

Bowden Grandview School

October 2, 2023



What's Happening:

Tuesday, October 3

- JV Girls @ home @ 6:30

Thursday, October 5

- Elementary Fun Run
- Cross Country Team Run

Friday, October 6

- No School

Tuesday, October 10

- Picture Day
- Gr 10-12 Fire Safety
- JV Girls @ home @ 5:30

Friday, October 13

- Jr/Sr High Awards Night
- Old College Open House
- Gr 2 Field Trip

Spending time on the land was a goal that Bowden Grandview wanted to incorporate with Orange Shirt Day this year. The grade 1 thru 7 classes participated in various activities at Red Lodge Provincial Park including a Forest Scavenger Hunt, Storytelling of *Fry Bread: A Native American Family Story* then making their own Bannock, a nature walk and indigenous games. Grades 8 thru 12 had the opportunity to go to Kananaskis to hike Heart Creek Canyon and Heart Creek Bunker and to learn about how indigenous peoples used the plants and animals of the land. We truly hope they had a great time experiencing the great outdoors.



Academic Awards

The Academic Awards Ceremony will be Friday, October 13th @ 7:00pm. Students being recognized will receive prior notice.

Thank You

The BGS grade 1/2 class are so excited to have a new tool to use in their room. A big THANK YOU to Jack and Heather Sinclair for their donation of time and material to construct a 4 sided art easel for us! We appreciate your generosity!



Blazer Athletics

Upcoming dates

- October 5** Grade 1 to 6 students - Fun Run in Innisfail
CENAA Cross Country Race (Jr. High Cross Country Team)
- October 11** High School Cross Country Zones - Red Deer
- October 16** Middle A girls home volleyball games! Go Blazers!
- October 30** Middle A girls home volleyball games! Go Blazers!

Here is the lunchtime gym schedule for **September and October**. Students are expected to have their indoor shoes on and be safe, respectful and to do the right thing to continue attending. Mrs. Ludlow and I are in charge of gym supervision and programming at lunch.

Gym Schedule - Lunch
 Month: October, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
K-6-KM Club 7-8 Volleyball 2	K-6-KM Club 4-6 Volleyball 3	Gym closed 4	Gym closed 5	No School 6
No School 9	K-6-KM Club 9-12 Volleyball 10	Gym closed 11	K-6-KM Club 4-6 Volleyball 12	1-3 Volleyball 13
Gym closed 16	K-6-KM Club 7/8 Dodgeball 17	K-6-KM Club 4-6 Volleyball 18	1-3 Volleyball 19	No School 20
K-6-KM Club Gym closed 23	9-12 Basketball 24	K-6-KM Club 4-6 Basketball 25	6-8 Basketball 26	K-6-KM Club Gym closed 27
Gym closed 30	Gym closed 31			

(c) One-Stop Counseling Shop



Parent School Council

Friends of Grandview (FOG)

School Council

School Council met on September 19 with an online google meet. It was very exciting to have so many new names join our meeting. Everyone is always welcome!

PARENT QUESTION: Can we explore restaurants such as Subway/Booster Juice to offer for lunches?

ANSWER: Yes, we are currently looking at options to add to our hot lunch program. We will continue to offer a Hot Dog day as well as a home cooked meal day along with the Athletics program Pizza Day.

Our next meeting is Tuesday October 17 at noon!!

If you would like to join the monthly meeting please email bgscouncil@gmail.com

Breakfast Program

Volunteers serve toast, fruit, and a small variety of other items each morning. They start at 8am so when the school doors open the toast is ready for all our students to enjoy. This is available for free to ALL students through donations and grants. October schedule is out for those volunteers already on the email list.

To volunteer email: bgscouncil@gmail.com

FOG- Friends Of Grandview

FOG will be meeting in person in the month of October. If you would like to attend this meeting either for information or to offer your volunteer time for some upcoming fundraisers please contact Carla.

For more info contact Carla at (403)506-5222

Fundraisers

Eagle Creek Farms Vegetable Fundraiser has been sent home with youngest or only students and is in the newsletter. Order **deadline** is **Monday, October 16th** and delivery will be **Monday, October 30th**

Eagle Creek Farms

Vegetable Fundraiser

Who are We?

