

# Bowden Grandview School

Happy  
Halloween



October 30, 2023

## What's Happening:

### Monday, October 30

- Book Fair
- Middle A Girls VBall @ Carstairs @ 4:00pm

### Tuesday, October 31

- Happy Halloween
- Book Fair

### Wednesday, November 1

- Parent Teacher Interviews
- Book Fair

### Thursday, November 2

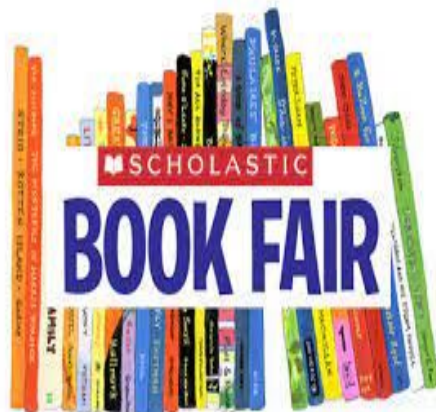
- Parent Teacher Interviews
- Book Fair
- Picture Retakes
- Picture Orders due from Oct 10 Picture day

Parent/Teacher Interviews are on November 1st & 2nd



## Thank You

Many thanks to Patty Houchin, Reddi Mart and Old Dutch for the \$2500 donation to Bowden Grandview School breakfast program! We truly appreciate your support of BGS!

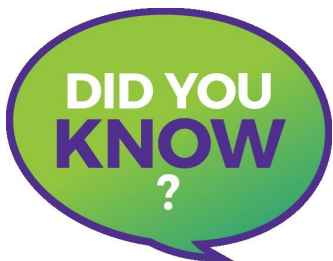


October 26th-November 1st  
During lunch

November 1st & 2nd  
3:30pm-6:30pm  
During Parent/Teacher Interviews



The Bowden Lions Club held a colouring contest from ages Kindergarten to Grade 6 this past week to celebrate Halloween where the winners could win pumpkins and candy bags. Huge thank you to Ms. Dreher's Grade 6 leadership class for taking care of the contest and thank you to Mrs. Adamuik's student council. Pictured is Annette Glazer, President of the Lion's Club, with all the winners. Thank you Bowden Grandview School for helping out with the contest, thank you to all those that participated, and congratulations to all the winners.



This year we had **14 students from grade 7 to 11** join and participate on our Cross-Country Team. This is a 50% increase in participation from last year! The Team, coached by Miss Severtson, attended competitions in Sundre, Innisfail and Red Deer. One of our athletes, Roxy, qualified for CWAJHAA's and another, Jack, qualified for Provincial's!

Our K to 6 kids used our daily lunch break **Kilometer Club** to prepare for a fun run in Innisfail where they ran against several other schools in the area.  
**Way to go Team!**



The grade 1/2 students are eager to enter their bus safety posters in the CESD transportation contest! Fingers crossed!





## Parent Student Teacher Interviews: November 1 and 2, 2023

Parent Student Teacher Interviews are scheduled for November 1 and 2, 2023 from 3:30 pm to 6:30 pm.

We are excited to be able to have the opportunity to discuss your children here at the school on the evenings of November 1 and 2. Those parents and guardians who are unable to make these dates work are encouraged to contact their children's teachers to make other arrangements such as Google Meet or phone call.

These meetings take on even more significance as CESD has moved away from fall and spring formal report cards and will only have an official report card period in January and June. Parents, with students in grade 5 through 12, will continue to have instant access to all marks and comments in PowerSchool and are encouraged to check their parent access portals regularly to stay up to date. If you need help accessing the PowerSchool system please contact our office. It is anticipated that CESD will be moving K to 4 student marks to PowerSchool within the next year or so.

Two years ago, Chinook's Edge School Division moved to an online booking system for Parent Student Teacher Interviews. **The booking system will open for bookings this Tuesday, October 17 at 9:00 am. Bookings will close Tuesday, October 31, at 9:00 am. \*Please note this is for grades 1 to 12 only. The Kindergarten teacher will contact you directly to book for your Kinder student.**

### Instructions for using our online booking system:

On Tuesday, October 17th at 9:00 am, please visit our website at:

[www.bowdengrandview.ca](http://www.bowdengrandview.ca). Click on "Bookings" at the top of the page.

Click on the event called "Grade 1-12: November 1 and 2 Parent Teacher Interviews".

On the first screen, you will be asked to enter your name (Parent), your phone number and email address.

In-Person will be the only preference you can choose. At the bottom of the first screen you will be asked to add your students.

