

Bowden Grandview School

November 6, 2023



What's Happening:

Tuesday, November 7

- BGS Remembers - Service @ 10:30am

Thursday, November 9

- No School - Fall Break

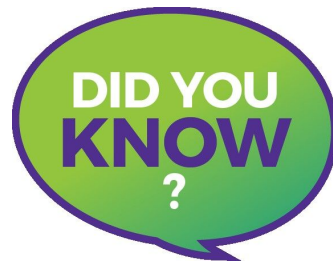
Friday, November 10

- No School - Fall Break

LifeSkills students raised \$340.00 at their bake sale! Well done! Thank you to everyone for your support!



Remembrance Day Service
November 7th @ 10:30 am.
Everyone welcome!

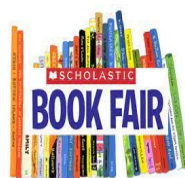


There are 18 grade 10 through 12 students attending a dual credit trade course at Olds College called Tech 1000. Tech 1000 is a first year trades course that prepares students for a variety of Trades. Students are bussed down to the College 7 times throughout the semester. Next semester WLD 1167 - Introductory Welding!

There are four High School students currently taking online dual credit courses from Olds College. They are earning high school credits and college credits in AHT 1050 (Introduction to Veterinary Profession), ACT 1011 (Accounting Principles), and MKG 1021 (Marketing Principles). One of our students is enrolled in the Veterinary Technical Assistant Certificate program. She is taking four courses through semester one and two and will earn a Certificate. By the end of June she will be a graduate of BGS and Olds College!



Thank you to everyone for your support of FOG in their Eagle Creek Farms Fundraiser



Congratulations to Deelia Marshall and the Grade 2 classroom for winning the Family Book Fair Prize. Thank you for supporting our Scholastic Book Fair!



STEM CHALLENGE

SCIENCE • TECHNOLOGY • ENGINEERING • MATHEMATICS



The grade 2 students are investigating materials and explored how to combine materials for a purpose.

Students were given the task of working in a group to create a bridge that met three different criteria. The result was some fabulous-looking bridges and a group of very proud kids!



PUMPKIN MATH

The grade threes spent the week doing all sorts of pumpkin math. Estimating the weight, number of ridges, number of seeds and the circumference, then measuring, counting and comparing their answers to their estimates. After all that counting, they graphed their results and then they got to carve their pumpkins and try roasted pumpkin seeds.



Blazer Athletics

Upcoming dates



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

November 13 Basketball practices begin this week; Students will be informed through announcements and their coach/meeting when their first practice will be. They will also receive a schedule once game days are booked.

November 22 Ms. SG CTS class field trip to William Bagnell Wilderness Park

December 4 Grade 7/8 WinSport ski/snowboard lessons

Athlete of the Month

OCTOBER

Jack Vervaeke - HS Cross Country Running

Congratulations to Jack on having a successful first cross country season. Jack improved his 5km time by over 3 minutes this season, by continually showing up to practice and working hard. Jack was within the top runners of our zone which led him to ASAA provincials. Way to go Jack.



Brooklynn Kuntz - Middle A Girls Volleyball

Brooklynn is receiving the middle A girls athlete of the month because she is consistent, always shows up for practice, works hard at every game, comes in with a positive attitude everyday and is our most improved! A huge congratulations to Brooklynn!



Thank you to The Bowl in Olds for sponsoring our Athlete of the Month with free bowling games and rentals!





The Middle A Volleyball girls wrapped up their season on a high note on Monday evening in Carstairs taking second place overall. This team grew tremendously over the season and Mrs. Harvey and Ms. Northrup are incredibly proud of their growth and successes! BUMP, SET, SPIKE!



Parent School Council

Friends of Grandview (FOG)

School Council

School Council is coming soon to Facebook!! Like and Share to our BGS community

PARENT QUESTION: What happens during a school council meeting?

ANSWER: We meet once a month through an online meet at noon. There is an agenda with information from various groups such as FCSS, school administration, Town of Bowden, and more. If parents have submitted questions through our email they will be answered during the meeting. Our minutes get posted to the BGS website under School Council after the meeting.

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.

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

FOG Friends Of Grandview, the fundraising group

FOG met in person on October 30. Great to see new faces! We discussed what FOG fundraises for and how they help the school.