Eagle Creek Farms is a 4th generation farm that began growing vegetables in the 1960's. We grow Veggies, Seed Potatoes & Sunflowers. Cut Flowers and have been Certified Organic Since 2018. All the vegetables supplied in the fundraiser have been grown, washed and packed on the farm. We have created this fundraiser with Carrots, Potatoes, Beets and Cabbage.

Why Participate?

- Schools keep 30% of sales
- Families enjoy locally grown freshly harvested Alberta Vegetables.
- Families have the opportunity to visit the the Bowden Sunmaze to see where and how we grow the vegetables

How it works

- We grow and package the veggies
- Students sell the veggies
- We will deliver the bagged produce to your pickup location/date

ORDER DEADLINE: Monday, Oct. 16

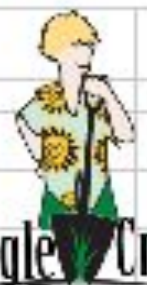
Delivery date will be Monday, Oct. 30!

Please make cheques payable to: *Friends of Bowden Grandview (FOG)*

Any questions please reach out to Rayell at rayell@eaglecreekfarms.ca



Vegetable Fundraiser



Eagle Creek Farms

Student: _____ Phone: _____

Grade: _____ Cheques Payable to: _____

Orders Due: _____

Order Pickup: _____

Customer Name & Phone	Carrots		Beets	Cabbage	Potatoes #2 Grade		I Love Local Veggies Bundle	Order Total
	2lb \$5	7lb large \$10	4lb \$10	3-4lbs \$5	10lbs Red \$12	10lbs Yellow \$12	10lb Red Potato, 7lb Large Carrots, 1 Cabbage & 2lb Beet \$27 (\$32 value)	
TOTAL								

All Vegetables are Certified Organic and Grown at Eagle Creek Farms, Home of the Bowden SunMaze, in Bowden Alberta
 Questions? Please email rayell@eaglecreekfarms.ca



BOWDEN PLAY AND LEARN

KERNELS POPCORN FUNDRAISER

\$2.50 per individual bag of popcorn
Buttersalt, S&V, White Cheddar, Dill Pickle,
Say Cheese, Jalapeño Jack, Cheesy Dill,
Thai Sweet Chili, Creamy Caramel

ORDERS DUE OCTOBER 10
CONTACT ASHLEY 403.505.2967
WILLERTASHLEY@GMAIL.COM





Alberta Health Services

This is the link to an AHS site that is "Committed to providing information resources and support to families". The sessions are excellent, free and all online.

Some of the upcoming free sessions in October are:

Mental health for highly sensitive teens; unique struggles for these emotional feelers

Understanding Influences: Family Conflict & the Developing Brain

Teens in Trouble With the Law: What You Need to Know

Avoiding Power Struggles

Navigating Technology with our Youth

Cyber Safety

Sibling Rivalry: We all want harmony and to reduce rivalry between our children

Adolescent Brain Development and Navigating Parent-Teen Relationships

Alberta Law Enforcement Response Teams – Internet Child Exploitation in Alberta

[AHS - Community Education Series](#) (Website)

Community Education Service

Improving emotional health and well being

Juno House™: Specializing in adolescent girls and young women's mental health presents the Juno House Therapeutic Model of Treatment™

Navigating Technology with our Youth

Andrea Halwas Larsen, BA, MFA, PhD, REACE, Registered Expressive Arts Therapy Consultant, Associate Therapist & Educational Coordinator at Juno House

In this 1.5 hour presentation, we will discuss the role of technology and today's youth. The message of this presentation is not only based on technology, but also about a child's healthy brain development and the necessary parenting/caregiver role in creating healthy, emotional, regulated, and integrated brains. This presentation will address the underpinning of a child's emotional brain development and how to grow it, as well as how technology can dangerously hijack this.

We believe that talking does not grow neurons; experience grows neurons. This workshop is designed to give attendees the skills to become their child's emotional coach. The workshop will provide participants with:

- An understanding of the basic neuroscience behind healthy brain development,
- The dangers of technology for healthy brain development,
- Technology use rules that will help your child
- When building healthy brains, how to identify emotions in your child/student, and
- How to become your child's/student's emotional coach in only five steps and in that, build a resilient child.

