

Bowden Grandview School

January 22, 2024



Final Exam Schedule

Tuesday, January 23	English 30-2 Part B English 10 Part A (in class)
Wednesday, January 24	Social 30-1/30-2 Part B Biology 20 Math 10-3 Math 10C
Thursday, January 25	Biology 30 English 20-1 Part A English 20-2 English 10 Part B
Friday, January 26	Grade 9 ELA Midterm English 20-1 Part B
Monday, January 29	Physics 20 Grade 9 Science PAT Math 20-3

We have quite a bit of lost and found items looking for their home.

Please take a peek at the tables set up in the elementary end before Friday, January 26, 2024.



What's Happening:

Monday, January 22

- It's Gogh Time @ 3:10 Gr 5 & 6

Wednesday, January 24

- Mini Sticks @ 3:10 Gr. 4-6

Thursday, January 25

- Elementary assembly @ 2:10

Friday, January 26

- Spellathon Test

Hot Lunch



Don't forget to order your hot lunch online!

- January 25- Hot Dog
- February 1- Pizza
- February 8- Chubb Eats
- February 15- Hot Dogs
- February 29- A & W
- March 7- Pizza
- March 14- Subway
- March 21- Hot Dogs
- March 28- Sweet and Sour Meatballs With rice

Spellathon

The BGS Spellathon is back in full swing! Students are once again learning the importance of spelling while raising funds for their K-6 classes. Students have received their word lists and are now practicing their words. Students also have pledge forms to begin collecting pledges from family and friends.

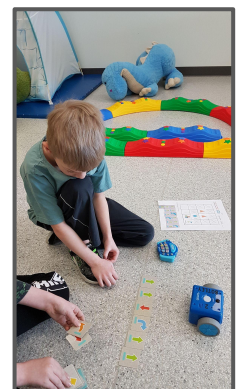
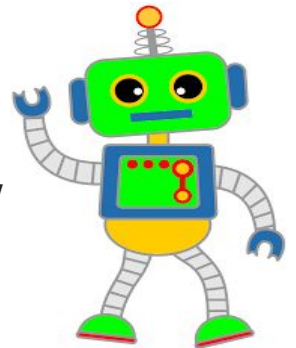
This is the **ONLY** elementary fundraiser for the year, so let's make it a good one! Please note that 100% of the money raised goes toward special events and field trips for elementary students. **ALL** the money raised stays in **OUR** school!!!

We gladly accept prizes from families and businesses. Please consider donating an item to help motivate students. (All prizes must be in new condition.)

Thank you for supporting our school and students!

Grade 2

The grade twos had fun coding with Botley the Robot! New to the grade two science curriculum is computer coding. Students learned how to write a basic code and program Botley to follow it, along with a few other fun tricks!



Literacy Corner



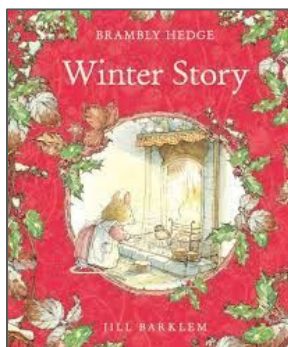
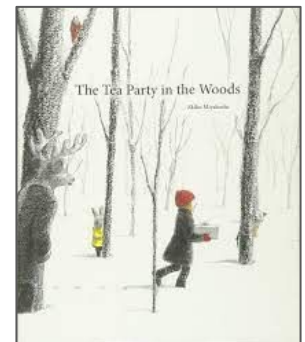
The Wish Tree by Kyo Maclear

Charles wants to find a wish tree. His brother and sister don't believe there is such a thing, but his trusty companion Boggan is ready to join Charles on a journey to find out. And along the way, they discover that wishes can come true in the most unexpected ways.

It's the perfect weather for getting cozy with a good book! Here are a few Whimsical Winter favorites that we just had to share with you!!

The Tea Party in the Woods by Akiko Miyakoshi

When a young girl named Kikko realizes her father has forgotten the pie he was supposed to bring to Grandma's house, she offers to try and catch him as he makes his way through the woods. She hurriedly follows her father's footprints in the snow and happens upon a large house she has never seen before. Curious, Kikko peers through the window, when she is startled by a small lamb wearing a coat and carrying a purse. Even more surprising, the lamb speaks, asking her in a kind voice, "Are you here for the tea party?". Suddenly, Kikko realizes her trip through the woods has turned into something magical.



