

# Bowden Grandview School

September 23, 2024



## What's Happening:

Thursday, September 26

- Orange Shirt Day
- Pizza Hut Lunch

Monday, September 30

- National Day for Truth and Reconciliation -No School



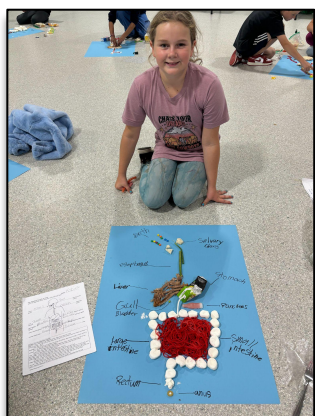
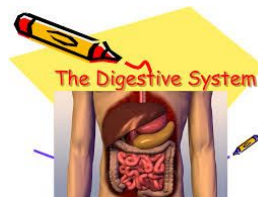
The Grade One and Grade Twelve Class enjoyed breakfast, a story, and some social time together. Mr. Filipenko has sponsored this event for over 30 years, giving the Grade Twelve students the opportunity to welcome the new Grade One students to our school community.

# Biology 20 and Marine Biology Field Trip to Bow Habitat Station and Sam Livingston Hatchery (Calgary)

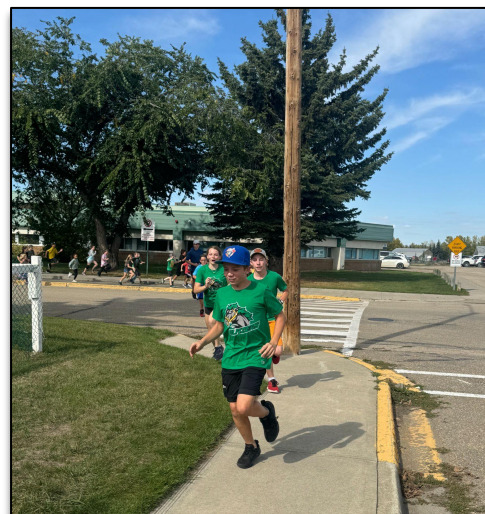
On Tuesday, students in both Biology 20 and Marine Biology traveled to Calgary with Ms. SG and Mrs. Dye to learn more about fish species in Alberta and fisheries management around population control and angling in Alberta. Students took part in programming that allowed them to learn more about fish in the wild, proper angling, handling of fish, why behind fish hatcheries and spent some time fishing in their trout pond. All day students were submerged in hands on discovery learning! It was a great day.



Grade 5 class made the human digestive system out of food items. This helped students understand the anatomy and remember key parts. Great work grade 5's!



Bowden Grandview School raised over \$350.00 for the Terry Fox Foundation. Way to go Blazers!



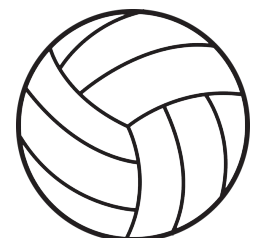
Our elementary students were treated to live theatre on September 17th. Evergreen theatre showcased their performance of “Snow White and the Seven Regions”, which focused on changes of climate and a side theme of friendship. Nine lucky students were invited onstage with the cast for a small role in the play. An awesome performance!



## Blazer Volleyball



Some of our Sr. Girls Volleyball team participated in the CEAA Volleyball Clinic held at Olds College. The college coach and players put students through a variety of stations - volleyball skills, video, workout room, spin class. They had a chance to polish skills, meet other athletes and see what it takes to play at the next level.



# Blazers Athletics



## Upcoming Dates

September 23 - Middle A Girls Volleyball AWAY @ Deer Meadow (Olds)- 4:00

September 24 - Sr. Girls Volleyball AWAY @ Carstairs - 5:30

September 25 - Grade 6-8 Volleyball Skills - until 5:00 with Mr. Stockford\*

October 1 - Middle A Girls Volleyball AWAY @ Olds Koinonia - 4:00

October 1 - Sr. Girls Volleyball HOME vs. Cremona - 5:30

October 2 - Grade 6-8 Volleyball Skills - until 5:00 with Mr. Stockford\*

\*for those not on a team already



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

## 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. Parents/guardians and students receiving awards at our 65th annual Awards Night have been contacted via email this past week. A list of students is also posted outside the office.

Rainbow Club held their first “spread kindness” event on Friday, September 13th by providing kiddos a little treat at last recess. Throw Kindness around like confetti!!



Cross Country had their first race of the season on Wednesday September 18th. All runners had a very successful race finishing in the top half. Weston is a rookie this year and ran 2km up Snake hill in 12 minutes. While Roxy and Jaxton ran a 3 km loop in under 15 minutes. Roxy ran to a third place finish. Way to go athletes!

