

Bowden Grandview School



September 16, 2024

What's Happening:

September 17

- Terry Fox Run
- Parent Council Mtg @ 12:00pm

September 19

- Picture Day

September 20

- Non Instructional Day

Hot Dog and Hamburger Sale

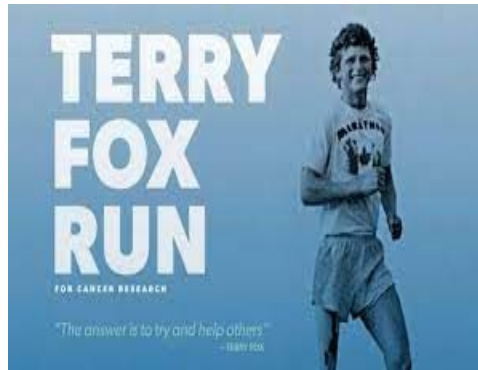
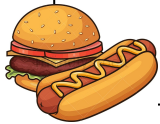
Wednesday, September 18th

Cash Only at Canteen (Breakfast window)

12:00 until sold out

Hot Dog \$2.00

Hamburger \$4.00



Please join Bowden Grandview School for our Terry Fox Run on September 17th @ 2:00pm

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



Brody Urichuk, Cayden Kuntz, Jaxon Barry and Ryder Reynolds all attended the Chinook's Edge Athletic Association Fun Golf Tournament hosted at the Bowden Hi-Way Golf Course last Wednesday. They were able to practice a competition style round using CPGA rules. It was a great day and we are looking forward to having a golf team in the future to send to central zones!

THANK YOU!

A huge thank you to **FCSS** for organizing the **Bowden Community Showcase.**

Bowden Grandview school would also like to thank the staff, the Class of 2025, Plains Midstream Canada, Paterson Community Hall, Friends of Grandview, and the organizations and community members that made the Bowden Community Showcase a success.



Thank you to the Innisfail Kinsmen, the Wood family and the Sinclair family for the new Gaga Pit. The students are loving this!

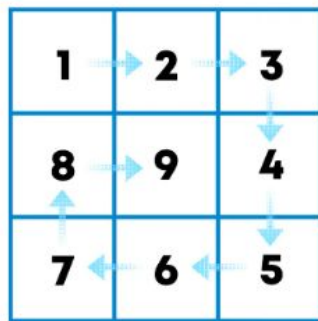
'9 Square in the Air'

Check out another new addition to our school grounds! A HUGE thank you to Zane Harvey, and his helper Jude, for constructing this newest addition. This game was a huge hit at past Grade 6 Camps and we are so excited to have it on our playground. Thank you to **Friends of Grandview** for purchasing the materials!

What is **9 Square in the Air**?

A fun group game that requires a little bit of volleyball skill, featuring a 3x3 grid elevated above the players' heads, with each player defending their square. Player's only get one hit to send the ball out of their square and into another square. Advance through the squares to be in the King's Court (square 9) and try and stay there! As players miss, new players rotate in making this a fast paced, fun game!

Extra players wait in a line here to enter the game.



Find our '9 Square in the Air' on the north end of the tennis/basketball courts!





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

Thank You

Big thanks to the Stockford family for their generous donation of clarinets to our school's elementary music program. We thank you and look forward to creating some beautiful music with these instruments!



Academic Awards

Awards Night to celebrate the achievements of last year's Grade 7-12 students will be held on Friday, October 4 at 7 pm in the gym. Families of students receiving awards will be notified within the next week.

Parent School Council

Friends of Grandview (FOG)

What is School Council?

School Council is a structured group of parents, principals, teachers, secondary students, and community representatives who work together to effectively support and enhance student learning. They provide a means for members of the school community to consult with and provide advice to the principal and the school board.

At Bowden Grandview we meet every 3rd Tuesday of the month at NOON until 1pm, through a google online meet. We have a structured agenda where each member gives a report in their area such as the Town, School Board, FCSS, we also have a section called Parent Questions. If a parent has a question we ask they email the question to bgscouncil@gmail.com.

Please join us for our first meeting Sept 17 at noon. Email the above email to be added.

Breakfast Program

VOLUNTEERS NEEDED!!!!

