

Bowden Grandview School

September 9, 2024



Bowden Grandview School - Class of 2025 – Capture Your Memories!



School Varsity Jackets



Grad Rings & Jewelry



Class of 2025 Clothing & Gear

Order Day – Friday, September 13

Time - 10:15 to 11:00

Place – TBA

(get your finger sized, ask questions, try on rings, place your order)



Why a Grad Ring?



Design Your Jewelry
@ Jostens.com

Order Your Jewelry Before September 17
& Receive A Free Class of 2025 Hoodie
(excludes Basic Option (P) rings)



Free Hoodie!

Sean & Denise Kelly – 403.252.1774 - sean.kelly@jostens.com

Important Dates:

September 11

- Community Registration/ BBQ

September 13

- Grad Ring Order
- Grade 1 & 12 Breakfast

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



BGS Class of 2025 will be hosting a bottle drive on Wednesday, September 11th from 5:00pm -7:00pm during the Bowden Community Showcase. Bottles may be dropped off in the staff parking lot. Thank you for your support!

Parent School Council

Friends of Grandview (FOG)

WELCOME BACK!!

Come see us at our table during the WELCOME BACK BBQ on Wednesday Sept 11. Join us for the ribbon cutting for our newest playground equipment!! You may have seen it, but have you heard of a GAGA pit!? Come out Sept 11 and learn all about it.

Our first meeting of the year on Sept 17 at noon. Meetings are every 3rd Tuesday of the month from NOON - 1pm, through a google online meet.

If a parent has a question we ask they email the question to bgscouncil@gmail.com.

If you would like to join the monthly meeting please email the above email to be added to the list.

What is the....Breakfast Program!?

Volunteers serve toast, fruit, and a small variety of other items each morning. They start at 8am so when the school doors open the toast is ready for all our students to enjoy. This is available for free to ALL students through donations and grants.

To volunteer email: bgscouncil@gmail.com

THANK YOU!! THANK YOU!! THANK YOU!! THANK YOU!!

We would like to extend our appreciation and thank you to the EQUUS Community Connections Committee (ECC) for awarding Bowden Grandview with a \$1000 funding opportunity to support needs in our Breakfast Program. This funding opportunity could not have come at a better time as our breakfast program deep freeze quit on us in June. Not only did we get enough funding to purchase a new freezer, but we have been able to replace our very old breakfast fridge as well!! The ECC is an employee led fundraising initiative committed to raising funds for non-profit organizations, the EQUUS employees chose to support our local schools with their own fundraising efforts. It is with these types of initiatives that thoroughly help, support, and allow programs like our breakfast program to continue.

We wholeheartedly thank them for this opportunity!!

HOT LUNCH

Sept 26- Pizza Hut Lunch

Fundraisers

Stay tuned!!

FUNDRAISER

Partnering with Bigfoot Greenhouse

to bring you winter greens & arrangements just in time for Christmas/Holiday break.
Orders due by October 18th and ready for pick up December 16th. Available now to order
through your fee payment account or in person with Ms. SG & Miss. Oakley.

ONLY 70 Small and 70 Medium arrangements are available so don't delay your order.

All funds are going to subsidizing PE field trips

(PLEASE NOTE: Photos are just for size reference. All orders are not alike.

No customs at this time)



Candy apple & Caramel corn Fundraiser

Orders due Friday, October 4th, 2024 by 8:00am

Available for pick up at the school
Monday, October 28th, 2024

Contact Ms. S.G or Miss. Oakley to place an order in person.
(We will accept Cash, Credit or Debit)

All funds going to subsidizing PE field trips

Apples \$7.00
Caramel Corn \$4.25

Options:
Cherry
Caramel
Skor Caramel
Smartie Caramel
Coconut Caramel



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.

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

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).**

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Coaching & Sponsoring Opportunities

COACHING

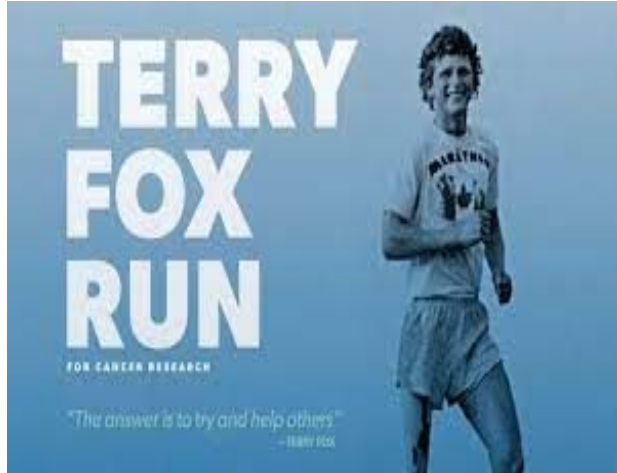
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ATHLETE OF THE MONTH

