

Bowden Grandview School

DECEMBER 7, 2020



Dear grade 7 to 12 Parents,

As we kick off another stretch of online learning during this pandemic, we wanted to remind you of, and clarify, some expectations. This time we are being asked to conduct a full school day with **full curriculum expectations** which will require a more productive and effective learning experience than last spring. We need your help at home with making sure students are:

- virtually attending each class as per the regular daily school timetable, this is not the time for students to take on extra shifts at their part time job or to go skiing (etc.)
- distraction free with a good learning location and moderate level internet access,
- respectful while being digitally present in other people's homes,
- focused to complete their assignments by deadline dates to maintain learning timelines upon return.

Proper etiquette for online meetings is being established at the beginning of each class by the teachers, but this will require some extra discussions with students and their parents. As parents may be out of the house working, regular attendance using PowerSchool will be taken and absences reported to parents. As in face to face classes, regular attendance is vital for success and students are expected to attend their Google Meets and complete school assignments and assessments as they normally would.

While we appreciate the challenges this puts on everyone, please understand that this reminder is rooted in the students' best interest. For our grade 9 to 12 students, they will only have a few weeks to complete the semester when they return and we do not want them falling behind and struggling to finish their courses successfully.

Thank you for your understanding and cooperation.

Mr. Jeff Thompson Mrs. Dawn Weststrate
Principal Vice-Principal

What's Happening:

Tuesday, December 8

- Poinsettia pick up

Friday, December 11

- Non Instructional Day

Friends of Grandview Poinsettia Pick up

Tuesday,
December
11th

Staff Entry
(east side)
11:00am -





Ready, Set, Go!
Welcome to Online Kindergarten Registration
for the 2021-2022 school year!

**Beginning on January 11th
please visit our school
website to register online**

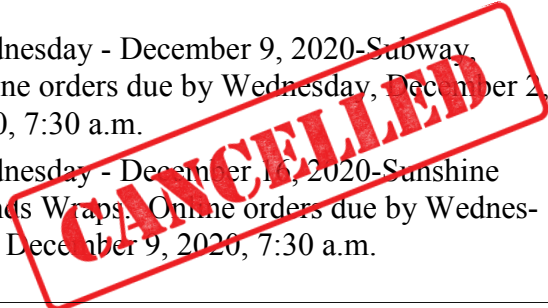


Sub-Way/Sunshine Blends Wrap



Wednesday - December 9, 2020-Subway
Online orders due by Wednesday, December 2, 2020, 7:30 a.m.

Wednesday - December 16, 2020-Sunshine
Blends Wraps: Online orders due by Wednesday, December 9, 2020, 7:30 a.m.



Due to circumstances due to Covid we are cancelling Subway, December 9 and Wraps, December 16. Funds will be placed back into your online payment account. Sorry for the inconvenience, hopefully we will be able to continue with our lunches in the future.

Community Resource Navigation Team

HAS COVID AFFECTED YOUR FAMILY?

Are you and your family feeling isolated?

Are you not sure where to go for help?

We can help you navigate & connect with Community Supports and Services

Complete Intake Form at www.fsca.ca
or contact Lynette at 403.309.8204
lbraun@fsca.ca





Community Education Service



Improving emotional health and well being

Helping Our Children & Youth Cope

Panelists:

Kathy Jarrell, Lead - Alberta School Mental Health Literacy Project, AHS

Brian Madill, Coordinator of Student Services - Red Deer Public Schools

Jodie Matta, Director of Support Services - Wetaskiwin Regional Public Schools

Let's boost the resiliency of our children and our families!

Has the current pandemic affected our mental health?

What can we believe?

Should we be worried?

Mental health is an essential component of personal well-being. Join our panelists as they discuss coping skills, balance and resiliency which can serve us well through the COVID-19 pandemic and beyond. Their insights and tips will support both your and your child's mental health and overall well-being.

Prior to the session, please send questions you would like addressed to

ces@ahs.ca

FREE Webinar
Tuesday December 1 2020
6:30 – 7:30 pm

Register <https://community.hmhc.ca/sessions>

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services.





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Introducing the Community Support Navigation Team

The Community Resource Navigation team exists to support families in accessing social supports as they reintegrate to schools and community post isolation and to build capacity for community resource navigation. COVID has affected and continues to affect many individuals and families in numerous ways. People throughout the community are struggling and trying to figure out where to go but just do not know where to start. FSCA supported by FCSS has created a pilot project called The Community Resource Navigation Team. We are here to support families in accessing appropriate Community Supports and Services working together to strengthen families, and to enhance their sense of safety and well-being.

What can we do?

- Support in Connecting to appropriate resources within the community.
- Meet with the family via phone, video meetings such as ZOOM, and we can arrange safe, in-person meetings if needed.
- Provide community referrals or help in obtaining referrals to the appropriate resource/agency.
- Offer info and understanding in navigating intake processes such as completing forms, assisting in booking appointments and even attending appointments with the family to provide extra support when possible.
- We have a diverse team with extensive backgrounds of experience and understanding in working with families and navigating community resources.

Complete the intake form online at <https://fsca.ca/community-resource-navigation-team/> or contact Lynette Braun at 403-309-8204 / lbrown@fsca.ca

We look forward to working together with you to support families and individuals in our communities to get back on their feet.

Thank you,
Lynette Braun for the Community Resource Navigation Team,
Family Services of Central Alberta



STAY CONNECTED WITH US AND JOIN US FOR SOME FUN

CHRISTMAS SCIENCE EXPERIEMNTS

Ages 6-11
 Be prepared to get messy and have fun!
 These experiments will be done virtually
 Pre-registration will be required due to supplies needed
 Call or text Kristin at 403-877-7163
 Date: Every Friday afternoon
 Time: 4:00pm-5:00pm







Innisfail and Area FRN 

STAY CONNECTED WITH US BY JOINING US DOING

VIRTUAL CHRISTMAS CRAFTS

Ages 0-5
 Date: Every Friday morning
 Time: 10am-11:30am

WE WILL REQUIRE PRE-REGISTRATION FOR SUPPLIES. PLEASE CALL OR TEXT KRISTIN AT 403-877-7163



Innisfail and Area FRN



Dealing with Disobedience, Hassle-Free Shopping and Coping with Stress

TRIPLE P PARENTING WORKSHOP

Practical ways to develop skills, strategies and confidence to handle these parenting situation. This workshop will focus on strategies geared for children ages 2 to 6 years.

WHERE:

Virtual

WHEN:

December 1st

Dealing with Disobedience

December 8th

Hassle-Free Shopping

December 15th

Coping with Stress

REGISTRATION REQUIRED:

Call or text: 403-877-7163

Email:

kristin.mcbride@mcmancentral.ca

Please let us know which classes you would like to attend

1:00pm to 3:00pm

Classes will be virtual



INNISFAILFRN



McMan



BUILDING BIGGER CONNECTIONS: TEENS @ HOME DURING COVID



Researchers at York University and the University of Victoria invite youth to complete this online survey on teen mental health during the COVID-19 pandemic. We are interested in your relationships, mental health, health behaviours, and understanding of the Black Lives Matter movement.

Who can take the survey?

If you live in Canada, are a Little with Big Brothers, Big Sisters, and are 12-18 years old.

No special background or knowledge is needed.



The online survey will take approximately 30 minutes to complete and is entirely anonymous.

Complete the survey and enter for:
One of TWO \$100 or ONE \$250 online gift cards to an online store of your choice!

For more info go to:
www.teensathomeduringcovid.com