If you have ever thought of getting involved with school activities the breakfast program is a great way to start. We are looking for people to volunteer about 1 hour to prepare and serve in our breakfast. You would start at 8am and should be cleaned up by 9am. If you are interested or want more info please email the below email or call Alahna at (403)507-0790. We look forward to some new faces at the breakfast window!

To volunteer email: bgscouncil@gmail.com

What is FOG? Friends Of Grandview

We would like to thank all the families that attended the community information night last week, we had a great turn out. Lots of popcorn was handed out, thank you Grads!!

For more info on FOG contact Carla at (403)506-5222

HOT LUNCH

Sept 26- Pizza Hut Lunch

Fundraisers

Stay tuned...for fundraisers and dates

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



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

Truth and Reconciliation Poster COMPETITION GUIDELINES

Open to students grade 7 - 12

I. Design and Contest Rules:

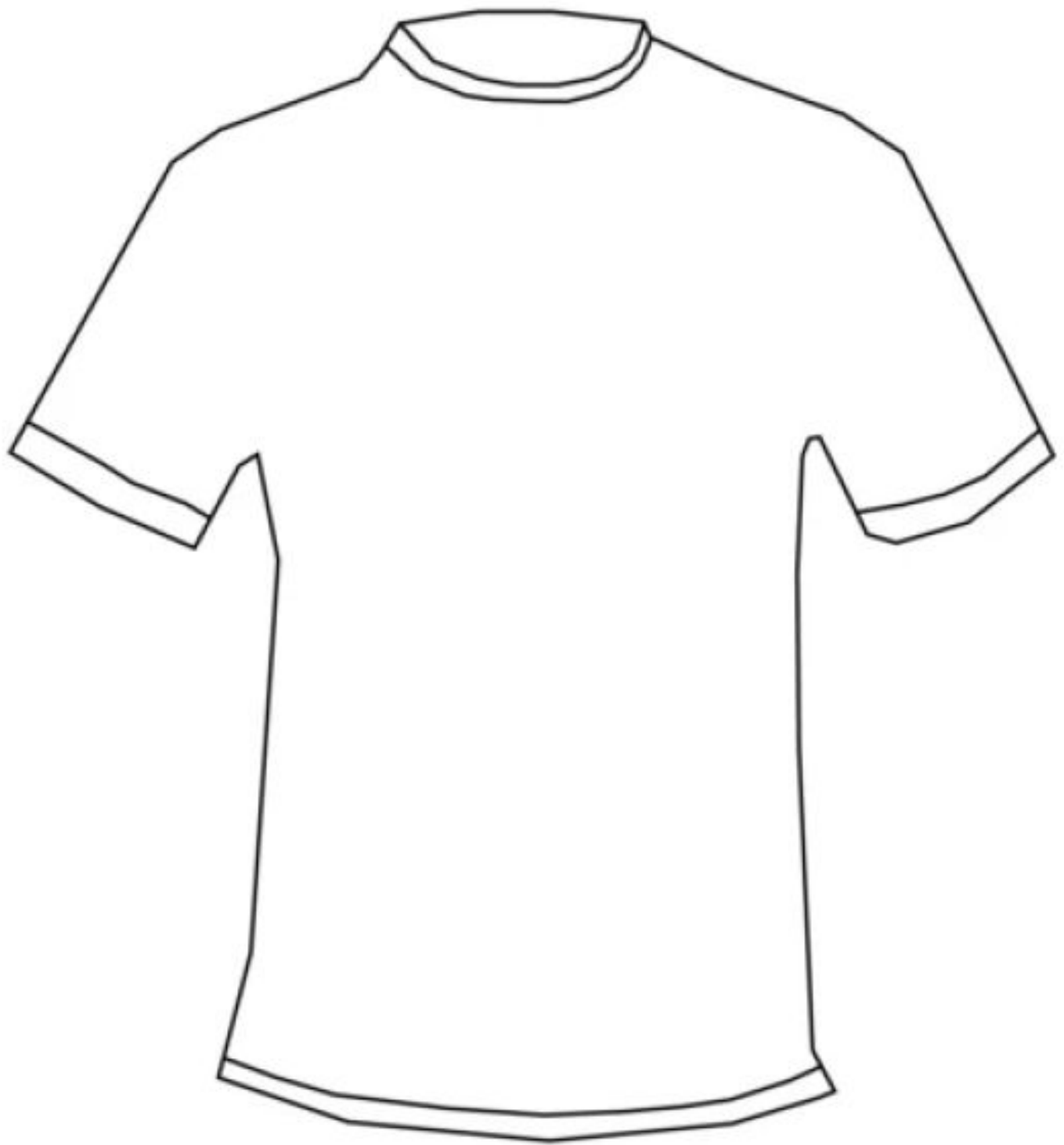
1. Posters should be on 11" by 17" paper
2. Posters must be hand-made, original work
3. Posters should include text / title of a KEY phrase
FOR EXAMPLE BUT NOT LIMITED TO:
 - a. Truth and Reconciliation
 - b. Every Child Matters
 - c. Remember, Honour, Inspire Action
 - d. Honoring Residential School Survivors: Remember the Past, Create a better Future