If you are interested in sponsoring this program, or our athletics department directly please contact asackelageiger@cesd73.ca





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

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

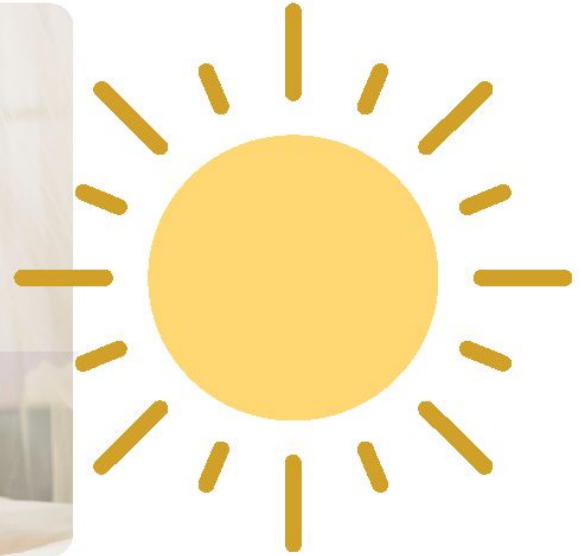
[Registration link](#)



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/>



Connecting With Your Child In The Morning

Creating a Calm

Our children have had the night to re-calibrate their nervous system, consolidate memories, and our children begin the day with a clean slate. Often how that morning starts can set the tone for the rest of the day—this is particularly important when they are in school. Research supports that having a morning ritual is associated with a higher quality of life, so if we can create a morning full of connection and calm, we are better prepared for any adversity, stress, and the disconnection children feel in our absence throughout the day.

PHRASES TO USE

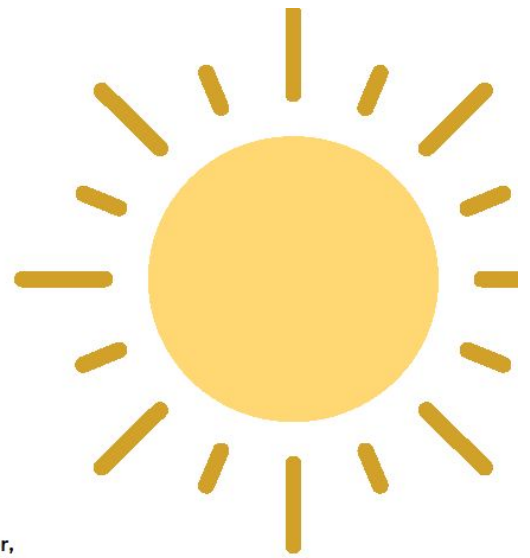
“I’m so happy to see you.”

“I’m so glad to be your mom/dad.”

“What’s one thing we can do together today?”

“I saw you in my dreams last night. Did you have any good dreams?”

“I’m so excited to see your face. What are you excited about today?”



SING A SONG

Good morning to you.
Good morning to you.
Good morning dear _____.
Good morning to you.

(this is the song our Co-Founder's mother sang to her,
and she sings to her son every morning)

OTHER MORNING RITUALS

Snuggle before getting them up
(and share one of the 5 phrases above)

Have them join you in your morning work out

Make breakfast together

Eat breakfast together
(this can be so important if you can't eat dinner together)

Say three positive affirmations with your child

Join your child in a 5-minute guided meditation together
(Use app's like CALM, Smiling Mind, Headspace for Kids)

