

September 13, 2021

# Bowden Grandview School

## What's Happening:

### Thursday, September 16

- Josten Grad Ring Order

### Friday, September 24

- No School
- Class of 2022 Spaghetti Supper

### Tuesday, September 28

- Terry Fox Day

### Wednesday, September 29

Orange Shirt Day

### Thursday, September 30

- No School

Although the Chinook's Edge School Board has decided that masking is optional for students, all visitors in our school must make an appointment with the office and must wear a mask in the building. If your child is late for school please remember to check in at the office prior to sending them to their classroom. Thank you for your continued effort to keep our BGS community safe.



## Graduation 2022 – Celebrate Life's Important Moments



### Order Day – Thursday, September 16

(get your finger sized, ask questions, try on rings, place your order)

[Click Here For More Information](#)

Time – 11:30 to 12:45

Place – Library



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Sean & Denise Kelly – 403.252.1774 – sean.kelly@jostens.com

## Bowden Play and Learn Bottle Drive

Save those Summer Bottles!

Monday September 20, 2021

2 options for drop off:

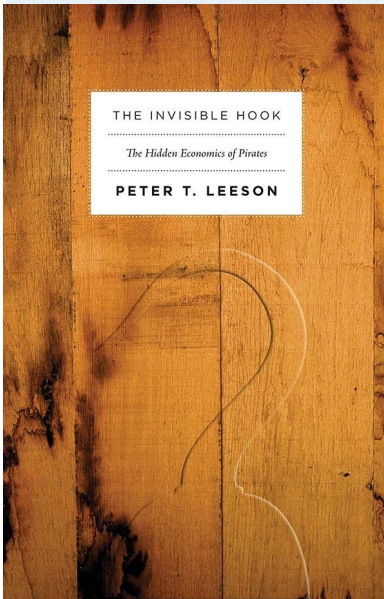
- 1.) There will be a truck with a sign on it in front of the school on Monday morning on September 20.

OR

- 2.) Drop bottles off anytime at the Bowden Play and Learn bin at the Olds Bottle Depot or leave under the Bowden Play and Learn account.

Thank you so much your support!



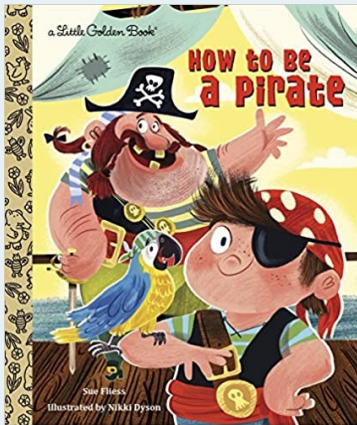


## Literacy Education

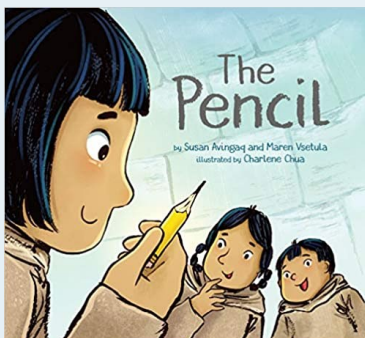
September 19th marks **Talk like a Pirate**

**Day AHOY!** Batten down the hatches and get ready to sing some ol' sea shanties. To celebrate, dig into this treasure trove of pirate lingo and stories.

For mature readers, check out *Invisible Hook: The Hidden Economics of Pirates* by Peter T. Leeson. This fascinating and well-researched introduction to pirate history is a crash course on the governance and economics of piracy at the turn of the 18th century. It's peppered with entertaining stories from the swashbuckling world of pirates such as the legendary Captain Blackbeard.



For early readers, little landlubbers get to earn their sea legs on a pirate ship amidst the goofiest pirates ever in Sue Fliess's, **How to Be a Pirate**.



## Indigenous Education

**The Pencil** by Susan Avingaq, Maren Vsetula and Charlene Chua is a wonderful touching story on author Susan Avingaq's childhood memories of growing up in an iglu, this charming story introduces young readers to the idea of using things wisely.



# ART CONTEST!

Are you between the ages of 12 and  
16?

Create a piece of art that shows us what  
makes you happy when you are upset!

Take a picture and send it to  
[oldssubstanceuse@gmail.com](mailto:oldssubstanceuse@gmail.com)  
by September 20, 2021

Prize valued at \$100



# ART CONTEST!



Are you between  
17 and 19 years of  
age?

Use your creativity to  
draw or paint how you  
manage your stress in a  
healthy way!

Take a picture and  
send it to  
[oldssubstanceuse@gmail.com](mailto:oldssubstanceuse@gmail.com)  
by **September 20, 2021**  
Prize valued at \$100







**Rise Up: Teen – Strategies for Transforming Anxiety**

**Date:** September 30th to November 4th (Thursdays) 1 session per week for 8 weeks

**Time:** 4:45pm - 5:45pm

**Location:** Downtown Office 4920 54th St, Red Deer, AB T4N 2G8

**Capacity:** 10 people

**Registration Deadline:** September 23rd, 2021

**Description:**

Do you:

- Feel anxious much of the time?
- Feel overwhelmed understanding why anxiety impacts you?
- Want strategies to support you when anxious?

The Rise-Up: Anxiety Group for Teens is an 8-week group designed for youth ages 13-17 years of age that are experiencing anxiety. This group is psychoeducational, meaning it will provide an opportunity to learn about anxiety; how it works, and how it impacts each of us, and provide coping skills and strategies to participants to help manage their anxiety into the future.

*\*This group is not designed for teenagers experiencing acute or chronic suicidality. If you are experiencing this, please seek support by contacting your medical doctor, dialing 211, or accessing your local hospital to receive the appropriate support.*

Register today by visiting our website at: <https://www.vantagecommunityservices.ca/group-therapy>

# **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)**



### Upcoming Parent Lunch & Learn Series

#### Sept 15 - When Grief Goes to School (Online via Zoom)

When a child or teen has experienced the death of someone in their lives, the thought of going back to school may often bring additional challenges. There are a number of things parents can do help their children feel safe and give them a sense of stability.

[Register](#)

#### Sept 29 - How To Talk with Children About Death & Grief (Online via Zoom)

Children grieve differently than adults. They do not have the capacity to deal with intense emotions continuously like adults. Instead, children grieve in doses, alternating between times of play and intense emotions. A child's age, developmental stage, and experiences determine their understanding of death and ability to cope with the death of a loved one.

[Register](#)

#### Oct 13 - We Grieve Differently...Even in Families (Online via Zoom)

We all grieve in our own unique way and have different needs as we experience the death of someone close to us.

[Register](#)

#### Oct 27 - How To Talk with Children About Advanced Illness (Online via Zoom)

When someone in the family has a life-threatening illness, the whole family is impacted by the many changes, the concerns and the unknown. Adults may choose to avoid talking to children about the illness to protect them from pain and distress. However, when children are not informed, they often feel excluded, alone and isolated. It's important to consider that children will feel something is going on in their family even when they are not told. They may even think that they have caused the anxiety and unsettled state of their family.

[Register](#)

#### Nov 10 - When Grief is Complicated (Online via Zoom)

Grief is how we respond when we experience loss. Everyone experiences grief and many people associate grief with the death of someone close to them. Grief is also a common reaction when someone in their lives is diagnosed with a life-threatening illness. Grief is complicated.

[Register](#)

#### Nov 24 - Staying Connected to the Person Who Died (Online via Zoom)

When someone dies, it's natural to worry about losing the memories you have of when they were alive. For this reason, it can be very helpful to find concrete ways to pay them tribute.