A 1980's class tale: It was the middle of winter and very, very cold. The mice of Brambly Hedge forecasted snow. And they were right. In the morning they awoke to find their doors and windows hidden behind deep drifts. There hadn't been snow like this for years. There's enough for a Snow Ball! cried the mice with glee, and set to work in the time-honoured way to make an Ice Hall for the festivities. The little mice watched wide-eyed as all the preparations were made.

Indigenous Education

DID YOU KNOW??

Did you know that there is a fabulous resource to access Canadian Indigenous film? Some of these can be viewed on your streaming services, youtube and there are ways to locate a lot of these films even if you are NOT an educator. Check out

<https://reelcanada.ca/film-catalogue/indigenous-made-films/>

This site will not only recommend film, but age appropriate film as well!!!

Blazer Athletics

Upcoming dates



***EXAM WEEK Jan. 24-Jan.30**

January 25 - Middle B Girls @ Holy Trinity (exhibition game)

Middle B Boys HOME vs. River Valley (4:00)

January 29 - Sr. Boys @ Spruce View (6:00)

January 30 - Sr. Girls and Boys HOME vs. Caroline (6:00 and 7:30)

Featured Game of the Week

The Middle B girls played a great first game against Holy Trinity last week. The girls played so well together and realized what defence is all about. They came up 5 baskets short and are looking forward to our rematch this week. A big thank you to our grade 5 girls for taking stats! Congrats to Keira Shaw for being the top scorer and Emily Wood for winning player of the game.

GO BLAZERS!



MOVE YOUR MOOD FEBRUARY 2024 FAMILY CHALLENGE



This FREE Family Challenge is open to all families and all ages.

During the challenge you will learn ways to connect as a family by; practicing mindfulness, moving your bodies, fueling your bodies, expanding your mind and building healthy relationships.

Register between January 1 - January 31, 2024.
Your family will receive 4 weeks of challenge ideas. The first week will begin February 5th, 2024.

Complete family challenges for a chance to win fun family prizes!

To register visit: www.moveyourmood.ca/challenges and click on the register in the February 2024 Challenge. Or send your e-mail address to move.yourmood@ahs.ca



Raising Resilient Children

Thursday, February 29, 2024

6:30 - 7:30 p.m.

Online Information Session via Zoom!



How can you help your child manage their emotions so they cope well with disappointment and in stressful situations?

Get the strategies that will allow them to recognize positive and negative emotions – and deal with them in a healthy way.



Registration is open until February 27, 2024

REGISTRATION:

Register online at www.mvfrn.ca for zoom link



Connect Parent Group

An attachment based program for parents and caregivers

Thursdays, February 1 to April 4, 2024 from 10:00 a.m. to 12:00 p.m.



Connect is a 10-week program to support parents and caregivers of pre-teens and teens with behavioural and emotional problems.

Parents meet in small groups with two trained group leaders for 90 minutes each week. Each session provides parents with a new perspective on parent-teen relationships and adolescent development. Parents watch role-plays and try exercises that encourage more choices for responding to their teens' difficult behaviour.

Looking for more information?

Email us at info@mvfrn.ca or call 1877-761-0033!

REGISTRATION IS REQUIRED:
Register online at MVFRN.CA

 **Connect**



3Gs

GRIEVE, GATHER, GROW

A SEVEN WEEK GROUP PROGRAM FOR
YOUTH AGE 13+ EXPERIENCING LOSS AND
WANTING TO SHARE, LEARN, AND
PROCESS HARD FEELINGS.

Thursdays from
February 8 to March 28, 2024
4 - 5 p.m.
Didsbury Neighborhood Place
(1606 14 Street)



Registration Required

To register, visit: mvfrn.ca

*For those seeking more intensive support please contact the MVFRN at 1-877-761-0033



for every parent

Getting TEENS CONNECTED

Thursday, January 25, 2024 (6:30-7:30 p.m.)

