



THE BEAR NECESSITIES

Buckhorn Public School Newsletter

1783 Lakehurst Rd. Buckhorn, K0L 1J0 * 1-705-657-8803

Safe Arrival 1-844-434-8119 <https://buckhorn.kprdsb.ca/>

*Twitter @BuckhornPs *YouTube 1783Lakehurst



Ziisabaakdake Giizis
Sugarbush Moon, Apr



Spring has sprung, birds are out, and we are excited to share in all the great things happening at Buckhorn.

You will notice that the top right of our newsletter identifies the month a little differently. As part of our passport to reconciliation work, we will be changing the header on our newsletter to reflect the moon of the month as identified in Indigenous culture. There is a lot to learn by changing the language we use. It opens us up new relationships to our world and conversations within our community.

April is known for the Sugarbush Moon. A. Nowicki, has been collecting syrup by tapping the trees on the school property with our students. Thanks to the generous donations from one of our families and our extraordinary volunteers, our kindergarten classes will be having their own syrup on pancakes Monday, April 4. We are showing them how to harvest from the earth and sharing teachings from the medicine wheel in context of the changing seasons.

We have a multitude of days of significance this month through which your child(ren) can show our school spirit.

- Friday, April 1 we look to see everyone in Tie Dye in support of World Autism Day recognized on April 2. This year marks the 15th annual World Autism Awareness Day. <https://www.autismspeaks.org/world-autism-awareness-day>
- Wednesday, April 13 is the International Day of Pink when we wear pink and stand against Bullying, Discrimination, Homophobia, Transphobia, and Transmisogyny across the world. <https://www.dayofpink.org/en/home>
- April 17-23 is National Volunteer Week. Join us in shining a light on the people and causes that inspire us to serve, recognizing and thanking volunteers who lend their time, talent and voice to make a difference in their communities. <https://www.pointsoflight.org/nvw/>
- Friday April 22 is Earth Day. I challenge each of you to see how many of the 12 challenges you can complete today and invest back into our planet. Look in the newsletter for the list. <https://www.earthday.org/earth-day-2022/>
- Thursday, April 28 we welcome Kehewin Native Dance Theatre. Parents are welcome to this outdoor event. If you would like to attend as a spectator, please RSVP Kimberly_Wonnacott@kprdsb.ca by April 25th.

We are also planning for our 50th in September of 2022. Please contact Kirsty_Hill@kprdsb.ca if you would like to join the planning committee. There is information in the newsletter and a link to a survey that you can complete so your ideas are represented on this special occasion.

Thank you to all of Buckhorn for their support and the joy they bring to our school community.

Rachelle Duffus



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Rachelle_Duffus@kprdsb.ca
Shelley_Robbins@kprdsb.ca
Ryan_Ramage@kprdsb.ca

Kirsty_Hill@kprdsb.ca
Sharon_Pomeroy@kprdsb.ca
Marissa_Kidd@kprdsb.ca
Katherine_Hogan@kprdsb.ca
Rebecca_Soden@kprdsb.ca
Julie_Hockridge@kprdsb.ca
Matthew_Cole@kprdsb.ca
Melissa_Davidson@kprdsb.ca
Rachel_Hensen@kprdsb.ca
Stephanie_Cavanagh@kprdsb.ca

BUCKHORN

STAFF 2021-2022

Principal
Office Assistant
Head Custodian

James_Brake@kprdsb.ca
Diane_Lloyd@kprdsb.ca
Kailee_Dupuis@kprdsb.ca

Marylouise_Hennan@kprdsb.ca
Laura_Lukinuk@kprdsb.ca
Audrey_Nowicki@kprdsb.ca

Cailey_McCallum@kprdsb.ca
Samantha_Malone@kprdsb.ca
Noel_McNabbKidd@kprdsb.ca
Kelly_Coooney@kprdsb.ca
Julia_Harrison@kprdsb.ca

JK / SK
ECE
JK / SK
ECE
Gr. 1
Gr. 1/2
Gr. 2 / 3
Gr. 4
Gr. 5
Gr. 6



Superintendent
Trustee
First Nations Trustee

French / SERT
Library / JK/SK
Primary Planning

Child and Youth Worker
Educational Assistant
Educational Assistant
Educational Assistant
Personal Care Assistant



Marissa Kidd, OCT



Katherine Hogan, ECE

Welcome to the new team in full day kindergarten, M. Kidd and K. Hogan. They sent home a letter via EDSBY to all families and will be touching base with each of you by phone. Katherine is of Indigenous background and is a fancy shawl dancer. She is looking forward to many new experiences and to learning with the children. Marissa holds a Master's degree in environmental education. She has three young children of her own and is excited and for everyone to experience the coming of spring. We are happy to have them join the Buckhorn family!



