

# Bowden Grandview School

June 3, 2024



## The Climb

Our Grade 10 and 11 girls attended a Mentorship Conference at Red Deer Polytechnic, hosted by the Central Alberta Child Advocacy Centre. The focus of the conference was to empower high school girls with the essential skills to navigate current issues that young women face in this ever changing world; i.e., anxiety, social pressures, self esteem issues and complex relationships. The goal was to help cultivate resiliency and self assurance. It was a thought provoking, fun filled, engaging day.

### What's Happening:

#### Tuesday, June 4

- Physics 30 Field Trip

#### Wednesday, June 5

- PE 20/30 Mountain Biking - Nordic Center

#### Thursday, June 6

- Pizza Hut Hot Lunch
- Rotary Lunch

#### Friday, June 7

- No School





# *Congratulations to the Bowden Grandview School*

*Class of 2024*



*Photos by: Photography by Alison*



*Elisa Aplin*



*Genevieve Chapman*

*You are braver than you  
believe, stronger than you  
seem, and smarter than you  
think  
A.A. Milne*



*William de Haan*



*Hunter Harvey*





*Corbin Head*



*Syrscha Holz*



*Cole Hronek*

*"Be bold enough to use your  
voice, brave enough to listen to  
your heart and strong enough  
to live the life you've always  
imagined."*

*Author unknown*



*Cole Hutchings*



*Randall Ryrie*



*Miles Scott*



*Mary-Jane Situ*



*Emily Smith*

*"What lies behind us and what lies  
before us are small matters compared to  
what lies within us."*

*— Ralph Waldo Emerson*



*Pacey Sparks*



*Brooklyn Van Sickle*



*Joe Werdal*

## Valedictorian Address

Good evening everyone, as glad as I am to have arrived here, to this stage and to this ceremony I, much like everyone else, find finishing high school both simultaneously relieving and intimidating. For the longest time, I didn't know how I wanted to go about this or what I wanted to say. Certainly, whatever message ended up at the forefront of this farewell will be a permanent send off into the future, I did not want to be ingenuine and I know that I'm up here tonight because I ought to be firmly decided on what I want to do, or at least on what I want to work towards. But the truth is, honestly, I don't know what I see myself becoming. So, to start this off, and I have thought about this a lot, regardless of all impending difficulties and worries, it will be and is the people that you surround yourself with for whom will be far more fundamental in whatever pursuit you find yourself choosing. From this, I need to thank all of the teachers and staff members here at Bowden Grandview, of whom I would certainly not be up here without. In addition, though there are only a handful of students in my class who have been here since kindergarten, I only arrived in grade nine. I have attended a total of seven different schools and out of all of them I have never had as great friends and relationships as I have had here. I am so fortunate that because of this school I am now on my way to Japan in August and for my peers, I only hope that everyone finds success and delight in whatever path they carve out. As Mrs. Crandall always explicitly advocates for, please, do something adventurous, something interesting, and something worth doing.

I know that I have been told repeatedly my immense preoccupation and focus towards academics is something that should be let down, to accommodate the rest of my life. It is difficult to let go of. I want to do well. And I don't just mean now, graduating, I mean foreseeably. My father always says that, more than anything, it will be the people you know who will get you the furthest. Alas, we are all here. All together for now and as I've said I thank you dearly. This chapter of our lives is coming to a close and now looking back I certainly won't miss the stress or anxiety, but the time we had together has made me all the better for it. So, if it's any consolation, wait for the days when everything needed to be done, is finished, and you have, around yourself, all the people for whom you'd wish your times to never end. I leave you with this - if your path isn't carved out yet and you sit here today nervous about what is to come, consider this "If the path before you is clear, you are probably on someone else's".

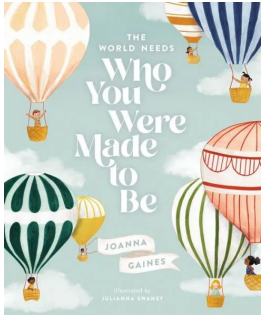
*Syrscha Holz*





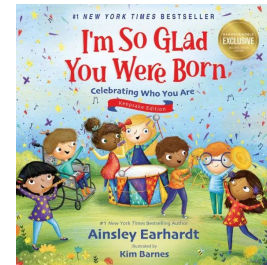
## Literacy Corner

Graduation season always brings mixed emotions to staff, students and family members. Some of these students we have watched grow up in front of our eyes. We wish them all the success with their future endeavors and of course their final exams!! Grads - Follow your dreams wherever they make take you; your journey is just beginning.