Session 3

Online Information Session via Zoom

Help your teenager develop good, supportive friendships. You'll learn ways to build their confidence, encourage social skills, help them to plan and meet commitments and encourage them to take care of others. Registration is open until January 23, 2024



REGISTRATION & INFORMATION:

Register online at www.mvfrn.ca/registrations
call 1-877-761-0033 or email info@mvfrn.ca



BOWDEN JUNGLE JUNCTION

Before/After School Care



January 2024

****Full Day Care offered (in Olds) on January 31st. Please contact Kass for more info.**

To Register, contact Kass:
(403) 559- 4884
kassbgcold@outlook.com



Information

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.



New Clubs!!!

Join us on Thursdays for our **Music Club**, where we get to explore the world of music and different instruments in our music corner.

Drop- in fees are \$20/session.



Volunteer Opportunities!!

If you know someone who would love to come and have fun while volunteering, Bowden Jungle Junction is the place to be! Also, if you're a high school student, volunteer hours look great on a resume! Please contact Kass if interested.

Check out our Instagram Page!

@junglejunctionbowden



The new year brings new opportunities to speak to your kids about the harmful effects of smoking and vaping.

Tobacco products put people at risk for many diseases. All tobacco products have many chemicals that are harmful to your lungs and nearly every organ in the body. Nicotine comes from tobacco and presents many harmful effects to physical and emotional health.

Quitting all forms of tobacco and nicotine is the best choice you can make for your health.

Nicotine Products

With the rise in electronic cigarettes, vape pens, hookahs and smokeless tobacco, there are more ways than ever for youth to get hooked on nicotine. And kids are more likely to see these smoke-free alternatives as a cooler and safer way to smoke. Parents should pay attention to an unusual attachment to a USB stick, sharpie, pen, lipstick, key fob, etc. These items may be a type of e-cigarette disguised as everyday items.

Talk to Youth About Smoking & Vaping

Talk to your kids about smoking and vaping early, even as young as age 10.

Know the facts so you can discuss the health risks and nicotine addiction.

Focus on the short-term effects of nicotine use: it can change the way your brain works, may make it harder to breathe and it costs a lot of money. Youth are the target of big companies looking for lifelong customers.

Calmly correct misconceptions and take time to listen.

Talking to Youth Matters

Research shows that youth who learn about drug risks from their parents are less likely to start using them. If you don't talk about it, your child may think it's okay to smoke or vape.

Youth who choose not to use substances are less likely to:

- Have serious trouble in school
- Get hurt in a car accident
- Be a victim of crime
- Have substance use problems as an adult

MORE RESOURCES

[Kids and Smoking \(for Parents\) - Nemours KidsHealth](#)

[Talk to Your Kids about Tobacco, Alcohol, and Drugs - MyHealthfinder | health.gov](#)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642





Financial **LITERACY**

WEDNESDAY EVENINGS
JANUARY 31ST TO FEBRUARY 28TH, 2024
6:30PM UNTIL 8:30PM

ZOOM - ONLINE

THIS PROGRAM AIMS TO HELP YOU TO GAIN THE BASIC KNOWLEDGE, SKILLS AND CONFIDENCE TO MAKE RESPONSIBLE FINANCIAL DECISIONS WHILE WORKING ON THESE FIVE FINANCIAL TOPICS:

ASSETS, BUDGETING, BANKING, CREDIT AND CONSUMERISM.

TO REGISTER FOR THIS FREE PROGRAM, VISIT
WWW.MOUNTAINVIEWEMERGENCYSHELTER.CA
EMAIL: MOUNTAINVIEWEMERGENCYSHELTER@GMAIL.COM
OR CALL EMILIE WEBB AT 403-586-4545



GRIEF RECOVERY METHOD

Join our FREE 8-week program with a Certified Grief Recovery Specialist that explores the Action Program for Moving Beyond Loss. Specifically formulated for those dealing with loss and wanting to move forward in life.

Thursday evenings -January 25th to March 14th, 2024

From 6:30 pm to 8:30 pm

**Community Connection Centre, 4911 51 Avenue, Olds
Childcare can be provided**

**Registration is required, and can be completed via either
option below:**

Phone: Emilie Webb at 403-586-4545

Email: mountainviewemergencysHELTER@gmail.com

Online: www.mountainviewemergencysHELTER.ca



The Grief Recovery Method