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Join Us!

COUNCIL

SPEAK OUT BE HEARD MAKE A CHANGE
WE MUST BECOME THE CHANGE WE WANT TO SEE

Co-chairs: Caroline VanNoort and Allison Schultz

Treasurer: Endrit Karaj

Secretary: Ashley Garbutt

Next meeting Thursday April 21st 6:30pm in person or virtually!

Stay Connected

Join the **Buckhorn Public School Parent Social Group** on Facebook to connect with other Buckhorn Public School parents and engage directly with the Buckhorn Public School Parent Council! Information on upcoming meetings, the progress of fundraising efforts (and where we're choosing to direct Council funds), and news of other community and school initiatives will be shared by Council on this platform as well as providing all parents with an opportunity to bring forward topics they would like to see Council explore. You can also check out the Buckhorn Public School website <https://buckhorn.kprdsb.ca/Community/School%20Council> for up-to-date financials, principal's report and previous meeting minutes.

Seeking BPS Parents' Input

We are looking for volunteers and committee members for the end of the year School Council Fun Fair Fundraiser! If you would like to get involved and connected please reach out to carolinejvannoort@gmail.com and we would love to have you as part of the team!

School Cash Online

We want to remind parents the easiest and best way to make a donation to the school or help pay for your child's upcoming activities is through the school cash app. It's easy to set up online and connect to your account like a debit. Making it simple to support exciting additions like Jimmy the breakdancer! <https://kprdsb.schoolcashionline.com>

Next Meeting Date

Thursday April 21st 6:30pm, We hope to kick this off as our first in person meeting since the pandemic. We welcome you to join us in K. Hill's FDK classroom (first classroom inside the doors of the school) or virtually at https://kprdsb.webex.com/meet/rachelle_duffus



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Buckhorn Proud March Award Winners for Honesty



James M
Riley H
Rowyn H
Adam K

Brady V
Katalin K
Noah H
Addy H
Will H

Parker M
Corbin S
Tiler P
Aurora H



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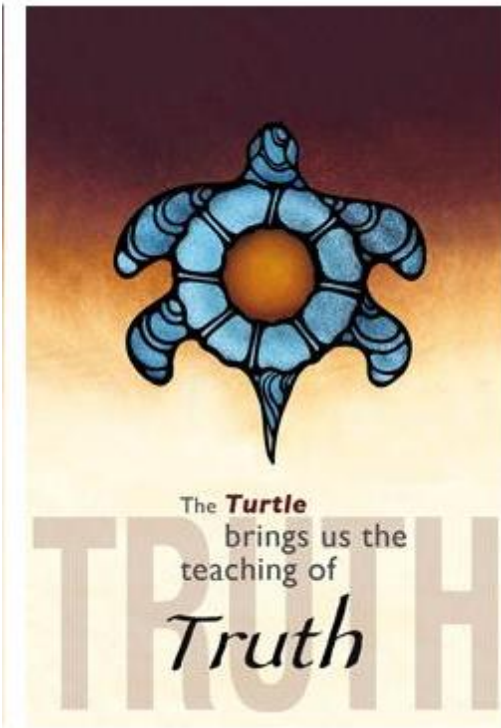
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In April we celebrate the KPR Character Education Trait of Responsibility. To be responsible means:

- I am responsible for my choices
- I am responsible for my thoughts, words and actions
- I admit my mistakes and work to correct them
- People can depend on my to honour my commitments
- I demonstrate active citizenship

We equate this to the Seven Grandfather Teaching of Truth or "Debwewin." Truth is represented by the turtle as he was here during creation of Earth and carries the teachings of life on his back. The turtle lives life in a slow and meticulous manner, because he understands the importance of both the journey and the destination. Truth is to know all of these things. In May.