Click Next. On the second screen, you will then be asked to choose which class and teacher for each child. Under Class, the default is "Bowden Grandview Teachers". Please select this as the default.

Then Click on teachers and it will list each teacher in our school. You will add one teacher at a time. You may have to scroll down to find a name.

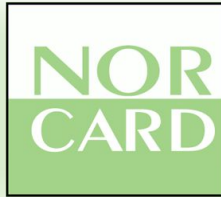
Once you have selected your child's teachers, the next screen will allow you to pick what time you would like to book provided that time is available. A circle indicates that it is available. A dash indicates it is not available. The booking system only allows you to choose one time slot per teacher. Use the bar at the bottom to scroll to the right for later times.

Once you have completed your bookings, a confirmation screen will appear and a confirmation email will be sent to you. It will have a link you can click if you need to view, change or cancel a booking.

If you are having issues with the booking system, please contact the office at 403-224-3422.







Catalogs went home with students or  
 Shop Online at [WWW.DFSCANADA.COM](http://WWW.DFSCANADA.COM)  
 with Organization ID # 7192  
 Friends of Bowden Grandview

## HOLLY JOLLY Christmas

24862



### BAKED Dips



**5058 PIZZA DIP**  
 PIZZA Baked Dip, as the name says, a dip that tastes like pizza with cheesy layers loaded with flavor. Makes 2 cups. 18 g  
 \$5.00

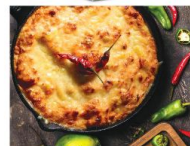
**5059 JALAPENO POPPER DIP**  
 The Jalapeno Popper, gives all the flavors of the favorite finger food in a dip. Just imagine serving this on game day, pairs wonderfully with a cool glass of IP. Makes 2.5 cups. 12 g (0.42 oz)  
 \$5.00

**5028 NACHO DIP**  
 Ready to bake & serve straight from the oven. Makes 2.5 cups. 24 g (0.85 oz)  
 \$5.00

**5027 PARMESAN AND ARTICHOKE DIP**  
 SOF AWARD WINNING PRODUCT. Just add cream cheese, mayonaise, a can of chopped artichokes, mix, and grated parmesan cheese bake and serve.  
 \$5.00

**5026 BAKED DIP PARTY PACK**  
 Each recipe box makes 2.5 cups of delicious dip for a total of 6-9 cups per Party Pack! Includes Parmesan Artichoke, Cheddar Bacon, French Onion. 36 g (1.197 oz)  
 \$10.00

**5102 CHEESY NACHO DIP SKILLET**  
 Include an 8" (20cm) skillet and a pouch of the best selling Cheesy Nacho Dip. The case too will keep the dip hot while being shared and enjoyed. Net Weight 24 g (0.85 oz)  
 Makes 3 (0.85 oz)  
 \$40.00



**52324 LET IT SNOW HOLIDAY CARDS**  
 Set of 12 die-cut holiday cards with matching envelopes. Clutter embossed. 5" x 7". Individually cello wrapped.  
 \$18.00



**5041 MESQUITE BBQ**  
 An amazing flavorful, spicy and smoky seasoning. Add it to pulled pork, ribs, meats like ribs, steaks, even poultry, salmon or your favorite dip. 60 g (2.1 oz)  
 \$14.00

**5040 MEDITERRANEAN SEASONING**  
 Oregon, basil and rosemary top the list of ingredients, perfect with grilled chicken, lamb, vegetables for satay and kebabs. 60 g (2.1 oz)  
 \$14.00

**5039 BLANCHED CHICKEN SEASONING**  
 Savory & Spicy describe this blend, but not too spicy so you can taste the true flavors of your cooking. A classic with chicken and fish, try it in your Gumbo. 60 g (2.1 oz)  
 \$14.00



**5070 BUTTER CHICKEN DRY MIX**  
 A crowd pleaser, made with the...

**5038 GREEN CHICKEN**  
 Grilled or in the oven, ever so easy.



### SOUPS

## BEEF JERKY

Canadian Beef



**7000- Original 80g**  
**7001- Pepper 80g**  
**7002- Hot N' Sweet 80g**  
**7003- Teriyaki 80g**  
**7004- Hot Teriyaki 80g**  
**7017- Montreal Spice 80g**  
**7018- Fiery Habanero**

**7016- Original Zero Sugar 70g**  
**7026- Smokin' Jalapeno Zero Sugar 70g**

**7019- Smoked Beef Steak Nuggets 85g**  
**7009- Teriyaki Beef Steak Nuggets 85g**

**7020- Lil Peps Original 150g**  
**7021- Lil Peps Honey Garlic 150g**

## CHILLED Dips



**5030 TZATZIKI DIP**  
 A refreshing dip featuring mint & garlic, add chopped cucumber and Greek yogurt. Makes 2 cups. 21 g (0.75 oz)  
 \$5.00

