

Bowden Grandview School

What's happening:

Friday, January 29

- No School
Organizational Day

Robbie Burns



When Mr. Whitehead is called upon to sub, we celebrate Robbie Burns! Happy Birthday to Robbie Burns on January 25th

National Family Literacy Day

Did you know that Wednesday, January 27th is National Family Literacy Day?!? We have some fun events happening at the school that day! Mrs. Rankin has some special prizes for the month of January for our busy readers!! We will also be dressing up as our favorite book characters that day! SO MUCH

CANCELLED
POSTPONED

BGS Spellathon

Due to current COVID restrictions, the BGS Spellathon has been cancelled for the 2020-21 school year.

We thank our families for their overwhelming support of our elementary fundraiser over the years. We will return the following school year, just as big (if not bigger) than before!





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an **Altech**[®] company

TONNE OF SUPPORT
CANADIAN SCHOOLS CAMPAIGN

\$500
TO
50
SCHOOLS

SUPPORT KIDS.
SUPPORT COMMUNITIES.
STRONGER ALTOGETHER.

CONGRATULATIONS!!!

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.

Elanco

PROUD
SPONSOR

Indigenous Education

Have you ever heard of James Jones? (otherwise known as Notorious Cree) He is an Indigenous educator that has harnessed the power of social media and technology to reclaim and share his culture. If you're a patron of TikTok, then it's inevitable that you've come across James Jones (AKA @notoriouscree), because the Indigenous Canadian content creator is pretty hard to miss.



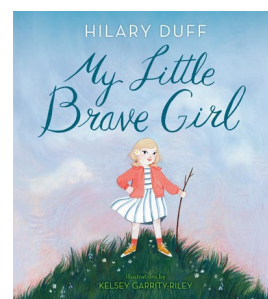
Literacy Corner

NEW BOOK RELEASES

My Little Brave Girl by Hilary Duff

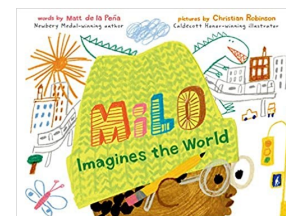
A poetic text encourages girls to reach higher, dream bigger, and approach the world with their hearts wide open. This love letter to little girls was inspired by Hilary Duff's own experience as a mother as she considered all the ways her daughter had to be brave even as an infant.

Expected on: March 23, 2021



Milo is on a long subway ride with his older sister. To pass the time, he studies the faces around him and makes pictures of their lives.

Expected on: February 2, 2021



Innisfail & Red Deer County: Weekly Community Programming Updates

Description of Programs

Tot Tuesdays:

Ages: 0-2

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: 7 – 11 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. Starting November 3rd, we will have a boy's youth group, then November 10th will be for girl's youth group. Every other week will be the same.

Impact Youth Club

Ages: 12 – 18 years old

Time: Refer to times of calendar page for each community

Location: Refer to below location addresses for each community

About: For the month of November we will be offering a cooking class at The Coffee Cottage. Pre-registration is required due to space. Contact information will be coming soon!

Community Program Locations ALL PROGRAMS WILL BE VIRTUAL UNTIL FURTHER 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

Elnora: Elnora Legion 4th Ave

Tot Tuesdays: Innisfail FRN 5035 49th st

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



January 2021

Family Resource Network

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
Innisfail and Red Deer County Family Resource Network 5035 49 St. Innisfail Ph: 403-877-7110 Email: jensay.crumley@mcmancentral.ca We are open from 8:30am to 4:30 pm. For appointments after hours please call.			ALL PROGRAMS WILL NEED TO BE PRE-RESITERED. PLEASE CALL, TEXT OR EMAIL KRISTIN AT 403-877-7163 OR KRISTIN.MCBRIDE@MCMANCENTRAL.CA			
3	4	5 Tot Tuesday (0-2) 9am-10am	6	7 Virtual Mom's Group 9am-10:30am	8 Travel buddies (Passports) (3-5) 10am-11:00am Ignite Youth Club (6-9) 4:00pm-5:00pm	9
10	11	12 Tot Tuesday (0-2) 9am-10am Teen Talk (guest speakers) (14-18) 6pm-7:30pm Circle of Security with Tracy 6pm-8pm	13 Impact Youth Club (10-13) 3:30pm-4:30pm	14 Parent Support Group 9am-10:30am (Tracy) 3 month program	15 Travel Buddies (Australia) (3-5) 10am-11am Ignite Youth Club (6-9) 4:00pm-5:00pm	16
17	18 Life Skills (Resume Building) (15-18) 5:30pm-6:30pm	19 Tot Tuesday (0-2) 9am-10am Circle of Security With Tracy 6pm-8pm	20 Littles Paint Night with Mitch (6-11) 4:30pm-6pm	21 Virtual Mom's group 9am-10:30am	22 Travel Buddies (Mexico) (3-5) 10am-11am Ignite youth Club (6-9) 3:30pm-4:30pm Teen Paint Night (12-18) 4:30pm-6pm	23
24 	25 Life Skills (College information) (15-18) 4:30pm-5:30pm	26 Tot Tuesday (0-2) 9am-10am Circle of Security With Tracy 6pm-8pm	27 Impact Youth Club (10-13) 4:00pm-5:00pm	28	29 Travel Buddies Arctic (3-5) 10am-11am Ignite Youth Club (6-9) 4:00pm-5:00pm	30

LOOKING FOR SOMETHING FUN FOR YOUR 6-12 YEAR OLD TO DO ??

Join the Lego Club Online (through the Olds Municipal Library)

LEGO® Club Online!

Jan 4, 2021 to Jun 21, 2021 | 1st & 3rd Monday of each month.

LEGO CLUB ONLINE!
 Ages 6 - 12 **1st & 3rd Mondays each month**
Login to Facebook to see and share your challenge!

Twice a month we will post a LEGO Challenge for kids, families, and kids at heart to participate in.

LEGO® Club Online

Do you love to create and build with LEGO? Participate in our LEGO club. Twice a month we will post a LEGO Challenge for kids, families, and kids at heart to participate in.

Projects released the first and third Monday of the month.

Class of 2021 Fundraiser

Graduates will be selling Centennial Meat products until February 3rd.
Please make cheques payable to Bowden Grandview School

Name:
Number:
Email:

2020 Customer Order
* - GF



Item#	Description	Size: kg, pieces			
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	

**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.

SPARC red deer

TO REGISTER: go to
www.sparcreddeer.ca



**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>



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.



Join us Friday January
22nd for a Teen Paint
Night

Ages: 12-18

Where: Virtual

Time: 5pm-6:30pm

**Materials will be
supplied**



Innisfail and Area FRN

**Lets have some fun and
paint!!**

**PRE-REGISTRATION
IS REQUIRED**

Please call or text Kristin at
403-877-7163

**MITCH
PETERS IS
OUR HOST**



McMan