Text can be in another form of language on Banner. Ex. Cree, Inuktitut, Ojibway

4. Posters must include some elements of colour to enhance features.

Posters must be turned in Friday, September 27th to the office. Please include on the back in pencil your name and grade.





ORANGE SHIRT DAY SHIRT COMPETITION GUIDELINES

Open to students grade K - 6

I. Design and Contest Rules:

1. Shirt should be on shirt template
2. Shirt illustrations must be hand-made, original artwork
3. Shirt should include text / title of a KEY phrase

FOR EXAMPLE BUT NOT LIMITED TO:

- a. Truth and Reconciliation
- b. Every Child Matters
- c. Remember, Honour, Inspire Action
- d. Honoring Residential School Survivors: Remember the Past, Create a better Future

Text can be in another form of language on Shirt. Ex. Cree, Inuktitut, Ojibway

4. Shirt must include some elements of colour to enhance features.

Shirt art piece must be turned in Friday, September 27th to the office. Please include on the back in pencil your name and grade.



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/>

**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

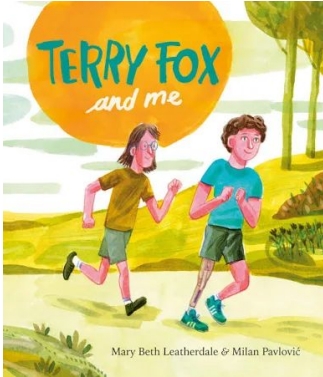


BOWDEN COMMUNITY
Fall Beef Supper



Literacy Corner

The Terry Fox Run is an annual non-competitive charity event held around the world to raise money for cancer research in commemoration of Canadian cancer activist Terry Fox and his Marathon of Hope. Bowden Grandview will have their TERRY FOX RUN on **Tuesday, September 17th**. Students are encouraged to bring in Toonies for the next few weeks to give to their homeroom teacher to support the charity.



Terry Fox and Me

Celebrating the Terry Fox Marathon of Hope, this picture book biography tells the story of a friendship defined by strength and love.

Indigenous Education / Literature

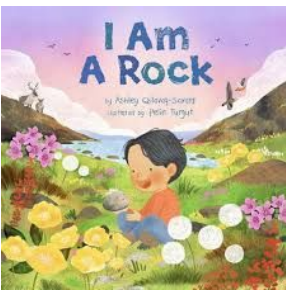
The first week of school is behind us and we are ready for some fun, celebrations, learning & important discussions.

With **National Truth and Reconciliation** approaching (September 30th) and Orange Shirt day at BGS September 26th, we will be celebrating Indigenous People's creators, their culture, wisdom and power.

I Am A Rock

by Ashley Qilavaq-Savard (Author), Pelin Turgut (Illustrator)
Pauloosie loves his pet rock, Miki Rock. Pauloosie's Anaana, his mother, tells him a bedtime story about what Miki Rock sees, hears, and feels in his Arctic home. As part of the land, Miki Rock sees char and beluga, listens to chirps and howls, and feels the snow and sun.

Through lyrical text and ethereal landscape illustrations by Pelin Turgut, readers are taken on an Arctic journey from the point of view of a most unlikely object—a child's pet rock.



Little by Little

You Can Change the World By Sonya Ballantyne

Little by Little is a beautifully illustrated graphic novel about how **one** Indigenous child sparked **change** and inspired others.