The presentation is facilitated by a therapist from Juno House who has years of both clinical and facilitating experience. Juno House was founded in 2008 as a Centre of Excellence for adolescent girls and young women who are experiencing anxiety-based mental health issues of self-harm, obsessive compulsive disorders, depression and eating disorders.

October 17th, 2023

12:00 PM – 1:30 PM

FREE LEARNING

[Register Here!](#)

This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with

[Juno House](#).

CES@ahs.ca <http://community.hmhc.ca/>



**Bowden Community
FALL BEEF SUPPER**

Friday, October 20, 2023

Paterson Community Centre Bowden

\$20 per adult

\$10 per child (under 13 yrs)

5:00pm - 7:00pm

Pay at the door - cash only

Take out plates available

EVERYONE WELCOME!

RUSTIC COUNTRY Christmas Market

December 9, 2023

10:00 a.m. to 4:00 p.m.

Paterson Community Centre

2107 27, Avenue

Bowden, AB

For more information, or to register
as a vendor contact 403-507-5090
bowdencommunityhall@gmail.com





Building Better BOUNDARIES



Do you find it hard to say no?

Do you feel that others don't show you the respect that you deserve?

Or do you feel like you go out of your way to please others often?

Join us for our Boundaries Program!

We will be covering the following topics over the course of 6 weeks:

Wednesday evenings - November 1th to December 6th, 2023

- Introduction to Boundaries
- Where Do Boundaries Come From?
 - Types of Boundaries
- Understanding and Setting Boundaries
- Overcoming Boundary Challenges

To register you can contact:

Emilie Webb at 403-586-4545

www.mountainviewemergencyshelter.ca

mountainviewemergencyshelter@gmail.com

Location: Jeans Place, Community Connection Centre

4911 51 Avenue, Olds

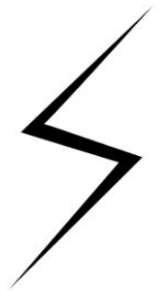
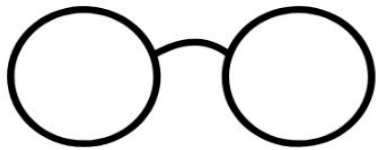
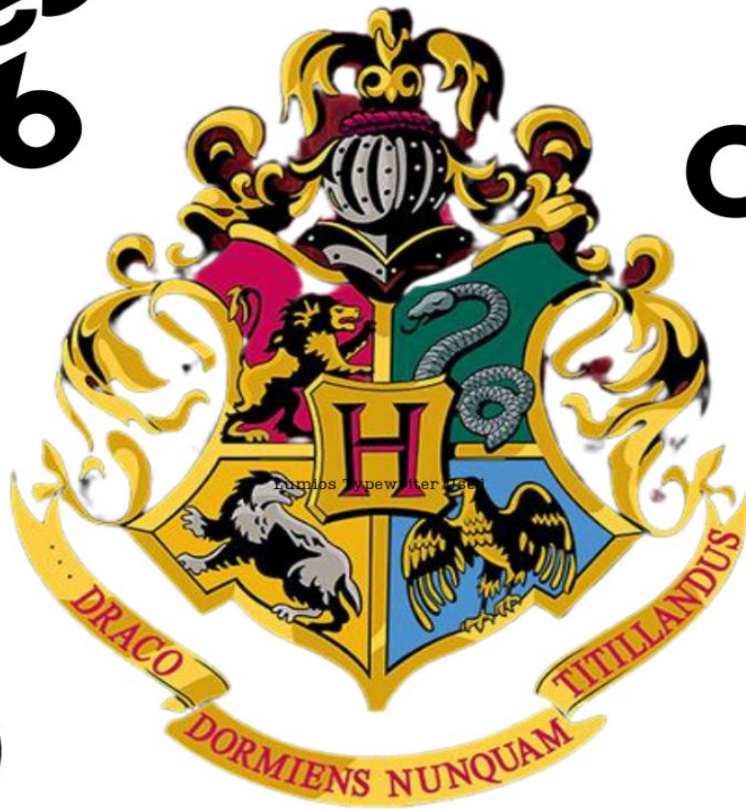
6:30PM - 8:30PM



