

BOWDEN GRANDVIEW SCHOOL

February 8, 2021

Kindness Month

February is the shortest month but is packed full of holidays, from Valentine's Day to Pink Shirt Day. February is also National Random Acts of Kindness Month, making it the perfect opportunity to reinforce compassion and empathy in your child.

Performing a random act of kindness is exactly what it sounds like: deliberately attempting to brighten someone else's day by doing something kind for no specific reason. The intention behind it is to practice selflessness and altruism, but research has shown that there are, in fact, many benefits to practicing kindness. For children, showing kindness towards family, friends, their community, and strangers strengthens skills such as respect, responsibility, empathy, and compassion.

We have lots of wonderful activities happening in February at Bowden Grandview. Here are two things:

A. Kindness poster contest open to all students of BGS

Contest Rules

- Poster entries must provide a positive message of kindness
- Use only 8X11 OR 11x17 paper
- Must be student's ORIGINAL slogan and artwork
- NO syndicated, copyrighted, or clipart images

Judging

- posters must be submitted to Ms. Northrup by Monday, February 22nd
- student council will judge posters (Pre K - 3) / (4-6) / (7-12)

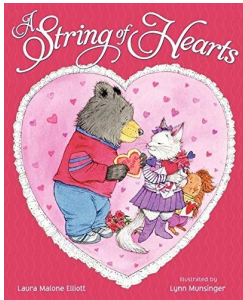
Poster entries are judged with regards to:

1. Illustration of Theme (KINDNESS)
2. Graphic Clarity
3. Content Originality
4. Spelling
5. Attractiveness

B. Wear pink on Wednesday, February 24th



Literacy Corner



A STRING OF HEARTS
 ~ Valentines come in all sorts of shapes and sizes. Some are home-made and some are store-bought. Some are funny and some are not. Sam wants to give just the right valentine to the most popular girl in the class, Tiffany. But what kind is the right kind? Mary Ann helps Sam figure out how to make all sorts of valentines. But will Tiffany even notice Sam if he gives her a special valentine?

February 14th is Valentine's Day, a day to show family and friends how much you love and appreciate them. Here at Bowden Grandview, we also see Valentine's Day as a perfect opportunity to practice creative writing skills — and take a fresh look at poetry, figurative language, and word play.

Young children with emerging writing skills can par-

ticipate in Valentine's Day writing activities. Here are a few ideas to inspire even the beginning writer:

Create a Valentine's Day coupon book for a family member or friend, full of simple things you will do to show your love and friendship.

Write a letter to your Mom, Dad, grandparent, brother, or sister telling them why you love them.

Describe a time when you felt especially loved.

Write an acrostic poem using a word like MOM, FRIEND, LOVE, or VALENTINE. Try this interactive acrostic learning tool from Read-WriteThink. (<http://www.readwritethink.org/files/resources/interactives/acrostic/>)

Indigenous Education

Aviaq Johnston is a Canadian Inuk writer from Igloolik, currently living in Iqaluit, Nunavut and Ottawa, Ontario. Her debut young adult novel *Those Who Run in the Sky* won the inaugural Indigenous Voices Award for English Prose. This Governor General's Literary Award-nominated author proves she is as

versatile as she is skilled with her children's book about a little Inuk girl trying to find her own power. We get to meet the immensely likable Nalvana and learn Inuktitut words as we follow her on her journey. Heartwarming and energizing for all readers.



Class of 2021 Fundraiser

Graduates will be selling Centennial Meat products until February 10th. Please make cheques payable to Bowden Grandview School

