

Bowden Grandview School

DECEMBER 14, 2020



Merry Christmas from the staff & students at BGS Have a safe & relaxing holiday

Family information Regarding Travel - With the announcement of the International Border Testing Pilot Program, some families have inquired about future travel plans. While some restrictions have eased, it is essential that students and parents are aware of isolation restrictions specific to schools after travel outside the province. We would like to highlight a specific section of this program in regard to participants being prohibited from certain settings during the course of the pilot. The section below refers to school and child care and states;

“Child care programs (for example daycare, out of school care), K to 12 schools and post secondary institutions - attendees, students in schools and staff who work in these settings cannot go back to these settings until they have their second test and have received a negative result.”

Participants in this pilot are required to undergo a second test on day 6 or 7 after returning to Alberta. This means that children, parents and staff members will be allowed out of their homes after 2 days but they will not be allowed back into a school until after they receive a second negative test result, which given these timelines will be a minimum of 7-10 days from the time that participants are back in Alberta.

Please refer to this Alberta Government webpage for more information.

All other International travel that does not qualify for the pilot program will still require students, parents and staff members to isolate for 14 days after arriving back in Canada.

January 4-8 - Online learning for K-12 students
January 11 - All students return

What's Happening:

Tuesday, December 15

- School Council Meeting @ 12:00pm

Friday, December 18

- Ugly Christmas Sweater Day

Thank you to Friends of Grandview for making a \$750.00 donation to Bowden Silent Santa in lieu of our Little Shoppers Program



Thank you to Mrs. Lutz, Mrs. Hronek and Mrs. Fagan for volunteering their time to assist with our poinsettia Fundraiser!



Literacy Corner



Creating the joy of reading starts at a very young age for most; but sometimes it just takes a theme or character that makes us fall in love with reading at any age. As *Shrek the Halls* begins to play this holiday season, ask your kiddo "If you like Shrek, have you ever read..." and point them in the direction of these fantastic books!

Indigenous Education

Patrick Mitsuing is part of Chinook Edge's Foundational Knowledge Team. Bowden Grandview had the privilege to have him speak to us twice last year. He even shared traditional dance with us. Tune into Patrick's new video to learn more about the population of Native American people prior to 1492 and what happened that year.

https://www.youtube.com/watch?v=HkS32_6YQLM&authuser=0



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



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





Family Services of Central Alberta
5409-50th Avenue
Red Deer, AB T4N 4B7
Ph: 403-343-6400
Fax: 403-343-6407
E-mail: fsca@fsca.ca
Web: www.fsca.ca

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

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



Get support. Take control. Feel better.

If you're struggling to cope, you don't have to do it alone. Togetherall offers a safe, and anonymous community to connect from anywhere, at any time.

REGISTER TODAY



HOW CAN WE HELP?



Community

Share anonymously and get support from others like you. Accessible 24/7, our site is run by registered mental health practitioners.



Courses

Find courses specific to your concerns. Learn how to manage your mental health and feel better.



Resources

Access a variety of free articles, tests, and techniques to take control of your wellbeing.

WHY USE TOGETHERALL?

- Members interact anonymously so you're free to share without fear.
- Togetherall's community is accessible and active 24/7 by phone, computer or tablet.
- 24/7 moderation ensures that the community remains safe and supportive.

“

Togetherall gave me a place to feel safe, everyone was so supportive, it helped me through a difficult time.

”

LEARN MORE

16+

Free to all Albertans, register at:
togetherall.com

Or learn more at:
ahs.ca/virtualmentalhealth



togetherall



*We may share information we hold about you in circumstances of risk, where we may refer you to emergency services or to any health care professional or your commissioning institution to protect your welfare or the welfare of others.