

Bowden Grandview School

September 3, 2024



Thank you!

Thank you to the Innisfail Kinsmen, Jack and Heather Sinclair, Marshall and Jenn Wood & family for the new Gaga Pit. This is a fun addition to our playground



Important Dates:

September 11

- Community Registration/ BBQ

September 17

- Terry Fox Run

September 19

- Picture Day

September 20

- Non Instructional Day

September 26

- Orange Shirt Day

September 30

- National Day for Truth and Reconciliation





Welcome back!

As the new principal of Bowden Grandview, I am thrilled to welcome you all to the start of a brand new school year. I am so excited and look forward to meeting each and every one of you.

Whether you are a kindergartener taking your first steps into the world of education or a senior preparing to embark on the next chapter of your life, I am committed to ensuring that this school year is filled with growth, learning, and success for all of our students.

I am excited to work alongside our dedicated staff, supportive parents, and engaged community members to create a positive and inclusive learning environment where every student can thrive. Together, we will foster a sense of belonging, encourage curiosity, and celebrate the unique talents and strengths of each individual.

I am eager to get to know each student and parent, and I am dedicated to building strong relationships within our school community. My door is always open, and I encourage you to reach out to me with any questions, concerns, or ideas you may have.

I am confident that this school year will be filled with memorable experiences, meaningful connections, and endless opportunities for growth. Let's work together to make this a year to remember!

Here's to a fantastic school year ahead!

Mr. Deen Lockhat

2024 Bowden Community Showcase



Come out and learn all that Bowden & Area has to offer For ALL AGES and interests.

BOWDEN

WEDNESDAY 
September 11, 2024

TIME 
5:00 - 7:00 PM

**BOWDEN GRANDVIEW
SCHOOL** 
2238 - 21 Ave

- Learn about local organizations.
- Discover more about Bowden clubs & activities.
- Connect with volunteers.
- Find out what services are offered in Bowden.
- Children must be accompanied by a guardian.

FREE EVENT



INTERESTED IN A TABLE?

CONTACT:
FCSS@BOWDEN.CA

Blazer Athletics Update



Welcome back everyone!

We are so excited for a fresh year and to get back into learning, competing and having fun! This year, our athletes will continue to work towards being committed, resilient, and competitive individuals within their teams.

We will be offering a variety of extra curricular sporting opportunities again to our students in grade 6-12. *Some extra curricular activities only begin in grade 7, where some are only available to students in sr. high (see below for details).

Tryouts will be mandatory this year to be a part of our teams. Team selections will be made by the coach(es) of the team. There must be enough athletes consistently attending tryouts in order to field a team. The minimum number required for a team will be determined by the athletic director and admin.

| Month | Extra Curricular Activity | Grades |
|-------------------|---------------------------|-----------------------------------------------|
| September | Golf | 10-12 |
| September-October | Cross Country Running | 7-12 |
| September-October | Volleyball | 7-12 (there may be an opportunity for gr. 6s) |
| November-March | Basketball | 7-12 (there may be opportunity for gr. 6s) |
| March-April | Badminton | 7-12 |
| May-June | Track and Field | 7-12 |

Community Involvement Opportunities

COACHING At BGS, we are lucky enough to have many knowledgeable staff members coach our extra curricular teams, however, we do love to have community members come coach or help out when needed.

If there is a sport you are interested in coaching, please reach out to me through email, at: asackelageiger@cesd73.ca and we can discuss your area of expertise, our needs and any other details. It is required that there is a teacher supervisor for each team. This will be organized for you.

ATHLETE OF THE MONTH If you are interested in sponsoring this program, please contact asackelageiger@cesd73.ca

TRYOUTS



Jr/Sr. Cross Country Running (GR. 7-12)

September 11th - 3:15 - 4:00

*First date will be a 'come try it, see if you like it', before the coach has selections. In order to be a part of the cross country team, you must be able to complete a 800m run (two laps of the track).

*Practices will be once a week, with workouts for athletes to complete on their own as well.

Sr. Girls Volleyball (GR. 10-12)

September 4th - 6:00 - 7:30

September 5th - 3:15 - 5:00

Tryout attendance is mandatory to be considered for the team.



Girls/Boys Jr. Volleyball (GR. 7-9)

September 9th - 3:15-4:30 (both boys and girls)

September 12th - 3:15-4:30 girls only

*Tryout attendance is mandatory to be considered for the team.

*Grade 6s may attend, but there is no guarantee on availability on the team.



Extra Curricular Opportunities

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Coaching & Sponsoring Opportunities

COACHING

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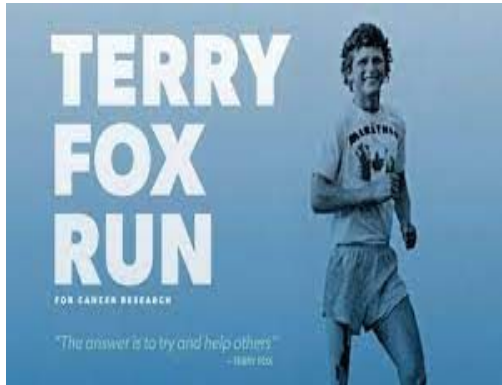
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ATHLETE OF THE MONTH

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Just a reminder to please
be respectful of the “No
Parking in the bus lane
during drop off and pick up”
Thank you!



Please join Bowden Grandview
School for our Terry Fox Run on
September 17th

Students are encouraged to bring ‘A
Toonie For Terry’. All donations may
be submitted to their homeroom
teacher.



