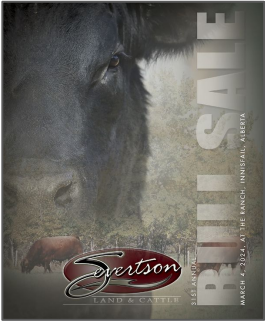
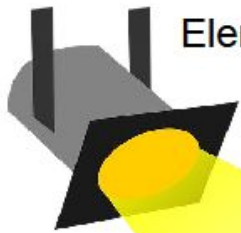


# Bowden Grandview School

March 11, 2024



The grade 5 class attended Miss Severtson's family's Bull Sale on Monday March 4th. Students were able to gain hands-on experience with math as they followed along with the auction. They also interacted with baby calves and helped weigh the newborn calves.



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

## Hot Lunch



Don't forget to order your hot lunch online!

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

# GARAGE SALE

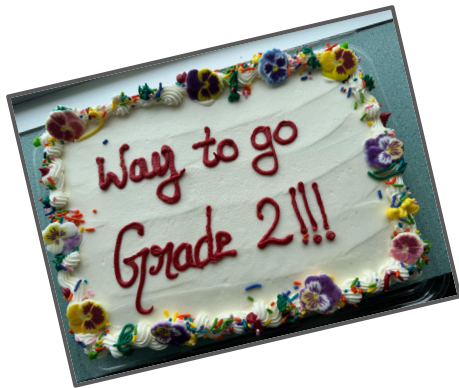
Who: Grade 6 Class

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



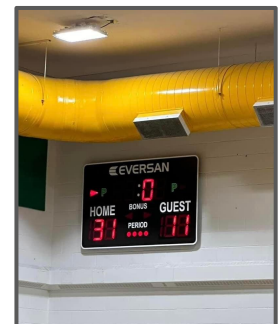
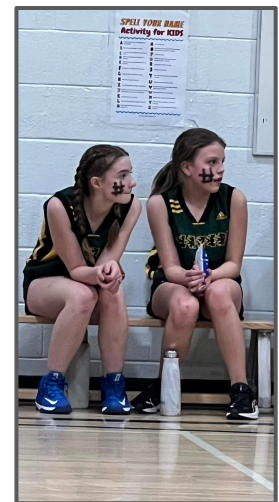
**Grade 2 class eating the rewards of  
'Top Fundraising Class' for the  
spellathon!**



# Jr Girls Basketball Action

The Junior girls had a great last week of league play. They invited Innisfail for an exhibition game for a rematch. Having lost to them earlier this season by one point, they came out on top this time, winning by two points. The girls had a very exciting game and a well deserved win. Congratulations to Emily Wood for winning player of the game.

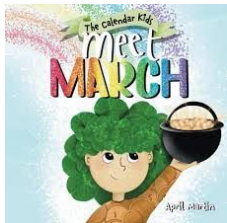
The girls wrapped up league play on Thursday with their final playoff game, beating River Valley 31-11. This placed them fourth in the league for the year. Congratulations to Danica for winning player of the game. Way to go girls on a great season of play!



# Literacy Corner

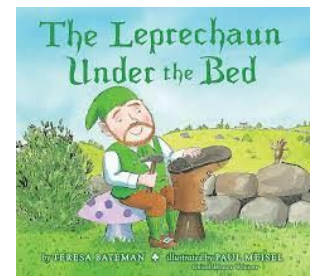
With the Irish holiday just a few days away, these St. Patrick's Day children's books are just right for celebrating all things green and gold.

St. Patrick's Day is almost here, and Green Crayon would like a break! (After all, he JUST had to carry a heavy load during Christmas...) His friends try to take over, but what's a leprechaun without green clothing?



March is ready for winter to come to an end. He is tired of the browns and grays of winter. A late winter freeze comes and freezes all the plants, including March's hair! The freeze is so cold, even his pet guinea pig, Goldie, goes into hiding. March loves color. He loves springtime. Will March and his friends spot the first signs of spring?

**A leprechaun can be alone without being lonely," says Brian O'Shea.** And that's how Brian likes it-- so when a big human man tries to build a cottage on top of Brian's underground home, the leprechaun does his best to scare the fellow away with his magical tricks. But Sean McDonald refuses to be frightened off-- and over time the two develop an unlikely friendship.



