

# Bowden Grandview School

October 1, 2024



As we commemorate the National Day for Truth and Reconciliation, we renew our commitment to rebuilding a relationship with Indigenous peoples as partners on the healing journey forward. On Thursday, September 26th BGS honoured all Indigenous peoples in Canada – First Nations, Inuit and Métis with a sharing of story by Clare Butterfly and dance with special guests. Natalie Werdal, a grade 7 student, wrote and read the land acknowledgement presented at the assembly. It was beautiful to see how many people paid respect with their orange shirts.



## 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 earlier in September. A list of students is also posted outside the office.

## Blazers Athletics

### Upcoming Dates

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







# 2025 *Class of*

The Class of 2025 is accepting donations to their Spaghetti Supper. They are looking for Silent Auction items. If you or anyone you know would be willing to contribute please contact Bowden School. Thank you in advance for your contribution to make the Class of 2025 fundraising successful!



 Drive a New or "New to You" Vehicle & Support the  
2025 Bowden Grandview Grad Class! 

Looking for a new or "new to you" vehicle? Now's the perfect time to make a purchase!

From now until February 2025, every vehicle purchased as a result of this ad, Red Deer Mitsubishi will contribute \$500 to the Bowden Grandview Graduating Class of 2025!

How to Support:

- If you, a family member, or a friend purchase a vehicle, simply mention that you saw this ad and would like to support the Bowden Grad Class.

Let's help our graduates achieve their dreams while you find the perfect vehicle!

Visit us at Red Deer Mitsubishi today!

6444 – 67 Street Red Deer, AB

PH: 403-348-8000

# Eagle Creek Farms Vegetable Fundraiser

## Who are We?

Eagle Creek Farms is a 4th generation farm that began growing vegetables in the 1980's. We grow Veggies, Seed Potatoes, Sunflowers, Cut Flowers and have been Certified Organic since 2018. All the vegetables supplied in the fundraiser have been grown, washed and packed on the farm. We have created this fundraiser with Carrots, Potatoes, Beets, Onions and Cabbage. Vegetable availability may change.

## Why Participate?

- Schools keep 30% of sales
- Families enjoy locally grown freshly harvested Alberta Vegetables.
- Families have the opportunity to visit the the Bowden Sunmaze to see where and how we grow the vegetables

## How it works

- We grow veggies
- Students sell the veggies
- We package the veggies
- We will deliver the bagged produce to your pickup location/date
- You will coordinate volunteers to help at pickup
- You will collect all the money, keep 30% and the remaining balance can be paid by cheque or E-transfer
  - E-Transfer: [rayell@eaglecreekfarms.ca](mailto:rayell@eaglecreekfarms.ca)
  - Cheque: make payable to - Eagle Creek Farms
- We require 2 weeks from when we get the master veggie order sheet to delivery date
- Available pickup Dates October - November

## Questions

Please reach out to [rayell@eaglecreekfarms.ca](mailto:rayell@eaglecreekfarms.ca)



# Vegetable Fundraiser



Student: \_\_\_\_\_

Grade: \_\_\_\_\_ Phone: \_\_\_\_\_

Orders Due: **October 15, 2024** Cheques Payable to: **Friends of Grandview**

Order Pickup: **October 30, 2024**

Customer Name & Phone	Carrots		Beets	Cabbage	Onions	Potatoes #2 Grade		I Love Local Veggies Bundle	Order Total
	2lb \$6	5lb large \$10	5lb \$10	3-4lbs \$5	5lb red/yellow \$8	10lbs Red \$12	10lbs Yellow \$12	10lb Red Potato, 5lb Large Carrots, 1 Cabbage & 2lb Beet 5lb Onions \$36 (\$41 value)	
<b>TOTAL</b>									

All Vegetables are Certified Organic and Grown at Eagle Creek Farms, Home of the Bowden SunMaze, in Bowden Alberta  
 Questions? Please email [rayell@eaglecreekfarms.ca](mailto:rayell@eaglecreekfarms.ca)

# Jr High Volleyball 2024-2025 Blazers

coached by Ms. Northrup

Ali Backs  
Rowen Campbell  
Jocelyn Gall  
Brooklyn Kuntz  
JayAuna Lazowski  
Karley Mayhew  
Eastynn Mills  
Kiera Shaw  
Natalie Werdal  
Emily Wood



# High School Volleyball 2024-2025 Blazers

coached by Mrs. Ludlow and Ms. S.G.

Savanah Campbell  
Kacee Funk  
Jordyn Galay  
Keira Jakob  
Kenzy Katterhagen  
Rydyr Katterhagen  
Senna Maas  
Summer Schwartz  
Paige Van Sickle  
Isabella Waiting  
Kaitlyn Werdal



## **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

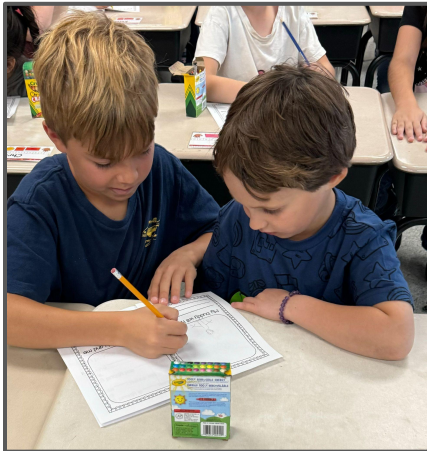
Apples \$7.00  
Caramel Corn \$4.25

**Options:**  
Cherry  
Caramel  
Skor Caramel  
Smartie Caramel  
Coconut Caramel





**Big and Little Buddies is officially underway at BGS!**  
Our excited Grade 1 and Grade 6 students are continuing this wonderful tradition that fosters school spirit and brings joy to kids of all ages.



