

BHS NEWS

December 2024

With our temporary relocation to Warburg, there are often questions that come up that you may have. We ask that you email these questions to the office. We will compile them and answer them as best we can with a Q & A document that will be sent home in early January.

Send your questions to:

murray.carefoot@wrsd.ca
or
cheryl.mason@wrsd.ca



Looking ahead:

DEC 04	HOT LUNCH
DEC 05	12 DAYS OF CHRISTMAS STARTS - SEE THE CALENDAR FOR DETAILS
DEC 06/07	SR. GIRLS HOST BASKETBALL TOURNAMENT
DEC 12	PEP RALLY
DEC 13/14	SR. BOYS HOST BASKETBALL TOURNAMENT JV. BOYS @ FMHS BASKETBALL TOURNAMENT
DEC 16	MONTHLY PAC MEETING @ 7:00PM
DEC 23 - JAN 3	CHRISTMAS BREAK
JAN 6, 2025	CLASSES RESUME

Keep up to date with the
BHS Events calendar:

<https://bretonhs.wrsd.ca/about/calendar#/month/2024/12>

We are trying to keep everything up to date as possible.

Emails have been sent out as a reminder to please complete your SchoolEngage Demographic forms for this school year. Please take a few minutes and complete these forms. If you require assistance logging in or completing this form, please call the office.

Cougar Wear is on sale! We have a limited supply on some of our items. Approximately 25% off everything (except Hoodies) while supplies last. Order forms are in the office and attached to this newsletter. Payment is to be made at the time the order is placed.

December 4th - Hot Lunch
Hotdog, pop, chip for \$5.00

Pre-order with Ms. Kurylo by
December 3rd



BHS Contacts

Need to contact a staff member?

Firstname.lastname@wrsd.ca

Not sure which teacher to speak with?

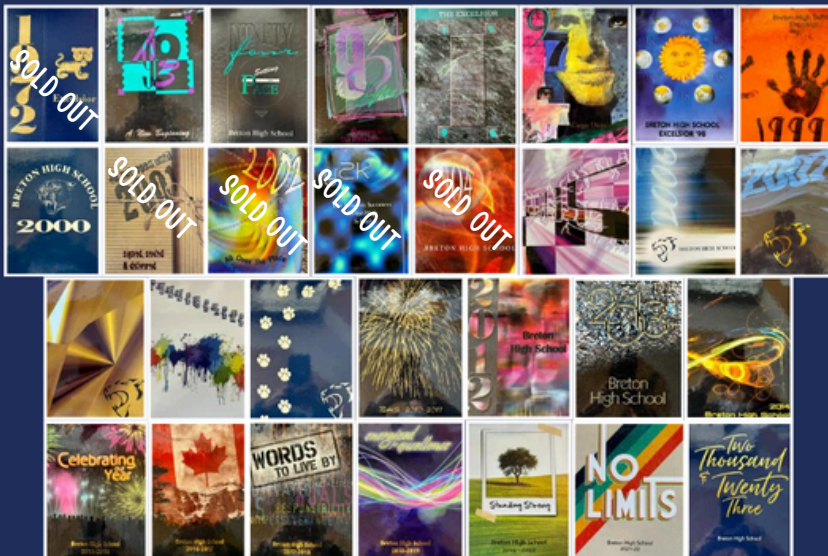
Log in to Power School to see your child's schedule
and the teacher will be listed

12 Days of Christmas Calendar 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			5 Christmas Hat Day! Wear your best Christmas hat! Grade 7 bring an item for Christmas Wishes	6 School colour dress up day! Grade 8 bring an item for Christmas Wishes
9 Christmas Character Dress up Dress up as your favorite Christmas Character Candy grams go on sale Grade 9 bring an item for Christmas Wishes	10 Cowboy Christmas Dress your cowboy clothes in Christmas Candy grams on sale Grade 10 bring an item for Christmas Wishes	11 Onesie Wednesday Pancake breakfast Candy Grams on Sale Grade 11 bring an item for Christmas Wishes	12 Classy Christmas Candy Grams on Sale Grade 12 bring an item for Christmas Wishes	13 Ugly Christmas sweater day. Candy Grams on Sale Office Staff bring an item for Christmas Wishes
16 Christmas cookie exchange. Candy Grams delivery! Caretakers bring an item for Christmas Wishes	17 Christmas Trivia day. Support Staff bring an item for Christmas Wishes	18 Christmas scavenger hunt. Teachers bring an item for Christmas Wishes	19 Pictures with SANTA!! 11:30am - Food Bank Donation required Anyone who hasn't brought an item yet bring an item for Christmas Wishes	20 PJ and Christmas movie afternoon. wear your favorite christmas PJs. Anyone who hasn't brought an item yet bring an item for Christmas Wishes

Breton High School The Twelve Days of Santa's Anonymous (Sant-Anon) Dec.5th - Dec. 20th

In addition to our "12 Days of Christmas" activities, we would also like to help out those in need in our community by asking everyone to please bring an unwrapped gift or non-perishable food item for Breton Christmas Wishes. Please see the calendar above as to when to bring your item.



**2023-2024 school year,
yearbooks are on sale now!
\$35.00 per copy**

*There are only 10 copies remaining

2024 Graduates - your copy is in the office waiting for you to pick it up if you haven't already.

Previous years' yearbooks are on sale too. If you'd like a copy of a previous yearbook, we have some from years ago that were hidden away, from 1992/93 up to 2022/23. We are selling these older ones for \$5.00 each. Stop by the office to purchase a little bit of BHS history. Cash or cheque only at the office.



