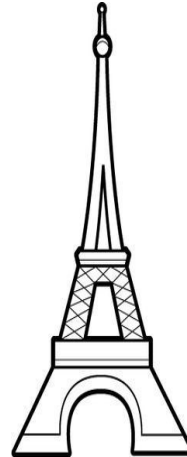
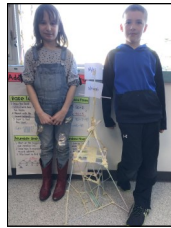
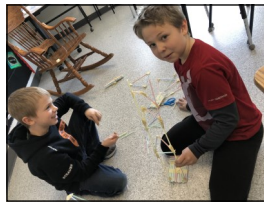


# BOWDEN GRANDVIEW SCHOOL

February 22, 2021

## Grade Three

Grade 3 students building straw towers in science. Which one will hold 500 grams?



### What's Happening:

Tuesday, February 23

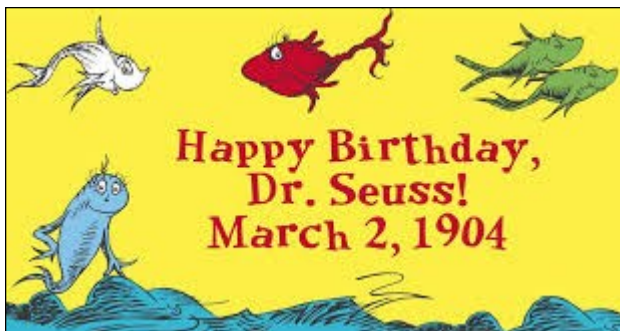
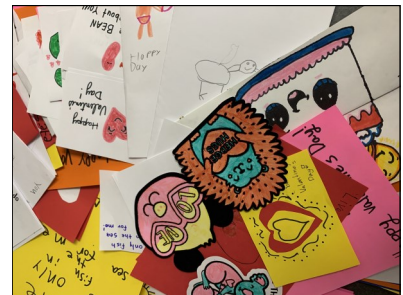
- School Council @12:00pm

Wednesday, February 24

- Pink Shirt Day



Bowden Grandview Students in grade five made 104 special valentine greetings for the residents in Seasons Encore Olds.



Did you know that Dr. Seuss's birthday is March 2nd? We will be celebrating Dr. Seuss at Bowden Grandview School, March 2nd! Come dressed as your favorite Dr. Seuss Character! I wonder if you know Mrs. Rankin's favorite?

## Literacy Corner

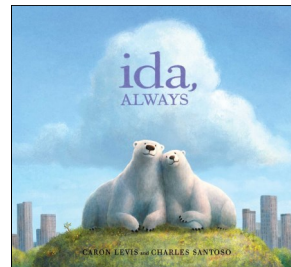
**DID YOU KNOW?** National Polar Bear Day, also known as International Polar Bear Day, focuses efforts on February 27th to learn more about the polar bear and conservation efforts where the polar bear is concerned. Here are some pretty cool facts about Polar Bears!

1. About 60% of polar bears live in Canada, from Labrador to the Yukon and from Ellesmere Island to James Bay.
2. Its Latin name, *Ursus maritimus*, means 'sea bear.'
3. Sea bear seems like a pretty apt name for a species that live and hunt mainly on the Arctic sea ice! They mainly eat seals, but will also catch and eat seabirds and even small whales.
4. Climate change is causing sea ice to melt much earlier in the year and return later, meaning polar bears have less time on ice to hunt seals, their favourite prey. This can lead to thinner bears, reduced cub survival, and a decrease in the overall polar bear population.

This month, check out *IDA, ALWAYS*, a beautiful, honest portrait of loss and deep friendship told through the story of two iconic polar bears.

For the read aloud, check out this site: <https://www.youtube.com/watch?v=0XfbZpGjHQo>

This month, check out *IDA, ALWAYS*, a beautiful, honest portrait of loss and deep friendship told through the story of two iconic polar bears.



## Indigenous Education

Polar bears have played an important role in indigenous Arctic cultures for thousands of years.

