


# Bowden Grandview School

May 27, 2024



Congratulations to  
Bowden Grandview School  
Class of 2024  
Ceremony is Friday, May 31st  
@ 7:00pm  
@Bowden Grandview School  
Everyone Welcome!

## What's Happening:

### Monday, May 27

- **The Climb**  
Conference -  
grade 10&11

### Wednesday, May 29

- HS Track &  
Field Zones

### Friday, May 31

- Class of 2024  
Cap'N'Gown @  
7:00pm

## Grade 4-6 Track & Field Day

On Wednesday, grade 4-6 BGS students competed in their own mini track meet to get a feel for some of the events they can compete in beginning in middle school. Discus, javelin, 100m, 100, long jump and high jump were all stations that students attempted after having learned and practiced during their PE classes. Event organizer, Ms. Severtson, says she's hopeful to have other schools take part next year in this upper elementary mini meet.



# BGS Celebrates Mr. Thompson

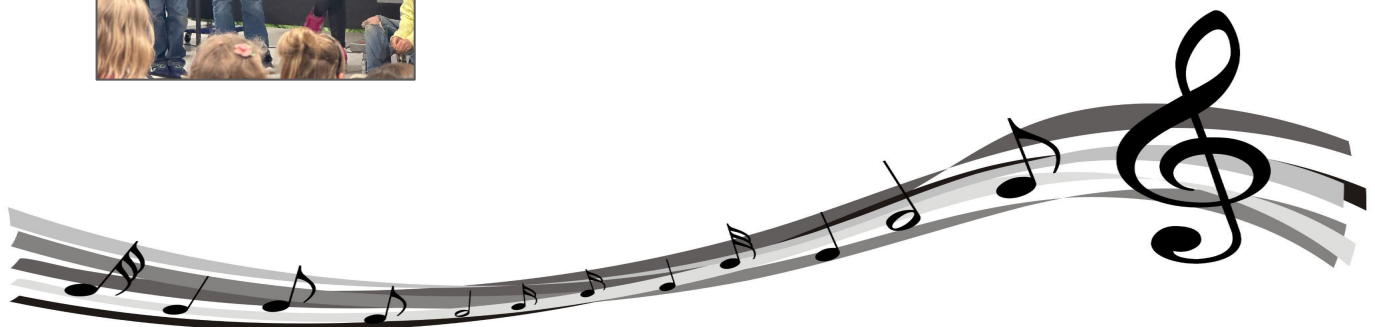
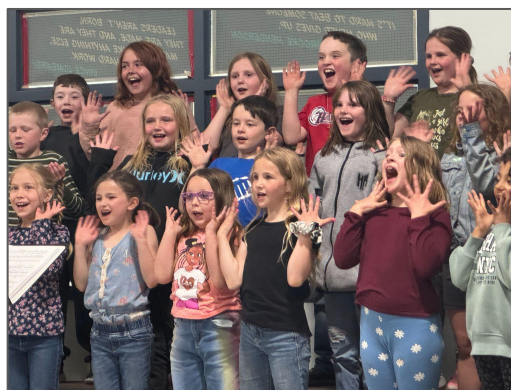
May 24 was declared Mr. Thompson day to celebrate our fearless leader moving on to his new role of Division Principal in the fall. We honored Mr. Thompson by dressing in a shirt and tie or representing one of his favorite sports teams-the Oilers, Seahawks,Stampeders or Blue Jays. An assembly was held where staff, students and special guests presented Mr. Thompson with well wishes, poems and humorous anecdotes about his time at Bowden Grandview School. An amazing music video created by Mrs. Lentz and Ms. Northrup ended our celebration. Mr. Thompson thanked the students, staff and community for making his time at BGS truly special. We will miss you Mr. Thompson. Thank you so much for all that you have done to support our BGS family over the years.



Life Skills students made lunch for Mr. T. His favourite clubhouse sandwich on rye, juice and ice cream for dessert.



Our grade 2's and 3's performed The Mighty Minds musical. Mighty Minds is about a group of superheroes who come to the aid of teachers through song and rhyme to get their students excited for learning.



# Rotary Youth Leadership Awards

BGS student, Savannah Campbell was chosen to participate in R.Y.L.A (Rotary Youth Leadership Awards). May 9 - 12th, she traveled to Deer Valley Meadows in Alix where she participated in an intensive leadership program organized by Rotary Clubs. Here young people can develop leadership skills while having fun and making connections with peers.

