

# Bowden Grandview School

April 22, 2024



The top fundraisers from this year's spellathon received their final reward on Friday! Seven students, accompanied by Mrs. Thorkman and Miss Sookram, walked over to the Starlight Diner Car for a complimentary lunch. A great BIG thank you to these students, and ALL our supporters, for a tremendously successful spellathon again this year!!!



## What's Happening:

Tuesday, April 23

- BGS School Council Meeting @ 12:00pm

Wednesday, April 24

- Volunteer Luncheon

Thursday, April 25

- Career Expo Gr. 10

Friday, April 26

- Smile Cookie Sale
- Super Hero Day



Don't forget to order your hot lunch

April 25 - Chubb Eats

May 2 - Pizza

May 9 - A & W

May 16 - Subway

May 23 - Chubb Eats

May 30- Hot Dogs

## Parent Survey Spring 2024



As vital partners in your child’s education, we believe the parent voice is extremely important. We would like to invite you to give us your thoughts on how we are doing at Bowden Grandview School through our annual (5 minute) Parent Survey. We are interested in our parents' perception of areas we are doing well in and those that need more work. We will use this data to plan for the remainder of this year and next year. The data we got from last year’s survey was very helpful in guiding our planning this year. If possible, please complete the survey at your earliest convenience as it will only be open for a limited time period.

**Please refer to the email sent to you on March 15th for a link to our survey.**

Thank you in advance for your time and feedback!

Bowden Grandview Staff

# BGS BADMINTON

The junior high badminton season is off to a great start! We have a small but mighty team of eight players this year. Each of our athletes has improved and everyone is having fun. All players will compete at the Chinook's Edge tournament April 27 in Sylvan Lake. Good luck!



## **Grade 7**

Girls singles - Brooklynn Kuntz

Girls doubles - Emily Wood and Jocelyn Gall

Boys singles - Gabe Harvey

Boys doubles - Lukas Spiller and Emmett Stockford

## **Grade 8**

Girls singles - JayAuna Lazowski

## **Grade 9**

Girls singles - Lisa Arnesen-Davidson

# FOG - 2024 Flower Fundraiser



**Petchoa**

Red & Blue

.....\$27.00



**Calibrachoa**

Papaya & Pumpkin Spice

Yellow & Blue

Red & White .....\$27.00



**Littletonia**

Blue Vein

.....\$27.00



**Petunia**

Ray Black in combo  
w/Petchoa

Caliburst Yellow.....\$27.00



**Pansy**

With Juncas Twisted arrows

.....\$27.00



**Strawberry**

.....\$27.00

**All Plants are grown locally with care by Lohr-a-Lee Greenhouses,  
winner of the AGGA 2023 Grower of the Year!**

**ORDERS DUE WEDNESDAY, MAY 1 - Pick up Thursday, May 9, 1:00 - 3:00 pm!**

*Please Note: All pictures supplied are sample pictures only. We cannot guarantee all colours will be available at the time of delivery. Flowers may not be exactly as shown.*



## Friends of Bowden Grandview (FOG) Flower Fundraiser 2024

Student/ Member: \_\_\_\_\_ Phone #: \_\_\_\_\_

ORDER \$ DUE NO LATER THAN: Wednesday, May 1, 2024

Pick-up Info: Pick up at the school May 9, between 1-3 pm

Please make cheque payable to: Friends of Bowden Grandview (FOG)

**Lohr-A-Lee Greenhouses**

Twp Rd 325A  
Didsbury, AB  
T0M 0W0

403-438-0030

**Instructions For Members:**

- 1 - Fill in Customer Name and Phone Number
- 2 - Fill in the Customer Orders by Marking How Many of Each Individual Item Was Ordered.
- 3 - Payment Must Accompany the Orders (Cash or Cheque) When Handing The Order Sheets in
- 4 - Please Make Cheques Payable to FOG

