

Bowden Grandview School

April 29, 2024



During spring break, a diverse ensemble of students, staff, and parents embarked on an enlightening journey to Washington, D.C. and New York, immersing themselves in five exhilarating days of exploration and education. The itinerary brimmed with iconic landmarks and significant moments, including visits to the White House, Congress, the solemn 9/11 Memorial Museum, the esteemed Trinity Church, the historic Ellis Island, the bustling Rockefeller Center, and an unforgettable evening at Broadway's latest sensation, "The Outsiders".

Beyond the surface of mere sightseeing, this educational adventure fostered invaluable personal growth among the students, nurturing their confidence and independence as they heard historical narratives and soaked in the cultural heritage. These experiences created lasting memories destined to endure a lifetime. Until next time New York!

What's Happening:

Monday, April 29

- BGS Scavenger Hunt Begins
- Smile Cookie Sales

Thursday, May 2

- Smile Cookie Day

Friday, May 3

- No School - Professional Learning Day



A reminder that all
FOG Flower orders
are due
Wednesday



Hot Lunch



Don't forget to order your hot lunch

May 2 - Pizza

May 9 - A & W

May 16 - Subway

May 23 - Chubb Eats

May 30- Hot Dogs



Congratulations to CeCe Gendron
for winning the draw
at the Usborne Book Fair!

THANK YOU Volunteers

Our BGS volunteers enjoyed a fantastic meal, music from the grade 4 class, beautiful thank you cards, and terrific company.



The badminton season wrapped up with a huge Chinook's Edge tournament in Sylvan Lake. Two schools with 19 courts and well over 350 games played made for an exciting day! Bowden Grandview was well represented by our athletes, with many wins throughout the day.

A HUGE thank you to the Stockford family for outfitting our athletes in style. We appreciate the support from Ez-clean Concentrated Bioenzyme and Vagabond Pet Supply. The kids looked and played great in their new t-shirts!



Thank you to Kathy Dallas, Cornell Kuntz, Joel Stockford and Jennifer Wood for stepping up to coach. Thank you to the staff members who supervised throughout the season as well!



The Bowden Grandview School Mission Impossible Scavenger Hunt 2024

The Scavenger Hunt will take place from Monday, April 29th to Friday, May 10th. As a homeroom you are to collect as many of the items on the list as possible during the week.

We have a fantastic spreadsheet for you to use to help keep track of the items that the kids bring in. Part way through the first and second weeks of the competition, the Gr. 6 leadership students will come to your classes and tally your points for you or collect the points from you. We will then share the results in the mornings on the announcements. At the end of the second week the points will be tallied and there will be 1st and 2nd place winners for 1-6 and for grades 7-12. The prizes are as follows:

- 1 st Place Bowling Party in Olds
- 2 nd Place Ice cream Party

Questions? See Ms. Dreher

Rules of the Competition

Please go over the rules with your class. You will be given only one hard copy of the scavenger items. The second copy of the list will also be sent to you in an email.

1. All school rules apply, this is not an excuse to miss school. When pictures are required from places off campus students must do this on their own time not during school hours.
2. Although you may choose to spend money to obtain certain items, it is not the intention of the event to encourage this. You will be required to spend money or receive donations for the Charity section as these items need to be new so they can be donated. Theft of items from the community or other classes is not allowed. It will result in disqualification from the competition and no points awarded.
3. All items must be collected in a safe, respectful and school appropriate manner.
4. An item may only be used by one class. You can't pass it from room to room. Unless it is a sibling. EX: Grade 1 student brings a lamb and has a sister in Grade 3 they can also get class photo.
5. Each item on the list counts only once for its point value.
6. Actual items must be brought in unless a photo is required. Ex: map of Vancouver needs to be the actual map not a print out of a map from the computer.
7. The items that require a picture (ex: 4 kids swimming in front of a pool) must be downloaded or sent to the google folder. Patti has set up a google folder with each grade so please put your photos in the proper grade. If you need help sending pictures there please see her. If you want a photo taken and don't have a camera the Grade 6 leadership team will be happy to leave class and take the photo of your class for you.
You can also use your cell phones to take pictures too. At the end of the competition the photos will be put into a movie that will be shared with the school.
8. Items are NOT to be kept at school. Once they have been recorded the students should put them back in the lockers to be returned home at the end of the school day.