Turn on YouTube and dance to their favourite song

**BOWDEN!
NEW
DAY!!!!**

PRESCHOOL PALS

**JOIN US FOR SOME PLAYTIME, A
STORY AND ART OR SKILL BASED
ACTIVITY!**

**WHEN: THURSDAYS 1-2:30PM
*SEPT 19TH AND 26TH***

WHERE: BOWDEN EVENT CENTER

**WHO: KIDDOS AGE 0-6 YEARS AND
THEIR CAREGIVERS**

**CALL OR TEXT JOANNE AT 587-876-4121
FOR MORE INFO!**




*Family
Resource
Network*

SEPTEMBER

Bowden

Age 7-12 years

**At the Bowden
Event Center**

**NEW
DAY!!**

**Thursdays
3-4:30 pm**

**Sept 19th - Art
Sept 26th - Games**



**New Members welcome!
Register with Joanne
587-876-4121
joanne.brown@mcmancentral.ca**



*Family
Resource
Network*



BOWDEN SKATING CLUB

“Come Try It” Week

MONDAY OCTOBER 7

&

WEDNESDAY OCTOBER 9

4:30-5:30

HELMETS AND GLOVES/MITTENS ARE MANDATORY FOR ALL AGES. IT IS COLD SO PLEASE BRING YOUR SKATER DRESSED APPROPRIATELY. FEEL FREE TO JOIN ONE OR BOTH NIGHTS, BRING A FRIEND! NO PREREGISTRSTION REQUIRED.

OPEN TO CHILDREN AGES 4+

“THE CANSKATE AND LEARN TO SKATE PROGRAMS TEACH SKATERS THE FOUNDATIONS OF ICE-SKATING. SKATERS WILL LEARN KEY SKILLS THAT WILL FORM THE BASIS FOR EXCELLING AT ALL ICE SPORTS SUCH AS FIGURE SKATING, HOCKEY, RINGETTE AND SPEED SKATING.”

Ukrainian Supper



Thursday, September 26, 2024

5:00 to 7:30 pm

Bowden Event Centre

2133-18th Ave., Bowden

TICKETS

Pre-sale only

\$20 Adults

\$10 Children (8 & under)

Purchase deadline: September 20, 2024

Purchase by phone from Edie Sale (403-396-8888)

OR

At Bowden Reddi-Mart

(Take-out meals available with pre-sale ticket)

PATERSON COMMUNITY CENTRE BOWDEN

UPCOMING EVENTS 2024

FREE YOGA -
Every Weds at 9am starting Sept 11th

COMMUNITY BEEF SUPPER -
Friday, October 18th

KOSTUMES & KARAOKE -
Saturday, October 26th

RETRO BINGO -
Thursday, November 14th

RUSTIC CHRISTMAS MARKET -
Saturday, November 30th

CHRISTMAS DINE & DANCE
Featuring COLE MARTIN & BAND -
Saturday, December 7th

Stayed tuned for more...

 **Contact Us** 403-507-5090

 **More Information**

bowdencommunityhall.ca
bowdencommuniityhall@gmail.com



BOWDEN COMMUNITY
Fall Beef Supper



Are you interested in holding the 6th Annual

COMMUNITY-WIDE GARAGE SALE!



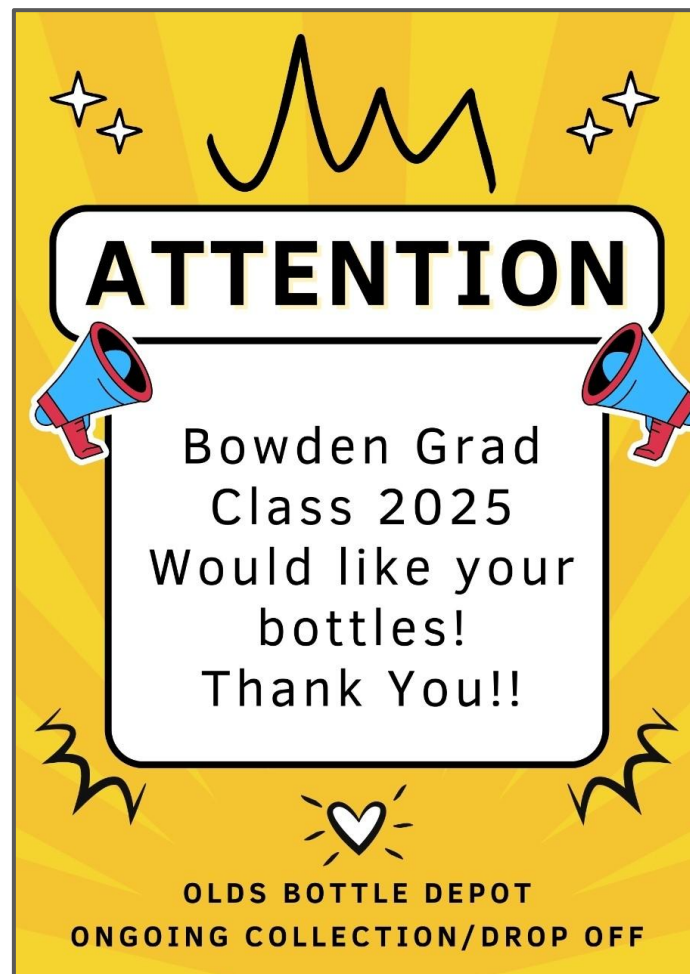
September 14, 2024

We've had a great run so far and people are already asking about this year. So here we go again! If you would be interested in having a sale at your residence or showcasing your business, crafts, home sales or garage sale items by renting a table at the Bowden Event Centre (aka Bowden Friendship Club), please text me - 587-321-7495 *or* private message me through the Facebook Bowden Buy Sell. (Laurie Miller). *(PS I can't respond during the work day.) Or, You can also email: jm940398@gmail.com*