**5059 GAUCAVOLE DIP MIX**  
 A spicy creamy Guacamole dip mix. Made with market fresh avocados but even smoother with the addition of sour cream. Light, creamy, full of taste. Makes 2 cups. 22 g (0.78 oz)  
 \$5.00

**5063 BLT DIP**  
 BLT dip, creamy, refreshing with a distinct bacon flavor. Makes 2 cups. 23 g (0.81 oz)  
 \$5.00

**5061 CHILLED DIP PARTY PACK**  
 A recipe box makes 2.5 cups of delicious dip for a total of 6-9 cups per Party Pack! Includes Roasted Garlic, Lemon Oil, Roasted Pepper. 44 g (1.55 oz)  
 \$20.00





## Anxiety and Youth

**PRESENTED BY****Calgary Health Promotion Services (CHPS)****SERIES SESSIONS**

Date	Time
November 21, 2023	4:00 PM - 5:30 PM

**LOCATION****Online****FEE****\$0.00****QUESTIONS?****Contact Us:****[register@crcpd.ab.ca](mailto:register@crcpd.ab.ca)  
[403-291-0967](tel:403-291-0967)****REGISTER ONLINE****Visit our website to register:  
[crcpd.ab.ca](http://crcpd.ab.ca)**

### Program

**Target Audience:** All administrators, educational assistants, guidance counsellors, instructional leaders, parents, pre-service teachers, support staff and teachers are encouraged to attend.

Anxiety is one of the most common mental health concerns affecting children and families across the lifespan. Parents and schools play an essential role in helping children manage their anxiety. This session will explore what anxiety and stress are, how to recognize it, and how to support resilience.

### Presenters

**Calgary Health Promotion Services (CHPS)**

The Health Promotion Facilitators on the Community Health Promotion Services (CHPS) Team connect, consult, collaborate, and contribute resources to communities. Their mission is to prevent and reduce harms related to alcohol, drugs and mental health disorders by maximizing the well-being of children, adolescents and families.

### Registration Notes

All times are mountain time.



# Blazer Athletics



## Upcoming dates

**October 30** Pick up orders - apples/popcorn

**November 8** Forms for grade 7 and 8 ski/snowboard lessons are due

Basketball will begin in the next few weeks. Interested students have already signed up and attended a quick meeting. The following have volunteered to coach our basketball teams this year.

Middle school girls (gr.6-8) - Jen Wood and Ms. Raju

Middle school boys (gr.6-8) - Mr. Thompson

Senior boys (gr.9-12) - Ms. SG and Mrs. Weststrate

Senior girls (gr.9-12) - Derrick Campbell and TBA

Congrats to Roxy and Jack on completing a successful cross country season. Both students qualified for the highest level of races they could compete in. Roxy placed 4th in CWAJHAA's which took place near Rocky Mountain House. Jack qualified for ASAA provincials and ran a tough course on Saturday in Trochu. Way to go!!



## Schedule - Gym @ Lunch November

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Gr.9-12 Boys Basketball Fitness	2	3	4
5	6 1-3 Basketball	7 6-8 Basketball	8 GYM CLOSED	9 No School	10 No School	11
12	13 3-5 Basketball	14 GYM CLOSED	15 9-12 Basketball	16 1-3 PLAY STATIONS	17 GYM CLOSED	18
19	20 6-8 Basketball	21 4-6 PLAY STATIONS	22 3-5 Basketball	23 GYM CLOSED	24 No School	25
26	27 GYM CLOSED	28 1-3 PLAY STATIONS	29 9-12 Basketball	30 GYM CLOSED		



Friends of Grandview has partnered with Fundscrip as a fundraiser for BGS. It is a large variety of gift cards. Every gift card purchased gives a percentage back to BGS. If you are thinking of giving gift cards or would even purchase some to buy your groceries or Christmas presents BGS would benefit. Deadline to order is November 30, 2023 and funds are payable to Friends of Grandview. Thank you in advance for your support!



Bowden Grandview School  
created on 10-13-2023

NAME	TELEPHONE	PAYABLE TO
		Friends of Bowden Grandview

DEADLINE TO ORDER IS NOVEMBER 30, 2023

NOTES
Thank you for supporting Friends of Bowden Grandview!