The Innisfail Rotary Club sponsored Savannah to attend this extraordinary learning opportunity. While at R.Y.L.A, she was engaged in a variety of leadership sessions such as Ice Breakers, Making a Leader, Whales and Penguins. She also participated in an activity about things that hold us back and how to break those barriers. She attended a dance, group activities and completed a “take charge” workshop. Savannah added that she would definitely suggest R.Y.L.A for someone to attend, it has changed my outlook on life and the views on people around me. I made many new friends that I will never forget and we all still talk with each other.

Savannah, along with the other BGS students that have participated in various Rotary activities, have been invited to attend a meeting with the Club on June 6th. They will present their experiences to the members. Thank you to the I.R.C. for their ongoing support of our students here at BGS.



## Literacy Corner

Hard to believe that we are a month away from summer vacation!! In the last month we will suggest some great new books coming out soon!

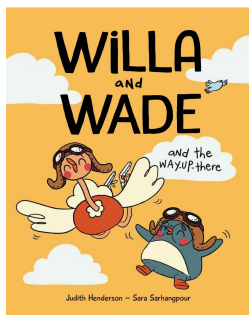
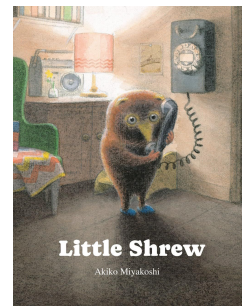


### **Tate's Wild Rescue by Jenny Turnbull, illustrated Izzy Burton**

Bighearted Tate writes letter after letter to wild animals, offering to "rescue" them with a place in her home. But orcas can't live in swimming pools, and tigers love hunting, not cookies. Fortunately, a stray dog is happy to take Tate up on her offer, and she accepts that it's best to leave wild animals in the wild.

### **Little Shrew by Akiko Miyakoshi**

Sometimes the best stories are those about the pleasant moments we experience each day. These three sweet short stories about Little Shrew's daily life are simple, calming, and perfect for emergent readers.

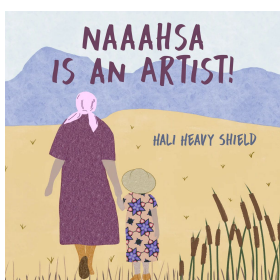


### **Willa and Wade and the Way-Up-There by Judith Henderson, illustrated by Sara Sarhangpour**

Willa is an ostrich, and Wade is a penguin—two birds who were never meant to fly. But they're determined to learn nonetheless! Maybe they can help each other find their way to the "way-up-there"? (Grades K-2)

### **Sink or Swim by Veronica Agarwal, illustrated by Lee Durfey-Lavoie**

Ty was looking forward to summer camp with his best friends. Then he broke his arm and missed an entire season as swim team captain, and he doesn't even want to think about swimming again at camp. He and his pals team up to build a canoe from scratch, but Ty's whole world still feels a bit underwater. This is the perfect read for kids who are headed to a summer camp experience of their own this year. (Grades 3-7)



### **Naaahsa is an Artist!**

By Hali Heavy Shield

Naaahsa says art is a language everyone understands. Sometimes we make art together. We draw, we bead, we sing. Sometimes Naaahsa tells stories in Blackfoot. I even get to go with her to see her art show at the National Gallery. Naaahsa is famous for her art, but I love her hugs best! Naaahsa is an Artist! is a celebration of art, artists, and Indigenous women artists in particular. Each page comes to life with bold patterns, shapes, and Naaahsa's encouraging words that may inspire young readers to want to make art themselves.

## JUNE 2024 - FINAL EXAM SCHEDULE

\*Exam week is June 20 - 27, 2024 - this is for grade 9-12 students only.

\*During exam week, grade 9-12 students are only expected to come to school when they have an exam.

\*Students will be expected to be at school at regular start time (8:35 a.m.) for all exams.