Safety Reminder from Trent Lakes Fire Rescue

Trent Lakes Fire Rescue want to remind you that:

While Spring is here, there is still ice on the lakes and ponds. Stay off any ice as it is thinning and breaking up now and is very dangerous.

Rivers and streams are running swiftly. Keep off the banks because you could slip on the wet edge and fall into the fast-runner water.

Stay safe!





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Buckhorn Earth Day Challenge!

How many can you complete at home?

1. Be a part of the change. Change your diet to fight climate change! Try participating in meatless Mondays! Check out some [plant-based recipes](#).
2. Try a [foodprint calculator](#) to find out exactly how your meals impact the planet.
3. [Calculate your personal carbon footprint](#) and make changes to reduce it — it's something we can all do to help the planet.
4. Plastic pollution is one of the most important environmental problems that we face today. [Calculate your personal plastic consumption](#), then use our tips to help break free from single-use plastics!
5. Test your knowledge of regenerative agriculture and [take our quiz!](#)
6. How much do you know about clean energy? [Test your knowledge by taking our quiz and make small adjustments to reduce your carbon footprint.](#)
7. How much do you know about the threats that our oceans and marine creatures that call them home face from plastic pollution? [Take our quiz and learn more today!](#)
8. Action requires education. [Test your knowledge of climate and environmental literacy with our quiz!](#)
9. With the [Global Earth Challenge](#) app, you can take photos of the horizon to help scientists estimate air quality through lightwaves in your photo. Help advocate for cleaner air near you.
10. [Use a reusable water bottle](#) to make a big impact on your plastic consumption.
11. Practice sustainable fashion! Donate your old clothes and home goods instead of throwing them out. When you need something, consider buying used items. Used does not always mean unfashionable!
12. Save electricity and turn off lights when you leave the room.



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Buckhorn Public School is Celebrating 50 Years

In the fall of 2022, Buckhorn Public School will be celebrating its 50th anniversary. We are looking for input from the community as we plan our celebrations.

We are tentatively planning celebrations on Friday, September 23, 2022.

Buckhorn Public School

1972 **50** 2022
Year

ANNIVERSARY

Looking for committee members. If interested please contact rachelle_duffus@kprdsb.ca

or kirsty_hill@kprdsb.ca

or call 705-657-8803

We have created a brief survey and would love to hear your ideas. The questions are:

1. We will be opening our doors to welcome current and former staff, students, alumni and community members. Are you planning on attending the 50th in the fall of 2022, if so, in what capacity?
2. What would you like to see a part of the 50th celebration as long as they align with public health guidelines?
3. Are you interested in helping, if so in what capacity?
4. Is there anything else you would like us to know?

Please take a moment to complete this brief survey at:

<https://docs.google.com/forms/d/1XCoCx70HZLXJpJYzSAGPVBD1GqOzCeVDhzsS1OKPga0/edit>

Many thanks!

love over hate.

April 13, 2022 is the International Day of Pink!

Discrimination takes many shapes, whether it's based on race, age, disabilities, gender or sexuality. The 2SLGBTQIA+ community is no stranger to the bullying and violence that stems from hateful beliefs. While progress has been made towards removing these social barriers from our society, discrimination persists. So, every year, on the second Wednesday of April, we urge people around the world to put on a pink shirt and stand in solidarity with the 2SLGBTQIA+ community to continue fighting for equality and acceptance.



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KEHEWIN NATIVE DANCE THEATRE
ONTARIO TOUR 2022

Trickster Trilogy

Dancing the Red Path

Hoop and Mask Workshops

TOUR DATES

APRIL 20	RAMA	APRIL 26	U OF TORONTO
APRIL 21	RAMA	APRIL 27	U OF TORONTO
APRIL 22	TRENT	APRIL 28	BUCKHORN
APRIL 23	TRENT	APRIL 29	CURVE LAKE
APRIL 25	WARKWORTH	APRIL 30	CURVE LAKE

Parent Reaching Out Grant

Dancing the Red Path

School Council wanted to support the Truth and Reconciliation work being done at Buckhorn through the Parents Reaching Out Grant. Their application for funding was approved and they wrote to Beany John. "In an effort to both learn from and better celebrate Indigenous culture and in an effort to take some meaningful steps towards reconciliation, our school and our council would really appreciate the opportunity to better amplify and integrate authentic Indigenous voices and traditions into our school and our community."