### THE ESSENTIALS

Grocery												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Chefs Plate	7%	\$50 >		\$100 >		\$150 >						
Extra Foods, No Frills, Real Canadian Superstore, Wholesale Club, Your Independent Grocer	3%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		
HelloFresh	7%	\$50 >		\$100 >		\$150 >						
Instacart	3%	\$25 >		\$50 >								
M&M Food Market	3%	\$25 >		\$50 >								
Sobeys, Chalo! FreshCo, FreshCo, IGA, IGA West, Safeway, Sobeys - Multi-banner Grocery	3%	\$25 >		\$50 >		\$100 >		\$250 >				
Gas												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Chevron	2%	\$25 >		\$50 >		\$100 >						
Esso, Mobil	2%	\$25 >		\$50 >		\$100 >						
Petro-Canada™	2%	\$10 >		\$20 >		\$25 >		\$50 >		\$100 >		
Shell	2%	\$25 >		\$50 >		\$100 >		\$500 >				

### OTHER CATEGORIES

Restaurant & Coffee												
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
A&W	4%	\$10 >		\$25 >		\$50 >						
Applebee's	4%	\$25 >		\$50 >								
BarBurrto	10%	\$25 >										
Boston Pizza	5%	\$25 >		\$50 >		\$100 >						
Burger King	2.5%	\$25 >		\$50 >		\$100 >						
Cactus Club Cafe	10%	\$25 >		\$50 >		\$100 >						
DoorDash	4.5%	\$25 >		\$50 >		\$100 >						
Earls Kitchen + Bar	5%	\$25 >		\$50 >								
Edo Japan	5%	\$25 >		\$50 >		\$100 >						
JOEY	6%	\$25 >		\$50 >								
Kelseys, East Side Mario's, Elephant & Castle, Harvey's, Montana's BBQ & Bar, New York Fries, Original Joe's, State & Main, Swiss Chalet, Ultimate Dining Card	5%	\$10 >		\$25 >		\$50 >		\$100 >				
Kentucky Fried Chicken, Pizza Hut, Taco Bell	3%	\$25 >		\$50 >								
McDonald's®, McCafé	2.5%	\$10 >		\$20 >		\$25 >		\$50 >				
Moxie's Grill & Bar	10%	\$25 >		\$50 >		\$100 >						
Oliver & Bonacini, Alchemy, Braven, Buffo, Kindred Food + Drink, Sub Rosa, The Guild	5%	\$25 >		\$50 >		\$100 >						



Restaurant & Coffee (Continued)

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Pizza 73	10%	\$10 >		\$25 >		\$50 >		\$100 >				
Red Lobster	5%	\$25 >										
St. Louis Bar & Grill	10%	\$25 >		\$50 >		\$100 >						
Starbucks	3%	\$5 >		\$25 >								
SUBWAY®	3%	\$10 >		\$25 >		\$50 >		\$100 >		\$500 >		
Thal Express	4%	\$25 >		\$50 >		\$100 >						
The Canadian Brewhouse	8%	\$25 >		\$50 >		\$100 >						
The Keg	5%	\$25 >		\$50 >		\$100 >						
The Old Spaghetti Factory	5%	\$25 >		\$50 >								
Tim Hortons	2%	\$15 >		\$25 >		\$50 >		\$100 >				
Triple O's	10%	\$25 >		\$50 >		\$100 >						
Wendy's	3%	\$10 >		\$25 >		\$50 >						
White Spot	10%	\$25 >		\$50 >		\$100 >						

Apparel

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Aerie	6%	\$25 >		\$50 >		\$100 >						
ALDO	10%	\$25 >		\$100 >								
American Eagle®	6%	\$25 >		\$50 >		\$100 >						
Cialre's	4%	\$20 >										
Gap, Baby Gap, Banana Republic, Old Navy	5%	\$25 >		\$50 >		\$100 >						
H&M	3.5%	\$25 >		\$50 >		\$100 >						
Harry Rosen	5%	\$100 >										
La Senza	7%	\$25 >		\$50 >								
La Vie en Rose, Bikini Village	3%	\$25 >		\$50 >								
Mark's	7%	\$25 >		\$50 >		\$100 >						
Roots, Roots Kids	10%	\$25 >		\$50 >		\$100 >		\$250 >				
Simons	5%	\$25 >		\$50 >		\$100 >						

Business & Office

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Staples	3%	\$25 >		\$50 >		\$100 >		\$200 >		\$500 >		

Children & Toys

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Buld-A-Bear Workshop®	7%	\$25 >										
Mastermind Toys	3.5%	\$25 >		\$50 >		\$100 >						
Scholar's Choice	5%	\$25 >		\$50 >								
The Children's Place	8%	\$25 >		\$50 >		\$100 >						
Toys "R" Us, Babies "R" Us	2%	\$25 >		\$50 >		\$100 >						

