

October 21, 2024

## Upcoming Dates & Free Webinar Info

Hello BHS families,

Below are some upcoming dates and information on a free 3-part webinar series that begins tomorrow should it be of interest to you;

### Upcoming Dates:

Oct 24<sup>th</sup>: School Photo retakes

Oct 25<sup>th</sup>: Dress Down Day (\$1) or students wear BHSwear

Oct 25<sup>th</sup>: Halloween Fright Night (4pm-8:30pm)

Oct 30<sup>th</sup>: Sec 1-2 Fall Music Concert (7pm)

Oct 31<sup>st</sup>: Come in Halloween costume (prizes to be won!) or students wear BHSwear

Nov 5<sup>th</sup>: Governing Board via zoom (6:30pm)- contact admin for link

Nov 11<sup>th</sup>: Remembrance Day outdoor ceremony per 3 (15-20min - full school)

Nov 12<sup>th</sup>: Grad photos

Nov 15<sup>th</sup>: PED day/ Career Fair @JRHS 9am-12pm

Nov 20<sup>th</sup>: Sec 4-5 Music Concert (pm)

Nov 21<sup>st</sup>: Multicultural Fair (both lunch hours-A gym)

Nov 22<sup>nd</sup>: Term 1 Report cards available on Mosaik

Nov 22<sup>nd</sup>: Dress Down Day (\$1) or students wear BHSwear

Nov 21-22: Junior Play- details to come

Nov 22<sup>nd</sup> & 25<sup>th</sup>: SPVM class visits to sec 3

Nov 28<sup>th</sup>: Parent-Teacher Interviews (PM)- details and schedule to come

Nov 29<sup>th</sup>: PED day

Dec 3<sup>rd</sup>: Grad photo retakes

Dec 4-5<sup>th</sup>: Holiday Music Concerts (7pm)

Dec 16<sup>th</sup>-20<sup>th</sup>: Exam week- details and schedule to come

### Webinar:

**Three Part Parenting Series Oct. 22<sup>nd</sup>, Nov. 5<sup>th</sup> & Nov. 19<sup>th</sup> – How Can Parents Support Anxious Kids and Help Them Thrive? Workshops are designed for parents of children and adolescents.**

This webinar series will introduce parents to actionable strategies to help their children cope and build confidence. Drawing from evidence-based approaches, this series will provide parents with empowering insights into how anxiety develops and is maintained and what they can do to help. Parents will be guided on how to respond and make changes in everyday interactions that will reduce anxiety and help kids develop more confidence in their ability to work through difficult and uncomfortable emotions. These sessions will be

presented by Centre of Excellence for Mental Health (CEMH): Janna Gillis, M.A., Behavioural Consultant at LBPSB and CEMH, and Zmira King, Ph.D., OPQ, Psychologist at LBPSB and CEMH.

Register at the following link: [Workshop Registration of Parents and School Personnel](#)

Thank you for your continued support,

Elaine Fraser  
Principal