CUSTOMER NAME	PHONE NUMBER	Calbraahoa	Pelohoa	Lilietunia	Petunia	Pansy	Strawberry	TOTAL:	PAID:
First and Last (Print Please)	(XXX) XXX-XXXX	\$27.00 EACH	\$27.00 EACH	\$27.00 EACH	\$27.00 EACH	\$27.00 EACH	\$27.00 EACH	(\$)	Y/N
		A: Papaya B: Yellow & Blue C: Red & White	Red & Blue	Blue Vein	Ray Black	w/Junoas twisted arrows			

If You Have Any Questions Please Contact Karen 403-357-8404



## Smile Cookies

Make Someone SMILE on **May 2nd** with a cookie from Tim Hortons.

Pre-order your Smile Cookies today! Each cookie now costs \$1.50. Cookie sales start on Friday, April 26th, until Wednesday, May 1st.

You can purchase the cookies in front of the **Grade 6** room for yourself or buy one for a friend. Fill out the name and **Grade** you wish to give the **SMILE COOKIE** to.

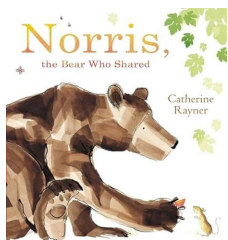
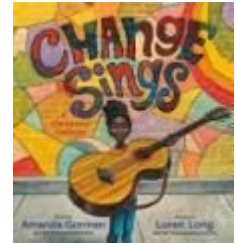
The **Grade 6** class will hand them out on **Thursday, May 2nd**.

Proceeds go to: **Bowden Grandview School**  
**Smile....pass it on!!**

**We at Bowden Grandview School are grateful for our volunteers' willingness to give their time, energy, and talents to various initiatives and activities that happen during our school year. Here are a few fabulous books that discuss helping others and volunteering.**

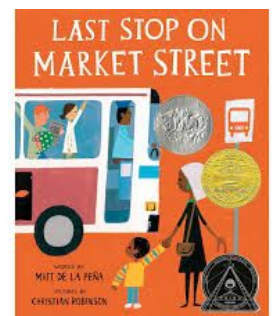
## Literacy Corner

Amanda Gorman's book, **Change Sings**, discusses how anything is possible when our voices join together. As a young girl leads a cast of characters on a musical journey, they learn that they have the power to make changes—big or small—in the world, in their communities, and in most importantly, in themselves.



Norris the bear has been waiting patiently for the last ripe fruit to fall from the tree. But Tulip the raccoon and Violet the mouse have too . . . although maybe not so patiently. In fact, Tulip and Violet sniff, listen to, and even hug the fruit. Norris catches the fruit when it finally falls, and because he is a wise bear, he shares it and makes two new friends.

This award-winning modern classic—a must-have for every child's home library—is an inclusive ode to kindness, empathy, gratitude, and finding joy in unexpected places, and celebrates the special bond between a curious young boy and his loving grandmother.



## Indigenous Education

*When We Are Kind* celebrates simple acts of everyday kindness and encourages children to explore how they feel when they initiate and receive acts of kindness in their lives. Celebrated author Monique Gray Smith has written many books on the topics of resilience and reconciliation and communicates an important message through carefully chosen words for readers of all ages. Beautifully illustrated by artist Nicole Neidhardt, this book encourages children to be kind to others and to themselves.