We are excited to host the Kehewin Native Dance Theatre in the backyard at Buckhorn on April 28th. They will be Dancing the Red Path."

The write up on their website talks about the meaning of this dance. "What is the importance of the drum, the meaning of the dance and the designs worn by the dancers? These questions and more are answered through song and dance in a vibrant display of Traditional & Contemporary Pow Wow dancing that includes a riveting rendition of the Hoop Dance performed to contemporary music and ends with the audience joining in on a Round Dance/Friendship Dance."

If you would like to attend as a spectator,

please RSVP Kimberly_Wonnacott@kprdsb.ca by April 25th.

The dance will begin at 11:30. At 11:15 student leaders will meet you at the side gate where students enter into the school yard in the mornings. They will escort you to picnic tables set up around the performance.

Thank you to council for making this event possible.



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WELCOME TO OUR 2022-2023 Buckhorn Bears..

IF YOU HAVE A CHILD WHO WILL BE FOUR YEARS OLD BY DECEMBER 31, 2021, PLEASE REGISTER FOR SCHOOL AT

https://www.kprschools.ca/en/our_schools/resources/elementaryprograms/kindergarten.html

EVELYNNE

BRAAXON

LUKE

AVA

Bennett

Noah

Chelsea

Max

Jordyn

TRACE

Aleksander

Kacey

Holder



Kindergarten Registration



Based on updated provincial guidance, and in discussion with local public health partners, we can begin welcoming volunteers back into KPR buildings. Volunteers must follow the attestation process, which is outlined below.

In KPR schools, the following people must attest to being fully vaccinated (and provide proof of vaccination) prior to assisting in a school setting:

- Volunteers including parents/guardians and community members
- All college/university placement students (including teacher candidates, nursing candidates, ECE students, EA/CYW students, etc.)

Volunteers and placement students will be asked to attest using an online form, [available by clicking here](#).

After completing the attestation process, volunteers and placement students must print or bring an electronic copy of their vaccination receipt to the school when volunteering. This can be shown at the school office or to your activity contact person at the school during the sign in process.

As a reminder, all visitors to schools must also complete the provincial COVID 19 school self-screener prior to attending school each day: <https://covid-19.ontario.ca/school-screening/>

We are currently looking for volunteers to:

Read with children

Help make walking sticks

Prepare for the 50th



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Many people have asked,

“How can I make a donation to Buckhorn Public School?”



Please use KPRD

First and foremost,

to make a donation:

account <https://kprdsb.schoolcashionline.com/>



Once you have logged into School Cash Online: (click “Make Donation”)



Kawartha Pine Ridge District School Board

Items Search

Kawartha Pine Ridge District S

After you click “Make a donation” you will see the following: (follow the green arrows)

Gift Information

I would like to make a donation of: \$20 \$50 \$100 \$250 \$500 \$1000 Other Amount:

School: Initiative:

Tribute Information

This gift is: This is optional Name of honoree:

Message to School Board

Message: (Optional)

Make sure to enter this in the message area where you want the money to go – hot lunch, programming, 50th, playground.

Tax Receipt

A donation receipt will be emailed to you upon completion of your cart checkout

Tax Receipt

A donation receipt will be emailed to you upon completion of your cart checkout.



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Sugarbush Moon, Apr

Every Friday, EVERY child has

HOT LUNCH

Thank You
Thank You
Thank You!!!! to:



Stay healthy. Stay calm.

8 tips for managing your child's anxiety about COVID-19.



Create a routine.



Listen to your child and check in frequently.



Look for signs of anxiety.



Teach coping skills.



Focus on controllable tasks like washing hands.



Encourage positive thinking.



Stay connected.



Seek professional help if needed.

Stay Healthy

Families are facing major changes in their day-to-day lives because of [coronavirus disease \(COVID-19\)](#). With all the unknowns that come with a new virus, it's normal to feel anxious about the "what ifs" and the future. There are ways parents can help children cope with stress and anxiety about COVID-19. Every month we will offer tips on how to help children with anxiety about COVID-19.