Department Stores

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Amazon.ca	1%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		
Dollarama	3%	\$10 >		\$25 >		\$50 >						
Giant Tiger	3%	\$25 >		\$50 >		\$100 >						
The Bay	5%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		



Department Stores (Continued)

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Walmart	3%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		
WINNERS, HomeSense, Marshalls, TJX Canada	6%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		

Electronics

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Best Buy	1.5%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		
The Source	2%	\$25 >		\$50 >		\$100 >						

Entertainment

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Chapters, Coles Books, Indigo	5%	\$10 >		\$25 >		\$50 >		\$100 >				
Cineplex, Galaxy, Scotiabank, The Rec Room	4%	\$10 >		\$25 >		\$50 >		\$100 >				
Kobo	3.5%	\$25 >		\$50 >								
Landmark Cinemas	4%	\$25 >		\$50 >								
Twitch	3.5%	\$25 >		\$50 >		\$100 >						

Health & Beauty

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Bath & Body Works	5%	\$25 >		\$50 >								
Fruits & Passion, THE FACE SHOP	10%	\$25 >										
Rexall	2%	\$25 >		\$50 >								
Sephora	4%	\$25 >		\$50 >								
Shoppers Drug Mart	3%	\$25 >		\$50 >		\$100 >						

Home & Garden

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Canadian Tire	4%	\$10 >		\$25 >		\$50 >		\$100 >				
Home Depot	3%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		
Home Hardware, Home Furniture	3.5%	\$20 >		\$25 >		\$50 >		\$100 >		\$250 >		
RONA	3.5%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		
Stokes, ThinkKitchen	6%	\$25 >										
Urban Barn	2.5%	\$25 >		\$50 >		\$100 >						
Wayfair.ca	2.5%	\$25 >		\$50 >		\$100 >		\$250 >				

Specialty

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Apple	3%	\$25 >		\$50 >		\$100 >		\$500 >				
DAVIDsTEA	3%	\$15 >		\$25 >		\$50 >						
DeSerres	5%	\$25 >		\$50 >		\$100 >						
Fanatics.ca	5.5%	\$50 >										
Groupon	3%	\$25 >		\$50 >								
Kernels Popcorn	5%	\$15 >		\$25 >		\$100 >						
MOLLY MAID	4%	\$100 >										
PetSmart	4%	\$25 >		\$50 >		\$100 >		\$250 >				
Roblox	2.5%	\$25 >		\$50 >		\$100 >						

Sports & Leisure

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Bass Pro Shops	4%	\$25 >		\$50 >								

Sports & Leisure (Continued)

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Cabela's	4%	\$25 >		\$50 >		\$100 >						
Foot Locker	5%	\$25 >		\$50 >		\$100 >						
Golf Town	3%	\$25 >		\$50 >		\$100 >		\$250 >				
Running Room	8%	\$25 >		\$50 >								
Sport Chek, Atmosphere	4%	\$25 >		\$50 >		\$100 >						

Travel

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Airbnb	4%	\$50 >		\$100 >		\$250 >		\$500 >				
Best Western	5%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		
Fairmont Hotels & Resorts	8%	\$50 >		\$100 >		\$250 >						
Origine artisans hôteliers	2.5%	\$50 >		\$100 >		\$250 >		\$500 >				
Uber, Uber Eats	2.5%	\$10 >		\$25 >		\$50 >						
WestJet	2.5%	\$100 >		\$250 >		\$500 >		\$700 >		\$1000 >		

Others Retailers

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Ivanhoe Cambridge, CrossIron Mills, Southgate Centre	3.5%	\$25 >		\$50 >		\$100 >						
Oxford Gift Card PLUS, Kingsway Mall, Southcentre Mall	3%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		

<b>TOTAL OF THIS ORDER</b>	<b>\$</b>
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# Parent School Council

## Friends of Grandview (FOG)



### School Council

Check out the School Council tab on our BGS website!!

**PARENT QUESTION:** What is the Hot Lunch program??

**ANSWER:** Our school has a variety of hot lunch options. Parent volunteers come to help various groups within the school. These groups work and in return get the proceeds of hot lunch as a group fundraiser. You can see the lunches on the calendar as well as in the online payment portal.

Our next School Council meeting is Tuesday November 21 at noon!!

To join the monthly meeting please email the below email to be added to the list.

If a parent has a question we ask they email the question to [bgscouncil@gmail.com](mailto: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.

November volunteer schedule is filling!!

