

Bowden Grandview School

October 21, 2024



Dear BGS Parents and Guardians,

At Bowden Grandview School, we encourage independence in our students as they prepare for the school day. For drop-off and pick-up, we believe that students in grades 1-6 should enter the school and get ready for their day on their own. This not only fosters a sense of responsibility and self-sufficiency but also helps keep our hallways safer and less congested without extra adults present.

For early pick-ups and late drop-offs, please note that these will occur through the front office to simplify attendance. Don't forget to phone the office if your child will be late or picked up early. Thank you for your support in helping our students become more independent!

What's Happening:

Tuesday, October 22

- Picture Retakes

Wednesday, October 23

- Grade 4 & 5 Field Trip

Thursday, October 24

- Elementary Assembly @ 2:10

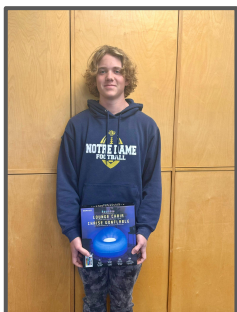
Friday, October 25

- Non Instructional Day

THANK YOU!

Thank you to everyone that supported the FOG Fundraiser! Eagle Creek Vegetables will be delivered October 30th

Congratulations to Tristan Besner, Catherine Pike, and Emil Pors on being our Accelerated Reader Prize Winners!



Parent Student Teacher Interviews: November 5 and November 6, 2024

Parent Student Teacher Interviews are scheduled for November 5 and 6, 2024 from 3:30 pm to 6:30 pm.

We are excited to have the opportunity to discuss your children here at the school on these evenings. Those parents and guardians who are unable to make these dates work are encouraged to contact their children's teachers to make other arrangements such as Google Meet or phone call.

Parents, with students in grade 5 through 12, as always, have instant access to all marks and comments in PowerSchool and are encouraged to check their parent access portals regularly to stay up to date. If you need help accessing the PowerSchool system please contact our office. It is anticipated that CESD will be moving K to 4 student marks to PowerSchool within the next year or so.

The booking system will open for bookings this Monday, October 21 at 9:00 am. *It is very user friendly!

Bookings will close Monday, November 4 at 8:00 am.

***Please note this is for grades 1 to 12 only. The Kindergarten teacher will contact you directly to book for your Kinder student.**

Instructions for using our online booking system:

On Monday, October 21 at 9:00 am, you can visit our website at: www.bowdengrandview.ca.

Click on "Bookings" at the top of the page.

Click on the event called "Grade 1-12: Nov 5 and 6 PT Interviews".

On the first screen, you will be asked to enter your name (Parent), your phone number and email address.

In-Person will be the only preference you can choose. At the bottom of the first screen you will be asked to add your students.

Click Next. On the second screen, you will then be asked to choose which class and teacher for each child. Under Class, the default is "Bowden Grandview Teachers". Please select this as the default.

Then Click on teachers and it will list each teacher in our school. You will add one teacher at a time. You may have to scroll down to find a name.

Once you have selected your child's teachers, the next screen will allow you to pick what time you would like to book provided that time is available. A circle indicates that it is available. A dash indicates it is not available. The booking system only allows you to choose one time slot per teacher. Use the bar at the bottom to scroll to the right for later times.

Once you have completed your bookings, a confirmation screen will appear and a confirmation email will be sent to you. It will have a link you can click if you need to view, change or cancel a booking.

If you are having issues with the booking system, please contact the office at 403-224-3250.

Blazers Athletics



Upcoming Dates

Oct. 21 - Jr. Girls Volleyball @ HOME (3 games) - 4:00

Oct. 22 - Sr. Girls Volleyball @ HOME vs. Crossfield - 5:30

Oct. 21 - CWAJHAA Cross Country (Rocky) Go Roxy Go!

Oct. 25/26 - Sr. Girls Volleyball Tournament in Hay Lakes

Oct. 28 - Jr. Girls Volleyball @ Didsbury (4:00)

Oct. 28 - @ lunch - basketball meeting for those students interested - tryouts will take place beginning in November and mid November for jr. high; meeting is to get a feel for numbers and discuss tryouts



Join us

for playful activities and conversations about kindness and inclusivity and how we can work together to build a strong sense of belonging and community in our school.

