

Bowden Grandview School

March 1, 2021.

What's Happening:

Tuesday, March 2

- Dr. Seuss Day

Wednesday, March 3

- Grade 12 meat fundraiser pick up

Friday, March 5

- Non Instructional Day



Parent Teacher Interviews

March 18th

Please call Bowden School to book your appointment before

March 16th

403-224-3422



Parent Spring Survey 2021

As vital partners in your child's education, we believe the parent voice is extremely important. We would like to invite you to give us your thoughts on how we are doing at Bowden Grandview School through our annual Parent Spring Survey. We are interested in our parent perception on areas we are doing well in and those that need more work. We will use this data to plan for the remainder of this year and next year. Please look for an email that was sent out last week that will have a link to our survey.

Thank you in advance for your input!

Bowden Grandview Staff



Elementary Talent Show

Record your talent on video and send to your Google Classroom under the Music Topic.

Video: 2 min max.(approx)
We'll create an online show!

Due date : Submit video by

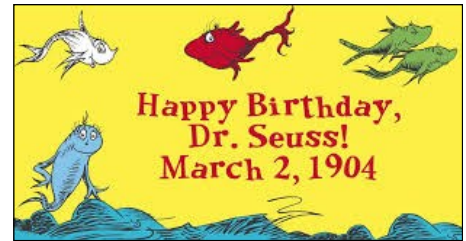
April 1

Have fun!



Dr. Seuss Day

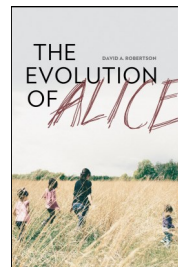
Did you know that Dr. Seuss's birthday is March 2nd? We will be celebrating Dr. Seuss at Bowden Grandview School, March 2nd! Come dressed as your favorite Dr. Seuss Character! I wonder if you know Mrs. Rankin's favorite?



Literacy Corner

Do you remember us discussing David Alexander Robertson? Great things have come his way with his writing this year! David is an Indigenous graphic novelist and writer from Winnipeg, Manitoba. Of Swampy Cree heritage, Robertson has published over 25 books across a variety of genres. His first novel, *The Evolution of Alice*, was published in 2014. Read all about his Freedom Award he recently won!

<https://bookcentre.ca/freedom-read-award-goes-david-robertson>



Today in History (Appreciation of Indigenous Culture Appreciation)

March 2, 1945

Celebrated painter Emily Carr dies at the age of 73. Born in 1871, in Victoria, British Columbia, Carr was fascinated by Indigenous culture. She had her first solo exhibition when she was 67. The scope of her work, focusing mainly on forest landscapes and totemic art, will not be recognized until after her death. One of the first painters in Canada to adopt a Modernist and Post-Impressionist style, Carr did not receive widespread recognition for her work until she changed subject matter from Aboriginal themes to landscapes—forest scenes in particular. As a writer Carr was one of the earliest chroniclers of life in British Columbia.



**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.



TO REGISTER: go to
www.sparcreddeer.ca

CHOOSE Kindness



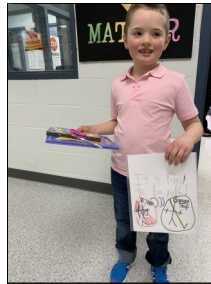
Kindness Poster Winners:

In the K-3 Category:

Gr 1 Gunner D

Gr 2 Lucas B

Gr 2 Coleson W

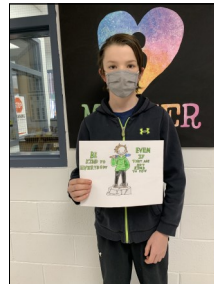


4-6 Winners

Gr 5 Isabel S

Gr 6 Brody W

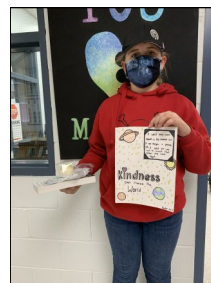
Gr 6 Senna M and Kirsten V



Gr 7 to 12 winners:

Gr 7 Ryder K and Paige V

Most Creative - Payton R Gr 5



Students are achieving high levels of success

A Message from the Superintendent

In Chinook's Edge, we are continually looking at different assessment tools which convey the great accomplishments of our students and staff. Although some traditional measures of student achievement have been disrupted because of COVID-19, we can continue to look at a number of other indicators when determining student success. A series of success measures are embedded in our division goals:

Academic Excellence: we are able to refer to data from grade 3 student learning achievement tests, grade 6 & 9 Provincial Achievement Tests, grade 12 Diploma Exams, along with PowerTeacherPro Gradebook, student attendance and reading support level data, among other measures.

Career Connections: our schools continue to refine their comprehensive plan of career exploration, planning and guidance for students in grades 9-12 and embed this work within school cultures.

Social Emotional Well-being: school staff are utilizing our social emotional framework and our collaborative response model, along with a new vision for supporting students in the early years, to ensure the needs of all students are being met.

Among all the checks and balances in place, we believe success can also be measured in the resilience that our students have shown as they have made the shift to learning online as needed. We understand that not all families have access to adequate internet in the home, and we know parents are trying their best to support their child when they are required by COVID-19 restrictions to learn online from home periodically. Here is [a link](#) to some tips we have developed to help improve home internet access, so that your child can get the most out of their learning. Also, we encourage you to reach out to your home internet provider. Many providers have been very helpful in working with families to improve access, and they have also been assisting our technology department as they continue working towards solutions together.

Kurt Sacher
Superintendent of Schools

For Trustee updates and to read the latest Board eNews, please visit our [website](#).

Are you interested in running for Chinook's Edge Public School Trustee in the October election? Please read more at [this link](#).



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 to register or online at YouthHQ.ca

online WORKSHOP

Growing Great Kids



- Raise healthy, competent children
- Strengthen your relationships with young people
- Help youth find their “spark”
- Use everyday interactions to make an impact

Session One

For parents/caregivers of children/youth.
 Enhance your relationships with your kiddos and their friends.
February 25, 2021 | 6:00 PM - 8:00 PM
 Via Zoom

Session Two

For coaches.
 Learn tools/strategies to enhance your relationships with your team.
March 4, 2021 | 6:00 PM - 8:00 PM
 Via Zoom

>>FREE

Space is limited; registration needed
 To register, contact:
 E hsweetnam@sylvanlake.ca
 T 403 887 1137 ext 400



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 kevin@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