To volunteer email: [bgscouncil@gmail.com](mailto:bgscouncil@gmail.com)

### FOG Friends Of Grandview

FOG will be meeting in person on October 30. 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

### HOT LUNCH

Nov 2- Lasagna (Lifeskills)

Nov 16- Pizza (Athletics)

Nov 23- Hot Dog (Grade 6 Leadership)

### Fundraisers

Eagle Creek Farms Veggies

Pick Up October 30

Family  
Resource  
Network

presents



Dr. Jody  
Carrington is a  
renowned  
Psychologist and  
Two-Time  
Bestselling  
Author

# Jody Carrington

A presentation for parents/caregivers/grandparents  
Feeling Seen: Reconnecting in a Disconnected World

Free with Registration

E-mail [lesley.whalen@mcmancentral.ca](mailto:lesley.whalen@mcmancentral.ca) to register

**November 16, 2023**

**10am - 2:30pm**

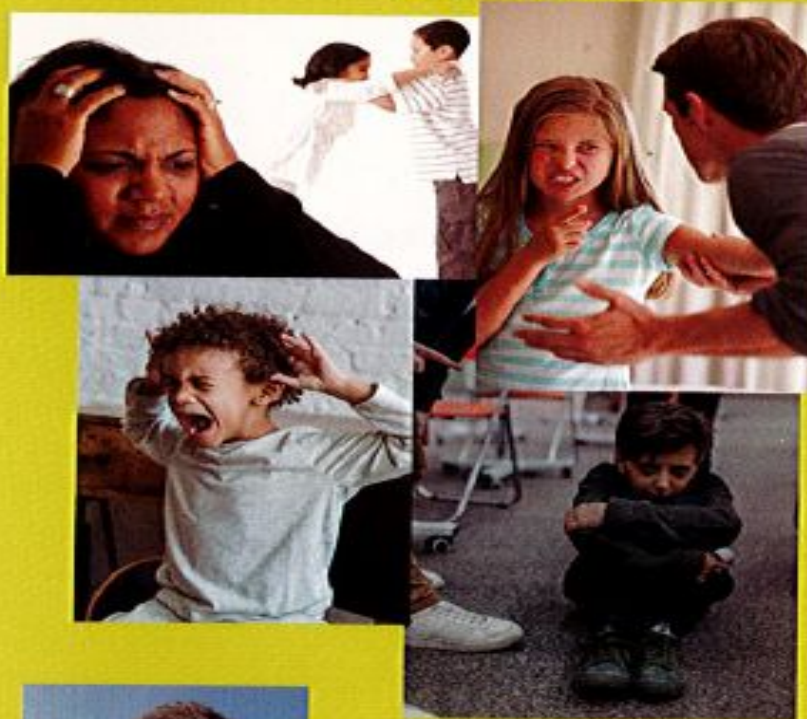
**Bowden Community Centre**

**2101 - 27 Avenue**





**IT WASN'T SUPPOSED TO BE LIKE THIS.  
Find the joy again.**



**Parent Support**  
With Kelly Karius

Award Winning author of  
The No Such Thing  
as a Bully System

**Mondays**  
**8:30 pm**  
**on Zoom**

**[nosuchthingasabully.com/live](https://nosuchthingasabully.com/live)**  
to join

**403-447-4404 for more info**



# Scare Away Hunger!

In honour of Halloween,  
Student Council will be  
collecting food bank items  
for the Food Bank. Please  
bring your non-perishable  
donations to your  
classroom by  
October 31st/Halloween!