Name:	:020 Customer Orde		
Number:	* - GF		
Email:			
Item#	Description	Size: kg, pieces	QU ^F OODSERVICE
BEEF			
# 13670	6oz TOP SIRLOIN STEAKS AAA STERLING SILVER*	4.08kg, 24 pcs	\$145.00
# 21419	4oz TENDERLOIN - BACON WRAPPED	2.76kg, 24 pcs	\$100.00
# 51283	1/2oz ITALIAN MEATBALLS COOKED	4.54kg, 320 pcs	\$58.00
# 51449	GINGER BEEF W/ SAUCE	4.54kg	\$70.00
# 52159	GROUND BEEF 10 x 500 GRAM*	5.00kg, 10 x .500g	\$65.00
BEEF BURGERS			
# 53400	5oz STERLING SILVER PREMIUM BURGER*	4.54kg, 40 pcs	\$65.00
# 53218	6oz WILD DAVES BURGER	4.25kg, 30 pcs	\$63.00
# 53330	6oz PRIME RIB PREMIUM BURGER*	5.10kg, 30 pcs	\$77.00
# 53336	4oz Top Grass Grassfed Beef Burger	4.76kg, 42 pcs	\$95.00
PORK			
# 54682	PORK BITES BONELESS & BREADED	4kg, 315 pcs	\$55.00
# 54936	4oz PORK STEAK BONELESS*	2.76kg, 24 pcs	\$67.00
# 55365	BACON FRESH SLICED NATURALLY SMOKED*	5kg, AVG 154 slices	\$65.00
# 55903	MEADOWCREEK SPICY ITALIAN SAUSAGE*	5.00kg, 36 pcs	\$68.00
# 55905	MEADOWCREEK BRATWURST SAUSAGE*	5.00kg, 36 pcs	\$68.00
# 51363	BREAKFAST PORK SAUSAGE PATTIE/ ROUND	4.54kg, 100 pcs	\$68.00
# 56140	BREAKFAST PORK SAUSAGE	5kg, 154 pcs	\$52.00
POULTRY			
# 61399	6oz CHICKEN BREAST BONELESS/SKINLESS*	4kg, 23 pcs	\$58.00
# 59986	CHICKEN CORDON BLEU 170G	3.4kg, AVG 20 pcs	\$55.00
# 61518	CHICKEN WINGS COOKED PLAIN*	4kg, 85 pcs	\$58.00
SEAFOOD			
# 66265	1oz COD BITES BATTERED	4.54kg, 270 pcs	\$80.00
# 72651	6oz SALMON BONELESS/SKINLESS*	4.54kg, 26 pcs	\$95.00
# 73154	BACON WRAPPED SCALLOPS*	1kg, 30-40pcs	\$34.00
# 73961	SHRIMP 21-25 RAW PEELED & DEVEINED WHITE	2lbs (21-25 pcs/lb)	\$24.00
DESSERT			
# 77909	DEEP DUTCH BROWNIE SHEETCAKE	2.33kg	\$35.00
# 77986	NANAIMO BARS SHEETCAKE	3.06kg	\$35.00



Winter Break Movie Club

Over the Winter Break (February 16-19) the YES program will be running a movie club. Every day a different family-friendly movie will be featured.

The movie starts at 11:00 am.

The Movie will be streamed from a Google Meet site and participants will be sent the link ahead of time.

If your child would like to participate, please submit their email address below to bgeorge@cesd73.ca

Movie Schedule

February 16 (Tuesday)	Onward
February 17 (Wednesday)	Treasure Planet
February 18 (Thursday)	Home
February 19 (Friday)	Spiderman: Into the Spiderverse

February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 No Programs	2 Tot Tuesdays (2) Shape Sort 9:00am-10:00am Circle of Security With Tracy 6pm-8pm	3 Impact Youth Club (10-13) Virtual Pictionary 4:00pm-5:00pm	4 Mom's Group 9:30am-10:30am	5 Sea Buddies (3-5) Coffee Filter Jelly Fish 10am-11am Ignite Youth Club (6-9) Dancing Popoom Experiment 4:00pm-5:00pm	6
7 Tot Tuesday, Sea Buddies & Ignite Youth Club will be pre-recorded this week due to staff training. Check the FaceBook page for all videos they will be posted at 9am each day.	8 Teen Night (14-18) Virtual Escape Room 6:00pm-8:00pm	9 Tot Tuesday (2) Wash Station for Toys Circle of Security With Tracy 6pm-8pm	10 No Programs	11 Parent Support Group With Tracy 1:00pm-2:30pm	12 Sea Buddies (3-5) Celery Stamp Rainbow Fish Ignite Youth Club (6-9) Oil and Water Experiment	13 Daddy and Me (6-12) Building Bird Houses 11:00am-12:30pm
14	15 Family Day No Programs	16 Tot Tuesdays (2) Simon Says/Dance 9:00am-10am AHS Special Speaker Developmental Relationships and 40 Developmental Assets for your Teens (For Parents) 4:30pm-6:00pm	17 Impact Youth Club (10-13) Canvas Painting with Painters Tape 4:00pm-5:00pm	18 Mom's Group 9:30am-10:30am Teen Talk (14-18) Indigenous Speaker Ryan Willert 6:30pm-8:00pm	19 Sea Buddies (3-5) Under the Sea Bingo 10am-11am Ignite Youth Club (6-9) Magic Snow 4:00pm-5:00pm	20 Mommy and Me (6-12) Homemade Bath Bombs 11:00am-12:30pm
21 <i>Alberta</i>	22 No Programs	23 Tot Tuesdays (2) Trap Cut and Rescue 9am-10am	24 Teen Night (14-18) Virtual Escape Room 6pm-8pm	25 No Programs	26 Sea Buddies (3-5) Under the Sea Graham Crackers 10am-11am No Ignite Youth Club due to Staff Training	27
28						Family Resource Network

Innisfail & Red Deer County:

Weekly Community Programming Updates

Description of Programs

Tot Tuesdays:

Ages: 2
Time: Refer to calendar page for each community
Location: Refer to below location addresses for each community
About: Where we will work on play, and teaching as they grow

Travel Buddies

Ages: 3 – 5 years old
Time: Refer to times of calendar page for each community
Location: Refer to below location addresses for each community
About: Join us for the opportunity to learn, play and grow with your child.