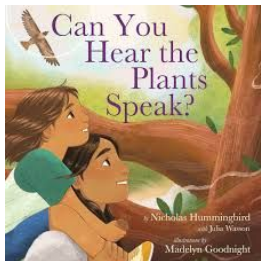


In the #1 New York Times bestseller, *The World Needs Who You Were Made to Be*, Joanna Gaines celebrates how creativity and acceptance can come together to make for a bright and beautiful adventure. The book, illustrated by Julianna Swaney, follows a group of children as they each build their very own hot-air balloons. As the kids work together, leaning into their own skills and processes, we discover that the same is true for life—it's more beautiful and vibrant when our differences are celebrated.

Parents and children both have big dreams—about their life and the wonders the future holds. *I'm So Glad You Were Born* celebrates those dreams as well as the wonder of everyday experiences like sweet and special snuggles and cuddles, fun times and learning times too!



## Indigenous Education



What do we learn from plants when we listen to them speaking? Indigenous plantsman Nicholas Hummingbird calls on the legacy of his great-grandparents to remember how one drop of rain, one seed, one plant can renew a cycle of hope and connection—for him and for each of us.

### The Kids Hub

About the Kids Hub

<https://kidshealthhub.ca/>

The Kids Health Hub started as a vision at the Central Alberta Child Advocacy Centre (CACAC). They wanted to create a resource for children, youth, their families, and the people who work with them.

The Kids Health Hub was designed to be an online portal to promote the well-being, mental health, and resiliency in children, youth, and their families. The CACAC is striving to prevent and protect against child abuse and youth mental health issues by fostering caring environments in the home. The aim is to build a healthy and supportive place for children and youth.

## 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 #
Monday May 13	Grade 9 ELA PAT - Part A	8:40 AM–11 AM (up to double time if needed)	189
Tuesday June 11	English 30-1/30-2 Diploma Exam Part A	8:40 AM–12 PM (up to double time if needed)	192
Wednesday June 12	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 (Career High Students)	8:40 AM–12 PM (up to double time if needed)	
Thursday June 13	Grade 9 Math PAT - Part A	8:40 AM–9:30 AM (up to double time if needed)	192
Monday June 17	Math 30-1/30-2 Diploma Exam	8:40 AM–12 PM (up to double time if needed)	193
Tuesday June 18	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
Wednesday June 19	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 (Career High Students)	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>			
Thursday June 20	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
Friday June 21	<i>National Indigenous People's Day (no high school exams)</i>		
Monday June 24	Social 10-1/10-2	8:40 AM–12 PM	120
Tuesday June 25	Physics 30 Diploma Exam (Grade 11 & 12)	8:40 AM–12 PM (up to double time if needed)	192
Wednesday June 26	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 Movement Forms be completed. For Registrations submitted after the July 1st deadline Player Movement 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)



# SCREEN-FREE

# ACTIVITIES

## Tear-Off Posters

Feeling a little bored or just want to do something fun? We have A LOT of ideas for you! Tear off an activity from one of the posters to explore your creative side or uncover a special skill.

Which one will you choose?

Print pages 2-5. Cut along the dotted line to make strips you can tear off whenever you want to try a new activity.



Big Life Journal

Copyright by Big Life Journal - [biglifejournal.com](http://biglifejournal.com)

What you do  
**TODAY**  
can improve all your  
**TOMORROWS.**



Big Life Journal

Write or draw in your journal

Play a card game

Sing karaoke

Create an indoor "camp out"

Paint or draw

Put a puzzle together

Learn a magic trick

Make up silly songs

Make a dream (or vision) board

Learn or practice Origami

Create your own magazine





☆ Look deep into  
nature, then you will

UNDERSTAND

EVERYTHING

== better. ==



Big Life Journal

Read a book or magazine

Make clothes for dolls or toys out of  
scrap fabric

Go for a nature walk

Create shadow art

Create leaf rubbing art

Play Mad Libs and word searches

Play school

Draw cartoons or comic strips

Color

Paint kindness rocks

Create a spaceship out of a  
cardboard box





**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