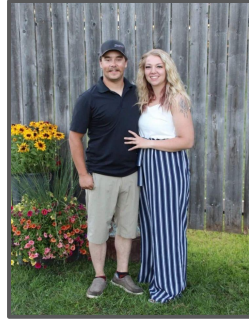


Bowden Grandview School

March 4, 2024



Sadly, our Miss Harvey has decided to leave us and transfer to Didsbury High. Miss Harvey lives in Didsbury and is looking forward to her 5 minute walk to school. Miss Harvey has been such an important part of our school team. Her energy, flexibility and willingness to go above and beyond in her role has been invaluable to all of us at BGS. Thank you for your many contributions to our school, Miss Harvey. We will miss you!



With Miss Harvey's departure, we are very pleased to announce that Miss Tanisha Oakley will be joining us at BGS in the role of Admin Support, Finance. Tanisha is highly organized and enjoys working in a busy environment (she's in the right place for sure!). Miss Oakley's hobbies include crossbreeding chickens and raising quails. She lives on an acreage outside of Bowden Welcome to our BGS family, Tanisha!

Miss Harvey will support Miss Oakley in her transition into this role over the next few weeks.

What's Happening:

Monday, March 4

- YES - March Madness
3:10pm-4:15pm
Grade 3 & 4

Wednesday, March 4

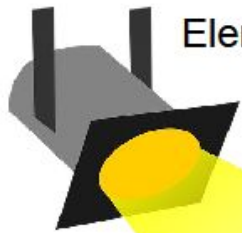
- Mini Sticks
3:10-pm-4:15pm
Grade 4-6

Thursday, March 7

- Elementary Assembly @
2:10pm

Friday, March 8

- No School



Elementary Talent Show

Thurs. April 4

1:00pm

Wellness Room

Bowden Grandview

Come and be entertained!

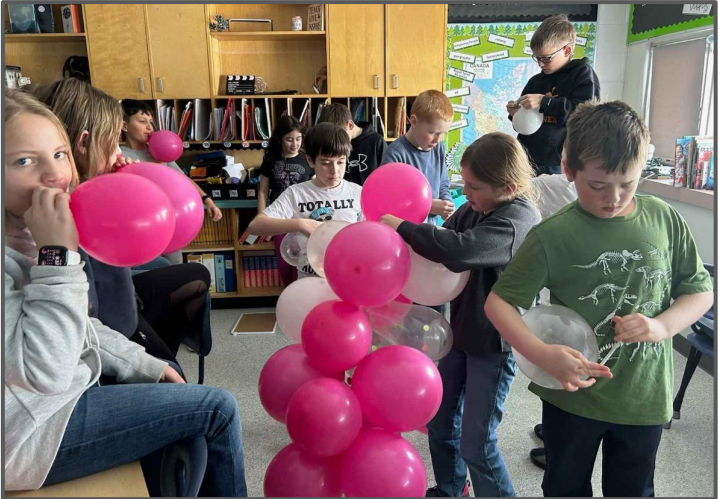
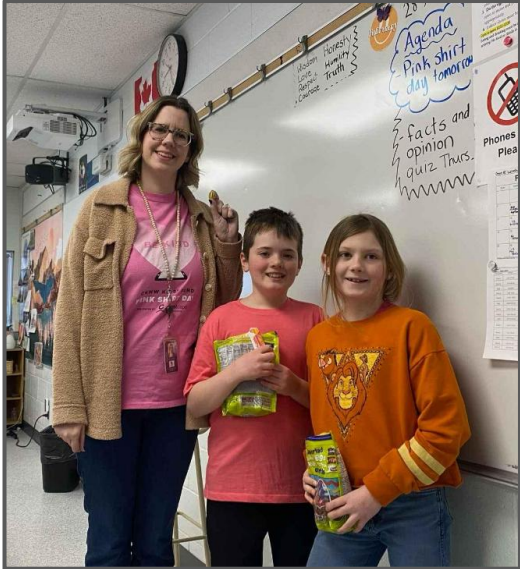
Auditions - March 19, 20, or 21 during music class



Don't forget to order your hot lunch online!

- March 7- Pizza
- March 14- Subway
- March 21- Hot Dogs
- March 28- Sweet and Sour Meatballs With rice

We wear pink to bring awareness to bullying and the impact it has on students, staff, and the community. Kindness is a one size fits all!



