



The Black River Bear Weekly



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The Roots of Resilience...

Resilience is a term we use quite a bit at our school. 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. 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](#), stresses 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; safety & support.*

Prompted by our own observations and our student's voices; we are examining our school and classroom practices and structures to ensure that they are responsive to the realities of what we are seeing with our students and asking ourselves what practices need to be continued, which ones need to be eliminated and how we can best accomplish this. We welcome parent input into this work and look to work together to help our students learn, grow and thrive.

Brian Harrison & Christine Smith

The Week Ahead...

Mon. Nov. 25th	Day 1	Gr. 8 VIP
Tues. Nov. 26th	Day 2	
Wed. Nov. 27th	Day 3	Booster Juice
Thurs. Nov. 28th	Day 5	Pizza Lunch
Fri. Nov. 29th	Day 5	

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.

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 large attendance area often crossing several municipal boundaries which prevents the ability to cancel bus service by municipality or

- 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.

Council Corner...

School Lunchbox Orders...Our School Council has partnered with www.lunchboxorders.com as part of its ongoing fundraising plan. For every lunch or Booster Juice order placed a contribution will be made in support of school programs and enhancements. Lunchbox Orders is paperless and cashless.

Council Updates and information...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 the **first Monday of the month** (our next meeting is **Monday, Dec. 2nd at 5:30**). Please follow our [Black River School Council Facebook Page](#) for more information on what we are planning and what is happening in the school.

November @ Black River Public School

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Booster Juice orders due @ 12:00 on Lunch Box Orders	Oct. 28 Day 2	Oct. 29 Day 3	Oct. 30 Day 4 Booster Juice	Oct. 31 Day 5 Pizza Lunch	1 Day 1	2
3	4 Day 2 Photo Retakes Gr. 7 VIP School Council @ 5:30	5 Day 3	6 Day 4	7 Day 5 Pizza Lunch	8 Day 1	9
10 Booster Juice orders due @ 12:00 on Lunch Box Orders	11 Day 2 Remembrance Day Service @ 11:00	12 Day 3	13 Day 4 Intermediate Girls Volleyball @ SDHS Booster Juice	14 Day 5 Pizza Lunch Parent/Teacher Interviews 4:00-7:30	15 PA Day Parent/Teacher Interviews 9:00-11:30	16
17	18 Day 1	19 Day 2	20 Day 3	21 Day 4 Pizza Lunch	22 Day 5	23
24 Diwali Booster Juice orders due @ 12:00 on Lunch Box Orders	25 Day 1 Gr. 8 VIP	26 Day 2	27 Day 3 Booster Juice	28 Day 4 Pizza Lunch	29 Day 5	30

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