

November 22, 2021

Bowden Grandview School



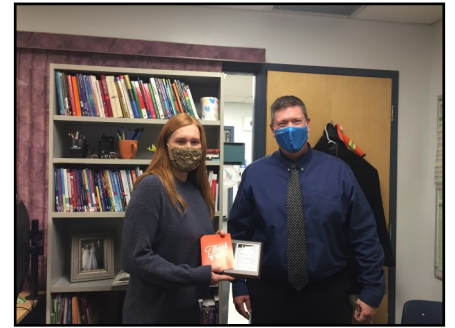
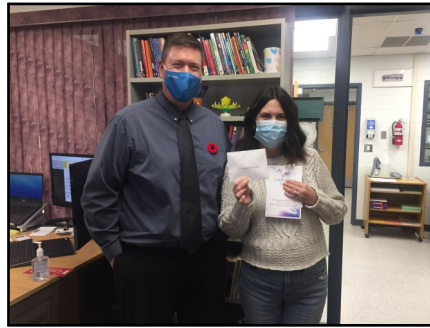
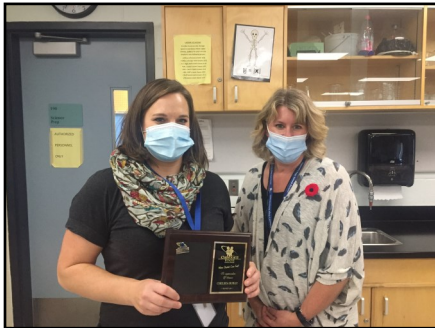
What's Happening:

Thursday, November 25

- Gr 9-12 Report Cards

Friday, November 26

- Non Instructional Day



Celebrating 10 years at CESD for Mrs. Burge and Mrs. Ludlow. Mrs. Crandall is celebrating 15 years.

Congratulations!

LITTLE SHOPPERS

Little Shoppers is a temporary Christmas store located in the library for students to shop for their parents, siblings and grandparents. Students may purchase items for \$1.00 or \$2.00, wrap and label to take home for Christmas gifts. All proceeds go to Bowden Silent Santa and is sponsored by Friends of Grandview.

Little Shoppers are now accepting donations of new or gently used items, Christmas bags and name tags. They can be dropped off at the office or the library. Little Shoppers will be open December 6th & 7th



Bowden Museum

Grade 1 & 2 took turns visiting the Bowden Pioneer Museum to learn about life 100 years ago. Students viewed a range of local artifacts from the past including cameras, tools, and uniforms. They also got to see a replica home-stead, grocery store, and classroom. Special thanks to local historians Grant Hengstler and Stan Mills for donating their time!



Post Secondary Evening

Tuesday, November 23

6:30-8:00pm (in person)

École Olds High School Commons

Ambrose University, Burma University, Canadian Armed Forces, Concordia University, Lakeland College, Lethbridge College, MacEwan University, Medicine Hat College, Mount Royal University, Red Deer Polytechnic, SAIT, St. Mary's University, The King's University

will be in attendance to answer questions regarding programs of study, admission requirements, costs, residence, scholarships/awards, and campus life.

Everyone welcome.



Providing one on one support
to youth struggling with;

Mental Health
High Conflict Divorce
Parent Conflict
Bullying
Uttering Threats
Inappropriate use of Social Media

We provide a free one on one support service to youth aged 13+ in the rural communities of Central Alberta. Our services are mobile, meeting the youth where they are at in their own community, while also providing food and personal hygiene products as needed. We accept self referrals, community, school and RCMP referrals.

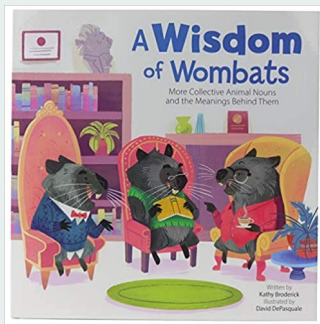
Phone; 403-318-7690

Email; louise@anamruralyouth.com

Literacy Education



Sunday was WORLD KINDNESS DAY, and what better way to think about kindness but to follow the trail of good deeds in this beautiful wordless picture book to learn how small acts of kindness can make all the difference! Every Little Kindness by Marta Bartolj demonstrates how every little kindness, shared from person to person, can turn a collection of strangers into a community, and—even though we might not always see it—make the world a more vibrant and compassionate place to be.