WHO'S HANGIN' AND WHEN?

- **ALL KIDDOS WELCOME FROM GRADES 1 TO 6**
- **MS. NORTHRUP AND MS. MARSHALL**
- **ONE LUNCH BREAK EACH MONTH**

ACTIVITIES:

- **STORIES**
- **CRAFTS**
- **GAMES**
- **FUN TIMES!**



Let's make BGS the BEST place to be!



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



Mountain View Moccasin House

You are invited to attend Mountain View Moccasin House cultural camp. This is open to any youth ages 12 and up living in Mountain View County. Parents and guardians are welcome to participate and would be expected to attend with students ages 12 - 14.

Participants will spend time with Elders and knowledge keepers who will share protocols and a variety of teachings, such as women's and teepee teachings. Activities will be "hands on" with opportunities to learn while helping and to experience a sweat. Through horse teachings, you will gain understanding of the horse's relationship to our world. Everyone will enjoy a culturally relevant experience with potential personal benefit through the teachings of balance in the mental, emotional, physical and spiritual aspects of the human journey.

When: 6:00 pm Sunday November 10 - 4:00 pm Tuesday November 12

Where: Camp Vallaqua by Water Valley

Who Should Attend: Anyone 12 Years and older. 12 to 14 year olds must be accompanied by an adult.

What to Bring:

- Sleeping Bag or Bedding, Pillow, Towels, and Toiletries.
- Water Bottle, Gloves, Outdoor Clothes and Footwear.
- Men & Boys Bring Shorts or Loose Fitting Pants to Wear in the Sweat.
- Women & Girls - a Loose Fitting, Ankle Length Skirt (not black) and a modest t-shirt to wear in the Sweat.
- Everyone Bring an Extra Towel if You Want to Sweat.
- all meals will be provided

Please check out the Camp Valaqua facility,

<https://www.campvalaqua.ca>

For camp rules and guidelines at

[https://campvalaqua.ca/res/pub/Documents/Rental - Agreement - Form.pdf](https://campvalaqua.ca/res/pub/Documents/Rental-Agreement-Form.pdf)

Cost: There is no fee required to participate in this camp, however donations are greatly appreciated.

(cost for meals and lodging is approx 160.00/person)

Funding may be available through schools or agencies working with families in the area and those contributions would be appreciated.

Schools or agencies can submit e-transfers on behalf of individual participants or donations can be sent to moccasin2020@gmail.com. Donations can also be collected at the campsite.

BOWDEN JUNGLE JUNCTION

Before/After School Care

October 2024



Olds & Area

****Full Day Care offered (in Olds) on October 25th. Please contact Ashley for more info.**

To Register, contact Ashley at:
(403) 559- 4884
ashleybgcolds@outlook.com

Information

BGC Olds and Area is excited to partner with Bowden Grandview School to offer before and after school care!

BGC Olds and Area has been providing licensed before and after school programs for children in Olds and area for the past 38 years! Our program provides children with a safe place to go in the out of school hours where they can have fun, interact with their peers, and develop skills that will last a lifetime.

Before School- \$250

After School- \$310

Full Time- \$380

Before and After Kindergarten- \$175

Drop In- \$20/segment


***Subsidies are available through the Government of Alberta for families with a household income less than \$89,999.



Volunteer Opportunities!!

If you know someone who would love to come and have fun while volunteering, Bowden Jungle Junction is the place to be! Also, if you're a high school student, volunteer hours look great on a resume! Please contact Ashley if interested.

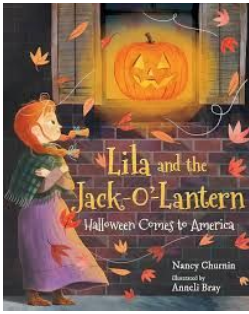
Check out our Instagram Page!

@junglejunctionbowden 



Literacy Corner

Halloween is just around the corner and what better way to start preparing but by sharing some spooktacular reads this spooky season!