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

HOT LUNCH

Nov 16- Pizza (Athletics)

Nov 23- Hot Dog (gr 6 leadership)

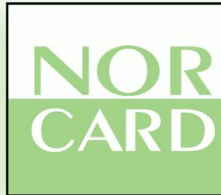
Nov 30- Sundae Day!!

Fundraisers

FundScript- Gift Card

Dieleman- gift wrap and gifts

DUE: Nov 20!!



Catalogs went home with students or
 Shop Online at WWW.DFSCANADA.COM
 with Organization ID # 7192
 Friends of Bowden Grandview
 Orders due November 20th

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

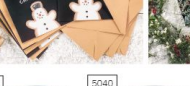
5058 NACHO DIP
 Ready to bake & serve straight from the oven. Makes 2.5 cups. 24 g (0.85 oz)
 \$5.00

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

5060 BAKED DIP PARTY PACK
 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 (8.50 oz)
 \$40.00



5024 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



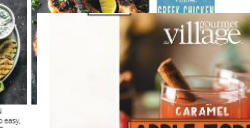
5041 MESQUITE BBQ
 An amazing flavorful, spicy and smoky seasoning. Add it to pulled pork, ribs, meats like ribs, steaks, even poultry, salmon or your favorite dip. 60 g (2.1 oz)
 \$14.00

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 BLENDED CAJUN 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.



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 GAUCONOLE DIP MIX
 A spicy creamy Gaucanole 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. 21 g (0.75 oz)
 \$5.00

5061 CHILLED DIP PARTY PACK
 Each recipe too makes 2-3 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



SOUPS



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 >						
Ciaire'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

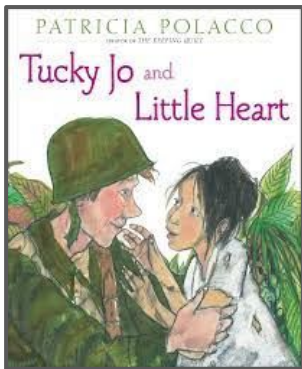
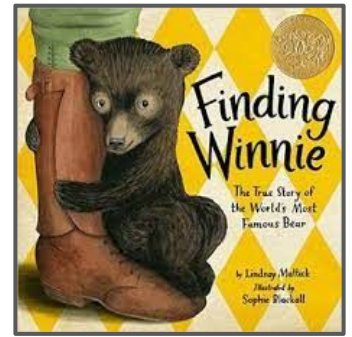
Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Ivanhoe Cambridge, CrossIron Mills, Southgate Centre	3.5%	\$25 >		\$50 >		\$100 >						
Oxford Gift Card PLUS, Kingsway Mall, Southcentre Mall	3%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		

TOTAL OF THIS ORDER	\$
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Literacy Corner

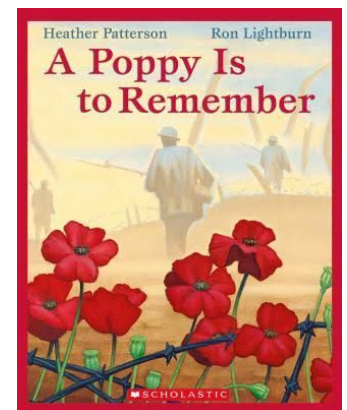
As we continue celebrating Picture Book Month and our love for these great books, we've rounded up a list of some of our favorite picture books related to **Remembrance Day**.

Finding Winnie: The True Story of the World's Most Famous Bear is a 2015 children's book written by Canadian author Lindsay Mattick and illustrated by Sophie Blackall. The non-fiction book is framed as a story Mattick is telling to her son.



Friendship, loyalty, and kindness stand the test of time in this heartwarming World War II-era picture book based on a true story from the beloved author-illustrator of *Pink and Say* and *The Keeping Quilt*.

The text is simple and is combined with stunning paintings by award winning illustrator Ron Lightburn. The familiar poem, "In Flanders Fields," is included, along with information about the symbolism and history of the poppy and Remembrance Day - all geared towards helping parents and teachers explain the significance of past and present wars and Canada's peacekeeping missions.



