

Bowden Grandview School

January 11, 2021

Dear Bowden Grandview School Parents:

We are so excited to welcome all of our students back to school on Monday! It has been such a long time since we were all together in person.

As always safety for our students and staff is our top priority. We will continue to follow the AHS guidelines and our [CESD re-entry plan](#) and will be reestablishing routines expected by Alberta Health such as: entrance and exit procedures, handwashing, the appropriate use of masks for grades 4-12 students (and those K-3 students who may wish to wear a mask), physical distancing, minimizing congestion etc.

A couple of ways you can support us is to check the daily screening checklist [COVID-19 Alberta Health Daily Checklist - Children under 18 and Adults 18 and over - updated October 29, 2020](#) and to make sure that your child is not coming to school if they are ill.

If your child becomes ill at school, we will be calling you to pick him/her up immediately. If any of your demographic information has changed please make sure it is updated on School Engage so that if we need to contact you we can do so quickly and smoothly.

Mask use in grades 4-12 will continue as it did before the break. Please ensure your child has a clean mask when they come to school. K-3 students may wear a mask if they wish.

We ask again that when picking up or dropping off your child that you wait in your vehicle or make a meeting spot away from the school building. We will still be minimizing the number of guests that we will have in the school. If you need to enter the building please call the office ahead of time to make arrangements. Also, any adult entering the school must sanitize and wear a mask.

As mentioned in the re-entry guidelines document, there will be no microwaves available for student use. At this time, our breakfast program will not be operating. Please ensure that your child has adequate nutrition and a refillable water bottle (water bottle filling stations are open but students are not able to drink directly from the fountain) to get them through their day.

Please watch for additional communication from Chinook's Edge School Division.

If you have any questions please feel free to contact us directly.

We look forward to seeing everyone!

Mr. Jeff Thompson
Principal

Mrs. Dawn Weststrate
Vice-Principal



Literacy Corner

Although Martin Luther King Jr. Day is a holiday in the United States, his actions impacted people around the world. January 15th marks the birthday of Martin Luther King Jr. There are so many fantastic books about this civil rights leader that I felt it important to share!



Indigenous Education



Have you ever wanted to increase awareness, understanding and application of First Nations, Métis and Inuit histories, perspectives and ways of knowing?

Check out this incredible resource:

<http://empoweringthespirit.ca/>

**Do you want to help your child thrive
and promote positive behavior?
Do you want to help your child avoid
risky behaviour?**

FREE PARENTING WORKSHOP

DATE: Wednesday, January 20th.

TIME: 12:15pm - 1:00pm

LOCATION: Zoom Session

(link will be sent via email the day before the workshop)

Developmental assets are the building blocks of healthy development that help children grow up caring, responsible and resilient.

You will learn about these assets as well as:

- Factors that contribute to the healthy development of children & youth.
- What you can do to help build skills, experiences and opportunities for your child.
- How building on young people's strengths can help prevent alcohol and drug abuse and other risky behaviours.

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BOWDEN GRANDVIEW SCHOOL

BECAUSE ONE OF YOUR STUDENTS CARED ENOUGH TO NOMINATE YOUR SCHOOL,
YOUR SCHOOL IS ONE OF 50 CANADIAN SCHOOLS TO RECEIVE \$500!!!



OUR HEARTFELT THANKS TO ALL TEACHERS AND ALL
ESSENTIAL SCHOOL STAFF AND BUS DRIVERS FOR KEEPING
SCHOOLS POSITIVE AND OUR KIDS SAFE THROUGH THESE
CHALLENGING TIMES.

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**Parenting
is my
superpower**

Parent Support Series!

We are in this together!! Take a look at these webinars that are geared towards parents on helping your children at home during these unprecedented times.

All webinars are \$10 each and run from 4:00 pm - 4:45 pm

January 2021

7th: Parent Support Series #1 - Supporting the Emotional Needs of At-Home Learners

<https://www.carcpd.ab.ca/programs/details.php?id=8777>

14th: Parent Support Series #2-Using Positive Reinforcements to Support Children with Diverse Needs

<https://www.carcpd.ab.ca/programs/details.php?id=8782>

21st: Parent Support Series #3 - Attention and Memory Supports

<https://www.carcpd.ab.ca/programs/details.php?id=8781>

28th: Parent Support Series #4 - Handling Meltdowns and Stages of Escalation

<https://www.carcpd.ab.ca/programs/details.php?id=8783>

February 2021

16th: Parent Support Series #5 - Making Math Fun

<https://www.carcpd.ab.ca/programs/details.php?id=8784>

23rd: Parent Support Series #6--Importance of Language to a Child's Success

<https://www.carcpd.ab.ca/programs/details.php?id=8785>

25th: Parent Support Series #7 - How to Read with Your Child (4-6 year olds)

<https://www.carcpd.ab.ca/programs/details.php?id=8778>

April 2021

29th: Parent Support Series #8 - Using Schedules to Support Children with Diverse Needs

<https://www.carcpd.ab.ca/programs/details.php?id=8779>

May 2021

6th: Parent Support Series #9--Supporting Positive Behaviours at Home

<https://www.carcpd.ab.ca/programs/details.php?id=8780>

10th: Parent Support Series #10-Questions and Answers

<https://www.carcpd.ab.ca/programs/details.php?id=8787>



Central Alberta
Regional Consortium



Alberta Regional Consortium



jigsaw learning
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Where Family
Comes First

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 / lbraun@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



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

A free, online
community for
24/7 mental
health support.



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.

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