7. Stay connected with others

While social distancing is an important way to help prevent the spread of COVID-19, it can present unique challenges when managing anxiety. "We're being told to isolate, which is actually a symptom of

depression," explains Kumar. "That's why it's important to actively and creatively find ways to foster human connection."

Even while maintaining safe social distance, there are ways to connect with others. Video chat or call family and friends, draw pictures for classmates or write your teacher an email or letter. Decorate signs to put in your windows for neighbors to see when they walk by. Some families are [even making approved handmade masks](#) to donate to health care workers who are on the frontlines.



Grade 6's, save the date.

Grad Picture Day!

Please come straight to the library off the bus.
It is recommended you wear a plain white shirt.

A gown will be provided.



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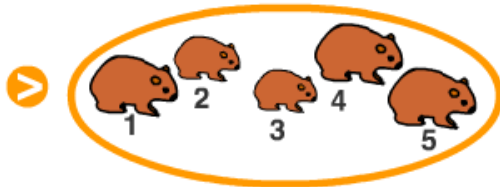
Illustrated Mathematics Dictionary Geometry and Spatial Sense

cardinal number

• the number of items (elements) in a set, where the items are counted in order ... 1, 2, 3, 4, 5, etc

EXAMPLES:

Repeat click the buttons to see the sets grow.



cardinal number = 5



cardinal number = 5

ordinal

• number that shows place or position.

EXAMPLE:

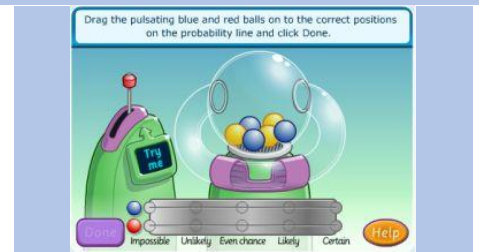
Drag the boats to their correct place in the race.

1st 2nd 3rd

1st 2nd 3rd

Have you tried these IXL games? They are FREE for all Buckhorn families! Just login to

<https://ca.ixl.com/signin>



Terms Facilitating Shared Understandings around Equity, Diversity, Inclusion and Awareness

The 519's Glossary of Terms
Facilitating shared understandings around equity, diversity, inclusion, and awareness.
bit.ly/519glossary

This LGBT2SQ terms and definitions Glossary was created by The 519 Church Street Community Centre, with some additional terms added to this website by Rainbow Health Ontario. Please visit The 519's website for the original version. Thank you to The 519 and all who contributed to this glossary.

Please note that terms and definitions in this glossary will change over time as changes in thinking and attitudes towards vocabulary about sexual orientation and gender identity happen. These terms and definitions are not standardized and may be used differently by different people and in different regions.

<https://www.rainbowhealthontario.ca/news-publications/glossary/>



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PLEASE REVIEW THE UPDATES TO PETERBOROUGH HEALTH COVID PROTOCOLS

My Child Did NOT Pass the COVID-19 Daily Screening. Now What?

(Please see [SCHOOL AND CHILDCARE SCREENING TOOL](#) for details on symptoms and screening.)

If your child has **ONE** new or worsening symptom (that is not related to a known cause or condition) which includes:

- Fever and/or chills (37.8 °C or higher)
- Cough or barking cough (croup)
- Shortness of breath
- Decrease or loss of sense of taste or smell
- Nausea/vomiting, diarrhea

If your child has:

- Been directed by a health care provider or public health to isolate OR if your child is not at least 14 days post 2nd vaccination and has:
 - ✓ Travelled outside of Canada in the past 14 days
- OR
- ✓ Been identified as a close contact of someone who has COVID-19
- OR
- ✓ Has received a COVID-19 Alert exposure notification on their cell phone in the last 14 days

STOP

Your child must not attend school or child care.
Contact the school or child care to let them know.

Your child must self-isolate (stay home) and book a **COVID-19 test at an assessment centre** and/or seek medical advice.

*All household members must self-isolate EXCEPT those who received their 2nd vaccination at least 14 days ago or were previously positive for COVID-19 within the past 90 days AND have no symptoms.

Refer to the **Return to School or Child Care** protocol.

STOP

Your child must not attend school or child care.
Contact the school or child care to let them know.

Your child must self-isolate (stay home) and follow the advice of the Local Public Health Unit.