BHS MERCH



NAME _____

Item	Color (Circle Choice)	Sizes available (Circle Choice)	Crest (Circle Choice)	Price
Hoodie \$30	Blue Gold Grey	YL, S, L, XL, XXL YL, M, L, XL YL, S, M, L, XL, XXL	Cougar or Paw Print	
Long Sleeve Shirt \$20 \$15	Blue Gold Grey	YL, XL, XXL L, XL, XXL YL, L, XXL	Cougar or Paw Print	
T-Shirts \$15 \$11	Blue	M, L, XL, XXL	Cougar or Paw Print	
Shorts \$20 \$15	Blue Gold	YL, S, M, L, XL M, L, XL	Cougar or Paw Print	



Cougar Wear available for sale in the office while supplies last.

Scarf ~~\$15~~ **\$11**

Yellow Ball Caps ~~\$15~~ **\$11**

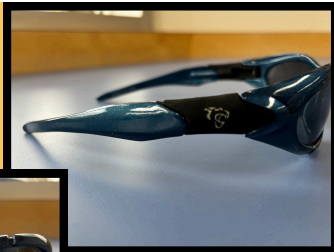
Pom Pom Toque ~~\$15~~ **\$11**

Sunglasses ~~\$20~~ **\$15**

Licence Plate ~~\$10~~ **\$5**

Backpack ~~\$65~~ **\$45**

Total _____



With the upcoming temporary move of Breton High School to Warburg School in February, there has been some anxiety in the community about how this will impact our kids. Our Family Wellness Worker shares the following article.

Raising a Teen who can Adapt to Change

Change, uncertainty, and transition are a reality of life. The extent to which we are able to effectively respond to change has a significant bearing on our lives. Change isn't easy for anyone, but for some people it can be more difficult than for others. Unexpected changes can lead to anxiety, depression or the use of unhealthy coping skills. Fortunately, research shows that we can be taught how to be more adaptable, which then allows us to better succeed in our ever-changing world.

The following tips give some ideas of how you can help develop flexibility in teenagers.

Alter the everyday routine. Routines are great because they help kids know what comes next. Young children often thrive when they have specific daily routines in the home, but sometimes the dependence on routine increases rigid thinking. If you're looking for a simple way to start building your teen's ability to adapt, start by changing up your family's routine and doing everyday things differently. Even making the smallest of changes like everyone sitting at a new spot at the dinner table, taking a walk after dinner instead of watching TV, or daring your teen to use their non-dominant hand to brush their teeth can help their brain build and strengthen new neural pathways.

Seek out new experiences. Each time your teen experiences something out of the ordinary or learns something new, their brain creates new synaptic connections and releases dopamine, which enhances memory, motivation and learning. One of the most obvious ways to gain new experiences is traveling. When traveling, so many unexpected things occur, such as flight delays or getting lost. Plus visiting a new place exposes your teen to different cultures (and sometimes even a new language if visiting a different country). But even if you can't travel, you can expose your teen to new activities, such as learning a new musical instrument, taking a new class, or even exploring a part of town you're not familiar with.

Meet new people. Along the same lines as seeking out new experiences, encourage your teen to meet people from outside of their normal social circle. Getting to know someone from a different culture or walk of life, whose perspectives and viewpoints are likely to differ from your own, can help you to be less rigid in your way of thinking and accept that there may be more than one "right" way of looking at things.

Teach positive ways to handle change. As your teen faces difficult changes in their life, teach them positive ways to handle it. If they learn these skills at a young age, they will have a better chance of adjusting successfully to transitions in their adulthood.

- Encourage positive thinking. When their circumstances change, help your teen minimize their disappointment and maximize their enjoyment. In other words, if your teen focuses on all the negative aspects of the change, they will resist and hate the change. If they look for the opportunities that the change is bringing, your teen will feel more positive about their situation.
- Teach positive self-talk. We all say things in our head about ourselves and our situations. Help your teen become more aware of what they are saying about themselves. Encourage your teen to remember times in the past when they successfully handled a challenge. Help your teen identify their strengths. When your teen is able to say to themselves that they are perfectly capable of overcoming the challenge, they will approach the change more positively.
- Focus on choices. One reason we hate change is that we like to be in control. Having choices helps us feel back in control, so help your teen see that there is a choice in every situation, even if that choice is as simple as 'I can do nothing' or 'I can do this small thing.' Your teen might feel less "stuck" if they have options, but be sure to help them consider the consequences of what their choices could bring.
- Teach problem-solving. Teaching teens to use problem-solving skills helps them cope with unexpected change with less frustration. Encourage your teen to state the problem, consider at least three solutions to the problem, make a list of pros and cons for each solution, and choose one solution to implement.
- Consider possible scenarios. Help your teen "walk through" in their head what the change will bring. How will the change affect their situation as a whole? What things are going to happen because of the change? Considering different scenarios increases a teen's flexibility, helps the changes feel more predictable, and can even dispel fear as they realize that the "worst-case scenario" isn't as bad as they thought.

Final Thoughts...

Learning to adapt to change will make your teen feel happier and more satisfied with life, reduce anxiety, become a good leader, and be more successful in relationships and the workplace.