Lift Each Other Up - Pink Shirt Day Poster Contest

Winners:

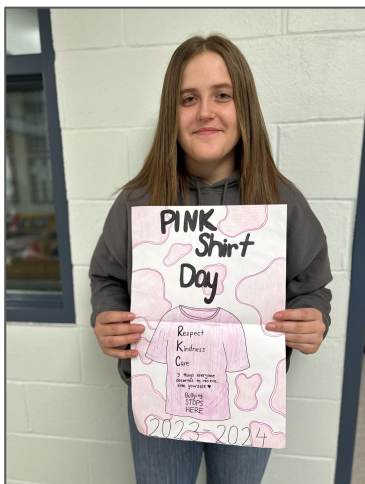
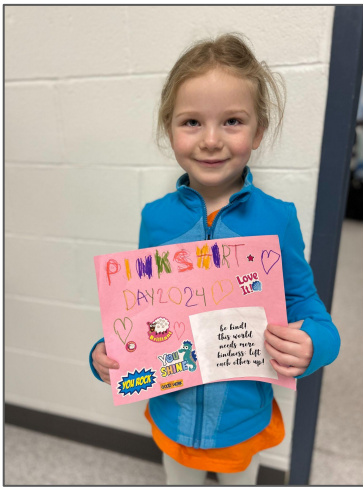
Jody - Kindergarten

Hannah - Grade 5

Eastynn - Grade 7

Rydyr - Grade 10

Emily - Grade 11



GARAGE SALE

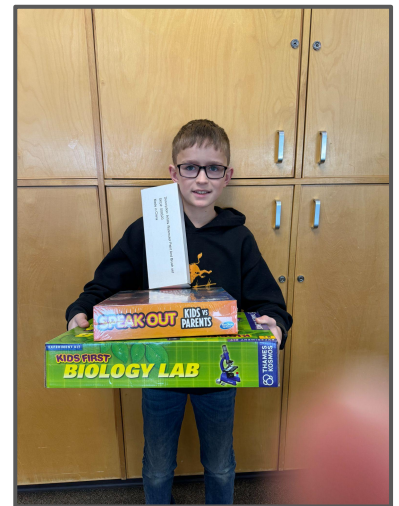
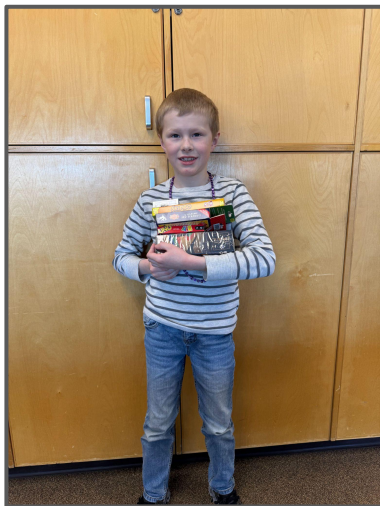
Who: Grade 6 Class

What: Garage Sale

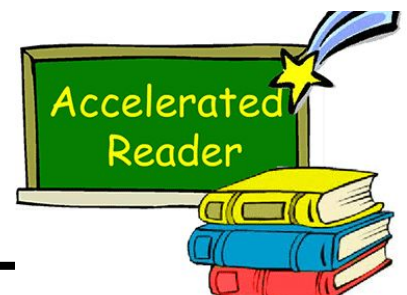
When: March 25 th to the 28th from 12:00 to 12:40

Where: Ms. Dreher's classroom Rm. 122

Why: To raise money to go to Camp Harmattan



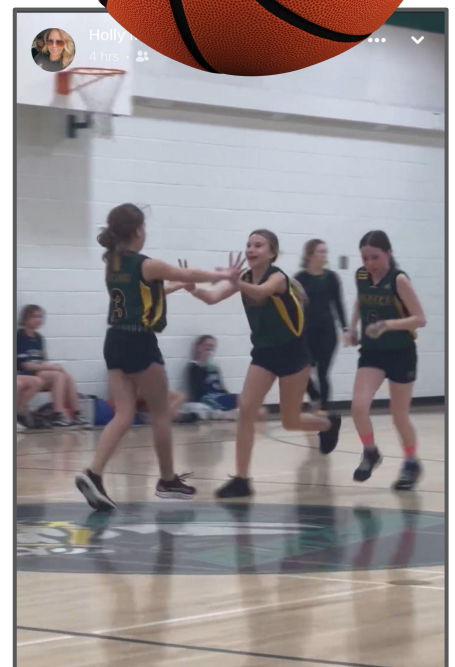
Congratulations to Elwood Pors, Abby MacKinnon, and Charles Hazelwood on being our Accelerated Reader Winners in February!