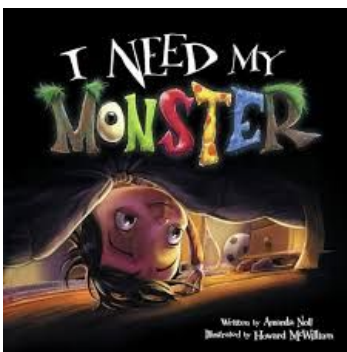


Lila and the Jack-o'-Lantern by Nancy Churnin

When Lila and her family leave Ireland for the United States, Lila misses many things, but especially Halloween. Each year, she and her siblings look forward to tricking a sly spirit named Jack by carving turnips into jack-o'-lanterns and walking the streets of their small town in ghostly costumes. Now, with no turnips in sight, can she bring the spirit of the holiday to the crowded city streets of her new home?

No Such Thing by Ella Bailey

One cool day in late October, Georgia noticed something weird. Objects would move around the house and sometimes they even disappeared. Now, some people may have wondered (especially at this time of year) if this was the work of something spooky? But not clever Georgia! She has all the explanations and none of the fear! Join her in debunking the spookiest of ghoulish and ghostly mischief in this Halloween adventure!



I Need My Monster by Amanda Noll

A unique monster-under-the-bed story with the perfect balance of giggles and shivers, this picture book relies on the power of humor over fear, appeals to a child's love for creatures both alarming and absurd, and glorifies the scope of a child's imagination. One night, when Ethan checks under his bed for his monster, Gabe, he finds a note from him instead: "Gone fishing. Back in a week." Ethan knows that without Gabe's familiar nightly scares he doesn't stand a chance of getting to sleep, so Ethan interviews potential substitutes to see if they've got the right equipment for the job...

Indigenous Education / Literature

Mackenzie Brown is an Indigenous singer, drummer, storyteller, knowledge seeker, songwriter, artist and Cree cultural ambassador who lives in Calgary. She is an avid acrylic and mural artist, with her vibrant paintings often depicting aspects of her Cree heritage.

She is a strong advocate of the many murals illustrating First Nations, Metis and Inuit creativity in Calgary's downtown space. Check out her website at <https://kamamak.ca/>

If you are in Calgary, check out some of these murals!

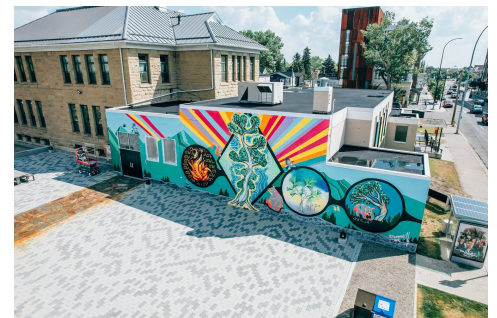
1. Alexandra Centre Society **922 9 Ave SE, Calgary, AB**

This mural was installed on the west wall of the Alexandra Dance Hall. The mural was created by artist, Mackenzie Brown, under the Beltline Urban Mural Project initiative. This Parks Canada mural celebrates and encourages the preservation of white bark pine trees in our national parks.

2 & 3 <https://yycbump.ca/artists/kalum-teke-dan/>

4, 5 & 6

<https://www.calgarylibrary.ca/connect/indigenous-services/indigenous-placemaking/central-library/>



Community Education Service



Improving emotional health and well being

Peer Pressure: what is it and what can I do about it?

Nicole Sheldon, R. Psychologist, Sheldon Psychology Group

Pressures to conform are all around us. Exploring the psychology behind peer pressure makes it easier to understand the dynamics in play and how to make reasoned, rather than reactive decisions.

**Oct 21, 2024
6:30 pm - 8:30 pm**

Click here to register

FREE

online event



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 Sheldon Psychology Group.

CES@ahs.ca <http://community.hmhc.ca/> 403 955-4730

Things Your Child Needs to ◆◆ Hear You Say More Often ◆◆

As parents, our words carry immense power. They shape our children's self-worth, confidence, and worldview. Often, it's not the grand gestures but the simple, heartfelt words that leave a lasting impact. Try these phrases next time you want to fill your child's emotional cup.