Join Miss Ireland on a trip to
Hogwarts for a day full of
sorting and spells

**Grades
4 - 6**

OCT 6th



9 AM - 2 PM

Find out if your Gryffindor,
Hufflepuff, Ravenclaw or Slytherin
and COMPETE for the HOUSE CUP



YES
Program

BOOK CLUB GR. 6-8

BOOK TBD, Come Vote on Your Fav

MONDAY 3:10 - 4:15 PM

Oct 2nd - Nov 27th

Everyone is Welcome.
Forms due to the YES room on Sept 29th



YES & FCSS

GR. 4 - 6 CRAFTY CLUB

*Come join Miss. Ireland & Jade for some fun Halloween crafts
ALL October long*

WEDNESDAY 3:10 PM - 4:15 PM
OCT 4TH, 11TH, 18TH & 25TH

*15 spots available
Forms due OCT 2nd*



Join the ADVENTURE!

Grades 9 -12

****Experience Two Iconic Cities:****
Explore the bustling streets of New York City and the historic landmarks of Washington, D.C. in one unforgettable trip!

APRIL 2024

For ALL the details
Visit <https://www.eftours.ca/tour-website/2616202HN>

**IT'S NOT TOO
LATE TO JOIN !**

Payment plans
offered - travel
now, pay later

Contact Mrs. Crandall kcrandall@cesd73.ca

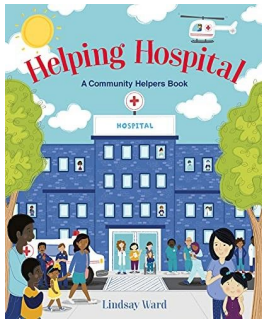
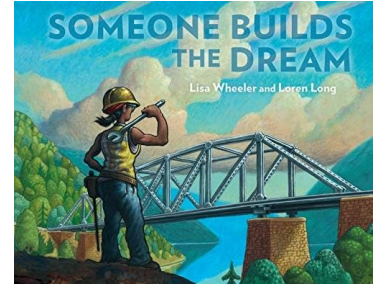


Call 1-800-263-2806 to enroll

Literacy Corner

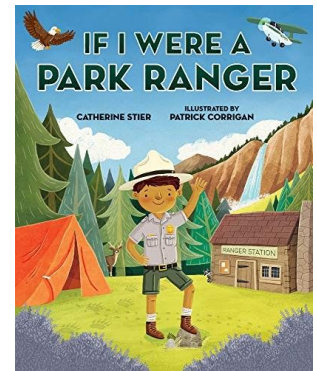
Dress as a Career Day day is fast approaching (Friday, October 13th) and why not celebrate with a few books about careers. Stay tuned for more career books next week!

Someone Builds the Dream by Lisa Wheeler we are introduced to all of the people behind the scenes that bring a product to life from bridges to books. There are so many hands that touch a project before the end product is available.

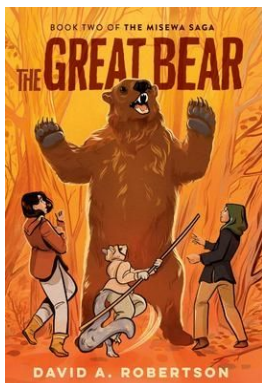


Helping Hospital : A Community Helpers Book by Lindsay Ward looks at the vast opportunities of jobs associated with a hospital from the admissions department to different types of nursers and doctors. We explore the hospital and the workers while we travel with different patients visiting the hospital.

If I Were a Park Ranger by Catherine Stier you would have one of the best views at work each day! Learn all about the other features of this job in this fun book. I'd love to see a whole series of career books by this author.