Table Rentals at Bowden Event Centre are available for \$20 (minimum of ten tables) to cover rental of the facility. (Any extra rental funds will be donated to Centre).

If you sign up and commit, I will develop the posters, obtain town maps and log the locations, advertise on Olds Trading Post/Facebook sites and put up posters in Innisfail, Bowden and Olds.

The decision on whether or not to proceed will be made based on the committed numbers by August 25 and will be posted on Facebook Bowden Buy Sell and Bowden is a Community.



ATTENTION

Bowden Grad
Class 2025
Would like your
bottles!
Thank You!!

OLDS BOTTLE DEPOT
ONGOING COLLECTION/DROP OFF



Spring 2024

Bowden + Olds, Alberta.

'Horse Inspired Self-Discovery'

Equine Facilitated Wellness presents, "Leadership through horses" sessions...

-Locations- 10 min. north of Olds or at the Bowden Anchor B Arena-



'We are also eligible for child/youth funding through the Jumpstart Program'

"EARN 16 High School credits with Olds College, Green Certificate- training available!"

Looking to improve your communication skills, find your voice, increase social connections, confidence and self-awareness...we can partner with horses!
Curious about enhancing personal insights, managing stress, setting S.M.A.R.T. Goals?
Seeking positive changes in your daily habits and are drawn to nature and animals?

Consider... *'Horse Inspired Self-Discovery'* ...

for 2 hours, once a week/month or a 2-3 day Workshop, Retreat or Camp!

I am deeply passionate about developing opportunities for youth and adults to experience personal empowerment, promoting wellness and enriching our learning through partnering with horses and nature! Working and living in a 'life coaching' and horse leadership role for over 40 years with youth and adults has led me to further pursue my certification in....

Professional Equine Facilitated Wellness- Canada! I am grateful to share this opportunity to develop our goal-achieving strengths in our... "Leadership through Horses" sessions!

* Retreats/Camps- half or full day programs spring/summer 2024.

* EFW sessions run: M-F 9:00-12:00 and 1- 4:30. Saturday/Sunday 9:00- 5:00 pm.

Individual sessions (2-3 hours) or small groups of 4 available.

* No school days, Home School/After School program sessions- M-F 9-12, 1-4 + 3:30- 5:30



A powerful introduction to the 'intuitive power' of horses... By participating in dismounted equine activities we can delve into fun and challenging exercises that blend **learning and wellness sessions with youth, adults or families in 1:1 or small group configurations (max. of 4 participants). We explore and practice key elements of **developing healthy 'Horse Herd' relationships and brave boundaries** with our equine companions while **building confidence, mindfulness and positive emotional connections** that relate to all areas of our school, work, social and family lives! Great way to become confident and connected for riding lessons too!**

Horizon Equine EFW also can be a great introduction if you are wanting to learn how to ride horses through building your confidence and personal awareness.

We offer individual/group sessions or a series of weekly, 2-3 hour themed E.F.W. sessions and retreats that include; learning **horse safety, herd behaviour/dynamics, leadership development, healthy and respectful relationships, communication styles and body language, social connectedness, decision making and problem solving, stress and anxiety management, empathy, goal setting, team building, personal boundaries and empowerment!**

All of these qualities are within us and developed through the horses!

Partnering with horses and a trained facilitator builds on our self-awareness, confidence and character through the development of open communication skills, mindfulness and focus, the importance of appropriate body language and the expression of honest and authentic emotions. Join me in our "Horse Leadership "sessions** for an experiential (hands on), and enriching learning environment with calming grounding exercises, stimulating cooperative games, and inspiring horse connections that will leave you with an unforgettable personal experience!**

Contact: Colleen Herzog, Owner/Lead Facilitator at Horizon Equine- EFW,
RR#3, Site 12, Box 26, Olds, Alberta. [403-556-5504](tel:403-556-5504)

Check out our website at; (www.horizonequineefw.com/ OR info@horizonequineefw.com)

GIFT CERTIFICATES AVAILABLE



COPE

Alberta
Provincial Family
Resource Networks

Collaborative Outreach Preventing Exploitation

SEPTEMBER – OCTOBER 4PM-7PM PRESENTATION TOPICS:

SEPTEMBER 4: SEXUAL EXPLOITATION- What it is, Stages of Grooming, Risk Factors, How to Recognize it & Safety Plan.