# Indigenous Education



In this beautifully illustrated book, a determined young Anishnaabe girl in search of adventure goes on a transformative journey into a forest on her traditional territory. She is joined by a chorus of her ancestors in red dresses, who tell her they remember what it was like to be carefree and wild, too.

*Together We Drum, Our Hearts Beat as One* is a moving and powerful book about Indigenous resistance and ancestral connection.

# 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](http://www.mvfrn.ca/registrations)

or email [info@mvfrn.ca](mailto:info@mvfrn.ca)



Hope for all



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**GR**  
**WEDNESDAY**      **AFTER SCHOOL**  
**4-6**

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**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](#)



Stress Information and Strategies		
Topic	Information	Website
Stress Overview and Strategies	My Health Alberta	<a href="http://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=rlxsk">myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=rlxsk</a>
Stress and Your Health	Harvard Schools of Public Health	<a href="http://www.hsph.harvard.edu/nutritionsource/stress-and-health/">www.hsph.harvard.edu/nutritionsource/stress-and-health/</a>
Sleep	My Health Alberta	<a href="http://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=zq1031&amp;lang=en-ca#zq1032">myhealth.alberta.ca/health/pages/conditions.aspx?hwid=zq1031&amp;lang=en-ca#zq1032</a>
Healthy Eating	Alberta Health Services	<a href="http://www.albertahealthservices.ca/nutrition/Page12598.aspx">www.albertahealthservices.ca/nutrition/Page12598.aspx</a> <a href="http://www.albertahealthservices.ca/assets/info/amh/if-amh-ways-to-wellness-eating-healthy-foods.pdf">www.albertahealthservices.ca/assets/info/amh/if-amh-ways-to-wellness-eating-healthy-foods.pdf</a>
	My Health Alberta	<a href="http://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=nutri">myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=nutri</a>
Physical Activity	Alberta Health Services	<a href="http://www.albertahealthservices.ca/topics/Page14486.aspx">www.albertahealthservices.ca/topics/Page14486.aspx</a> <a href="http://www.albertahealthservices.ca/assets/info/amh/if-amh-ways-to-wellness-get-active.pdf">www.albertahealthservices.ca/assets/info/amh/if-amh-ways-to-wellness-get-active.pdf</a>
	MyHealthAlberta	<a href="http://myhealth.alberta.ca/Alberta/Pages/how-active-need-to-be.aspx">myhealth.alberta.ca/Alberta/Pages/how-active-need-to-be.aspx</a>
	Canadian Society for Exercise Physiology	<a href="http://csepguidelines.ca/guidelines/adults-18-64/">csepguidelines.ca/guidelines/adults-18-64/</a>
Mindfulness	MyHealthAlberta	<a href="http://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=uz2240">myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=uz2240</a>
General Self-Care	Mental Wellness Moment with Dr Nicholas Mitchell	<a href="http://www.youtube.com/watch?v=CYn8gE5vtSE">www.youtube.com/watch?v=CYn8gE5vtSE</a>
Emotions Video	Dr Dan Sigel: Name it to Tame it	<a href="http://www.youtube.com/watch?v=ZcDLzppD4Jc">www.youtube.com/watch?v=ZcDLzppD4Jc</a>

Workshops and Classes		
Topic	Description	Website
AHS Wellness Exchange Workshops	Information and registration for workshops on Problem-Solving, Positive Activities, Managing Reactions, Helpful Thinking, and Healthy Connections.	<a href="http://www.albertahealthservices.ca/assets/news/psa/ne-psa-amh-wellness-online-courses.pdf">www.albertahealthservices.ca/assets/news/psa/ne-psa-amh-wellness-online-courses.pdf</a>
Alberta Health Services Calgary South Health Campus	Program guide contains registration information for online classes.	<a href="http://www.albertahealthservices.ca/shc/Page14846.aspx">www.albertahealthservices.ca/shc/Page14846.aspx</a>