Indigenous Education



Winner of the 2022 Silver Birch Award for Fiction; **The Great Bear** is the second book in the Narnia-inspired Indigenous middle-grade fantasy series. *Eli and Morgan journey once more to Misewa, travelling back in time.*

BGC Olds &
Area

October 2023

Bowden Jungle Junction

Before/After School Care



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

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 Kass:

(403) 559-4884

Kassbgcolds@outlook.com



@junglejunctionbowden



Olds & Area

OUR LEADERS

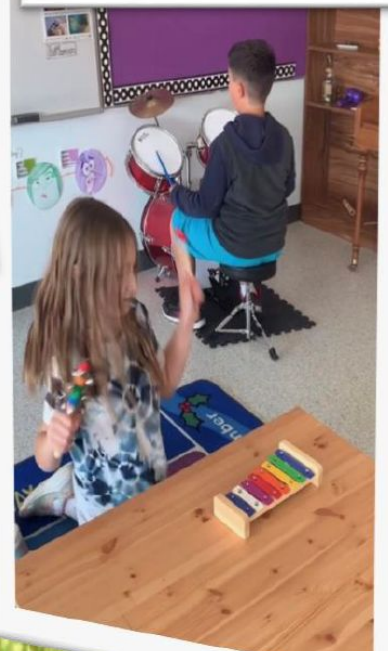
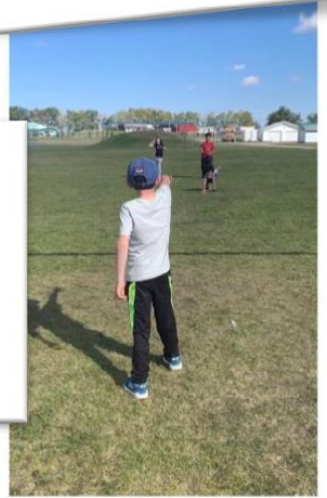
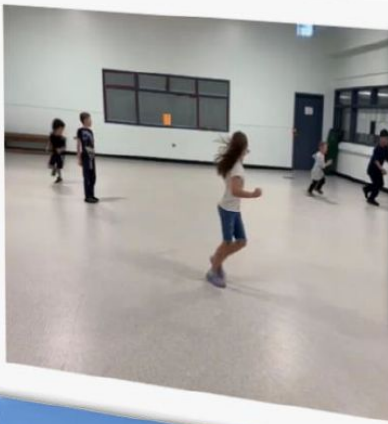


Hi, my name is Miss Molly Minor! As well as working at BGC for a year now, I also work at Bowden Grandview School as an Educational Assistant. I am currently working towards my Early Learning and Childcare Diploma through RDP starting this fall. In my spare time I like to spend time with my animals, (cats, dog and horse), playing piano and guitar, motor biking, camping, exploring local spots and hanging out with my friends and family. I am looking forward to my second year at Bowden Jungle Junction with our current members and new ones!



Hello, my name is Miss Hailey Hronek. I've worked with the BGC for over a year now but prior to that I worked in kindergarten classes. I will be working towards my early learning and childcare diploma at Red Deer Polytechnic this fall. In my spare time I am often out driving around with my friends in my car or at home with a good book. I also LOVE to travel, my most recent trip was to Italy and Greece! I am so excited to be working in out of school care with so many amazing kids!

We have so much fun playing, exploring, learning, and creating here at Jungle Junction!! Come join the fun!





Bowden Play & Learn



2023/2024 Registration

September

Full Time

Tuesdays & Thursdays
Mornings 8:20-11:10
Or
Afternoons 12:30- 3:00

Fees

Non Refundable
\$30.00 Registration Fee
Due With Application

\$5.00 per month
Or \$50.00 per year

Couple Things

Children must be 3 at
school start and fully
potty trained to join our
classroom

Contact Information

For more Information or
to register please email
us at

Bowdenplayandlearn@gmail.com
(Lisa)

Call at 403-357-7841
(Shayla)



utreach Centre™

Family Law Information

EVERY TUESDAY MORNING

Family law paralegal and mediator, Ryan McDougall, presents information* on parenting time, decision making, child support, income determination, spousal support and division of property.



Join us online by calling
The Outreach Centre to
ask for the zoom link.



9:30 a.m.-Parenting Orders
& Child Support



11:00 a.m.-Spousal Support
& Division of Property

403.347.2480

**Professionals and the public
welcome. Refer your clients.**

***Legal advice will not be provided.**

Ryan provides straight forward information on matters affecting families going through separation.