Indigenous Education



The First Nations, Inuit and Métis of Canada have a long and proud tradition of military service to our country. Many Indigenous men brought valuable skills with them when they joined the military. Patience, stealth and marksmanship were well-honed traits for those who had come from communities where hunting was a cornerstone of daily life. These attributes helped many of these soldiers become successful snipers (military sharpshooters) and reconnaissance scouts (men who stealthily gathered information on enemy positions).

Henry Louis Norwest, the son of Métis parents Louis Northwest or Watson and Geneviève Boucher, a former rodeo performer and ranch-hand from Alberta and one of the most famous snipers of the entire Canadian Corps, held a divisional sniping record of 115 fatal shots and was awarded the Military Medal and bar for his courage under fire.

Bowden Jungle Junction

Before/After School Care

BGC Olds & Area

November 2023



NEW CLUBS!!!

Join us on Tuesdays for our **BUILDING CLUB** where your creativity and building skills get put to the test. Every Tuesday for the month of November there will be a new challenge with new materials for you to build with.

Join us on Thursdays starting Nov. 2nd for our **MUSIC CLUB** where we get to explore the world of music and different instruments in our music corner.



Drop-in \$20/session

REGISTRATION

Contact Kass:

(403) 559-4884

kassbgcolds@outlook.com



@junglejunctionbowden



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! For those of you whom I haven't had the pleasure of meeting, my name is Braden and my pronouns are He/Him. I am so excited for this new school year and all of the wonderful things BGC has just around the corner. I will be primarily at EOES, but you may also see me in Bowden, at Holy Trinity, our new Kinder Academy OSC, Pre-teen, and my own Youth programs. I am also attending RDP for my ELCC Diploma, just in case I didn't feel busy enough! All in all, I look forward to seeing everyone again, (or meeting you for the first time), and making more incredible memories this 2023/2024 school year!

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.



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!





Bowden Lions Holiday Hampers

Bowden Lions Holiday Hampers are for individuals & families experiencing financial stress and are in need of extra assistance this holiday season. If you reside in the TDMDKD postal code area, you can qualify for a hamper.

To register for a Holiday Hamper, complete an application form. Forms are available at the Town of Bowden, Reddi Mart, FCSS, Bowden Grandview School, Bowden ATB, Town Newsletter. To refer a family or individual, you must have their permission prior to applying on their behalf.

Forms can be dropped off confidentially at Town Of Bowden office, Bowden Reddi Mart & Bowden ATB.

Delivery will be limited to those who have mobility issues, all other applicants must arrange to pick up hampers December 16th. Location will be provided to applicants.

We are accepting non-perishable food items & monetary donations. Food donations can be brought to the Town of Bowden office, Igloo Arena & Bowden Reddi Mart. Monetary donations can be made at Bowden ATB & Town of Bowden.

Here is a list of most needed items:

- | | | | |
|-------------------------|----------------------------|----------------|----------------|
| -Canned Meat | -Canned soup | -Peanut Butter | -Dry Soup |
| -Canned Tomato Products | -Canned "heat & eat" meals | -Mac & Cheese | -Juice boxes |
| -Canned Vegetables | -Crackers | -Dry Rice | -School Snacks |
| -Canned Fruit | -Packaged Cookies | -Dry Pasta | -Toothbrushes |
| -Canned beans | -Dish Soap | -Dry Cereal | -Toothpaste |

Please DO NOT donate the following items:

- Past date or open package food items (check dates before donating)
- Clothing
- Toys
- Other household items such as décor

Limit of ONE hamper application per household.
Applications due by Monday, December 11th.

If you have any questions regarding the Bowden Lions Holiday Hampers
Contact Lions Member Carla Sparks at 403-506-5222 or
Bowden FCSS at 403-224-2207





Bowden Lions Holiday Hamper Confidential Registration Form 2023

Applicant Name: _____

Applicant Phone/Cell: _____

Name of Hamper Recipient if different from applicant: _____

Recipient information:

Physical Address: _____

Mailing Address: _____

Phone: _____ Cell: _____

Email: _____

People in household	Age	Dietary Restrictions (per person)

Pick Up ____ OR Delivery ____

NOTE: Delivery is only available for those with mobility issues. All others must arrange to pick up hamper on Dec. 16th. Pick up location will be provided to applicant.