Words That Show Love and Belonging

1. I love being your parent.
2. You can always come to me, no matter what.
3. I'm never too busy for you.
4. You belong here.
5. I love watching you grow.

Words That Encourage Emotional Expression

1. How are you feeling?
2. I know it's hard. I'm here.
3. It's okay to be sad. We're all sad sometimes.
4. What does your heart say?
5. Nothing you can do or say will make me love you less.

Words That Build Connection and Trust

1. Your smile brightens my day.
2. We're so grateful to have you in our family.
3. You filled my bucket today.
4. I'm thinking about you.
5. I'll support you no matter what.

Words That Inspire Confidence and Resilience

1. Your best effort is enough.
2. You spread kindness everywhere!
3. You can do anything you dream of.
4. I believe in you.
5. I see you, I hear you, you matter.
6. Just be you. That's enough.

The phrases you choose to share with your child create a foundation of love, trust, and security. Remember, the most meaningful words are often the simplest, spoken with love and intention. So speak them often, and watch your child thrive.





MAKE A HABIT OF
**PUTTING DEVICES
AWAY** KEEP THEM
IN A CENTRAL
CHARGING
SPOT



**REDISCOVER
HOBBIES**
& SPEND TIME
WITHOUT YOUR
PHONE



ESTABLISH SCREEN-
FREE **FAMILY
RITUALS**



HAVE SCREEN-FREE
MORNINGS
USE AN **ALARM CLOCK**
INSTEAD



TALK WHILE YOU
TECH, SHOW
TECH AS A
TOOL

KEEP SCREENS
IN SHARED
SPACES
ONLY



**SCREEN-
FREE-
ZONE!**



HEALTHY TECH HABITS

FOR A HAPPY, CONNECTED HOME



**DIDSBURY ELKS LODGE
PRESENTS**

Gowns for Grads



THE DIDSBURY ELKS GOWNS FOR GRADS PROJECT IS BACK!

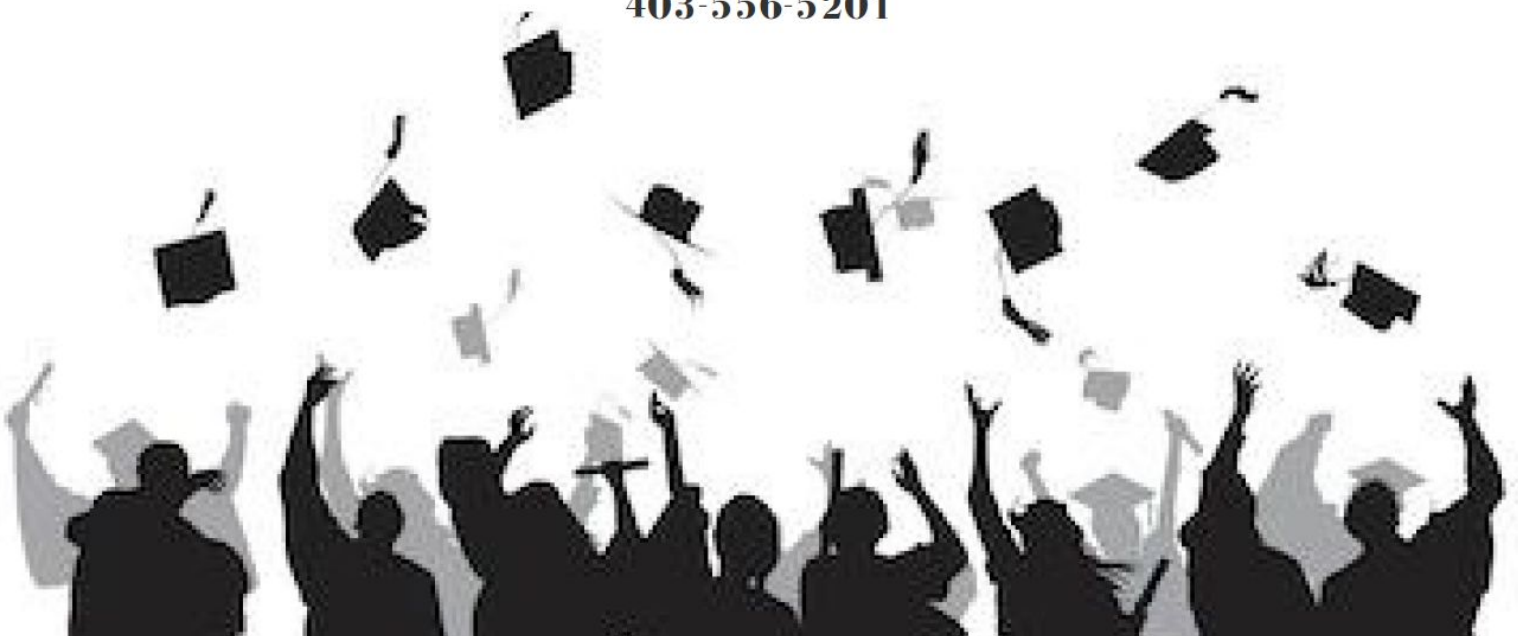
**THE G4G PROJECT PROVIDES GRADUATES WITH THEIR OWN FAIRY
GODMOTHER THIS GRADUATION SEASON PROVIDING EVERYONE
WITH FREE GRAD DRESSES, SUITS AND ACCESSORIES.**