# ♥ Spring Self-Care

## Day 1

Make a goal to finish by summer

## Day 2

Create a playlist of upbeat music

## Day 3

Channel your inner Snow White

## Day 4

Get physical outside

## Day 5

Buy new spring clothing

## Day 6

Air out your living space  
Let sun in

## Day 7

Pick flowers and then press them

## Day 8

Make friends with your body

## Day 9

Find a spring-theme meditation

## Day 10

Go easier on yourself

## Day 11

Go out for dessert and eat outside

## Day 12

Clean up your digital device storage

## Day 13

Make a seed bomb

## Day 14

Try something new-to-you

## Day 15

Put on music and sit outside

## Day 16

Simplify your schedule

## Day 17

Read something light & fun

## Day 18

Visit a Farmer's Market

## Day 19

Take a nap in the sunshine

## Day 20

Do some spring cleaning

## Day 21

Make a fruit or veggie dish

## Day 22

Go on a nature walk

## Day 23

Create an outdoor space for yourself

## Day 24

Go on a mini adventure

## Day 25

Get a new houseplant

## Day 26

Change the energy of your home

## Day 27

Find a new outside hobby

## Day 28

Put on nature sounds and relax

## Day 29

Go camping or hiking

## Day 30

Light a campfire & hang out



# Youth Week!



Red Deer County



## INNISFAIL PIZZA & POOL PARTY

register at  
[rdcounty.ca/programs](http://rdcounty.ca/programs)

Questions? Contact [FCSS@rdcounty.ca](mailto:FCSS@rdcounty.ca)

APR

29

Innisfail Aquatic Centre

4:30 PM to 7:00 PM

Ages 10 - 17

Transportation available from Spruce View & Benalto. Limited Transportation may be available from Bowden, please contact for details.

**PICK UP**

Spruce View School: 4:20 PM

Bus will be travelling to Benalto prior to drop off at the pool.

Benalto Family Resource Centre: 4:40 PM

**DROP OFF**

Spruce View School: 7:30 PM

Benalto Family Resource Centre: 8:00 PM

*In Partnership With*

**BOWDEN**



Family  
Resource  
Network



Red Deer &  
District Club

I AM HERE WITH YOU...  
YOU ARE SAFE.

THESE FEELINGS ARE ONLY TEMPORARY.

POSITIVE AFFIRMATIONS:

REPEAT AFTER ME...  
I AM BRAVE.  
I CAN DO THIS.  
I WILL BE OKAY.

THINK  
HAPPY  
THOUGHTS

YOU ARE NOT ALONE.  
SOMETIMES I FEEL  
NERVOUS ABOUT  
THAT TOO.

WHAT ARE  
YOU WORRIED  
*MIGHT*  
HAPPEN?  
WHAT IS  
*PROBABLY*  
GOING TO  
HAPPEN?

LET'S DRAW YOUR WORRY TOGETHER.

WHAT CAN WE CONTROL? IS THIS WORRY SOMETHING WE CAN CHANGE?

LET'S TAKE A FEW  
DEEP BREATHS  
TOGETHER.  
MATCH  
YOUR BREATHS TO  
MINE.

THINGS TO SAY WHEN CALMING  
AN ANXIOUS CHILD...



WHAT DO YOU  
WISH YOU  
COULD TELL  
YOUR  
WORRY?

I KNOW THIS IS HARD FOR YOU.  
WHAT WILL HELP CALM YOU RIGHT NOW?

IT'S OKAY TO FEEL NERVOUS.  
I DO TOO SOMETIMES!

YOU ARE IN CONTROL  
OF YOUR THOUGHTS &  
FEELINGS!

WE ARE GOING TO SET A 5 MINUTE TIMER.  
WRITE DOWN WHATEVER IS  
BOTHERING YOU AND THEN RIP IT UP!

WHAT CALMING  
STRATEGY DO  
YOU WANT TO  
TRY TO USE TO  
MAKE YOU FEEL  
BETTER?

GROUNDING EXERCISE:

5 THINGS THEY SEE  
4 THINGS THEY FEEL  
3 THINGS THEY HEAR  
2 THINGS THEY SMELL  
1 THING THEY TASTE

HOW BIG IS YOUR WORRY  
ON A SCALE OF 1-10?

FACTS VS. FEELINGS  
WHAT DO WE KNOW?

WE WILL FACE THIS TOGETHER,  
I AM HERE FOR YOU.



