



BRETON HIGH SCHOOL

BHS STANDS UP AGAINST BULLYING!



Breton High School students and staff took a stand against bullying and supported Pink Shirt Day on February, 23rd. It was awesome to see so many members of our school community celebrating a safe and caring school environment.

March Dates:

Mad about Plaid Day: Friday, March 4

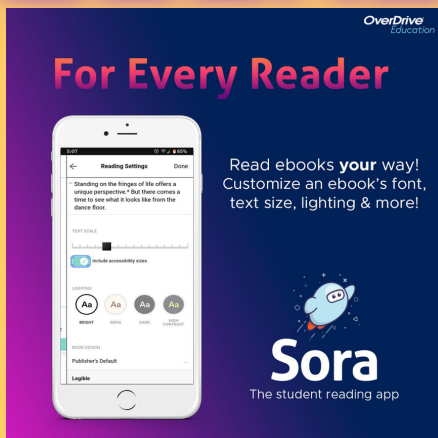
PAC: Monday, March 7 @ 5pm

Café Brew Haha: Tuesday's @ 11:30am

PD Day: Friday, March 11

Spring Break: Monday, March-Friday, April 1

HOOK'S BOOKS



SORA is available to every student, every day-Even over spring break! See Mrs. Hook for assistance.

Cafe Brew HaHa is starting in the Learning Commons Tuesday March 8th 11:30-12:15. This social connections group will be offered twice a month as a place for students to come together for some tasty snacks and conversation.

Family Wellness

Why Do Students Need Sensory Rooms?

School closures, disrupted routines, as well as the loss of favorite activities and social connections during the COVID-19 Pandemic has led to an increase in behavioral and mental health challenges among student populations all over the world. However, schools with sensory rooms promote resilience and self-care by giving students the opportunity to access a safe and calming environment to meet their own emotional, behavioral, and sensory needs.

Sensory breaks (or brain breaks) help restore focus and improve self-regulation when students return to the learning environment.

What is a Sensory Room?

Imagine a softly lit, quiet space filled with captivating lights, soothing sounds, relaxing and pleasant scents and a cozy atmosphere to be calm and take a breather and reset yourself.

Breton High School's new sensory room is equipped with a large bean bag chair, weighted blanket, mini lights, ceiling projector, diffuser, calming music, a number of stress toys and much more. A student will have the opportunity to sign up for a 20 minute block at the library where they will check their bag and phone/electronics and then be let in to the room.

Give Yourself a Break
Be kind to you and show yourself compassion.

Self Kindness
Treat yourself with consideration, gentleness, and thoughtfulness in the face of missteps.

Common Humanity
Remind yourself that in those moments when you stumble or are having a tough time, you are not the only one.

Mindfulness
Tap into your inner peace and treat yourself with kindness and consideration

Article
<https://www.psychologytoday.com/ca/blog/your-future-self/201804/giving-yourself-a-break>

Rethinking Rest
Rethinking what rest means to you and building pockets of time into your day for you.
<https://mentalhealthfoundation.ca/thinkingstress/>

Self Compassion Quiz
How self-compassionate are you?
https://greatergood.berkeley.edu/quizzes/embed/self_compassion

Helping Teens to Become More Self Compassionate
https://greatergood.berkeley.edu/article/item/how_to_help_teens_become_more_self_compassionate

Empower Students with Self Compassion
<https://www.mindfulschools.org/inspiration/empower-students-with-self-compassion/>

Quick ways to take a break and relax

- get out in the fresh air and go for a walk
- take a short nap
- cuddle a pet or a human
- sit in the sun with a favourite book
- grab a cup of your favourite hot drink
- call a friend for a chat
- practise some yoga
- take a long bath

Affirmation
I am releasing self judgement and accepting self love.

You deserve the love and kindness you so easily give to others.