JR GIRLS BASKETBALL

Congratulations to the junior girls basketball team for winning their game against River Valley last week. The girls played a fantastic game together with Karley Mayhew, Rowen Campbell and Brooke Galay being top scorers. Congratulations to Natalie Werdal and Brooke Galay for playing one of their best games this season and winning player of the game. The girls are headed into playoffs - let's cheer them on!!

The team made the most of a team no show and played an inter squad game - Team Wood vs Team Raju! This gives our very dedicated grade five girls playing experience in a friendly rivalry. Congrats to Brinlyn Mills and Karley Mayhew for winning player of the game!



Literacy Corner

March is full of famous author's birthdays!! Did you know that **Theodor Seuss Geisel**, Creator of *The Cat in the Hat*, *The Grinch Who Stole Christmas*, and so much more, Theodor Seuss Geisel, or Dr. Seuss, is one of the most well-known childrens' authors of all time was born on March 2, 1904?



Dav Pilkey is the beloved creator of fun and funny graphic novels for young readers, like the Captain Underpants and Dog Man graphic novel series. Dav Pilkey's birthday is March 4, born in 1966.



Scholastic to publish Dog Man: The Scarlet Shredder, latest in the #1 global bestselling phenomenon by Dav Pilkey on March 19, 2024.

Indigenous Education

CANADIAN AUTHOR

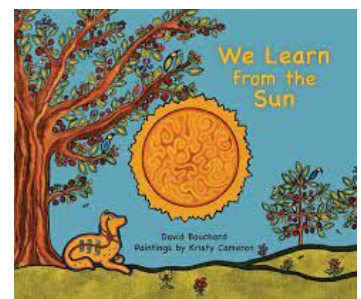
A writer, poet, father, former school principal, traveller, musician and one-time candidate for Parliament, David Bouchard has certainly had a full life.

A Métis, David grew up knowing nothing of his roots. But through the process of writing, David has learned more about his Métis heritage.

We Learn from the Sun is an Indigenous rhyming poem based on his best selling book *Seven Sacred Teachings*.

To learn more about David, check out his website:

<http://davidbouchard.com/>



NAVIGATING FRIENDSHIPS

This interactive workshop is for 11-13 year olds looking for tips to foster healthy friendships, create healthy boundaries, and problem solve. Also...how to cope when things aren't going so well

Zoom Session

March 12, 2024 (6:30 p.m. - 8:30 p.m.)

REGISTER ONLINE AT:

www.mvfrn.ca/registrations

or email info@mvfrn.ca



Hope for all



GR
WEDNESDAY **AFTER SCHOOL**
4-6

MARCH 4TH - APRIL 10TH
3:10 - 4:15
WELLNESS ROOM

MARCH MADNESS

CRAFT CLUB

MONDAY'S 3:10 - 4:15 PM

- MAR 4th
- MAR 11th
- MAR 18th
- MAR 25th

MONDAY

GRADES 3 & 4

15 SPOTS
ARE OPEN

BRING YOUR FORM TO
MISS.IRELAND BY
FRIDAY MARCH 1st



**Child Mind
Institute**

Have a look at the following website for resources on raising healthy kids and teens:

Child Mind Institute (<https://childmind.org/about-us/>)

This website is dedicated to transforming the lives of children and families struggling with mental health and learning disorders by giving them the help they need. They are the leading independent nonprofit in children's mental health by providing gold-standard evidence-based care, delivering educational resources to millions of families each year, training educators in underserved communities, and developing tomorrow's breakthrough treatments.