Date	Exam	Time	Room #
<b>Monday May 13</b>	Grade 9 ELA PAT - Part A	8:40 AM–11 AM (up to double time if needed)	189
<b>Tuesday June 11</b>	English 30-1/30-2 Diploma Exam Part A	8:40 AM–12 PM (up to double time if needed)	192
<b>Wednesday June 12</b>	Grade 9 ELA PAT - Part B	8:40 AM–10:15 AM (up to double time if needed)	189
	Social 30-2 Diploma Exam Part A ( <i>Career High Students</i> )	8:40 AM–12 PM (up to double time if needed)	
<b>Thursday June 13</b>	Grade 9 Math PAT - Part A	8:40 AM–9:30 AM (up to double time if needed)	192
<b>Monday June 17</b>	Math 30-1/30-2 Diploma Exam	8:40 AM–12 PM (up to double time if needed)	193
<b>Tuesday June 18</b>	English 30-1/30-2 Diploma Exam Part B	8:40 AM–12 PM (up to double time if needed)	120
	Grade 9 Math PAT - Part B	8:40 AM–10:20 AM (up to double time if needed)	192
<b>Wednesday June 19</b>	Grade 9 Social Studies PAT	8:40 AM–10:20 AM (up to double time if needed)	120
	Social 30-2 Diploma Exam Part B ( <i>Career High Students</i> )	8:40 AM–11:30 AM (up to double time if needed)	
	Science 14	9:55 (focus)	111
<b>EXAM WEEK (JUNE 20-27)</b>			
<b>*DURING EXAM WEEK GRADE 9-12 STUDENTS ARE ONLY EXPECTED TO COME TO SCHOOL WHEN THEY HAVE AN EXAM*</b>			
<b>Thursday June 20</b>	Science 10	8:40 AM - 12 PM	192
	Math 20-1/20-2	8:40 AM - 12 PM	193
	Science 24	8:40 AM - 12 PM	111
<b>Friday June 21</b>	<i>National Indigenous People's Day (no high school exams)</i>		
<b>Monday June 24</b>	Social 10-1/10-2	8:40 AM–12 PM	120
<b>Tuesday June 25</b>	Physics 30 Diploma Exam ( <b>Grade 11 &amp; 12</b> )	8:40 AM–12 PM (up to double time if needed)	192
<b>Wednesday June 26</b>	SS 20-1 SS-20-2	8:40 AM - 12 PM	120 184

# 50 Phrases to Make Your Child Feel Absolutely Loved

1. I love you always.
2. You are important.
3. I'm so glad you were born.
4. You are loved just the way you are.
5. I believe you.
6. You are so special to me.
7. I cherish every moment with you.
8. You are a gift to our family.
9. I'm here for you, no matter what.
10. You light up my world.
11. I'm grateful to be your parent.
12. You are brave and courageous.
13. I love spending time with you.
14. You are the best part of my day.
15. You are so kind and caring.
16. I trust you.
17. You have a beautiful heart.
18. You are capable of anything.
19. I love your creativity.
20. You make me smile.
21. You mean the world to me.
22. I admire your determination.
23. You are the reason I wake up with a smile.
24. I'm lucky to have you in my life.
25. You are a good friend.
26. I love your sense of humor.
27. Thank you for being you.
28. I love the way you think.
29. You're the star that shines so brightly.
30. Your voice matters.
31. You have great ideas.
32. I love your laughter.
33. You are enough just as you are.
34. I'm always on your side.
35. There's no one else like you on this planet.
36. I love your hugs.
37. You are important to me.
38. You are loved more than words can describe.
39. You are a helper.
40. I love the way you express yourself.
41. I love you more than all the hairs on all the bears.
42. I'm amazed by your growth.
43. You are always worthy of love.
44. I love the way you see the world.
45. You inspire me.
46. I love your curiosity.
47. I love learning from you.
48. Thank you for shining your light.
49. Nothing will change my love for you.
50. You are always in my heart.

Your child may know you love them, but sometimes, they still need to hear you say the words out loud. By communicating how much you care in different ways, you are also filling up their emotional cup.





## **Bowden Minor Hockey Association**

### **Registration Night & AGM**

**\*\*\*Win a Free Registration\*\*\***

( FREE registration draw for all in attendance. Local registration fee only.)

**WHEN:** June 4, 2024 at 7:00pm

**WHERE:** Bowden Event Center

**\*\*Please come to registration night and get your child registered for the 2024-2025 season, as always the registration fee goes up after June.\*\***

**\*\*Board Member Positions Open\*\***

If interested please contact Shayla (Bowdenmhpresident@gmail.com) and/or attend the AGM.

