

# Bowden Grandview School

May 17, 2021

Welcome to our second week of online classes! We are so proud of the level of engagement and the hard work our students and staff are putting in to keep everyone moving forward in their learning journey.

Please remember that students are expected to join any scheduled Google Meets and to complete assignments as given to them. Teachers are available by email if extra help is needed.

Just a reminder that there is no school on Friday, May 21st and on Monday, May 24th.

Enjoy the long weekend!

Mr. J. Thompson  
Principal  
jthompson@cesd73.ca

Mrs. D. Weststrate  
Vice Principal  
dweststrate@cesd73.ca



## Grade One

The grade one class were very excited to plant their bean seeds in their Spout Houses. We were very excited to watch them sprout and grow in the classroom. Unfortunately, we had to move to online learning and the Spout Houses had to go home. The students are still observing and recording changes with their bean seeds at home.





May 6, 2021

It is likely with mixed emotions that we are all moving back to online learning for the next couple of weeks. While we are better prepared for online learning than we have ever been, it also comes with some difficulties for both parents and students. Feelings of anxiety, stress, isolation and being overwhelmed (in addition to being tired) have hit most of us at some point during the past year. At times it may feel like a roller coaster of emotions – but know that you are not alone in these feelings.

Strategies such as developing/maintaining some type of routine, scheduling breaks and time to get outside, family activities (board games, cards, watching a movie, going for walks, etc) are all ways to help children maintain a sense of “normalcy”. In addition I am including some supportive resources as we navigate the next couple of weeks:

Help/Distress Line: 1-800-779-5057

Kids Help Phone: 1-800-668-6868 or text CONNECT to 686868

Mental Health Olds & Innisfail: 403 507-8174

Family Resource Network 403 8877-7110

I will be available by email ([ggrenier@cesd73.ca](mailto:ggrenier@cesd73.ca)) or by cell (at the number below) if you or your child are struggling and you are in need of additional resources. I can provide support or appropriate referrals if needed. Your child’s teacher is also a great resource so please reach out.

We are all looking forward to returning to school soon!

Gaye Grenier  
Family School Wellness  
403 506-5928

*Connecting with students and families in compassionate relationships that promote resilience, wellness and growth.*

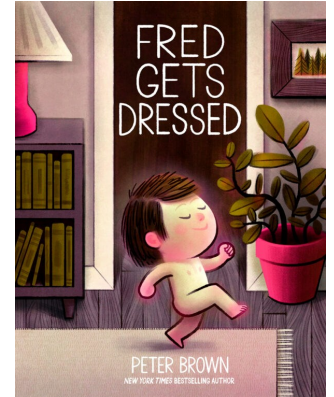
CHINOOK’S EDGE SCHOOL DIVISION NO.73



## Literacy Corner

Peter Brown is an author and illustrator of children's books. His titles include *New York Times* bestsellers like [The Wild Robot](#), [The Curious Garden](#), [Children Make Terrible Pets](#), and [Mr. Tiger Goes Wild](#). Peter received a Caldecott Honor for his illustrations in the picture book [Creepy Carrots!](#)

Peter's new picture book, ***Fred Gets Dressed***, just released the 4th of May. Inspired by an experience Peter had when he was a little boy, *Fred Gets Dressed* is a sweet, funny story that will leave readers thinking a little differently about what we choose to wear.



Check out more of Peter's AMAZING books at: <https://www.peterbrownstudio.com/books/>

## Indigenous Education

Did you know you could have Indigenous literature and giftware delivered to your door? They have created two subscription boxes: one for adults and one for children. Pick your box and subscription to receive a Raven Reads box on your doorstep. There are some incredible collections to choose from!



**YEARBOOKS  
ARE NOW  
ON SALE**

**ORDERS DUE BY JUNE 16, 2021**

Order on the CESD fee portal . Cost is  
\$35.00

YEARBOOKS DELIVERED ON SEPTEMBER 1, 2021



## RAISE THE GRADE (RTG)

RTG is a social support and academic support program that focuses on career development and learning for life, all while creating a fun and relaxed environment for youth. A typical RTG session includes one life-skill discussion and then homework help on zoom. We also have been offering ONE ON ONE tutoring available upon request and please refer to the attached program calendar for all details!

Tuesdays, Wednesdays and Thursdays from 6-8PM (right now over zoom due to covid gathering restrictions).

Youth can register here: <https://bgcreddeer.campbrainregistration.com/>

RAISE THE GRADE		bgc Red Deer & District Club		
		Program Schedule		
Ages 13+	Tuesday 6:00 - 8:00PM	Wednesday 6:00 - 8:00PM	Thursday 6:00 - 8:00PM	
Week 1 Apr 13-15	Enneagram Personality	Trivia Night	Goal Setting Session	
Week 2 Apr 20-22	Youth Cast Update & Talk	Story Telling with Humor	Made by You	
Week 3 Apr 27-29	Career Development	Write with Purpose	Mindfulness Practice	
Week 4 May 4-6	Interviewing Skills	TECH NATION	Benefits of Healthy Living	
Week 5 May 11-13	BGC Stronger Connections	BGC Stronger Connections	Made by You	
Week 6 May 18-20	Tie Dye T-Shirts	TECH NATION	Stress Busters & More!	

RTG includes one life-skill or activity, then homework help on zoom. For Made By You & Tie Dye, RSVP by April 20 via email us to receive supplies.

1-ON-1 TUTORING AVAILABLE  
CONTACT CRAIG AT 403.350.9815 OR BGC@YOUTHQ.CA TO ARRANGE

Apr 22 - Mindfulness & Watercolour Art  
May 13 - Mixed Media Art  
June 10 - Art in Nature

# GRIEF All About Coping With Loss

Grief is not exclusive to the loss of a loved one. Grief can be felt when we experience loss, which comes in many different forms. Examples can include a life change, loss of a relationship, loss of a family dynamic, and loss of a life once lived. This past year has presented a variety of changes and losses for many.

Join us as we talk about acceptance, coping skills, and healing after loss.

- What does grief look like?
- What can cause us to experience grief and loss?
- How can we cope with the loss?
- How can we find support as we move through the stages of grief?



Monday, May 17th  
7:00PM - 8:15PM

Online via Zoom  
Ages 11 - 16



REGISTER  
Visit [www.mvfrn.ca](http://www.mvfrn.ca)  
Email [info@mvfrn.ca](mailto:info@mvfrn.ca)