

# Bowden Grandview School

December 5, 2022



## 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 cash, 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 7th & 8th

### What's Happening:

Wednesday, December 7

- Little Shoppers
- Grade 7 Farmers Market

Thursday, December 8

- Little Shoppers
- Taco in a Bag

Friday, December 9

- Non Instructional Day

Don't forget to order:  
Dec 15 - Pizza  
December 22 - Crustless  
Chicken Pot Pie



## Elementary Christmas Concert

**Thurs. Dec. 15**

**6:30pm in the school gym**

**Come and enjoy some beautiful holiday music performed by our K-Gr. 6 students.**

**Donations for the Food Bank gratefully accepted.**

# BOWDEN GRANDVIEW SCHOOL'S 12 DAYS OF CHRISTMAS STOCKINGS FOR SENIORS

1

This holiday season, the Christmas Club with the YES program is hosting THE 12 DAYS OF CHRISTMAS!

2

Over 12 days, the Christmas Club will be collecting various items to put together stockings for seniors in our community who may be spending the holidays alone

3

While Christmas is a time for joy and giving, the holiday season can also bring feelings of loneliness, sadness and isolation for many people, especially seniors.

4

Please follow along as we celebrate the 12 Days of Christmas by collecting various small items to stuff stockings with. These items can be put in the large Christmas boxes by the School's Christmas tree.

5

If you know of a senior in our community who you would like to nominate to receive a Christmas Stocking, please write their name on one of the Paper Christmas tree decorations hanging on the school Christmas tree, or email the nominee's name to [kweisbrodt@cesd73.ca](mailto:kweisbrodt@cesd73.ca)

# 12 DAYS OF CHRISTMAS

## STOCKINGS FOR SENIORS

BOWDEN

We are collecting:



1 Monday Dec.5- Manicure items

2 Tuesday Dec.6- Adult coloring items

3 Wednesday Dec.7- Lotion/ chap stix

4 Thursday Dec.8- Journals & pens

5 Monday Dec.12- Shampoos for men

6 Tuesday Dec.13- Soap for ladies

7 Wednesday Dec.14- Hair/nail care

8 Thursday Dec.15- Puzzle books

9 Friday Dec.16- Christmas decor

10 Monday Dec.19- Salty snacks

11 Tuesday Dec.20- Cookies & cake

12 Wednesday Dec.21- Chocolates



**Who:** Grade 6 Class

**What:** Selling Candy Canes

**When:** December 12th - 16th

**Where:** Outside of the Grade 6 Classroom

@ lunch

**Why:** To Raise Money To Go To Camp

**Cost:** \$0.50 for large

or \$0.25 for 2 small



**Bowden Silent Santa Perogy  
Delivery will be December 19th @  
3:00pm at Bowden School. Thank  
to everyone for their continued  
support!**

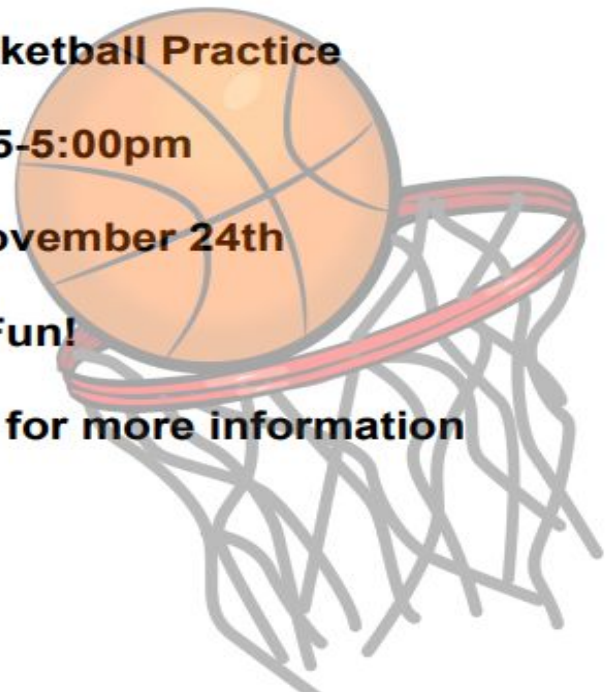
**Grade 5 & 6 Girls Basketball Practice**