If your child develops symptoms, you should **book a COVID-19 test at an assessment centre** and/or seek medical advice.

Refer to the **Return to School or Child Care** protocol.

***Anyone who has passed the COVID-19 Screening Tool but has symptoms of illness should stay home until they feel better.**



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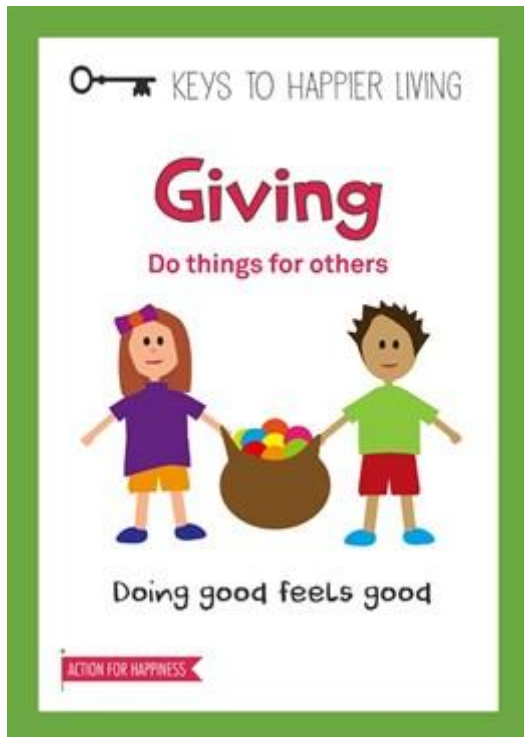
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Positive Psychology: Harnessing the Power of Happiness, Personal Strength, & Mindfulness



Mindfulness is now being examined scientifically and has been found to be a key element in stress reduction and overall happiness. Every day at 1:40 pm we will take a school wide mindfulness break.

Urge surfing – Cope with cravings (for addictive substances or behaviors) and allow them to pass. Notice how your body feels as the craving enters. Replace the wish for the craving to go away with the certain knowledge that it will subside.



Keys to Happier Living

Western neuroscience (the science of the brain) has now confirmed what Eastern wisdom has known for a long time: happiness is a skill we can learn.

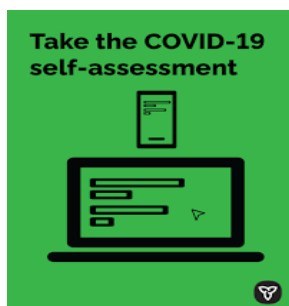
Research shows that happiness, compassion and kindness are the products of skills that can be learned and enhanced through training, thanks to the neuroplasticity of our brains.

Every month we will present you with a challenging action to take to increase your happiness.

ACTION 8

Find your strengths and focus on using them It makes

sense to make the most of what we've got doesn't it? Understanding and using our strengths is about focusing on the things that come most naturally to us and that we love to do.



Every morning before heading to school, staff and students **must** complete the daily self-screening, available at

<https://covid-19.ontario.ca/school-screening/>.



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Follow us on Twitter @BuckhornPs! Connect with us on EDSBY! Check out our YouTube channel 1783Lakehurst					
	Monday	Tuesday	Wednesday	Thursday	Friday
8:20 Supervision Begins					1 Day 1 
8:55-9:45 Announcements Period 1 9:45-10:35 Period 2	4 Day 5	5 Day 1	6 Day 2	7 Day 3 	
10:35-10:55 Nutrition Break 10:55-11:15 Recess					
11:15-11:55 Mindfulness break Period 3 11:55-12:55 Period 4	11 Day 4	12 Day 5	13 Day 1 Graduation PHOTO DAY 	14 Day 2 	
12:55-1:15 Nutrition Break 1:15-1:35 Recess		19 Day 3 POINTS OF LIGHT NATIONAL VOLUNTEER WEEK	20 Day 4	21 Day 5 COUNCIL SPEAK OUT BE HEARD MAKE A CHANGE WE MUST BECOME THE CHANGE WE WANT TO SEE	22 Day 1  
1:35-2:15 Mindfulness break Period 5 2:15-3:15 Period 6					
3:15 Dismissal	25 Day 2	26 Day 3	27 Day 4 	28 Day 5 	29 Day 1 