p>SBT Meeting @Lunch (D128)</p> <p>Trade Training & Apprenticeship Programs Virtual Info Session</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>Term 1 Semester 1 Marks Due @8:30am</p> <p>Re-Imagining Secondary 3:30pm – 4:45pm</p>	<p>BLT Day Schedule</p> <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	<div style="border: 1px solid black; padding: 5px;"> <p>Reminder Term 1 Semester 1 Report Cards published to MyEdBC on November 21st</p> </div>
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Every student, every day, whatever it takes!
 “Connectedness has the power to counterbalance adversity.”
Dr. B. D. Perry

Life is full of adversity. Nobody makes it through life unscathed. These events of adversity will inevitably change an individual, but it does not all have to be for the negative. Research shows that people who experience negative events say they have much greater inner strength than they ever thought possible, and they are closer to friends and family. In fact, many credit connectedness to family, community, and culture as the key element that helped them overcome life’s adversities.

An individual’s connectedness to family, community, and culture is a better predictor of their current and future mental health than their history of adversity or trauma. It is important to note that “connection” is not defined by the number of friends or relationships a person has, but by the quality of relationships that exist.

In many families, the power of connection is defined by the energy that exists between people when they feel seen, heard, and valued. “The more that an individual feels seen, heard, and valued, the more that person feels ‘connected’ and the greater their ability to counterbalance adversity.”

In similar research, people showed lower levels of anxiety and higher self-esteem when they felt more connected to others, non-family members. Feelings of connectedness created a more positive well-being for individuals. Socially connected people experience increased feelings of belonging, self-worth, and confidence.

Championing Students and their Learning

OUR FOCUS IS ON improving student learning and engagement through improving student well-being. Burnett’s Counselling Department’s goals for the 2022-2023 school year are to help students manage anxiety and stress, while encouraging students to be more mindful of living a balanced life both at school and at home. The department continues to strive to collaborate with parents and communicate with each teacher on the needs of students. The department will continue their work towards a more trauma informed school by raising awareness and educating students, staff, and parents about mental health issues. The department hopes to offer more “Lunch n Learns” this school year, to help further training on Social Emotional Learning for all staff. The counsellors are also excited about offering students “Chew n Chats” on various topics that interest students.

Burnett’s First Responder Team Bottle Drive
 The team has set up a bottle drive account to raise money. Please support them by using the code (000)000-1234 when returning cans/bottles to Return-It.

DATES TO REMEMBER:

- Nov 14 Ed. Facilitators @Lunch (Library Computer Lab)
- Nov 15 SBT Meeting @ Lunch
- Nov 16 Mid-Semester Report Card Marks Due
- Nov 21 Mid-Semester Report Cards Published to MyEdBC
- Nov 23 SCC Meeting @ Lunch (D205)
- Nov 23 SFU Information Session @ Lunch (Library)
- Nov 24 Winter Grad Formal @ Quilchena Golf & Country Club
- Nov 25 Pro-D Day (School closed to students)
- Dec 2 Teacher Appreciation Breakfast hosted by Burnett PAC
- Dec 5 University of Waterloo Information Session @ Lunch (Library)
- Dec 5 Staff Meeting @ 3:10pm Library
- Dec 6 SBT Meeting @ Lunch
- Dec 9 Conference Day @ Burnett
- Dec 12 Ed. Facilitators @Lunch (Library Computer Lab)
- Dec 13 Arts Night @ Burnett from 6-9pm
- Dec 14 SCC Meeting @ Lunch (D205)
- Dec 15 Locker Clean-up
- Dec 15 Seniors’ Breakfast @ 8am
- Dec 16 Breakers Holiday Breakfast
- Dec 16 Last Day Before Winter Break
- Jan 3 School Reopens

Preparing Report Cards

A reminder to parents and legal guardians that Semester 1 mid-term report cards will be published online on the MyEducation BC Portal on Monday, November 21. Please note, any data viewed online before this date is draft only. We encourage parents to sit down with their teen and review this report looking at it in its entirety. Pay attention to learning achievement, as well as attendance and teacher comments. Celebrate the successes and discuss student plans for areas that may need some continued growth and improvement. If you have any questions, phone the school or email teachers directly. Step-by-step instructions for logging on to the MyEducation BC Portal are located [here](#).

Semester 1 Term 1 Report Card Timeline

November 10–15	Teachers prepare marks/comments for entry in MyEdBC
November 16	All marks/comments posted in MyEdBC @ 8:30am
November 16	Additional attachments due to office
November 17–20	Admin/counselling review all report cards
November 21	Report cards published to student and parent portal in MyEdBC

Guiding Principles for Burnett Learning Time

- BLT is Self-Directed, Self-Managed, and Self-Regulated
- BLT Enhances Curricular and Core Competency Development
- BLT Builds on Individual Passions
- BLT supports Self-Care, Self-Awareness, Physical/Mental Health

Possible options for students during Burnett Learning Time:

- complete homework, reading, journaling, reflecting
- work on projects with classmates, receive learning support in the learning center, get extra support from staff
- community service, work experience, and clubs
- improve both physical and mental health, receive counselling support