



# The Black River Bear Weekly



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## The Roots of Resilience...

*"...you'll be alright- cause when push comes to shove, you taste what you're made of."* Rascal Flatts

Resilience is a term we use quite a bit at our school- this year more than ever! Resilience can be defined as the capacity a person has to overcome setbacks and face the challenges of daily life in order to grow and thrive. Optimism and hope are important aspects of resilience- along with a realistic outlook. It turns out that resilience is a pretty important aspect of a happy and successful life; an aspect that both families and schools can do a great deal to foster. Conversely, families and schools can do a great deal to undermine the development of resilience as well. Childhood stress and trauma can significantly reduce one's resilience as can limited opportunities for children to socialize with real people.

When we think about resilience, we are reminded of an example from nature; trees. Trees develop root systems that develop in response to the environment in which they are growing. Trees need the nurturing of water and nutrients in order to grow; but they also need the challenges of the wind and weather to develop stronger and denser root systems- roots that allow them to survive and thrive in their environment. Research and statistics tell us that a greater number of our children are struggling as they manage the challenges of growing up and the events of the past year have intensified this reality. Though we aren't certain of the *why* behind this reality we certainly don't doubt its accuracy- we see it in our classrooms every day. Researcher [Dr. Michael Ungar](#), has written that children need the following to develop resilience: *~structure and consequences; ~parent/child connections; ~diverse and strong relationships; ~a sense of identity & control; ~feeling of belonging; ~rights & responsibilities; and ~safety & support.*

The past year has certainly tested and challenged each of us; our communities, our institutions, our families and our students. We know that the connections, relationships and structure of school were missed greatly by our students. Even three months into the school year they remain quite happy to be here at school and most are thriving in spite of the pandemic restrictions. The experiences of the past 8 months have been generational and life changing; but they do not need to be life defining. Our focus this year will remain on maintaining connections, keeping us all safe and working to close any of the learning gaps that developed during the school closure. We know this work will need to continue beyond this school year for many of our students.

I am extremely proud of how we have worked together as a school community. What BRPS is 'made of'; the support of our parents and families, the cooperation of our students, and, the ability of our staff to adapt and adjust is a genuine, real world example of resilience.

*Brian Harrison*

## The Week Ahead...

Monday, November 23rd Day 3	Tuesday, November 24th Day 4	Wednesday, November 25th Day 5	Thursday, November 26th Day 1	Friday, November 27th Day 2
		Grade 3 Gifted Screening	Sports Jersey Spirit Day	

## Quick Hits...

**Winter Weather Wear...**With the arrival of the cold and snowy weather we wish to remind our students and families that our routine is to enjoy the outdoors during our morning and afternoon breaks. Parents are reminded to ensure their children are dressed for the winter weather every day as we do make sure we get our students outside every day. In cases where cold temperatures are extreme we will modify or shorten outdoor time. In addition, we are reminding families that, in order to keep a healthy airflow and supply of fresh air, teachers will be keeping classroom windows open over the winter months. We are suggesting that you make sure your child has a long sleeved shirt or sweater to wear in class to keep the chills away.

**Bus information & Inclement Weather...**To ensure the safety of students, school bus service may be cancelled due to inclement weather, extreme temperatures and/or poor road conditions. In these cases, parents and students should develop alternate care/transportation arrangements. Cancellation decisions will only be made after thorough consultation with the Safety Officers of our school bus companies accounting for several factors including precipitation, air temperature, road conditions and the weather forecast. A decision to cancel school bus service will be region-wide meaning all school buses, vans and taxis will not operate. Our board offers many regional programs. Students attending these programs are transported over a large attendance area often crossing several municipal boundaries which prevents the ability to cancel bus service by municipality or area. Please note the following key points:

- When bus service is cancelled all school tests and/or examinations will be cancelled and rescheduled.
- Student trips involving the use of school buses will also be cancelled.
- Unless otherwise stated, schools will remain open and parents can make arrangements to transport their children to and from school even if school bus service is cancelled. **If buses are cancelled in the morning, they will not operate in the afternoon.** Therefore students transported to school by parents will require the same transportation home.

**School Council Updates...**Parents are invited to join our **Black River School Council**. Council members work together to support student learning and wellness, host events and enhance our school program. The council meets via videoconference on the **first Monday of the month** (our next meeting is **Monday, Dec. 7th at 6:15**. Please follow our [Black River School Council Facebook Page](#) for more information on what we are planning and what is happening in the school.

**Ukulele Club...**Connors Music has offered families of those students who have signed up for our Ukulele Club a % 5 discount on the purchase of their own instrument. When prompted, please use the Promo Code **BLACKRIVERS** to claim the discount for either an online or in store purchase.

## November @ Black River Public School

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Day 4	3 Day 5	4 Day 1	5 Day 2	6 Day 3	7
8	9 Day 4	10 Day 5	11 Day 1 Remembrance Day- Students are encouraged to wear red and black	12 Day 2 Parent/Teacher Conferences- 4:00-7:30	13 PA Day Parent/Teacher Conferences- 9:00-12:00	14 Diwali
15	16 Day 3 BRPS Class of 2020 Virtual Graduation	17 Day 4	18 Day 5	19 Day 1 Progress Reports shared electronically	20 Day 2 Progress Reports shared electronically	21
22	23 Day 3	24 Day 4	25 Day 5	26 Day 1 Sports Jersey Spirit Day	27 Day 2	28
29	30 Day 3	Dec. 1 Day 4	Dec. 2 Day 5	Dec. 3 Day 1	Dec. 4 Day 2	Dec. 5

Please remember to check our school [website](#) calendar for current updates and information.