

November 21 – November 25, 2022



BURNETT WAAAG

Monday November 21 (ABCD)	Tuesday November 22 (BLT - ABCD)	Wednesday November 23 (ABCD)	Thursday November 24 (BLT - ABCD)	Friday November 25 (School Closed)																																																								
Term 1 Semester 1 Report Cards published to MyEd BC World Vision Door Decoration Fundraiser Nov. 21-24 <table border="1"> <tr><td>Spirit Week</td></tr> <tr><td>Dress Like a Teacher</td></tr> </table>	Spirit Week	Dress Like a Teacher	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> ARC Club Fundraiser Krispy Kreme Donuts On sale 7:45am to 8:30am <table border="1"> <tr><td>Spirit Week</td></tr> <tr><td>Tropical Tuesday Summer Wear</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	Spirit Week	Tropical Tuesday Summer Wear	BC Grade 10 Volleyball Championships in Kamloops Nov. 23-26 (leave@3pm) SCC Meeting @ Lunch (D205) Spicy Noodle Challenge Cafeteria Stage @Lunch <table border="1"> <tr><td>Spirit Week</td></tr> <tr><td>Wacky Wednesday Wear a Jersey</td></tr> </table>	Spirit Week	Wacky Wednesday Wear a Jersey	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 Winter Formal @Quilchena Golf & Country Club (7-10pm) <table border="1"> <tr><td>Spirit Week</td></tr> <tr><td>Breaker Wear Breaker/Grad Wear</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	Spirit Week	Breaker Wear Breaker/Grad Wear	Professional Development Day Welcome Breakfast @8am Workshops @8:30am Proficiency Scales and Assessment (Library) or First People Principles of learning (Theatre) Ed Camp 1 @10:30am Lunch @12pm Ed Camp 2 @ 1:15pm
Spirit Week																																																												
Dress Like a Teacher																																																												
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																																																										
Spirit Week																																																												
Tropical Tuesday Summer Wear																																																												
Spirit Week																																																												
Wacky Wednesday Wear a Jersey																																																												
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																																																										
Spirit Week																																																												
Breaker Wear Breaker/Grad Wear																																																												

Every student, every day, whatever it takes!
"I am stuck in fight or flight mode."
Unknown

Our brains are designed to act and feel before we think. This seems odd, right? Logic would dictate that we think and then react with actions and feelings, but this is not the case. Our brains are sequential, they work from the bottom up. This means that our "old brain," which includes the Amygdala, and the brain stem is activated first and then our upper brain... our "new brain," the Cerebral Cortex is activated.

This sequence of activation is important because the old brain cares about survival, winning, and actions that will remove the perceived threat as quickly as possible. The "new brain" is where we solve problems, think logically, and develop reason. The "new brain" is our thoughtful brain. It houses our values and our personality, as well as our social skills. This is the part of the brain that we count on to resolve conflict.

Young or old, student or teacher, it doesn't matter who the person is, if they get stuck in the "old brain," an individual's blood pressure and heart rate will go up and adrenaline and cortisol will enter the bloodstream. This results in rapid loss of creative thought, logic, and reasoning, as well as diminished empathy. In these situations, the individual is more likely to escalate an interaction by saying and doing things that they normally might not. These actions and feelings come before their "new brain" is activated and given the opportunity to thoughtfully address the situation.

It is important to remain dignified and respectful when upset, but that is not the goal. Instead, the goal is to manage the conflict so that you don't get stuck in the "old brain" and become overly upset or emotional and then respond by fighting or fleeing. Knowing how to help an individual calm down and, more importantly, knowing how and when to take a time out when things begin to get out of hand are skills to learn and practice.

Championing Students and their Learning

OUR FOCUS IS ON improving student learning and engagement. In our Business Education Department, the goals for 2022-2023 are focusing on: 1) Experiential Learning: aligning formative projects with inquiry-based and real-world collaborative tasks; 2) Inclusive Education: designing learning opportunities to meet the diverse needs of students. This means varying the modes of instruction, pace of instruction, areas of interest, and format of deliverables; 3) Creating learning spaces that are flexible, supportive, and fun; 4) Increasing an emphasis on developing core competencies in our classroom; 5) Embedding the First People Principles of Learning in all our courses; and 6) Supporting Truth and Reconciliation in our business education classrooms.

DATES TO REMEMBER:

- 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 9 Lockdown Drill 2:30pm
- Dec 12 Ed. Facilitators @Lunch (Library Computer Lab)
- Dec 12 At-Risk Interims due to office
- 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

Report Cards published to MyEd BC
 A reminder Semester 1 Term 1 Report Cards will be published online on the MyEd BC Portal on Monday, November 21. If you have any questions, call the school. Step-by-step instructions for logging on to the MyEducation BC Portal are located [here](#).

Reviewing Report Cards
 We encourage parents to sit down with their teen and review the Report Card. Pay attention to learning achievement, as well as attendance and teacher comments. Celebrate the successes and discuss areas that may need some continued growth and improvement. Reviewing Report Cards creates an opportunity to reflect on growth, review goals and set new goals. Reflect on the following:

- What did I work hard at that I am proud of?
- How did I use my strengths and push myself to grow?
- How am I going to continue to improve?

Re-invest in BLT: get extra help

- 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

Please support the First Responder Team's bottle drive
 The First Responder 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.