Charity Requirements

You must have all of the following items to receive the 500 points. All items must be new as they will be donated to a Food Bank. Once they have all the items required ,let Ms. Dreher know and the leadership kids will collect them and keep them safe until the end of the competition. After the last day of the scavenger hunt the charity items will be brought to the Innisfail or Olds food bank for donation.

Charity Items

- 1 package of toilet paper
- 1 jar of peanut butter
- 2 new bars of soap
- 1 tube of toothpaste and 1 toothbrush
- 3 cans of tuna
- 5 packages of pasta
- 6 cans of soup
- 1 bottle of shampoo
- 4 boxes of Kraft Dinner

Dress Up Requirement

You must have EVERYONE from your homeroom, including the teacher ,dress up in one of the costumes listed below. You can choose which day you want your class to wear the costumes and for how long during the day.

1. Sports Jersey 30 points
 2. Hats 30 points
 3. Dressed in one color of your choosing. Ex; blue 30 points
- (100 total points will be awarded if you do all three costumes.)

These are worth 30 points each . If you have completed all three costumes you will receive a total score of 100 points. Please take a photo of your class all dressed up. The Grade 6 leaders are willing to come to your class to take the photos for you. Just call Ms. Dreher and she will send a student right away. You might also want to use your cell phones. Please send all pictures to the google folder.

A paper clip	10	Something that says "Made in Canada" on it	20
A picture of two members of your class in front of Sobeys	50	A belt buckle with a truck on it	30
A beanie baby	50	A plane ticket	30
An American \$2.00 bill	50	A list of the Flames first roster In Calgary	75
A Canadian \$2.00 bill	30	A calendar from an insurance Company	20
An Expo 86 passport	50	Something with Calgary Cannons On it	40
A plastic plant	10	A signed note that you gave Miss Oakley a Tim Horton's Doughnut with Sprinkles	100
A toupee	40	A 1990 yearbook	75
A class member's grandparent	150	A bus transfer	10
A bow tie	30	A ticket stub from a U2 or ACDC concert	150
A ping pong paddle	10	A Saskatchewan Roughriders Grey Cup Champs 2013 logo	75
A yellow golf tee	10	A tie dyed shirt	30
A computer diagram of a heart	20	A grocery bill over \$200.00	10
A brown paper lunch bag	10	A foot long shoe horn	40
A red, white, and blue ball	10	An empty KFC bucket	30
A copy of Mad magazine	10	A bathing cap	10
A plastic orange garbage bag	10	A 1975 Canadian penny	20
A green umbrella	10	A used Bounce dryer sheet	10
A Vancouver road map	10	An empty toilet paper roll	10
A Kermit the Frog toy	10	A flexible straw	10
silly putty	50	A ring from a bubble gum Machine	20
play dough	20	A Harry Potter novel	10
one lego piece	10	Gumby or Pokey	75
An autographed picture of Mr.Thompson	75	A WWE or WWF wrestling ring	75
A yo-yo	20	An eight ball	20
A wartime rations card	150	A pair of rubber boots	20
A Zellers shopping bag	10	A poppy	20
A picture of two students with Mrs. Weststrate wearing funny glasses (all provided by the students)	75	A tube of Preparation H	20
A cowboy hat	10	Headline from the Calgary Herald December 3, 1968	75
A piece of artificial turf	20	A paper airplane	10
A staple	10	An origami example	30
A dill pickle	10	The candlestick from the board game Clue	40
An empty bottle of AXE	10	A real canoe	100
An electric toothbrush	20		
A Ken doll	20		
A rain poncho	20		
White go-go boots	100		
A hacky sack	10		
An alarm clock	10		
A picture frame	10		
A piece of chewed gum	10		
A picture of the Jackson brothers When Michael was 12	100		
An airmail sticker	20		

