

# Congratulations to the Bowden Grandview School

Class of 2022







*Sam Barbas*



*Owen Belton*



*Emily Bradshaw*



*Shane Callan*

*“Be bold enough to use your voice,  
brave enough to listen to your heart  
and strong enough to live the life  
you’ve always imagined.”*

*Author unknown*



*Justin Corbett*



*Corban Cramp*



*Wyatt Duval*



*Rory Fagan*





*Quentin Gall*



*Deion Hronek*



*Cole Hunter*



*Darnelle Leeming*

*“What lies behind us and what  
lies before us are small matters  
compared to what lies within  
us.”*

*— Ralph Waldo Emerson*



*Amber Neilson*



*Paige Reberger*



*Teresa Scott*



*Dale Sietzema*



*Payton Sietzema*



*Presley Smith*



*Emily Thorkman*

## *The Five W's of Life*

*Who* you are makes you special.

Do not change for anyone.

*What* lies ahead will always be a mystery. Do not be afraid to explore.

*When* life pushes you over,

You push back harder.

*Where* there are choices to make,

Make the one you won't regret.

*Why* things happen will never be certain.

Take it in stride and move forward.

## **Sharing a sense of pride as we reflect on an exceptional year A Message from the Superintendent**

As the end of this school year approaches, the Board of Trustees and Central Office team would like to express our deep gratitude for all that has been achieved in schools across our division. Our Chinook's Edge school communities rallied through a tide of challenges that ebbed and flowed throughout this past school year. Everyone was determined to ensure meaningful learning took place each day, through hard work, resilience and goodwill.

Our schools are filled with educational leaders who ensure a safe and caring environment for all students. They are all committed to our divisional goals: Academic Excellence, Career Connections and Social Emotional Well-being, which we firmly believe are key to student success as they progress through the grades and throughout their lives. Chinook's Edge has generated clear strategies to support every student in their learning journey and to create an upward momentum that helps them realize their hopes and dreams.

Thank you to our students, our teachers and our entire Chinook's Edge team for your hard work throughout the year, and to parents and community partners who are engaged in learning alongside us. Chinook's Edge students are surrounded by people who truly care about them and about their success. Thank you for challenging, encouraging and believing in each one of them. Enjoy your summer!

**Kurt Sacher**  
**Superintendent of Schools**

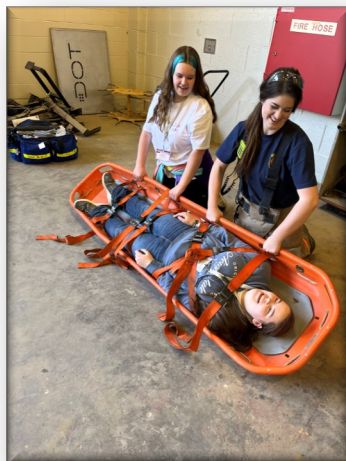
We would love to hear your thoughts on this month's [parent survey](#): What comes to mind when you think of your child's school experience this past year? Remember to visit our [Assurance for Parents](#) page for regular updates!

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



# We Build a Dream Day

On Thursday, May 12 Mrs. Weststrate took a group of high school students to Olds College to explore careers for women in STEM-Science, Technology, Engineering and Math as well as the Skilled Trades. The day kicked off with an inspiring keynote speaker who reminded us that there is no dream too big to pursue. Other highlights for our students included listening to a panel of influential women who represented the trades and various STEM fields, visiting a number of career booths and participating in hands-on activities and learning about careers in Emergency Response which included law enforcement, fire and emergency medical professions. It was a wonderful day learning about women in STEM and the Skilled Trades.



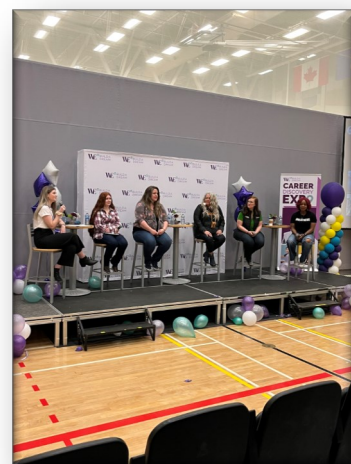
## What's Happening:

Tuesday, May 31

- Pizza Day

Friday, June 3

- Non Instructional Day



## R.Y.L.A. 2022

On May 5th, three BGS grade ten students were chosen to participate in R.Y.L.A (Rotary Youth Leadership Awards). Elisa Aplin, Emily Smith and Sryscha Holz traveled to Camp Kindle near Sundre. R.Y.L.A. is an intensive leadership program organized by Rotary Clubs and districts where young people can develop leadership skills while having fun and making connections with peers.

The Innisfail Rotary Club sponsored these students. While at R.Y.L.A, the students engaged in a variety of leadership sessions such as Ice Breakers, Making a Leader, Whales and Penguins. They also participated in an activity about things that hold us back and how to break those barriers, a dance, group activities and completed a “take charge” workshop.