Another great book for kiddos to enjoy AND to teach and build vocabulary with them is A Wisdom of Wombats: More Collective Animal Nouns and the Meanings Behind Them by Kathy Broderick. This book is full of collective animal nouns and the meaning behind them.

Did you know that a group of wombats is called a wisdom?
Did you know that a group of polar bears is an aurora?

Indigenous Education



The Imagine a Canada 2021-2022 program invites Canadian youth from K-G12 and CÉGEP to envision a Canada reconciled.

Any students in Kinder to grade 12 can participate and submit projects to The National Centre of Truth and Reconciliation.

FOR MORE INFORMATION SEE:

<https://nctr.ca/education/educational-programs/imagine-a-canada/>



Central Alberta Wolves Club Volleyball



What is Club Volleyball?

Competitive volleyball teams that practice and play Volleyball Alberta Tournaments on weekends, including Volleyball Alberta Provincials.

Tryouts

Tryouts this year will be run on November 28th with times being emailed out to all those who are registered. Tryout fees are \$25.00 and registration can be done through www.apexathletedevelopment.ca on the registration tab.

Practice

Our Club teams have 4 hours of on court time each week, plus 1 hour per week with a strength and conditioning coach. Our practices are typically 2 nights per week Monday-Thursday, depending on teams for the year and coach schedules.

Our Club

Central Wolves was started in 2020 with 52 players registered in U15 to U18. We run tryouts in November with the full schedule of practices and games starting January 1st. We hope to run both male and female teams aged U13-U18 2022 season.

Play

Our teams are entered into 4-6 premier tournaments throughout Alberta, as well as private tournaments throughout the season. We intend to have our teams play 30 matches, through tournaments and exhibition play.

The Facility

We have our own facility located in Olds, Alberta-Apex Athlete Development Inc. We have prime time hours booked making commuting and practice schedules ideal for people traveling. Apex is home to 2 full size courts, and is located at 6619 Imperial Way.

Team Contact

For questions about the Central Alberta Wolves program please reach out to Chris Grudeski at 403-559-7887 or apexathletedevelopment@gmail.com. You can also follow Apex on Instagram @apex.athletedevelopment or check out their Facebook page!



Pre Tryout Prep Camp

Apex Athlete Development will be offering 18 hours of on court time before tryouts. Camps run Tuesday/Wednesday/Thursday November 9th-25th, cost is \$175.00. Register on the Apex site

Fees

Fees for the season are \$1250.00 which covers tournament entries, practice court time, apparel and exhibition game play costs. The only things players will need are their own black shorts and knee pads.