### **NEW REGISTRATION PROCESS**

Registration due by June 30, 2024 for all players. Teams to be declared early July 2024 (A \$50.00 Non-refundable registration fee will be due & and put towards total fees). If there are not enough players for a team the decision will be made by the Board of Directors to fold the team. Only after the decision is made will Player Release Forms be completed. For Registrations submitted after the July 1st deadline Player Release Forms will be completed after October 1st of that season.

***\*\*Please note ALL Bowden area players MUST register in Bowden prior to registration with another association. This is for AA or higher tryouts, when there is no team in the age category in Bowden, girls going to play on female teams.***

**Shayla Linde**

[bowdenmhpresident@gmail.com](mailto:bowdenmhpresident@gmail.com)



# »» Mental Health Fitness

## Elementary School Skills Sheet

Children experience all the same complicated, wonderful, confusing, and big emotions that adults do. **It's okay to feel all emotions, including feelings that are pleasant and feelings that are uncomfortable.**

Emotions are important because they provide us with information about ourselves and our environment, and they help us connect with one another. Learning how to notice, label, and express their feelings helps children feel more in control of their emotional experience.

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### Understanding »» Feelings

- Label and name feelings to increase emotional vocabulary AND reinforce that you can feel more than one emotion at a time.
- Use check-in moments as part of your daily routine to ask how your child is feeling and how much of that emotion they are feeling on a rating scale of 1 to 10. Rating emotions captures that we feel emotions in different amounts or intensities.
- Listen to and validate your child's emotions (do this before jumping to problem-solving or fixing what is wrong).  
**For example:** "I see that you're feeling sad, and that's okay."
- Use specific positive feedback frequently, immediately, and consistently when your child identifies how they are feeling or recognizes someone else's feelings.  
**For example:** "Great job recognizing that you feel nervous, and thank you for letting me know."

### Understanding »» Thoughts

- Our thoughts can be overwhelming at times and can cause us to feel stressed and anxious. It can be easy to overthink and get stuck thinking unhelpful thoughts that may not be true.
- Help your child practice identifying helpful and unhelpful thoughts and describing how their thoughts make them feel.
- If you recognize that your child is expressing an unhelpful thought, encourage them to replace the thought with a more helpful or realistic thought.  
**For example:** Your child states that their best friend doesn't like them anymore because the best friend was playing with someone else at recess. You can ask your child, "What could be another reason your friend was playing with someone else?"

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### Managing »» Emotions

- Everyone has urges to act that are caused by big, intense, and uncomfortable emotions. The key is riding out the urge and waiting for big feelings to lessen.
- You can ride out big feelings by using your five senses (sight, sound, taste, touch, smell) to ground to the present.
- Validate your child's emotional experience by listening without judgment and paraphrase what you are hearing.  
**You might say:** "I can tell that you're feeling very angry."  
Helping them to feel heard and understood is foundational when it comes to tolerating emotions.
- Use specific positive reinforcement when your child utilizes a strategy to ride out a big emotion and impulse. Using specific positive feedback frequently, immediately, and consistently is the best way to shape behaviors you want to see.  
**You might say:** "I see you were feeling overwhelmed, and I love how you're working on riding out those big feelings."

# »» Mental Health Fitness

## Middle School Skills Sheet

Middle schoolers experience all the same complicated, wonderful, confusing, and big emotions that adults do. **It's okay to feel all emotions, including feelings that are pleasant and feelings that are uncomfortable.**

Emotions are important because they provide us with information about ourselves and our environment, and they help us connect with one another. Learning how to notice, label, and express feelings helps middle schoolers feel more in control of their emotional experience.

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### Understanding »» Feelings

- Label and name feelings to increase emotional vocabulary AND reinforce that you can feel more than one emotion at a time.
- Listen to and validate your middle schooler's emotions before jumping to problem-solving or fixing what is wrong.  
**For example:** "I see that you're feeling sad, and that's okay."
- Use specific positive feedback frequently, immediately, and consistently when your middle schooler identifies how they are feeling or recognizes someone else's feelings.  
**For example:** "Great job recognizing that you feel nervous, and thank you for letting me know."
- When watching a TV show together, help your middle schooler identify where they feel emotions in their bodies by discussing how the characters in the show might be feeling.