Pizza Hut to kick off Hot Lunch

September 26th, 2024
will be our first hot lunch day

This year hot lunches will be every 2 weeks
on the Thursday

Managing Your Child's ☆ Screen Time ☆

If your child is spending too much time on screens, try this simple method to teach them about balance:

Water Cup Analogy:

Use a pitcher of water and several empty cups:

Explain that the pitcher is the total time in a day, and each cup represents different activities like learning, rest, playing, family time, and screen time.



Label and Fill the Cups:

Label each cup with an activity, including screen time. Fill the cups with water to represent how your child spends their time. Notice if the screen time cup is overflowing.



Discuss:

Explain that too much screen time means less time for other activities like playing outside, reading, and sleeping. Ask your child:

- Which activities are important for health and happiness?
- What can we do when some activities take too much or too little time?
- Which activities use our energy, and which ones give us energy?



Find a Balance:

Work together to create a balanced daily schedule. Agree on a reasonable screen time limit, like an hour a day, to ensure time for other activities.

This will help your child see their day clearly and understand the need for a balanced routine, leading to healthier habits and less screen time.



Back to School



Juno House™: Specializing in adolescent girls and young women's mental health presents the Juno House Therapeutic Model of Treatment™

Navigating Technology with our Youth

Andrea Halwas Larsen, PhD, CT, REACE

Counselling Therapist

Associate Therapist and Education Coordinator at Juno House

In this 1.5 hour presentation, we will discuss the role of technology and today's youth. The message of this presentation is not only based on technology, but also about a child's healthy brain development and the necessary parenting/caregiver role in creating healthy, emotional, regulated, and integrated brains. This presentation will address the underpinning of a child's emotional brain development and how to grow it, as well as how technology can dangerously hijack this.

We believe that talking does not grow neurons; experience grows neurons. This workshop is designed to give attendees the skills to become their child's emotional coach. The workshop will provide participants with:

- An understanding of the basic neuroscience behind healthy brain development,
- The dangers of technology for healthy brain development,
- Technology use rules that will help your child
- When building healthy brains, how to identify emotions in your child/student, and
- How to become your child's/student's emotional coach in only five steps and in that, build a resilient child.

The presentation is facilitated by a therapist from Juno House who has years of both clinical and facilitating experience. Juno House was founded in 2008 as a Centre of Excellence for adolescent girls and young women who are experiencing anxiety-based mental health issues of self-harm, obsessive compulsive disorders, depression and eating disorders.



Arnica
FOUNDATION

September 26th, 2024

12:00 PM – 1:30 PM

[Registration link](#)



This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with

[Juno House](#) and is sponsored by the [Arnica Foundation](#).

CES@ahs.ca <http://community.hmhc.ca/>

Literacy Corner

Though it feels like summer has just started, we are excited to have you all back to cheer you on in your new school year! Here is a great list of back to school books we want to share with you!

First Day, Hooray!

By June Sobel

Illustrated by Nabila Adani

There's a lot to check off on the back-to-school list. Lunchbox? Check. Notebook? Paper? Glue stick? Check. Check. Check. But school supplies aren't the only thing we bring with us. We also bring along our FEELINGS!!

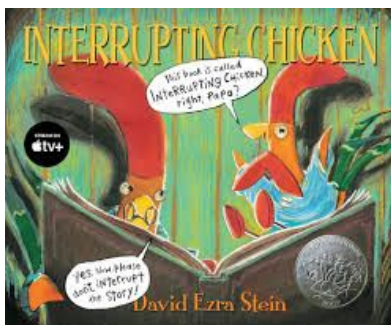
Follow along as a class of young children learns to identify and process the wide array of feelings they meet on the first day of school. Say "hello" to HAPPY, soothe ANGER, jump with EXCITED, and shout HOORAY when a fun day comes to an end.



Interrupting Chicken

by David Ezra Stein

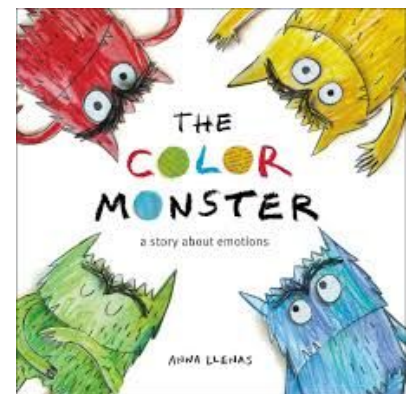
A fun story about how it feels when someone is constantly blurting out or interrupting, even when they don't mean to. It's also great for making predictions before, during, and after the story or for drawing conclusions/making inferences about how interrupting affects others. Try reading it with different voices for the Papa chicken and little red chicken—the students love it!



The Color Monster: A Story About Emotions

by Anna Llenas

One day, Color Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad, and scared all at once! To help him, a little girl shows him what each feeling means through color. As this adorable monster learns to sort and define his mixed-up emotions, he gains self-awareness and peace as a result.



Indigenous Education / Literature

Poppa and his Drum: A Heartwarming Story on Truth and Reconciliation

by Judith M. Doucette (Mi'kmaw), illustrated by Rebecca Reid (Mi'kmaw)

"After moving from an all-French Indigenous community to the English community of St. George's when he was a little boy, Poppa's life as a young man was very sad. He was treated badly by his schoolteachers and some other children in the town.

Years later, when his grandson wants to bring him into school to play his drum for the class, Poppa is nervous but goes anyway. He is relieved to see he is welcomed and even encouraged to share his knowledge of the traditions and customs of his Mi'kmaw culture."

