



BURNETT WAAG

November 20 – November 24, 2023

Monday November 20 (ABCD)	Tuesday November 21 (BLT - ABCD)	Wednesday November 22 (ABCD)	Thursday November 23 (BLT - ABCD)	Friday November 24 (ABCD)																																																
<p style="text-align: center;">Semester 1 Term 1 Learning Report Published to MyEd BC</p> <p style="text-align: center;">Ed Fac Meeting Library Lab @ Lunch</p> <p style="text-align: center;">University of Toronto 12:50pm to 1:35pm (Library)</p> <p style="text-align: center;">JNB Stuco Canned Food Drive November 20th to December 8th</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 D128 @ Lunch</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;">Project Serve Bake Sale</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;">Climate Action Now Timbits Sale @ Lunch</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;">ARC Donut Fundraiser Deadline to pre-order</p>
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Listening, Learning, and Leading
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 function sequentially, working from the bottom up. This means that our "old brain," which includes the amygdala and the brain stem, is activated first, followed by our upper brain - our "new brain," the cerebral cortex.

This sequence of activation is important because the old brain prioritize 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 reasoning. The "new brain" is our thoughtful brain. It houses our values, our personality, as well as our social skills. This is the part of the brain that we count on to resolve conflict.

Whether young or old, student or teacher, it doesn't matter who the person is; if they get stuck in the "old brain," their blood pressure and heart rate will rise, and adrenaline and cortisol will enter the bloodstream. This results in rapid loss of creative thought, logic, easing, and diminished empathy. In these situations, the individual is more likely to escalate an interaction by saying and doing things that they normally wouldn't. These actions and feelings occur 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 one doesn't get stuck in the "old brain", becoming overly upset or emotional, and then responding by fighting or fleeing. Knowing how to help an individual calm down and, more importantly, understanding how and when to take a time out when things begin to get out of hand are skills to learn and practice. **At Burnett we "Champion Students and their Learning."**

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

DATES TO REMEMBER:

Nov 20	Mid-Semester Report Card Marks Published to MyEdBC
Nov 20	Ed Fac Meeting @ Lunch
Nov 20	U of Toronto info session @ 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	Ensembles hosted by Burnett Sr Band w/St. Peters College
Dec 15	Conference Day @ Burnett (8:30am – 2:20pm)
Dec 18	Learning Progress Update sent home by teacher (if required)
Dec 19	Winter Concert hosted by Burnett Jr Band
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
Jan 11	PAC Meeting @ 7pm
Jan 15	Staff Meeting (Library) @ 3:10pm
Jan 23	Suggested Assessment /Evaluation cut-off for Semester 1
Jan 26	Last day of Semester 1
Jan 29	Semester Turnaround Day
Jan 30	First day of Semester 2

Report Cards published to MyEd BC
Semester 1 Term 1 Learning Reports will be published online on the MyEd BC Portal on Monday, November 20. 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?