Here are just a few of the Articles (Links) that you might be interested in:

[Teens and Anger](#)

[10 tips for Parenting Pre Teens](#)

[10 Tips to help dads and daughters Stay Close](#)

[Social Media and Self Doubt](#)

[How Anxiety affects Teenagers](#)

[Healthy Limits on Video Gaming](#)

Vaping: What Parents Need to Know

**PRESENTED BY****Courtney Epp & Chloe Trautman****SERIES SESSIONS**

Date	Time
March 06, 2024	7:00 PM - 8:30 PM

**LOCATION****Zoom Online Meeting - Zoom****FEE****\$0.00****QUESTIONS?****Contact Us:****403-381-5580****REGISTER ONLINE****Visit our website to register:****sapdc.ca**

Program

Join the Alberta Health Services Healthy Schools and Population Health Promotion team for a virtual parent learning session on the youth vaping epidemic. In this session, parents will learn about what vaping is, current vaping trends among youth and the harms and risks associated with it. We'll explore what legislation is in place at the local and provincial level to combat youth vaping use and what you and your child's school can do about it. Ideas on how to talk to kids and help them quit, as well as where to go for more information will also be covered. Have your voice be heard and your questions answered by an expert in the field.

Presenters

Courtney Epp

Courtney Epp is a Health Promotion Facilitator on the Healthy Schools Team within Alberta Health Services. She has been with the organization for over 10 years and is passionate about improving child and youth health through evidence-informed action in school settings using the comprehensive school health approach. Courtney has a keen interest in supporting school divisions in the South West Zone with vaping and tobacco reduction and prevention. In her spare time, Courtney enjoys connecting with nature and spending time with her 8 year old twins.

Chloe Trautman

Chloe Trautman is a Health Promotion Facilitator with Alberta Health Services since 2017 based in Lethbridge covering the South Zone. Chloe is a trained QuitCore Facilitator serving Albertans looking to reduce and eliminate their tobacco use. In recent years, vaping prevention among the youth population has become a large priority in her work, and she finds great passion promoting healthier behaviors among our youth. During her time away from work, Chloe enjoys travelling, house projects with her husband, and walking her dog.

Register at sapdc.ca/program/12177

BOWDEN JUNGLE JUNCTION

Before/After School Care

March 2024



****Full Day Care offered (in Olds) on March 8th. Please contact Kass for more info.**

To Register, contact Kass:
(403) 559- 4884
kassbgcolds@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 Wednesdays 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.

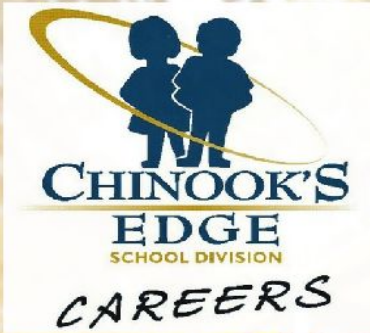
Volunteer Opportunities!!

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





Are you looking for a part time job that doesn't involve weekends or summers?
Would you like to have a positive influence on our school aged youth?

We're looking for dedicated individuals to join our team as School Bus Drivers!

What You'll Do:

- Safely transport students to and from school
- Follow designated routes and schedules while adhering to all traffic laws and safety regulations.
- Conduct pre-trip and post-trip inspections to ensure the bus is in optimal condition.
- Provide exceptional customer service to students, parents, and school staff.

What We're Looking For:

- Valid Driver's License (minimum Class 5 - non GDL)
- Strong communication skills and ability to interact professionally with peers, students and staff.
- Commitment to safety and reliability.

Why Join Us:

- Competitive pay and benefits package.
- Comprehensive paid training and ongoing support.
- Flexible schedules to accommodate your lifestyle.
- Be part of a supportive team dedicated to the safety and well-being of our community's children.

APPLY TODAY:

www.cesd73.ca

under

Careers/Support
Staff/Spare Bus
Drivers

403-227-7072

transportation@cesd73.ca

Snow Buddies

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

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

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



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



Thursday, March 28, 7:00 p.m.

Paterson Community Centre Bowden 2101 - 27 Avenue

A fundraiser presented by:



BOWDEN EXPANDING HORIZONS
CULTURAL ENHANCEMENT SOCIETY



Cost is \$10 to play 4 Retro BINGO cards.

Max. 8 cards per person. Fun prizes only, no cash.

MUST BE 10yrs or older to attend, no exceptions.

For more information, contact 403-507-5090

FAMILY AND COMMUNITY GAME NIGHT

Every Tuesday
Free to Attend
6:30-8:30PM

Lower level Bowden Event Centre
(Friendship Centre)

For more information and to register Call

Dawn Zimmermann

306-351-0113

or Email: Family.Zimmermanns@gmail.com





Don't Forget To Mark Your Calendars for our

FREE Spring Summit!