SIGNATURE OF APPLICANT: _____

Rules & Guidelines

1. Must reside in the TOM OKO area to receive a hamper
2. Limit one hamper application per household
3. Plan to pick up your hamper. Ask a neighbor, friend or family member to arrange a ride for you that day. Delivery is extremely limited and can only be provided to those with mobility issues.
4. Applications due by Monday, December 11th.
5. Pick up date is Saturday, December 16th. Location will be provided to applicant.

Questions? Contact Bowden Lions member Carla Sparks at 403-506-2222 or Bowden FCSS at 403-224-2207.



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



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.

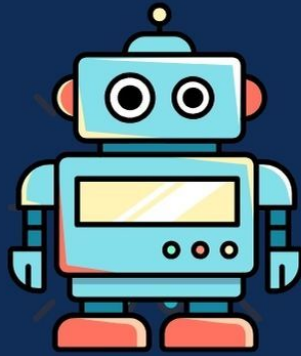
Cookies are \$1.50 each – Box of 12 is \$18

Number of Boxes:		<i>12 Cookies per box</i>
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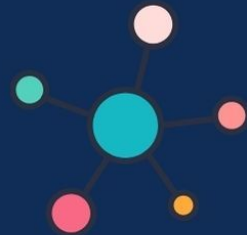
Your Name:		
Address:		
	Telephone:	()
	Email:	

Pick Up Date:		Pick Up Time:	
----------------------	--	----------------------	--

Thank you for your support



KIDS STEM CLUB



November 24, 2023

Ages: 8-12 yrs.

CESD PD Days

8:30 am - 4:00 pm

Fee: 10 Sessions / \$405

\$55 Daily

Robotics, Coding, Science Experiments, virtual world, 3D Printing and Stop Motion.



REGISTER HERE



WWW.COMMUNITYLEARNINGCAMPUS.CA

CLCRECREATION@OLDSCOLLEGE.CA

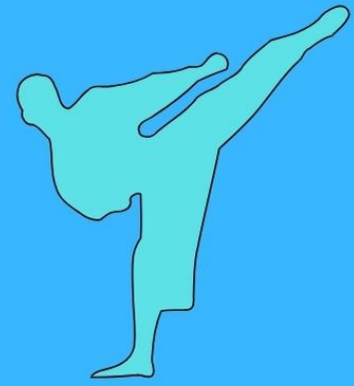


Community Learning Campus





LET'S HAVE FUN!!



PATHFINDERS



Every Tuesday
January 2024
Grades 1-3 & 4-7
Olds Elementary School
3:30 pm - 5:00 pm
Fee: 10 Sessions / \$150

Find your area of passion with
 different activities each week,
Swimming, Sports, Bowling and
 much more



REGISTER HERE



WWW.COMMUNITYLEARNINGCAMPUS.CA

CLCRECREATION@OLDSCOLLEGE.CA



Community
Learning
Campus



10 Ways to Build Self-Esteem



1. Identify your **needs, wants & hopes**. And make **CHOICES** that move you closer to them...not farther away.
2. Stand up **TALL**. Literally. Good posture improves **confidence**.
3. Focus on your **EFFORT** and view challenges & mistakes as opportunities to learn and grow. 🌳
4. Talk to yourself like you would to a good friend, with kindness, **compassion** & a good sense of humor.
5. **CREATE. BUILD. Make art**. Follow your curiosities....Do more of what helps you to feel more like amazing, lovable, grounded **YOU**.
6. **Unplug**. Go outside. Breathe. And **listen** to the birds, breeze & wise voice within.
7. Decide what is okay and not okay with you. Then hold your **BOUNDARIES** and stay true to your values. ←
8. **Connect** with others. And spend time with people who treat you the way you want to be treated.
9. Exercise daily, eat healthy food, drink plenty of water & get at least 9 hours of sleep each night.
10. Laugh. **PLAY**. Have fun. **Dance** Get silly. 😜



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!



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CALL FOR MORE DETAILS! 780-297-6585



TIME-IN'S

P.E.A.C.E

1. PAUSE:



Ensure you are calm enough to help your child; put the oxygen mask on yourself first. You can't teach your child to swim if you're drowning.