In parts of the Arctic, the Inuit and other indigenous people still hunt the polar bear as part of a subsistence lifestyle and long-held cultural traditions. These hunts are now carefully regulated to ensure the bears are not over-harvested.

The Inuit have long considered *Nanuq*, the polar bear, to be wise, powerful, and almost human. Of all the animals they traditionally hunted, these powerful bears were the most prized.





Boys & Girls Club  
of Red Deer & District

## PARENTING IN A PANDEMIC

---

Boys and Girls Clubs of Canada – Virtual Parenting groups offer practical strategies and ideas for parents of preteens/teens as they navigate the adolescent years during the COVID-19 pandemic.

The workshops explore adolescent development, temperament, communication, stress and anxiety, and technology along with other information relevant to parenting during the pandemic.

### WORKSHOP DESCRIPTIONS

#### Parenting a Teen During a Pandemic – March 1, 2021

Parents who are parenting during a time of crisis and physical/social distancing can experience high levels of stress, especially when they are parenting an adolescent.

Parents will learn how adolescent development can add complexity to the pandemic situation and explore strategies on how to work with their teen during this challenging time.

Knowing what some expected developmental responses may be during isolation can help parents feel less stress and allow them to feel less alone in their challenges.

#### Communicating with Youth During the Pandemic – March 8, 2021

Communicating with a preteen/teen is not always easy. They may argue, resist advice, ignore parents, and/or keep to themselves, etc. Now with the added stress of the pandemic, parents can feel more opposition and resistance from their preteen/teen than ever before.

During this workshop, parents will explore the resistance often experienced when communicating with a teen and how this relates to healthy adolescent development. In addition, parents will learn about respectful communication strategies that can help parents talk to their preteen/teen more effectively.

#### Stress and Anxiety – March 15, 2021

The world is dealing with levels of stress and anxiety that have not been experienced previously. With all the uncertainty and added stresses that many families are experiencing, parents need support so they can be available for their children.

This workshop will discuss what parents can do to help their teen's build resiliency and coping skills and how parents can and should do the same for themselves.

### **Keeping Youth Safe on Technology During the Pandemic – March 22, 2021**

Youth may be spending more time on screens and using technology during the pandemic. This workshop will explore how parents can work to keep their youth safe online while realizing that in challenging times, limits and beliefs may shift to accommodate the new reality.

### **Blended Families During the Pandemic – March 29, 2021**

Blended families face unique challenges when it comes to the pandemic. Co-parenting, communication, and safety during this crisis can leave parents feeling stressed and anxious. This workshop will explore strategies on managing stress, setting boundaries, and building strong blended family relationships.

### **Workshop Dates**

Workshops will occur on Mondays and meeting once weekly. We are offering 2 separate time slots for the program to meet parents needs.

- Monday Mornings: 10:30 AM till 12:00 PM
- Monday Evenings: 6:30 PM till 8:00 PM

Each session is approximately one hour in length but there will be time for discussion if interested following the program. Attendance at all 5 week sessions is not required and parents are more than welcome to choose which sessions they would like to attend.

### **For More Information**

Contact [kevinv@youthhq.ca](mailto:kevinv@youthhq.ca) to register or online at YouthHQ.ca

# Do you feel stressed or uncertain about parenting your teen or preteen during the COVID-19 crisis?

Join our Parenting During a Pandemic program

Our online group education program helps parents explore how adolescent development can affect preteen and teen reactions to crisis and teaches them strategies for coping



Boys & Girls Club  
of Red Deer & District

## Workshop Dates

Workshops will occur on Mondays and meeting once weekly.  
We are offering 2 separate time slots for the program.

Monday Mornings | 10:30 AM till 12:00 PM  
Monday Evenings | 6:30 PM till 8:00 PM

## For More Information

Contact [kevinv@youthhq.ca](mailto:kevinv@youthhq.ca) or visit us online at YouthHQ.ca

# 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](mailto:jenny.crumley@mcmancentral.ca)**