**Thursdays 3:15-5:00pm**

**Starts Thursday November 24th**

**Join the Fun!**

**Please see Miss Severtson for more information**







# CESD Reconcili-ACTION Newsletter

## December 2022

### Did You Know? Dispelling Myths & Stereotypes

This month, we are sharing a link to **Indigenous Corporation's Free E-Book** called *Dispelling Myths About Indigenous People*. Here are 2 of 9 that you can learn about and share with staff, students and parents. **Click on the link above for all 9!**

- **Myth: Indigenous People are all the same**
  - **Reality:** One the popular myths is that the Indigenous community is one homogeneous group. This disregards the reality that hundreds of individual Indigenous communities have their own unique history, culture, traditions and economies.
- **Myth: Indigenous Peoples can do whatever they want with their reserve lands and resources**
  - **Reality:** For this myth to be true, all Indigenous Peoples in Canada would live on reserves. In reality, a reserve is a tract of land set aside under the Indian Act and treaty agreements for the exclusive use of an Indian band (First Nation). Métis and Inuit have no reserves. The ultimate title to reserve lands is vested in "Her Majesty."

### In Their Words Video



**Boys with Braids** This 5 minute video explains the cultural and spiritual significance of the braid for Indigenous males.

### Indigenous Literature Showcase

This link will take you to [Empowering the Spirit's](#) Q & A on how to select Indigenous Lit into classrooms K-12 With each Q & A, there is a Learning Guide and Video Book Talk! Click on image to right for an example and link to the rest!



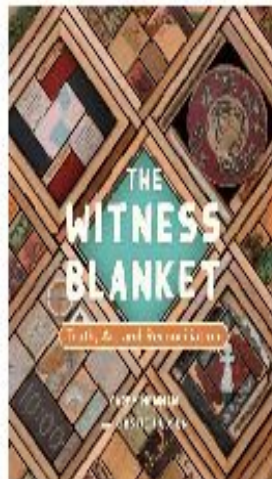
### December's Reconcili-ACTION Resource Pick

#### The Witness Blanket

Inspired by a woven blanket, the *Witness Blanket* is a large-scale work of art. It contains hundreds of items reclaimed from residential schools, churches, government buildings and traditional and cultural structures from across Canada.

Every object donated to the *Witness Blanket* tells a story. One by one, they tell us about specific experiences in many times and places. Together, they tell us about the sweeping history of the residential schools that operated from coast to coast for over a hundred years.

**Click on image on right to access!**



Our Resource Pick this month is *The Witness Blanket*. This is an amazing reconcili-action resource can be used to teach about our shared history to all grades.

The teacher resources are graded to ensure info is age-appropriate. It will provide powerful learning for you too! Worth a visit!

## AMH Caregiver Education December 2022 / January 2023 Newsletter

AMH Education Services, Edmonton Zone, is proud to offer free addiction and mental health virtual programming for parents and caregivers of children and youth, as well as sessions for all adults.

**Please feel free to share this information with friends, family, parents, caregivers, educators, community members, and professionals who would like to learn more about addiction and mental health topics.** If you want to learn more about how to support a child or youth that you live or work with, or if you want additional strategies for supporting your own wellness, you are welcome to register for these sessions.

**See the attached newsletter for more information on topics, dates, times, and registration.**

- **Caregiver Education Sessions**

These online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth. Upcoming sessions topics include **the benefits of mindfulness for the whole family, understanding autism, sleep and your family's mental health, and body image and eating disorders.**

- **Adult Education Sessions (New!)**

In January, we are offering the first three sessions of our series about **understanding anxiety – introduction to anxiety, calming our bodies, and settling our minds.** This series will conclude in February as we discuss ways to overcome avoidance. These sessions are for any adult wanting to support their own wellness, or the wellness of a youth they live or work with.