NOVEMBER 2021


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ALL PROGRAMING IS VIRTUAL PREREGISTRATION REQUIRED</p>	<p>1</p> <p>Creative Masters 5:30pm-6:30pm</p>	<p>2 Stay, Play & Learn 9:30am-10:45am</p> <p>Active Parenting 1pm-2:30pm</p> <p>Impact Youth Club 4pm-5pm</p>	<p>3 Stay, Play & Learn 11am-12pm</p> <p>Un Limited Champions 4pm-5pm</p> <p>Active Parenting 7pm-8:30pm</p>	<p>4 Stay, Play & Learn 10am-11:30am</p>	<p>5 Active Kids 10am-11am</p> <p>Art Attack 4pm-5:00pm</p>	<p>6</p>
<p>ALL MATERIALS ARE FREE & CAN BE DELIVERED</p>	<p>7</p> <p>8 Stay, Play & Learn 10am-11am</p>	<p>9 Stay, Play & Learn 9:30am-10:45am</p> <p>Active Parenting 1pm-2:30pm</p> <p>Impact Youth Club 4pm-5pm</p>	<p>10 Stay, Play & Learn 11am-12pm</p> <p>Active Parenting 7pm-8:30pm</p>	<p>11</p> 	<p>12 PDDAY Stay, Play & Learn 10am-11am</p> <p>Lego Club 1pm-2pm</p>	<p>13</p>
<p>CALL OR TEXT 403-877-7163 TO REGISTER</p>	<p>14</p> <p>15</p> <p>Creative Masters 5:30pm-6:30pm</p>	<p>16 Stay, Play & Learn 9:30am-10:45am</p> <p>Active Parenting 1pm-2:30pm</p> <p>Impact Youth Club 4pm-5pm</p>	<p>17 Stay, Play & Learn 11am-12pm</p> <p>Un Limited Champions 4pm-5pm</p> <p>Circle of Security 7pm-8:30pm</p>	<p>18 Stay, Play & Learn 10am-11:30am</p>	<p>19 Active Kids 10am-11am</p> <p>Art Attack 4pm-5:00pm</p>	<p>20</p>
<p>21</p>	<p>22 Stay, Play & Learn 10am-11am</p>	<p>23 Stay, Play & Learn 9:30am-10:45am</p> <p>Active Parenting 1pm-2:30pm</p> <p>Impact Youth Club 4pm-5pm</p>	<p>24 Stay, Play & Learn 11am-12pm</p> <p>Circle of Security 7pm-8:30pm</p>	<p>25</p>	<p>26 PDDAY</p> <p>Lego Club No Zoom</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>Creative Masters 5:30pm-6:30pm</p>	<p>30 Stay, Play & Learn 9:30am-10:45am</p> <p>Active Parenting 1pm-2:30pm</p> <p>Impact Youth Club 4pm-5pm</p>				
						



FREE Family Swimming

**Held at the Innisfail Aquatic Centre from 3 - 5 p.m.
on the 2nd Sunday of each month.
Space is limited. Pre-registration is required.**

**Sunday, October 10
Sunday, November 14
Sunday, December 12**



Impact Youth Club
Month of November
Ages 12+

Every Tuesday from 4pm-5pm

Nov 2nd: DIY Galaxy Coasters

Nov 9th: DIY Sharpie Mugs

Nov 16th: Straw Weaving

Nov 23rd: Kindness Cards

Nov 30th- DIY Block Signs

**To pre-register please
contact Kristin at
403-877-7163**



Innisfail and Area FRN



**Family
Resource
Network**

FREE Parenting Workshops

Tuesdays, 7-9pm via Zoom

with

Local Psychologist Tammy Auten-Dye

- **Nov. 2: Childhood Anger**



- **Nov. 9 & 16: Teenage Years:
Supporting Teens through Anxiety,
Depression, Puberty, Sexuality, Life
Transitions & More...**



- **Nov. 23: Childhood Trauma: Getting
through growing up**



To register: karen.white@mcmancentral.ca

or 403-896-3408

*Presented by Provincial Family Resource Networks
and McMan Central*

IMPACT YOUTH CLUB

12+
Virtual

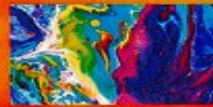
When: Every Tuesday

Time: 4pm-5pm

Please Pre-Register by Contacting
Kristin at 403-877-7163

ART ATTACK

6-10YRS
VIRTUAL



When: Every Other Friday Starting
October 8th

Time: 1pm-2:30pm



Please Pre-Register by Contacting Kristin at 403-877-7163



Red Deer &
District Club



MINECRAFT

GAMIN' GROUP

VIRTUAL PROGRAM

MONDAYS | AGES 10-14

6:00PM - 7:30PM



Contact davidb@youthhq.ca
for more info on how to join

YOUTH HQ

YOUTHHQ.CA



YOUTH HQ 4633 49 Street 403-342-6500



WANTED: TEEN MENTORS

Contact Nichole at
nicholek@youthhq.ca
or 403-302-1389

BECOME A TEEN MENTOR!

- Mentor on your own time through a virtual platform.
- Teens can help their little in many ways like helping with homework or playing games
- Boost confidence through positive role modelling
- Learn new things, like trying a new craft or skill
- Develop leadership qualities
- Make great memories and ignite potential while having fun

YOUTH
HQ



Big Brothers Big Sisters
OF RED BEER AND DISTRICT