Workshops and Classes		
Topic	Description	Website
<p>Alberta Healthy Living Program (AHLP)</p> <p>Services provided vary slightly from Zone to Zone.</p>	<p>Health education classes to help manage chronic condition or disease such as diabetes, heart disease, osteoarthritis, chronic pain, COPD, celiac disease, fatty liver disease, Parkinson disease, and more.</p> <p>Online workshops and classes on a variety of topics including weight management, sleep, meal planning, stress, grief, physical activity, better breathing, and more.</p>	<p><b>Main Page</b>  <a href="http://www.albertahealthservices.ca/info/page13984.aspx">www.albertahealthservices.ca/info/page13984.aspx</a></p> <p><b>Central Zone</b>  <a href="http://www.albertahealthservices.ca/findhealth/Service.aspx?id=1027103">www.albertahealthservices.ca/findhealth/Service.aspx?id=1027103</a></p> <p><b>North Zone</b>  <a href="http://www.healthylivingprogram.ca/">www.healthylivingprogram.ca/</a></p> <p><b>South Zone</b>  <a href="http://www.albertahealthservices.ca/findhealth/Service.aspx?id=1026154">www.albertahealthservices.ca/findhealth/Service.aspx?id=1026154</a></p> <p><b>Calgary Zone</b>  <a href="http://www.albertahealthservices.ca/findhealth/Service.aspx?id=1005671">www.albertahealthservices.ca/findhealth/Service.aspx?id=1005671</a></p>

Mental Health and Wellbeing Information and Resources		
Topic	Description	Website
MyHealth Alberta	Information on a variety of health topics	<a href="http://myhealth.alberta.ca">myhealth.alberta.ca</a>
AHS Mental Health 7-Day Challenge	Information on the Ways to Wellness	<a href="http://www.albertahealthservices.ca/amh/Page13618.aspx">www.albertahealthservices.ca/amh/Page13618.aspx</a>
Alberta Health Services	AHS Podcasts – Various Topics	<a href="https://soundcloud.com/ahs-communications">soundcloud.com/ahs-communications</a>
Mental Health Promotion Resources	Free resources on various topics including stress, depression and anxiety, spiritual care, disasters, parenting resources, and more.	<a href="https://dol.datacm.com/">https://dol.datacm.com/</a> Login ID: mentalhealthresources Password: mh2016
Centre for Addiction and Mental Health	Mental Health Resources	<a href="http://www.camh.ca">www.camh.ca</a>
Alberta Health Services- Help in Tough Times	Provides links to a variety of resources and services available within addiction, substance use and mental health.	<a href="http://www.albertahealthservices.ca/amh/page16759.aspx">www.albertahealthservices.ca/amh/page16759.aspx</a>
AHS Addiction & Mental Health	Information on programs, services, and resources	<a href="http://www.albertahealthservices.ca/amh/amh.aspx">www.albertahealthservices.ca/amh/amh.aspx</a>
Canadian Centre on Substance Use and Addiction	Non-governmental organization to provide national leadership on substance use and to advance solutions to address alcohol- and other drug-related harms.	<a href="http://www.ccsa.ca/">www.ccsa.ca/</a>
211	A helpline and website that provides information on and referrals to Alberta's community, social, health-related and government services.	<a href="http://www.ab.211.ca/">www.ab.211.ca/</a>