A West Edmonton Mall waterslide		A piece of licorice root	20
Pass or receipt	50	Four leaf clover	20
A t-shirt from Nova Scotia	75	An original finger painting	20
A picture of someone in your		A souvenir from a Royal Wedding	30
Homeroom eating Xmas dinner	40	A Q Tip	10
A stethoscope	40	A hotel guest soap	20
A picture of your class with a real baby		A fish necktie	20
lamb outside of school	80	A 1984 nickel	40
A Goofy cap (Disney)	40	An empty squirt gun	10
A toilet seat (not from the school)	50	A class member's baby tooth	50
A black hairbrush	10	A Perry Como Christmas album	40
A baby's bonnet	20	A record, CD, or tape that teaches	
A garlic press	20	Another language	50
A fluorescent vest	40	A picture of four class members	
A picture of someone in your		at a swimming pool	75
homeroom with a TV personality	100	A picture of 5 students dressed like	
A unicycle	75	Mr. Thompson with	
A car air freshener	10	Mr. Thompson (shirt, tie, dress pants)	100
A plastic pail and shovel	20	A plastic baseball bat	10
		A piece of blue construction paper	10
A sea shell	10	A coffee can	10
A picture of someone with a	10	An exam timetable	10
handlebar moustache	10	A glue gun	20
a monocle	30	A Canadian flag	20
an original spiral glass Coke bottle	50	A roll of masking tape	10
a sparkler	10	A yellow submarine toy	30
a whoopee cushion	20	A green beret	30
a picture of 6 of your class members		A bowling trophy	20
With Ms. SG holding a basketball	50	A kindersurprise toy	10
A skateboard	10	A picture of a classmate riding a horse	30
A Flintstone vitamin	30	A wheelbarrow	75
Toe socks	20	A tie clip	10
A bathmat	10	A pennant from another province	30
A peanut in a shell	10	A pine cone	10
Cuff links		A festive clump of dirt	20
A picture of the class standing by a real tractor in		A red elastic	10
front of our school	100	A boomerang	30
A pair of flip-flops	20	A piece of Hot Wheels track	20
A funnel	10	A wooden spoon	10
A tambourine	20	An Italian-English dictionary	20
A hard boiled egg	10	A picture of Elvis	
A lawn chair	30	(40 bonus points if it is black velvet)	20
A venus fly trap	100	a sponge	10
A ball and jacks	20	A brown car mat	30
A picture of someone in your		A yearbook from another school	20
class shaking hands with someone		A pair of bookends	10
from Central Office in Innisfail	100	A lamp shade	20
		A nerf basketball	20
		An eyelash curler	30

An electric egg beater	10
A Christmas tree lightbulb	10
A Oilers or Flames Jersey	10
An animal slipper	20
A photo of 1 student (not a teacher) from your homeroom with a retired teacher from your school	100
An AC/DC t-shirt	10
A 1982 income tax return	50
A picture of 3 students giving a thank you card to a school council member or friends of Grandview.	100
Whole body long underwear (extra 20 if red)	20
A picture of a person fishing	20
A street map of Canadian Province (real map not computer generated)	75
A One Direction poster	30
Picture of two people in your Class at 3:35 PM (shown on a clock)	75
A ticket stub from Star Wars	75
A picture of 4 classmates in front Of a dollar store	50
An Inukshuk	40
A red clown nose	20
An Edmonton Oilers game Program real not computer generated	50
A t-shirt with Hello Kitty on it	20
A picture of someone from your Class with a police officer in uniform	75
A 1975 Bowden yearbook	100
A balding man in brown shoes (real person)	100
a picture of someone from your class holding a Happy Meal Box inside a McDonalds restaurant	150
a hair net	50
a cricket bat	20
a set of spurs	40
a Canadian Fitness Excellence Badge	75
3 pictures of 2 students delivering a thank you card to an employee of 3 different Businesses in Bowden. Ex: picture of 2 students delivering thank you cards to someone at Reddi Mart or Tim Horton's	100



Mighty Minds

A Musical by Gr. 2 & 3

May 16 at 2:10pm in the
Wellness room

Everyone welcome!