Youth 9-14yrs

# RECHARGE

At Jeans Place 4911 51st Avenue, Olds

Recharge your brain! During the 3 week sessions we'll explore stress and what it means, learn to identify stress and learn new coping skills. Each week will take a look at new techniques to bust stress/anxiety and RECHARGE!

**BEGINS TUESDAY OCT 8, 3:30 - 5:00 PM**




Three sessions

- Oct 8
- Oct 15
- Oct 22

This program is Intended for youth ages 9-14yrs.

A light snack will be served each week!

Registration Required!



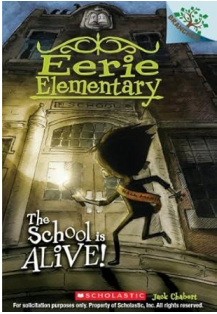
**REGISTER ONLINE AT:**  
[WWW.MVFRN.CA/REGISTRATIONS](http://WWW.MVFRN.CA/REGISTRATIONS)

Alberta Provincial Family Resource Network



## Literacy Corner

Successful school upkeep requires a deep kind of love and respect for the people inside. School custodians watch the kids and teachers grow, eat treats, look at art work, repair desks and so much more!! Celebrate your school custodians hard work on Wednesday, October 2nd by saying "thank you"

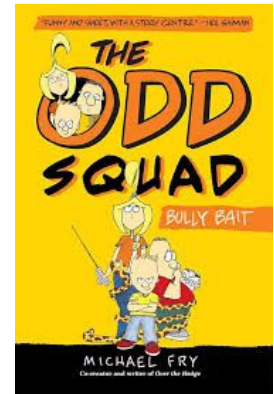


### **The School is Alive!: A Branches Book (Eerie Elementary #1)**

Sam Graves has just been selected as Eerie Elementary's new hall monitor, and it's turning out to be a bigger job than he bargained for. As the janitor, Mr. Nekobi explains, the school is alive, evil, and very hungry. Find out what will happen to Mr. Nekobi and Sam before it's too late!

### **The Odd Squad Bully Bait An Odd Squad Book By Michael Fry**

When his school counselor insists that he needs better socialization skills after being stuffed into a locker by a bully, middle-schooler Nick finds himself, along with two other misfits, joining the school's lamest club: Safety Patrol. Guided by the school custodian, Nick and his two friends set off to stop bullying.

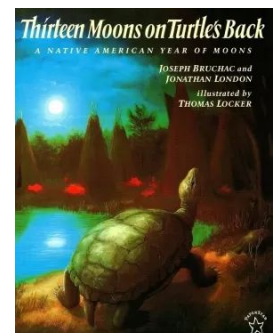


## Indigenous Education / Literature

Some of Canada's Indigenous communities pause to give thanks for the fall harvest and the longer hours of sunlight that the summer season bestowed. It also marks the passing of the sun's annual cycle.

Fall equinox has always been an important time, a ceremonial time of the year for Indigenous Peoples, where they enter into an equal part of the day and night and a new phase of the year. Aki, the Earth in Ojibwe, and all of its inhabitants are preparing for winter. It's about the leaves falling from the trees, animals changing colours, and the harvest moon providing light so they can prepare to move into a colder and restful winter. Fall is a preparation for what's to come.

To many Native Americans, the 13 cycles of the moon represent the changing seasons and the passage of time. Each moon has its own special name that, while varying among the tribal nations, is consistent with the legend that the 13 scales on Old Turtle's back hold the key to these moons. The authors present 13 poems that take readers through the year, from the "Moon of Popping Trees"--when the "cottonwoods crack with frost"--to the "Big Moon" of the Abenakis.



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**

# Community Education Service



*Improving emotional health and well being*

## Understanding and Managing Video Gaming Addiction in Kids

**Dr. Caroline Buzanko, PhD, Registered Psychologist**  
**Clinical Director, Koru Family Psychology**

Video games are designed to be highly engaging, often leading to addictive behaviours in children and adolescents. In this workshop, learn about the mechanisms behind gaming addiction; the impacts on emotional regulation, learning, and socialization; and effective strategies to help kids maintain a healthy relationship with gaming.

### Learning Objectives

1. Understand the neurological impact of gaming addiction
2. Recognize the psychological and emotional effects of gaming
3. Identify healthy gaming practices
4. Develop effective parental strategies

By attending this workshop, parents will gain a foundational understanding of video gaming addiction and practical tools to help their children develop healthier gaming habits.

**October 8, 2024**  
**10:00 am – 12:00pm**

[Click here to register](#)  
**FREE**  
[online event](#)



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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 and [Koru Family Psychology](#)

[CES@ahs.ca](mailto:CES@ahs.ca) <http://community.hmhc.ca/> 403 955-4730



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*