Online and Phone Supports		
Topic	Description	Website
811 Health Link	For health advice or information, call Health Link 24/7 by dialing 811	<a href="http://www.albertahealthservices.ca/info/Page12630.aspx">www.albertahealthservices.ca/info/Page12630.aspx</a>
Indigenous Support Line (Healthcare support & system navigation)  For First Nations, Métis, and Inuit peoples including youth and Elders, living on or off reserve, in a Settlement, or in cities and towns.	Confidential telephone service helping First Nations Métis, and Inuit peoples navigate the healthcare system. Indigenous listeners and healthcare advisors provide culturally safe supportive listening, connections to health resources, answer healthcare questions, and help find culturally appropriate care.  Available North, Central, and South Zones Monday to Friday, 12:00 pm to 8:00 pm	1-844-944-4744 <a href="http://www.albertahealthservices.ca/info/Page18213.aspx">www.albertahealthservices.ca/info/Page18213.aspx</a>
Alberta Indigenous Virtual Care Clinic	Culturally safe mental health services available remotely, anywhere in Alberta.  For First Nations, Métis, and Inuit peoples aged 13 and older.	1-888-342-4822 <a href="http://aivcc.ca">aivcc.ca</a>
Wellness Together Canada	Mental health and substance use support and resources including: <ul style="list-style-type: none"> <li>• one-on-one counselling</li> <li>• self-guided courses and programs</li> <li>• peer support and coaching</li> </ul>	<a href="http://www.wellnesstogether.ca/en-ca/">www.wellnesstogether.ca/en-ca/</a>  • Youth call: 1-888-668-6810 or text WELLNESS to 686868  • Adults call: 1-866-585-0445 or text WELLNESS to 741741
Alberta Health Services-Mental Health Help Line	Mental health support	1-877-303-2642
Alberta Health Services-Addiction Help Line	Addiction support	1-866-332-2322
Kids Help Phone Ages: 5-29	Anonymously and confidentially talk to a trained counselor over the phone or through live chat.	1-800-668-6868 Text CONNECT to 686868 <a href="http://kidshelpphone.ca/">kidshelpphone.ca/</a>
Distress Center	Crisis Counselling 24-hour crisis support	Call or Text: 403-266-4357 <a href="http://distresscentre.com/">distresscentre.com/</a>
Hope for Wellness	Hope for Wellness	1-855-242-3310 Online chat: <a href="http://www.hopeforwellness.ca/">www.hopeforwellness.ca/</a>
The National Indian Residential School Crisis Line	Crisis support 24 hours a day, 7 days a week. Available for Indian Residential School students and their families	1-866-925-4419
Missing and Murdered Indigenous Women and Girls Crisis Link	Crisis support 24 hours a day, 7 days a week. Available to individuals impacted by the issue of missing and murdered Indigenous women, girls, and 2SLGBTQIA+	1-844-413-6649

**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  
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 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](http://www.cesd73.ca)

under

Careers/Support  
Staff/Spare Bus  
Drivers

403-227-7072

[transportation@cesd73.ca](mailto:transportation@cesd73.ca)



**PLAY TO WIN AT BINGO!**

**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](mailto:Family.Zimmermanns@gmail.com)



# 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!**

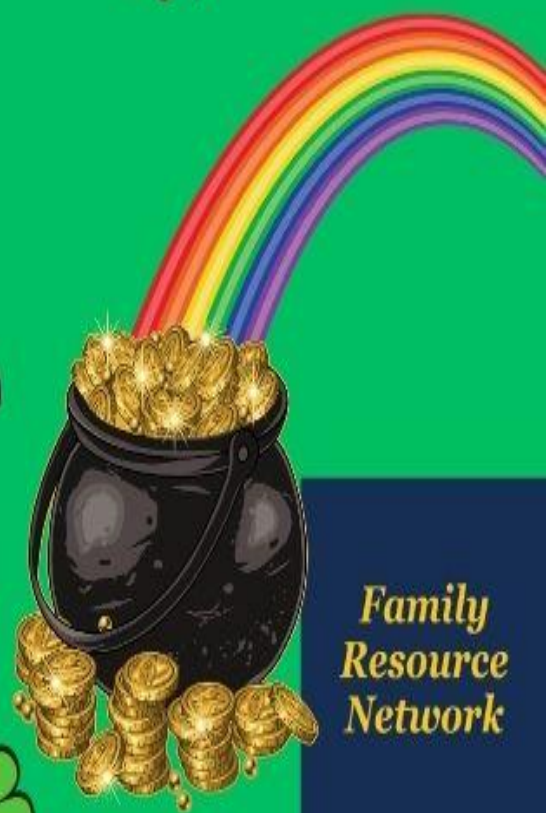
**March 18th: Art/Stem!**

**\*No Program March 11th or 25th\***

**New Members welcome!**

**Register with Joanne**

**[joanne.brown@mcmancentral.ca](mailto: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](mailto: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](mailto:fcss@bowden.ca)  
Spots are limited.  
Season starts May 20.



*Community*  
**GARDEN**

