

# February 27 – March 2, 2023



# BURNETT WAAAG

Monday February 27 (ABCD)	Tuesday February 28 (BLT - ABCD) BLT Day Schedule	Wednesday March 1 (ABCD)	Thursday March 2 (BLT - ABCD) BLT Day Schedule	Friday March 3 (ABCD)																																																
<b>Lunch and Learn</b> Trauma Informed Practice@Lunch (Theater)  <b>World Vision Donut Sales @ Lunch</b> (Multi)  <b>Clothing Drive Project Serve</b> drop-off A110 (Feb 27 <sup>th</sup> to Mar 3 <sup>rd</sup> )	<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> <b>Program Planning Course Request Deadline</b> Last day to submit course selection form and course entries in MyEd	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	<b>Interim Report Data</b> Due @ 8:30 am  <b>Bottle Drive</b> Art of our Community  <b>First Responder Fundraiser</b> <a href="#">On sale now online</a>	<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> <b>Climate Conference</b> Keynote David Susuki <a href="#">Burnett @ 3:45pm</a>  <b>Burnett PAC Meeting</b> Library @ 7pm (or <a href="#">Teams</a> ) Dry grad Meeting @6pm	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	<b>Interim Report Cards</b> Emailed home  <b>Parent Teacher Conference Sign-up opens</b>        <b>Dry Grad Tickets on Sale</b> over 100 tickets sold
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**Every student, every day, whatever it takes!**  
At Burnett, this past week has been a stressful one. Regular pressures of life, along with an extraordinarily stressful situation outside our control piled up on staff and students. For many, their body’s “stress response” has been working overtime. The stress response has been constant with few breaks for days. This is not healthy.

Research tells us, that a stress response is supposed to be short-lived because it wears down our bodies, our health, and our energy. When we come out of the “stress response” in a timely fashion, the parasympathetic nervous system starts working to replenish our mind, body, and spirit.

When we don’t come out of the “stress response”, it impacts our emotional intelligence and our decision making. When we are stressed, we are more likely to react to situations than to respond with reason. We also perceive the world differently. Stress makes us narrowly focused, preventing us from seeing the bigger picture. When we’re calmer, our attention becomes broader. In fact, we literally see more things and are better learners.

Many of you know, that the body’s “stress response” is vital for survival. Cultivating a calmer, more restful, relaxed state of mind doesn’t mean that we’ll drown under all our responsibilities or won’t survive after coming out of the “stress response.” Instead, research suggests a more relaxed mind will bring us greater attention, energy, and creativity to tackle life’s problems.

Cultivating calm isn’t about avoiding every kind of stressful emotion. In fact, when we make time to breathe, connect, and care, some of the negative feelings we’ve been running from might catch up with us. But that’s the time for self-compassion; it’s okay to feel bad. Resilience doesn’t mean that we’ll be happy all the time, but it does mean we have the energy, the mindset, and the support from others to help weather the storm.

### Championing Students and Their Learning

#### Program Planning Deadline Extended

Current Grade 8 to 11, please see the [narrated powerpoints](#) on the school website if you still have questions. All course selection online forms and MyEd entries are due this week.

#### Communicating Student Learning

Semester 2 student progress will be communicated with parents on March 3<sup>rd</sup>. For each subject, students will be given an interim report. These progress reports 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.

### DATES TO REMEMBER:

- Mar 2 PAC Meeting @ 7pm (Library and [Teams](#)) Dry Grad 6pm
- Mar 3 Interim Report Cards emailed home & PT Conference Sign-up opens
- Mar 6 Staff Meeting @3:10pm (Library)
- Mar 7 SBT @lunch
- Mar 8 Parent Teacher Conferences (2pm to 4pm)
- Mar 9 Parent Teacher Conferences (2pm to 4pm & 6pm to 8pm)
- Mar 10 Last Day of School before Spring Break
- Mar 27 First day of School after Spring Break
- Mar 27 Ed Fac Meeting @ Lunch
- Mar 28 Staff Collaboration Day
- Mar 29 SCC Meeting @ Lunch
- Mar 31 EQ & Evacuation Drill @ 11am
- Apr 3 Staff Meeting @ 3pm
- Apr 4 SBT @ Lunch
- Apr 6 Grade 9/10 Immunizations
- Apr 6 PAC Meeting @ 7pm / Dry Grad 6pm (Library)
- Apr 7 Good Friday (School Closed)
- Apr 10 Easter Monday (School Closed)
- Apr 17 Ed. Facilitators @Lunch
- Apr 18 Staff Collaboration Day
- Apr 18 SBT Meeting @ Lunch
- Apr 19 SCC Meeting @ Lunch
- Apr 20-23 Band Field Trip: Whistler
- Apr 21 EQ & Evacuation Drill @ 12:35pm
- Apr 25&27 GLA 10 Assessment (8:30 – 11:30am)
- Apr 26 All report card marks posted to MyEd BC
- May 1 Staff Meeting @3pm (Library)
- May 1 Semester 2 Term 1 Report Cards published MyEdBC
- May 2 SBT Meeting @ Lunch
- May 4 PAC Meeting @ 7pm (Library and [Teams](#)) Dry Grad 6pm
- May 5 Conference Day
- May 5 Evacuation Drill @ 2:30pm
- May 8 Ed. Facilitators Meeting (Teams) @ 3:10pm
- May 9 Staff Collaboration Day
- May 16 SBT Meeting @ Lunch
- May 18 Grade 8 Field Trip – Wild Play (all day)
- May 19 Pro-D Day (School Closed to Students)
- May 22 Victoria Day (School Closed)

### Interim Report Card Timeline

February 27-28	Teachers prepare Interim Report Cards
March 1	Interim files due by 8:30am
March 1-2	Admin & Counsellors review Interim Reports
March 3	Interim Reports emailed home @ 1:00pm
March 8 & 9	Parent Conferences 2-4pm & 6-8pm (9 <sup>th</sup> only)

### Parent Teacher Phone/Virtual Conferences

Conferences will be held on March 8<sup>th</sup> and 9<sup>th</sup>. All conferences will be held by phone or virtually online. All teachers will be on site at Burnett during their phone or online conferences. Parents will be able to sign up beginning on March 3<sup>rd</sup>, 2023, after Interim Reports are emailed home. We will once again be using our online sign-up site. Students are welcome to join parents during the Parent Teacher Conference, if they like.

### Parent Teacher Conference Sign-up Instructions (Mar 3 – 7)

Parents will be able to sign up for Parent-Teacher conferences on Friday, March 3@1:00pm. Parents please visit [burnett.schoolappointments.com](http://burnett.schoolappointments.com) to create an account. Meeting links will be published by each teacher through the school appointments schedule or emailed home.