# 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 3<sup>rd</sup> 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](mailto: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](mailto: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



# Truth and Reconciliation Poster COMPETITION GUIDELINES

*Open to students grade 7 - 12*

## **I. Design and Contest Rules:**

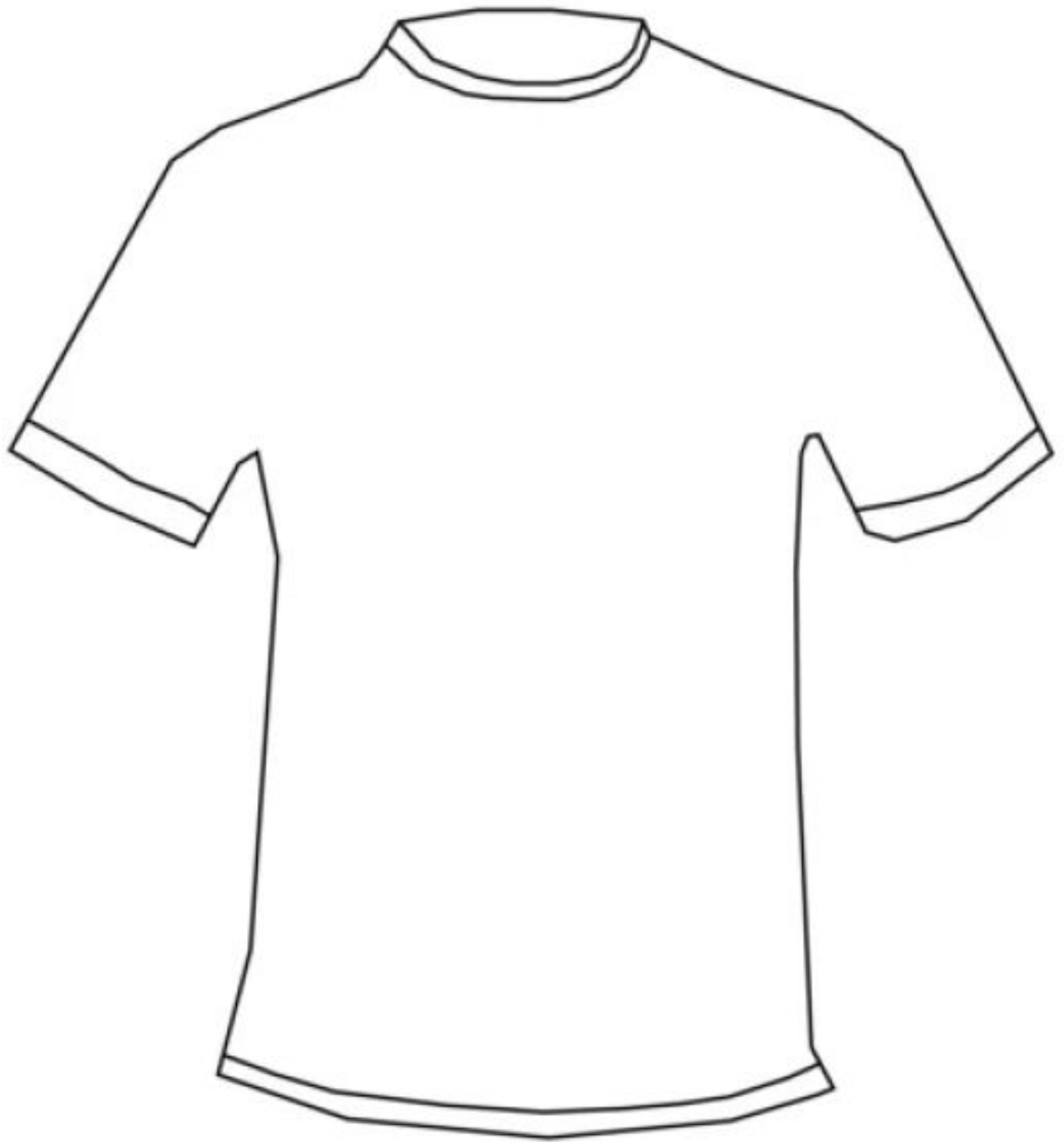
1. Posters should be on 11" by 17" paper
2. Posters must be hand-made, original work
3. Posters should include text / title of a KEY phrase  
FOR EXAMPLE BUT NOT LIMITED TO:
  - a. Truth and Reconciliation
  - b. Every Child Matters
  - c. Remember, Honour, Inspire Action
  - d. Honoring Residential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

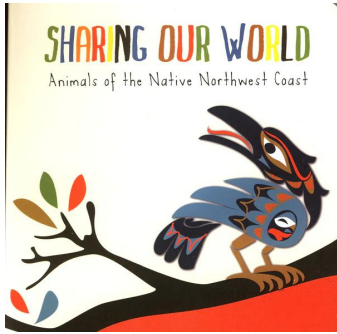
Text can be in another form of language on Shirt. Ex. Cree, Inuktitut, Ojibway

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.