# 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:

[Quick Guide to Anxiety in Children](#)

[Anxious Stomach Aches and Head Aches](#)

[When to worry about an Anxious Child](#)

[10 Tips for Parenting an Anxious Child](#)

[Helping Kids with Math Anxiety](#)

[How Anxiety affects Teenagers](#)

[When Kids refuse to go to School](#)

[Kids who Worry they are Sick when they are not.](#)



CHINOOK'S EDGE  
SCHOOL DIVISION

# CAREER & HIRING FAIR

Where employers meet students!



**Wednesday, May 15, 2024**

**1:00pm - 5:00pm**

**École Olds High School Gymnasium**



★ **EMPLOYERS:** Promote your business, industry & interview students on the spot!

★ **STUDENTS:** Bring your resume and learn more about about different career opportunities!

For more info:

Call Louan Statchuk at EOHS  
(403) 556-3391 ext# 4637



## EMPLOYERS

**It's FREE, but you must register to have a booth!**

**CLICK HERE or SCAN the QR Code to Register!**



Deadline to Register  
is May 10, 2024



**BOWDEN JUNGLE JUNCTION**

# Before/After School Care



April 2024

**\*\*Full Day Care offered (in Olds) from April 15th-19th. Please contact Ashley for more info.**

To Register, contact Ashley:  
(403) 559- 4884  
ashleybgcold@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 **Plants Club**, where we will learn all about plants and grow some of our own!

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 Ashle if interested.

**Check out our Instagram Page!**

@junglejunctionbowden



# BOWDEN PLAY & LEARN REGISTRATION

## OPEN REGISTRATION

September or January Start

2024/2025


Non-Refundable \$30.00  
Registration Fee Due with  
Application  
\$5.00/month or  
\$50.00/year\*

Tuesday & Thursday  
Mornings 8:30 - 11:00  
or  
Afternoons 12:30- 3:00

Children must be 3 at  
school start date and  
fully potty trained to join  
our classroom



### MORE INFO:

 403-357-7841 (Shayla)

 bowdenplayandlearn@gmail.com  
(Lisa)

\*\*\* Subject to Change  
New Board Members Needed

**SUMMER '24**

# **INNISFAIL DOLPHINS SWIM CLUB**

FROM

**MAY 1 - AUG 10**



*Registration Open!*

**PRACTICES UP TO 5 DAYS A WEEK**

MONDAY - FRIDAY

30 Min Group: 5:00 - 5:30 (\$450)

1 Hour Group: 5:00 - 6:00 or 6:00 to 7:00 (\$550)

1.5 Hour Group - 5:30 to 7:00 (\$650)

## **INFORMATION**

- 14+ weeks of swimming!
- Trained Coaches
- Fun and inclusive community of athletes
- Focus on personal goals
- Swim Meets (races) on select weekends
- Excellent physical fitness to meet all levels
- Funding assistance available through community

**Try it program \$75  
for the first 2 week,  
including a mini  
swim meet!**

**[InnisfailDolphinsSwimClub@gmail.com](mailto:InnisfailDolphinsSwimClub@gmail.com)  
[www.gomotionapp.com/team/canid/page/home](http://www.gomotionapp.com/team/canid/page/home)**

*Bowden Town Theatre presents...*

# NO BODY LIKE JIMMY

*By Burton Bumgarner*



**Bowden Paterson Community Hall**

**Friday, May 3 & Saturday, May 4**

## FRIDAY NIGHT

Doors open at 5:30 pm  
Dinner at 6:30 pm  
Play starts at 8:00pm

## SATURDAY NIGHT

Doors open at 5:00 pm,  
Dinner at 6:00 pm  
Play starts at 7:30 pm

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**\$65/ticket *Prime Rib Meal***

- Dessert Table - Cash Bar - Silent Auction

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**Tickets Available at the Bowden Reddi Mart**

For information call Kim 403-507-5090



**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!

# 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**