Getting Ready for Grade One

Are Your Child's Immunizations Up to Date?

If your child is in kindergarten and has not received their preschool immunization after the age of four, they are due now.

Immunizations provided for the preschool booster consists of the fifth dose of Diphtheria, Pertussis, Tetanus, Polio, and a second dose of Measles, Mumps, Rubella, and Varicella (chickenpox) vaccine.

Additional information on immunization can be found at
[AHS.Immunization | Immunization \(immunizealberta.ca\)](http://AHS.Immunization | Immunization (immunizealberta.ca))

If you have questions or would like to make an appointment, call Olds Campus CHC at 403-559-2150

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.





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**.

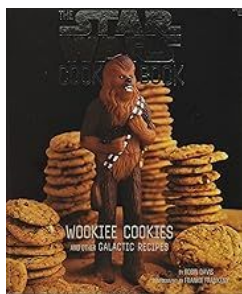
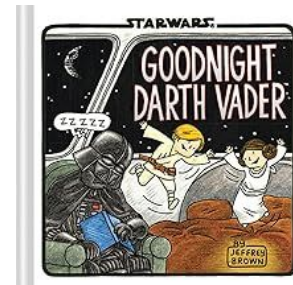
Proceeds go to: **Bowden Grandview School**
Smile....pass it on!!

Literacy Corner

“May the 4th be with you.” May 4 is known as Star Wars Day due to a clever pun. As any fan will know, “May the force be with you” is a common phrase used to wish someone good luck in the films. Check out some great Star Wars books that are coming out soon or already out!

Goodnight Darth Vader by Jeffrey Brown

It's bedtime in the Star Wars galaxy, and Darth Vader's parenting skills are tested anew in this delightful follow-up to the breakout *New York Times* bestsellers *Darth Vader™ and Son* and *Vader's™ Little Princess*. In this Episode, the Sith Lord must soothe his rambunctious twins, Luke and Leia—who are not ready to sleep and who insist on a story.



Wookiee Cookies: A Star Wars Cookbook by Robin Davis

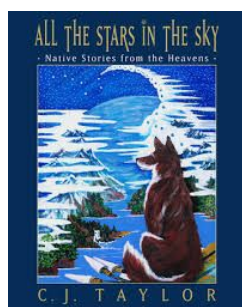
Boba Fett-Uccine and Princess Leia Danish Dos are just the beginning when the Force is with you in the kitchen. *Wookiee Cookies* is your invitation to fine culinary experiences in the *Star Wars* frame of mind. From C-3PO Pancakes to Jedi Juice Bars, this intergalactic *Star Wars* cookbook features healthy snacks, delicious dishes, sweet treats, and easy main courses no Rebel can resist.

Star Wars: Rebel Rising by Beth Revis

A young-adult novel written by Beth Revis and published by Disney–Lucasfilm Press. It covers thirteen years of Jyn Erso's life, between the opening and the main events of *Rogue One: A Star Wars Story*, when she was a rebel fighter alongside Saw Gerrera and survived on her own afterwards.



Indigenous Education



All the Stars in the Sky by C. J. Taylor

The heavens -- the sun, the stars, and the moon -- have inspired, intrigued, and mystified us from the beginning of time. We've always searched for ways to comprehend their beauty and their meaning. Mohawk artist and author C. J. Taylor has drawn from Indigenous legends from across North America to present a fascinating collection of stories inspired by the night skies.

♥ 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

Questions? Contact 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
ashleybgcolds@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

ABC

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
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

\$65/ticket *Prime Rib Meal*

- Dessert Table - Cash Bar - Silent Auction

Tickets Available at the Bowden Reddi Mart

For information call Kim 403-507-5090

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