LOCATION: DIDSBURY ELKS HALL 1914 20 ST

TIME: BY APPOINTMENT STARTING OCTOBER 1, 2024

PLEASE CALL MARGO WARD TO BOOK AN APPOINTMENT

403-556-5201





COTTONWOOD KAYAK CLUB

Innisfail Aquatic Center

7:30-9:30pm

CANOE POLO
ALL SKILL LEVELS WELCOME AGES 6+
MUST BE A CONFIDENT SWIMMER

Sept 13
Sept 20
Sept 27

Learn the basic skills of Canoe Polo
All Paddling and safety gear are provided.

Oct 4
Oct 18
Oct 25

\$10/hr---\$100/1 hr Season---\$200/2 hr Season

7:30- 8:30pm- Basic skill lessons  **8:30- 9:30pm- Structured game play**

(You must be able to demonstrate the basic skills in order to play in the structured games)

Nov 1
Nov 8
Nov 15
Nov 22
Nov 29

All new members must pay the

\$30 Annual Membership Fee

Dec 6
Dec 13
Dec 20

on their first session

Annual Membership Fee \$30
Save money with discounted rates Insurance Coverage by the AWA
Participation in sanctioned events and tournaments

For More Information
Follow us on

Facebook: Cottonwood Kayak Club
Email: cottonwoodkayaks@gmail.com





*Plan your Christmas Shopping at
Christmas Country Tour*

Cottonwood - Gordon Ag. Society - Christmas Craft Sale

(south of Innisfail, take overpass 13 miles west on Cottonwood Road, just past RR 30)

Feature Artist: Carol-Lynn McKinnie

Enjoys working with oil paints, watercolours, and pencil drawings.

Portraiture of people and pets is a special passion.

She is a member of the Innisfail Art Club.

Friday, November 8, 2024: 6:30 - 8:30 p.m.

Saturday, November 9, 2024: 10:00 a.m. - 2:00 p.m.

Check out the various tables which include: whimsical, jams, jellies, pickles, quilting, jewelry, baking, pottery, handmade cards, Canadiana items, honey, painting, sewn clothing, yule logs, woodworking, and much more.

Come enjoy a noon lunch of Hamburger Soup and buns.

Lunch donations go to the Christmas Bureau.

Door Prize Draws

For more information call Sharon 403-227-2489 or

Wilma 403-357-9932 or Linda 403-224-2273

Cherie 403-224-3290

Hillcrest Community Hall Craft Fair & Bake Sale

Saturday, November 9, 2024: 10:00 a.m. - 3:00 p.m.

There will be a wide selection of tables featuring: baking, quilting, homemade jam, sewing, crocheting that includes crocheted hats and vests, Christmas Decor, and wood working items.

Lunch will be available for your enjoyment.

Door Prize Draws

Call Linda 403-556-6647 or Bea 403-224-3880 for more details

(West of Bowden on Hwy 587, 2 miles south on RR 22, watch for signs)



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