**To register for a session, follow the links found in the attached newsletter or visit:**

<https://www.cyfcaregivereducation.ca/virtual-education>

Visit our website for tip sheets, videos, and more! [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)



# Snow Buddies

Will you be a Snow Buddy? We need you and your best shoveling skills to partner with local residents & seniors who need a hand with the winter wonderland!

Do you need a Snow Buddy? We will connect you with local Snow Buddy's who have signed up to lend a hand with the winter wonderland!

Contact Bowden FCSS at 403-224-2207 or email [FCSS@Bowden.ca](mailto:FCSS@Bowden.ca) to become a "Snow Buddy", or to find one near you.



\*Note: FCSS is only a contact for connection. It will be up to the Snow Buddy & resident to decide on cost, frequency and other details.\*



# BEFORE AND AFTER SCHOOL CARE

## OPEN FOR REGISTRATION

BGC Olds and Area is excited to partner with Bowden Grandview School to offer before and after school care!

## THE DETAILS

BGC Olds and Area has been providing licensed before and after school programs for children in Olds and area for the past 38 years! Our program provides children with a safe place to go in the out of school hours where they can have fun, interact with their peers, and develop skills that will last a lifetime

Before School - \$250

After School - \$310

Full time - \$380

Before and after kindergarten - \$175

Drop in \$20/segment

\*\*\*Subsidies are available through the Government of Alberta for families with a household income less than \$89,999

## REGISTRATION

Contact Ashley

403-598-7663

ashleybgcolds@outlook.com



**bgc**

Olds & Area



# FUN FRIDAYS

## AFTER SCHOOL UNTIL 4PM



<b>GRADE 4/5</b>	<b>GRADE 6-8</b>
OCT.14	NOV 4
DEC .2	JAN.13
FEB.3	MAR 3
MAR. 17	APR.21
MAY 12	JUN.9



# Literacy Corner

Tis' the season - New and old, for toddlers to teens, there's a family-friendly holiday film for everyone on your list.

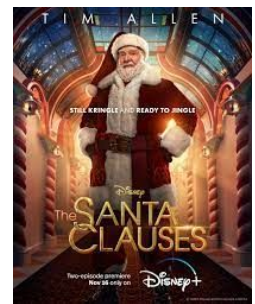
Film literacy enables an understanding of how film and moving image texts make meaning - we have a few special shout outs for this holiday season for the entire family to enjoy!

**The Guardians of the Galaxy Holiday Special (2022)**  
released straight to Disney+ on November 25.



**Scrooge: A Christmas Carol (2022)** Netflix on December 2.

A little throwback to anyone who grew up watching the original 1994 *The Santa Clause*. You can now sit down with your family, binge watch all the originals and snuggle in to watch the new series on Disney+



# Indigenous Education



Man's outer parka;  
Copper Inuit;  
collected by  
Diamond Jenness,  
Coppermine River,  
Northwest  
Territories,  
1914-1916; caribou  
skin, sinew; 120  
cm. long, 68 cm.  
wide.

The Inuit people can't be imagined without their signature parkas, fashioned from fur and hide of the local wildlife. One of the many reasons why early European voyages into the Arctic circle failed is because they were underprepared for the extreme weather conditions of the north. They wore wool clothing, which kept them hot on the inside, but made them sweat a lot, which made their clothing freeze in the extreme temperatures. The Inuit never faced this problem, as they have been making their parkas from caribou deer or seal hide from as early as 22,000 BC (Siberia). The production of these parkas took weeks, and the tradition of making them was passed down from mother to daughter, taking years to master. Depending on the geographical location of the tribes, the design of the parkas varied according to the types of animals available. Beadwork, fringes and pendants frequently decorated the clothing. Roald Amundsen was the first explorer who outfitted his crew with Inuit clothing, which enabled him to successfully circumvent the North-West Passage in 1906. In the 20th century the use of traditional Inuit clothing declined, but it has seen a recent resurgence, as the Inuit strive to preserve their culture.

- Information collected from *Native American Culture Pride*