Join us March 5-8 for this epic 4 day **FREE EVENT!**

- ✓ **FREE Access**
- ✓ **4 Half-day LIVE Interactive Workshops**
- ✓ **18 Masterclasses Presentations**
- ✓ **28 hours of Continuing Education**
- ✓ **The TOP Experts on the Planet**
- ✓ **Certificates for Continuing Education (for those who purchase recordings)**
- ✓ **Bonus: Fostering Resiliency 3 Hour E-Course for those who purchase recordings**

Register Now for FREE!

Go to: [Institute of Child Psychology.com](https://www.instituteofchildpsychology.com) and click on **Conference Registration**

STORYTIME & CRAFT

WHERE: Bowden Library

WHAT: Storytime followed by a craft.

TIME: 2 - 3:30 p.m.

WHO: Ages 4 - 12

COST: FREE

DATES: March 8

April 19

May 3



Bowden & Area Residents:

DENIM & Diamonds

Volunteer Celebration Supper 2024

Wednesday, April 24

**Paterson Community Centre
2101 - 27 Avenue, Bowden, AB**

No cost to attend.

Doors open 5:30

Welcome 6:00

Supper to follow.



DRESS IN YOUR FAVORITE JEANS!

March

Bowden Youth

Age 7-12 years

Mondays

3:30 pm - 4:30 pm

At the Bowden Friendship Club

2133 18 Ave

March 4th: Games Day!

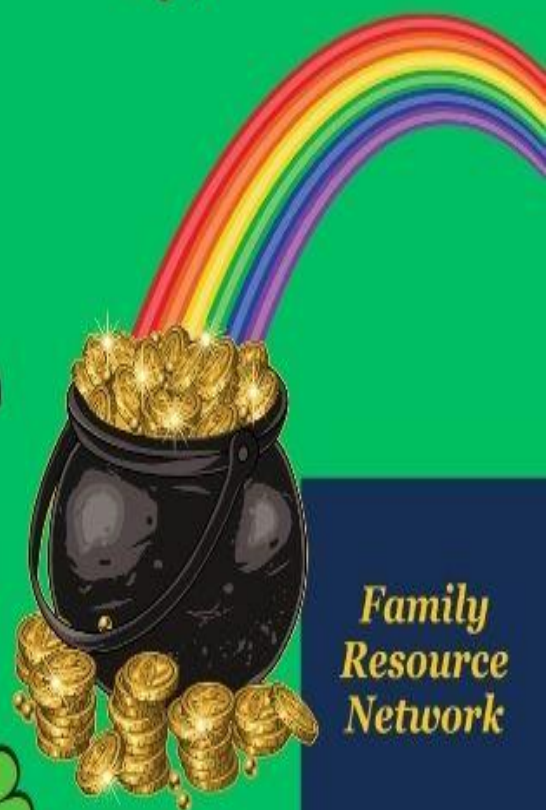
March 18th: Art/Stem!

No Program March 11th or 25th

New Members welcome!

Register with Joanne

joanne.brown@mcmancentral.ca



**Family
Resource
Network**



BOWDEN

KIDS HAVE STRESS TOO: PARENT SESSIONS FOR KIDS AGED 3-5

- LEARN WHAT STRESS IS FROM A CHILD'S POINT OF VIEW.
- LEARN HOW STRESS AFFECTS CHILDREN PHYSICALLY AND EMOTIONALLY.
- LEARN STRATEGIES FOR STRESS MANAGEMENT.



WHEN: MARCH 5TH, 12TH & 19TH
TIME: 6 -7:30 PM
WHERE: BOWDEN OLDE LIBRARY
(BY THE IGLOO)

SESSION 1: WHAT IS STRESS? SIGNS AND STRATEGIES TO HELP CHILDREN
 SESSION 2: PROBLEM SOLVING
 SESSION 3: BUILDING CONFIDENCE IN OUR CHILDREN

REGISTER FOR 1 OR ALL 3!!
 EMAIL JOANNE AT JOANNE.BROWN@MCMANCENTRAL.CA



INNISFAIL AND AREA FAMILY RESOURCE NETWORK



BOWDEN

COMMUNITY GARDEN

Bowden Community Garden is a wonderful way to stretch your food dollar locally.

Grow your own FRESH produce & get in touch with some dirt too.

To "Dig In" contact
Jade at FCSS: 403-224-2207
or email fcss@bowden.ca
Spots are limited.
Season starts May 20.



Community
GARDEN