### Understanding »» Thoughts

- Our thoughts can be overwhelming at times and cause us to feel stressed and anxious. It can be easy to get stuck overthinking and making things bigger in our minds than they actually are.
- Help your child to practice identifying helpful and unhelpful thoughts and describing how their thoughts make them feel.
- If you recognize that your child is expressing an unhelpful thought, encourage them to replace the thought with a more helpful or realistic thought. Share some ways they can question their thoughts:
  - What are the facts about the situation?
  - What is the evidence that this thought is true or false?
  - What is the worst that could happen? If it does happen, what can you do to handle it?
  - Is this thought kind to you? If not, how can you be fair to yourself?

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### Managing »» Emotions

- Everyone has urges to act that are caused by big, intense emotions. The key is riding out the urge and waiting for big feelings to lessen.
- Middle schoolers can ride out big feelings by using their five senses (sight, sound, taste, touch, smell) to ground to the present.
- Validate emotions! Show that you're listening to your middle schooler and that you empathize with how they feel by paraphrasing what you hear, without judgment.  
**For example:** "I hear you feeling angry that your friend shared something you told her in confidence!"
- Model at home healthy ways of tolerating and riding out intense emotions. Encourage your child to engage in healthy distracting activities and being active (e.g., taking a walk, talking with friends, reading, journaling).

# »» Mental Health Fitness

## High School Skills Sheet

High school is a time of transition. Teenagers become more independent and turn toward their friends and peers for guidance and support. It's an exciting time that also comes with complicated, wonderful, confusing, and big emotions.

**Sometimes these emotions may be uncomfortable, but feeling them is healthy and important** because emotions provide teens with information about themselves and their environment and help them to connect to other people. Learning how to notice, label, and express their feelings helps teens to feel more in control.

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### Understanding »» Feelings

- Label and name feelings to increase emotional vocabulary AND reinforce that you can feel more than one emotion at a time.
- Make time to check in with your teen and explicitly ask how they are feeling. Start by listening and validating your teen's emotions.  
**For example:** "It seems like you're feeling sad today. Is there anything you want to talk about?"
- Once your teen has identified how they are feeling, ask them how much of that emotion they are feeling on a scale from 1 to 10. They can give you more information about how intense their emotions are.
- Model expressing and validating your own feelings! Discuss and label how you feel, how your body reacts to that feeling, and how much you feel it. It is a great way to normalize all feelings and send the message that feelings are important.

### Understanding »» Thoughts

- Thoughts, feelings, and behaviors are all connected, and it's common for everyone to fall into unhelpful thinking patterns where their thoughts make them feel overwhelmed, anxious, sad or frustrated.
- Help your teen to practice identifying helpful and unhelpful thoughts and describing how their thoughts make them feel.
- If you recognize that your teen is expressing an unhelpful thought, encourage them to replace that thought with a more helpful or realistic thought. Share some ways they can question their thoughts:
  - What are the facts about the situation?
  - What is the evidence that this thought is true or false?
  - What is the worst that could happen? If it does happen, what can you do to handle it?
  - Is this thought kind to you? If not, how can you be fair to yourself?

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### Managing »» Emotions

- Everyone has urges to act that are caused by big, intense, and uncomfortable emotions. The key is riding out the urge and waiting for big feelings to lessen.
- Teens can ride out big feelings by using their five senses (sight, sound, taste, touch, smell) to ground to the present.
- Validate emotions! Show that you're listening to what your teen has to say and that you empathize with how they feel. This helps them feel understood and connected to you.
- Model at home healthy ways of tolerating and riding out intense emotions. Encourage your teen to use effective calming strategies that work for them in addition to healthy activities such as going for walks, reaching out to friends, and being active.

COLLABORATIVE OUTREACH  
PREVENTING EXPLOITATION

# COPE

**Supports youth ages 12-24 , who are  
at risk of, or experiencing sexual  
exploitation within Central Alberta.**

**Supports for youth & families:  
Enhance personal safety  
Build knowledge & awareness  
Build & maintain healthy relationships  
Education for youth to make informed choices  
Education for families & communities  
Intervention/Support & Connection to resources  
Outreach services**



**more info: [cope@mcmancentral.ca](mailto:cope@mcmancentral.ca)**

**or 1-800-743-6179**

**BOWDEN JUNGLE JUNCTION**

# Before/After School Care

May 2024



**\*\*Full Day Care offered (in Olds) on May 3rd and 17th. 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 Ashley 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