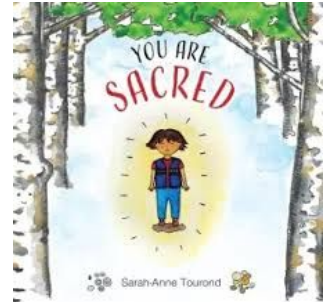
## Literacy Corner



Sharing Our World: Animals of the Native Northwest is a 28-page board book from Native Northwest publishers. This unique title offers young children an introduction to the various animals from the Pacific Northwest Coast. Each artist's contribution is recognized in this important title for young children. It also introduces young children to Northwest Coast art designs while explaining the importance of interdependence with the environment.

### **You Are Sacred** by Tourond, Sarah-Anne

A lyrical story that encourages the spiritual wellness of young learners. Each page is a reminder that we are all relations and can find solace in the plants and animals, land and sky, and Ancestors around us. Using the teachings of the Spiritual quadrant of the Anishinaabe Medicine Wheel, this affirmational picture book shares a heartwarming message for children: You are Sacred.



## Indigenous Education / Literature

On Thursday, September 26th, Bowden Grandview will be participating in Orange Shirt Day. We are excited to welcome Cree “knowledge-keeper” Clare Butterfly. Since 2020, the freelance teacher has mostly brought teachings to schools in the Chinook’s Edge School division and some in the Red Deer public district. He’s filled in during outdoor education, science, social studies, and even foods classes – and adapted his lessons to the subject at hand. Most of his classes unfold outdoors, where students are led on “medicine walks” through nature.

Butterfly, who has been teaching in the region since obtaining his education degree, admitted he’s sometimes wondered whether enough plant species will turn up to keep students interested. But he usually finds the group gets no further than 20 paces before the flow of questions takes them right to the end of class.

For instance, Butterfly might talk about how the pain-relief qualities of aspirin can be found by sucking on the inside of red willow tree bark (although this is something he can’t do himself because of allergies.) He regularly warns students not to tamper with plants they don’t know very well, since a highly poisonous variety can look very similar to one used to treat bee stings.

He credits the Truth and Reconciliation process for making schools more receptive to the value of these traditional lessons.

Indigenous history is Canadian history, stressed Butterfly. “There has been a loss of identification by not knowing these things... It’s unfortunate.”

He realized during his own schooling that the knowledge that often sticks with people the longest is what is learned outside of textbooks.

For more information, Clare Butterfly can be contacted by email: [cbutterfly@cesd73.ca](mailto:cbutterfly@cesd73.ca). (Butterfly info from Red Deer Advocate Newspaper article February 7, 2024)



# POST SECONDARY OPPORTUNITIES

## AWAIT



**Wednesday September 25, 2024**

**6:00pm - 7:30pm**

NINETEEN College,  
University, and  
technical institutes  
to answer your  
questions



- \* Careers
- \* Programs of Study
- \* Admission Requirements
- \* Cost
- \* Scholarships/Awards
- \* Campus Life



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 26<sup>th</sup>, 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](mailto:CES@ahs.ca) <http://community.hmhc.ca/>

Have a look at the following website for resources on raising healthy kids and teens:

**Child Mind Institute** (<https://childmind.org/about-us/>)

This website is dedicated to transforming the lives of children and families struggling with mental health and learning disorders by giving them the help they need. They are the leading independent nonprofit in children's mental health by providing gold-standard evidence-based care, delivering educational resources to millions of families each year, training educators in underserved communities, and developing tomorrow's breakthrough treatments.

Here are just a few of the Articles (Links) that you might be interested in:

[How to help Teenagers get More Sleep](#)

[Encouraging Good Sleep Habits](#)

[Encouraging Good Sleep Habits](#)

[Helping Kids who have trouble sleeping](#)

[Why are Teens so Sleep Deprived](#)

[Teens and the Cost of Sleep Deprivation](#)

[Teenagers and Sleep Parenting Guide](#)



**Child Mind  
Institute**



**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.”

# 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](http://bowdencommunityhall.ca)  
[bowdencommuniityhall@gmail.com](mailto:bowdencommuniityhall@gmail.com)



BOWDEN COMMUNITY

*Fall Beef Supper*