IF NEEDED: deep breathe, take a walk, give yourself 10 min to calm down, tag another adult in



2. EMPATHY:

Validate their feelings:
"you're feeling so ----"

Mirror their emotion with your facial expression and tone of voice

3. ACCESSIBLE: (physically)



Stay close (ideally in the same room) and communicate "no threat" with your voice and body language (i.e., get on their level, soften your gaze, use light touch if they'll accept it)

4. CONNECT THE DOTS



Once the dust has settled, and both you and your child are calm (and your child is receptive) you can discuss different ways to get their needs met, other ways of coping with their feelings, or simply review what happened and how they felt leading up to the time-in to help promote neurological integration

5. ENGAGE



Help your child re-engage with their world. Assist them in finding a playmate, do an activity together, get their body moving, give them something purposeful to do (i.e. help you with a household task)



TIME-IN'S

WHY

Children need an attuned, physically safe relationship to regulate their emotions: co-regulation comes before self-regulation. Isolation can cause children to numb out & shut down

WHAT

A strategy to promote "co-regulation" and allow your child and you to connect in a safe way without the use of separation or fear-based discipline

WHERE

A place that is safe and quiet if possible (i.e. their bedroom)

HOW

- P- Pause
- E- Empathy
- A- Accessibility
- C- Connect the dots
- E- Engage

WHEN

A limit or choice hasn't worked, and your child is too dysregulated to engage in their world



Sleep

Why Is It Important

Sleep is essential for optimal development.

It is essential in helping us with:

- Memory
- Organizing thoughts
- Thinking critically
- Working accurately
- Problem solving
- Engaging in abstract thought
- Being creative
- Keeping our body healthy

Factors that influence sleep include

- Macro sleep environment (temperature, noise, light)
- Micro sleep environment (bedding, sleep positions)
- Sleep practices (napping, electronic use, exercise)
- Socio-cultural context (eg. bedtimes differ in different countries)
- Socio-emotional context (stress in the home, connection, individual temperament)
- Health issues (different types of medication, nutrition)
- Developmental context (sleep needs at different ages- most 5-12 years olds need about 10 hours of sleep a night, but this varies from child to child. Best way to figure out your child's needs is to monitor daytime sleepiness- if they are sleepy during the day, they need more sleep)

Strategies

- 1 Turn off electronic devices at least an hour before bed.
- 2 Keep electronics out of the bedroom: even a quick look at your phone at night will not only delay you getting back to sleep, but can interfere with sleep quality.
- 3 Follow a bedtime routine: reading and/or listening to a sleep story can be particularly calming.
- 4 Avoid sugar and caffeine - particularly in the afternoon and evening.
- 5 Increases movement through-out the day, but avoid it close to bedtime.
- 6 Use your bed just for sleep - that way you train your brain to associate sleep with your bed.
- 7 If you are having a hard time sleeping- get up and go to the bathroom, get a drink of water. Lying in bed for hours creates negative sleep associations.
- 8 Keep naps short and don't nap after 3pm- when naps are long, you don't have enough "sleep debt" by night and so you end up going to bed later, which creates a never-ending cycle of poor sleep.
- 9 Make sure your bedroom is cool: cooler rooms result in a better quality of sleep.
- 10 Make sure your bedroom is dark and quiet: even small amounts of light and noise can interfere with optimal sleep.
- 11 Go to bed and wake-up at the same time-try not to have more than an hour difference on weekends! This helps to set your sleep-wake cycle.
- 12 Once you wake up, open up the blinds or go outside: this tells your body that it is day time.
- 13 Teach your body to lie still at night: this may be by doing a body scan or listening to a meditation.

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
403-291-0967****REGISTER ONLINE****Visit our website to register:
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.

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 to register

November 16, 2023

10am - 2:30pm

Bowden Community Centre

2101 - 27 Avenue

Transitioning to Life After High School: *Family Event 2023*

Live: PWA 11410 104 St. Grande Prairie
Nov 15, 2023 | 5:00 - 7:30 PM

Virtual:
Nov 15, 2023 | 5:45 - 7:30 PM

For virtual attendance pre-register at www.nrlc.net by Nov 14th, 12:00 PM



Grande Prairie
Public School
Division



Alberta Regional Professional
Development Consortium
Division of the provincial government serving
departments of the local, regional and provincial levels