Ignite Youth Club

Ages: 6–9 years old
Time: Refer to times of calendar page for each community
Location: Refer to below location addresses for each community
About: This youth club is perfect for the pre-teen who needs to get out of the house, have fun, build connections with other youth and stay busy. Each week we will have activities for the youth to participate in.

Impact Youth Club

Ages: 10– 13 years old
Time: Refer to times of calendar page for each community
Location: Refer to below location addresses for each community
About: This youth club is a great way to get out of the house and have some fun all while building new connections with other youth their age and stay busy. Each week is a different activity

Community Program Locations ALL PROGRAMS WILL BE VIRTUAL UNTIL FURHTER NOTICE

Travel Buddies: Innisfail United Church 4720 48th Ave

Ignite Youth Club: Family Resource Network office 5035 49th St.

Springbrook: Family Resource Center 3801 Airport Drive (same building as Cutie Pies Bakery)

Spruce View: Community Hall 2127 AB 54

Bowden: FCSS Office in the Olde Library Community Center 2213 19th Ave (south end of parking lot of Igloo Arena)

Delburne: Common Space Studio #4 2026 19th Ave 3

Pine Lake: Hub Community Center 20 36366 Rge Rd 252

Elmora: Elmora Legion 4th Ave

Innisfail & Red Deer County: Weekly Community Programming Updates

LIVE

breakyourownnews.com

Put on by YAC
partnered with the
Family Resource
Network

To pre-register call
or text Kristin at
403-877-7163

BREAKING NEWS

YAC HOSTING ESCAPE ROOM NIGHT

10:02 AGES 14+ | REGISTER AS A GROUP OR SOLO | FEB 8TH - 6-8PM | TEXT TO REGISTER!

Innisfail and Area FRN

YOUTH ACTION COMMITTEE

INNISFAIL MOMS JOIN US FOR MOM MOMENTS

Come talk about your fun, chaotic and challenging moments with other moms.

Receive tips, tricks and strategies from each other and our Family Facilitator

Every other Thursday starting January 7th
Program is from 9am to 10:30am
This program will be virtual

Registration is required
Call or text 403-877-7163
To save a spot

INNISFAIL FRN

McMan

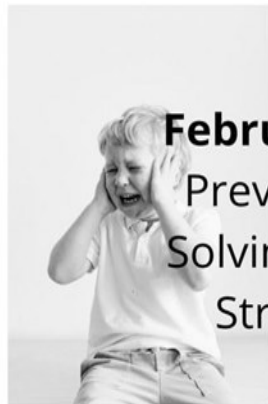
Family Resource Network Presents



Kids Have Stress Too-Parent Sessions

For Parents/Caregivers of
Preschool - Kindergarden
children

February 1-Session 1-
Introduction to Stress &
recognizing Stress in
Children



February 8-Session 2-
Prevention, Problem
Solving and Creating a
Stress-free Home

February 22-Session 3-
Stress Management
Strategies

All sessions 1-2:30pm

Facilitated by
Melissa Tubbs

**Stressed out Kids?
"This program is
designed to help the
important people in
children's' lives learn to
promote resiliency by
buffering the impact of
stress, and building
positive coping
strategies to deal with
life's stressors."**



Contact Mai-Britt at
403 845 6301 or

mai-britt.savill@mcmancentral
to register

**JOIN US EVERY FRIDAY
FOR**

*Ignite
Youth Club*

**TIME: 4:00PM-5:00PM
AGES: 6-9
WHERE: VIRTUAL**



Innisfail and Area FRN



McMan



JOIN US

EVERY OTHER WEDNESDAY
STARTING JANUARY 13TH
FOR

Impact Youth Club!

Time: 4:00pm-5:00pm

Ages: 10-13

Where: Virtual

Pre-register is required, call or text Kristin at
403-877-7163



FAMILY SUPPORT PROGRAM

The FRN Family Support program serves families with children aged 0-18.

This programming is intended to build parental/caregiver resiliency and is focused on the family unit to promote family wellness.

Programs are flexible and goal oriented to fit each family's specific needs with a focus on strengthening protective factors and reducing risk factors for all members of the family.

FOR MORE INFORMATION:

403-877-7110

jenny.crumley@mcmancentral.ca