SEPTEMBER 11: HEALTHY RELATIONSHIPS- Defining Healthy Relationships, Making Boundaries, What's Important to help develop more positive relationships.

SEPTEMBER 18: SOCIAL MEDIA SAFETY- Monitoring & having Open Communication, Strengths & Dangers, Popular App Info & Steps to take to prevent Sexual Exploitation Online.

SEPTEMBER 25: HARM REDUCTION- What it is, Enabling Vs. Harm Reduction, How to Apply it & Indigenous Harm Reduction Approach.

OCTOBER 2: REASOURCES & WRAP UP- Identifying resources & Brief Review of Previous Topics.

Available in Person at 601 7St East Drumheller & Online

To register go to: <https://forms.office.com/r/eWvuhGrGEV> or Scan QR Code Below.

REGISTER NOW



Pick Up Locations for Work Sheets:

Three Hills- KRFGSS BUILDING 779 2St NE

Hanna- Library 202 1St W



Literacy Corner

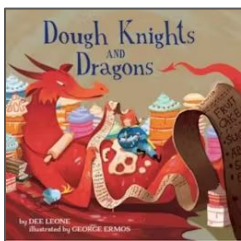
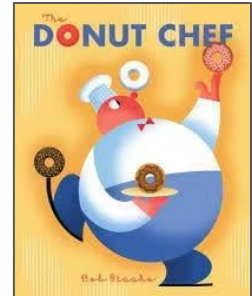
DID YOU KNOW?!

Did you know that national cream filled donut day is Saturday Sep 14? National Cream Filled Donut Day celebrates everything related to these delicious treats and their most excellent of innovations, cream filling.

Check out some of these tasty donut books!!

The Donut Chef by Bob Staake

In this tasty tale, a baker hangs out his sign on a small street, and soon the line for his donuts stretches down the block. But it's not long before the competition arrives and a delectable battle of the bakers ensues.



Dough Knights and Dragons by Dee Leone (Author), George Ermos (Illustrator)

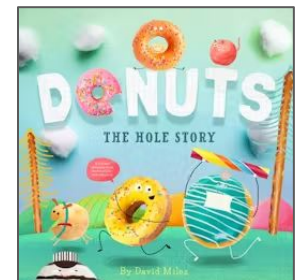
In a mythical kingdom, a knight and a dragon cook up a delicious plan to save their friendship!

In *Dough Knights and Dragons*, a curious knight and an amiable dragon meet serendipitously, and instantly bond over their shared love of baking. But the friends are filled with sadness when, according to the law, the two must duel one another. Can the unlikely pair find a way to evade the law, save their friendship, and spread good throughout the land? Kids will devour this scrumptiously clever tale!

Donuts: The Hole Story

by David W. Miles (Author)

In this hilarious ode to the treat with a hole, bright photographic illustrations bring donuts to life like never before! With donut cops (of course), donut pirates (why not), maple bar lumberjacks (eh?), coffee jacuzzis, and a bakeshop full of donut puns, *Donuts: The Hole Story* is a delicious romp through a world filled with (and made of) everyone's favorite fat-fried friends.



Indigenous Education / Literature

The Incredible Freedom Machines By Kirli Saunders and Illustrated By Matt Ottley

In this beautiful and thought-provoking story, a young girl dreams of having her very own incredible freedom machine — a machine that will allow her to break boundaries, explore the world and learn about herself. It seems, however, the machines are not so easy to come by. Will she have the perseverance to find a freedom machine that is just right for her? Intricate and striking images by award-winning illustrator Matt Ottley, combined with reflective and thoughtful words from first-time author Kirli Saunders, create a beautiful celebration of the power of books — the ultimate freedom machines that fuel the imagination and break down all barriers.

About the Author Kirli Saunders

KIRLI SAUNDERS is a proud Gunai woman with ties to the Yuin, Gundungurra, Gadigal and Biripi people of Australia. She is the Manager of Poetic Learning and an Aboriginal Cultural Liaison at Red Room Poetry in Sydney, Australia. *The Incredible Freedom Machines* is her first book for children. Visit her online at www.kirlisaunders.wordpress.com.