**DIDSBURY ELKS LODGE  
PRESENTS**

# **Gowns for Grads**



**THE DIDSBURY ELKS GOWNS FOR GRADS PROJECT IS BACK!**

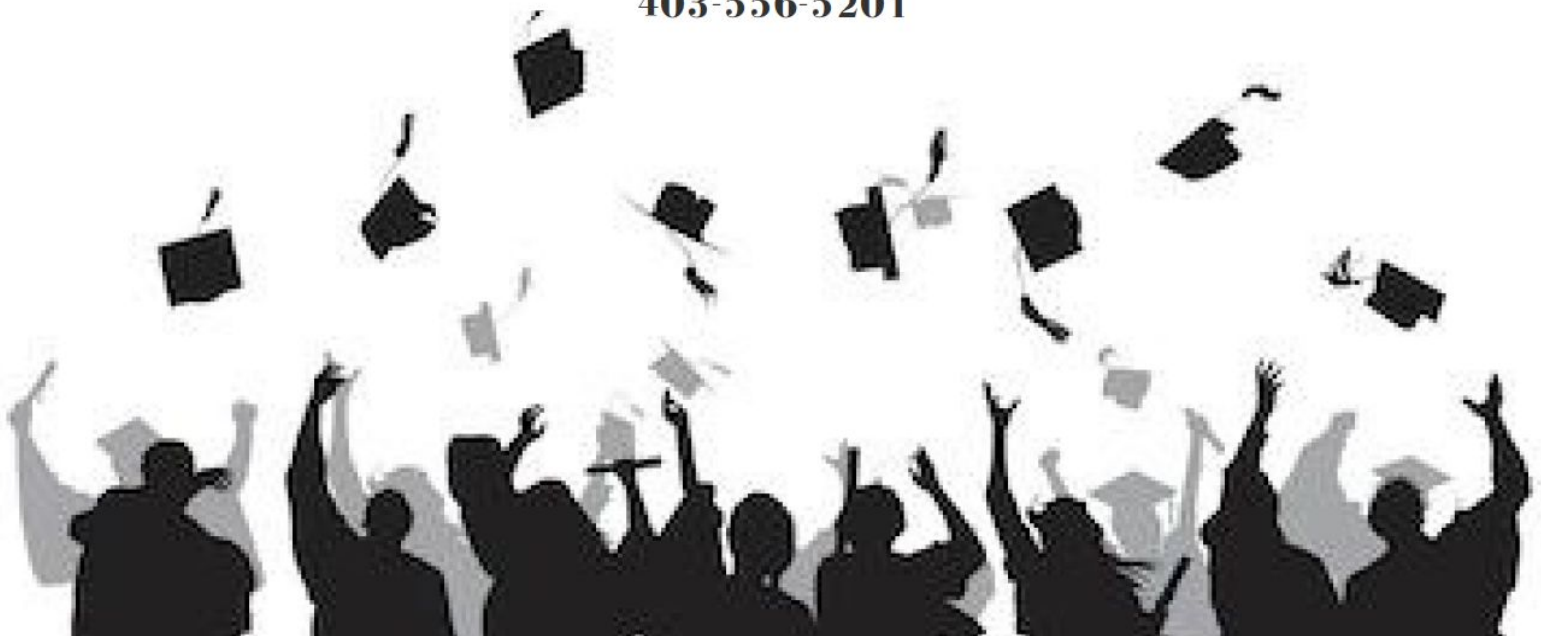
**THE G4G PROJECT PROVIDES GRADUATES WITH THEIR OWN FAIRY  
GODMOTHER THIS GRADUATION SEASON PROVIDING EVERYONE  
WITH FREE GRAD DRESSES, SUITS AND ACCESSORIES.**

**LOCATION: DIDSBURY ELKS HALL 1914 20 ST**

**TIME: BY APPOINTMENT STARTING OCTOBER 1, 2023**

**PLEASE CALL MARGO WARD TO BOOK AN APPOINTMENT**

**403-556-5201**





# 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](http://www.mountainviewemergencyshelter.ca)**

**[mountainviewemergencyshelter@gmail.com](mailto:mountainviewemergencyshelter@gmail.com)**

**Location: Jeans Place, Community Connection Centre**

4911 51 Avenue, Olds

**6:30PM - 8:30PM**







# 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](mailto:kcrandall@cesd73.ca)



Call 1-800-263-2806 to enroll

## ***Literacy Corner***

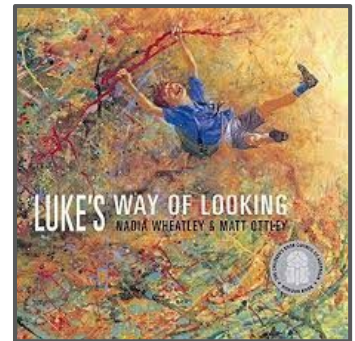
November is NATIONAL PICTURE BOOK MONTH. **Read, Grow, Inspire** is the theme for 2023, and the featured artist is Australian illustrator Matt Ottley whose book Luke's Way of Looking was a CBCA Honor Book in 2000.

Two of Matt Ottley's GREAT BOOKS!

### **Luke's Way of Looking**

by Nadia Wheatley (Author), Matt Ottley (Illustrator)

All the boys in Luke's art class see things the same way - except for Luke. Luke has his own vision of the world, a wild, colorful, crazy vision, that upsets his art teacher and confuses the other boys.