The students have been invited to attend a meeting with the Innisfail Rotary Club on June 16th where they will present their experiences to the members. Thank you to the I.R.C. for their ongoing support of our students here at B.G.S..







Thank You to the Bowden Agricultural Society for their generous donation.

The library will be receiving a monthly box of books from Wildwest Kidz-

A book club for Cowboy Kidz



## 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)



## Literacy Corner

NEW BOOK - Just Released May 3rd by Rebecca Evans

In this beautiful, heartfelt picture book, a young girl moves from a small village to a big city in China, where she longs to find a friend...and ultimately meets someone very much like her.



## Indigenous Education

Incredible things coming to the Calgary Stampede this year. Chinook's Edge School Divisions very own Learning Services Coordinator (Indigenous Education) Patrick and his wife Marris Mitsuing are the duo behind Powwow Times who are bringing one of Canada's largest competitive powwows to the Calgary Stampede. Running July 12-14, the powwow will feature competitive dancing, drumming, singing, and showcase other Indigenous performances. For more information check out the following article:

<https://globalnews.ca/news/8814593/calgary-stampede-powwow-competition/>

**P L A Y**

**G R O U P**

**Wednesdays 9:00 - 11:00 a.m. @ Memorial Hall**

**Ages 0 - 5**

**May 4, 11, 18**

**June 1, 15, 22, 29**

**Parent supervised drop in program -  
FREE to attend!**

Contact:

[jblaylock@townofpenhold.ca](mailto:jblaylock@townofpenhold.ca)

403.886.3288





# GOOD → enough PARENTING

A workshop for real parents.

FAKE IT  
TILL YOU  
MAKE IT

We are not perfect, and neither are our children. Come join Michelle and be introduced to some attachment safe strategies on how to stop yelling and start connecting with your children.

Parents of Children  
in Grades K-6

Mon. May 30

6:00 pm - 7:30 pm

\*\*\*\*\*

Parents of Youth  
in Grades 7-12

Tues. May 31

6:00 pm - 7:30 pm



@ Penhold Multiplex

\*Childcare is available by request.

To register:  [fcss@townofpenhold.ca](mailto:fcss@townofpenhold.ca)  
 403.886.4567





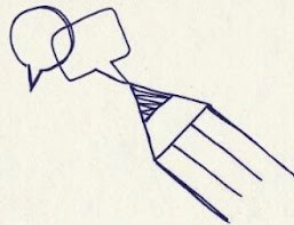


**BELONGING  
RESPECT  
ENCOURAGEMENT  
WORKING TOGETHER  
SPEAKING OUT**

**TORCH LOCATIONS**  
**SPRINGBROOK Ages 10-14 Thursdays 6pm-8pm**  
**RED DEER Ages 10-12 Wednesdays 6pm-8pm**

### WHY JOIN TORCH?

1. DEVELOP YOUR SKILLS
2. LEARN AND TRY NEW THINGS
3. DROP IN WHENEVER
4. HAVE FUN!!!



**YOUTH  
HQ**



**JOIN FOR FREE**



# Caregiver Education Team Newsletter

May 2022



AHS, in collaboration with [The Mental Health Foundation](#), is proud to offer FREE online programming for parents and caregivers of school-age children and youth.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

## Lunch & Learns 12:00 – 1:00 pm

**Parenting Teens in the 21<sup>st</sup> Century**  
*Respectful Limit Setting with Adolescents*  
Part 1: Tuesday, May 3  
Part 2: Tuesday, May 10

### Understanding Anxiety Series

**Part 4: Overcoming Avoidance**  
Wednesday, May 4

**Part 1: An Introduction**  
Wednesday, May 11

**Part 2: Calming Our Bodies**  
Wednesday, May 18

**Part 3: Settling Our Minds**  
Wednesday, May 25

## Sessions at a Glance

### Lunch & Learns 12:00 – 1:00 pm

**Keeping Scattered Kids on Track**  
*Supporting Children and Adolescents with ADHD*  
Part 1: Thursday, May 5  
Part 2: Thursday, May 19

**More than Just a Bad Day**  
*Understanding Depression in Adolescents*  
Monday, May 9

**Parenting Strategies that Promote Positive Mental Health**  
Part 1: Tuesday, May 17  
Part 2: Tuesday, May 24

**Understanding Self-Injury**  
Tuesday, May 31

### Caregiver Education Sessions 6:00 – 7:30 pm

**Body Image and Eating Disorders**  
Wednesday, May 4

**Collaborative Problem Solving**  
*Helping our Kids Navigate Challenging Situations*  
Thursday, May 12

**Test Anxiety**  
*Strategies for Success*  
Wednesday, May 18

**I HAVE, I AM, I CAN**  
*Building Resilience in Children and Youth*  
Thursday, May 26



Mental Health Foundation



For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)