### ***The Incredible Freedom Machines***

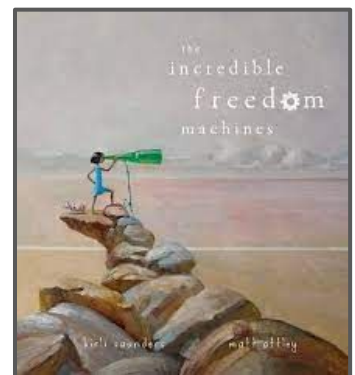
**Author:**

Kirli Saunders

**Illustrated by:**

Matt Ottley

What if there was a special contraption that could be discovered to transport us anywhere and everywhere..? What if it was hard to come by, difficult to unearth, slow at first...and somewhat weather-dependent...? This debut picture book by Kirli Saunders, a Gunai writer from Australia, follows a young girl's quest to get her own freedom machine as she grows up "in a world sewn together by boundaries." And, while unstated in the lyrical text, the last image explains the metaphor. The freedom machine is READING!

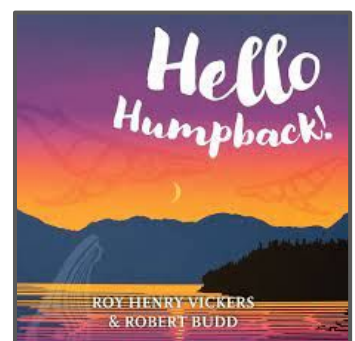


## ***Indigenous Education***

### ***Hello Humpback!***

Robert Budd, Roy Henry Vickers

**Robert "Lucky" Budd** is a Canadian author, oral historian, and radio host. He is known for his books based upon the stories of British Columbia pioneers, as well as his book collaborations with artist Roy Henry Vickers. **Roy Henry Vickers** is a Grammy Award nominated Canadian First Nations artist. He owns and operates a gallery in Tofino, British Columbia. Budd and Vickers have had many collaborations over the years with some stunning books.







Bowden Lions Club presents Bowden Lions Club Holiday Hamper, (formally known as Bowden Silent Santa). To kick start our program the Lions Club has paired up with Tim Horton's in Bowden to do the first #HolidaySmileCookie Campaign. 50% of all proceeds will go to our Holiday Hamper program, staying in our community to support our Holiday Hamper Charity. The other 50% will go towards the Tim Horton's Foundation Camps, which helps support youth camps. The #HolidaySmileCookie Campaign runs from November 13-19, 2023. Each cookie is \$1.50. You can purchase any number of cookies individually, or pre-order and bulk buy for family, friends, or staff. The form is included. By supporting our local Bowden Tim Horton's, you are supporting our local community.



## Pre-Order Form

**From November 13-19**

Tim Hortons Restaurant Owners will be supporting



Bowden Lions Club Holiday Hampers  
(Formally Known As Bowden Silent Santa)

### Gather your family, friends, colleagues and teams!

To pre-order Tim Hortons Holiday Smile Cookies, complete this form and drop it off at Tim Hortons, Bowden no less than 24 hours prior to your pickup date.

This will enable us the time to ensure your order is fresh and ready!

Payment can be made by credit/cash at Tim Hortons at time of pickup.

Cookies are \$1.50 each – Box of 12 is \$18

<b>Number of Boxes:</b>	<input type="text"/>	<i>12 Cookies per box</i>
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<b>Your Name:</b>	<input type="text"/>	
<b>Address:</b>	<input type="text"/>	
	<b>Telephone:</b>	( )
	<b>Email:</b>	<input type="text"/>

<b>Pick Up Date:</b>	<input type="text"/>	<b>Pick Up Time:</b>	<input type="text"/>
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**Thank you for your support**

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

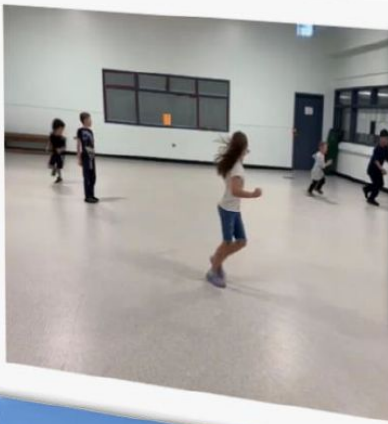


Hi, my name is Miss Molly Minor! As well as working at BGC for a year now, I also work at Bowden Grandview School as an Educational Assistant. I am currently working towards my Early Learning and Childcare Diploma through RDP starting this fall. In my spare time I like to spend time with my animals, (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!





# Outreach 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.





# AFTER SCHOOL *Program*

Join us for after school learning about horses!

- Learn to care for equines
- Builds character
- Work on team building
- Helps build self-confidence
- Local & affordable

Don't miss out on this exciting opportunity!



CAVALLA EQUESTRIAN

 @equestriancavalla  
 @cavallaequestrian

CALL FOR MORE DETAILS! 780-297-6585