

Bowden Grandview School

November 12, 2024



Jr High Girls End Undefeated

Congratulations to our junior girls volleyball team who played their final tournament at River Valley in Sundre on Monday.

The girls won both of their games between Olds Koinonia and Carstairs.

A huge thank you to all parents and family members who supported and helped out during the season with lines, keeping score and driving the team everywhere. We could not have done the season without you!!



What's Happening:

Friday, November 15

- Class of 2025 Spaghetti supper



Little Shoppers

Little Shoppers is a temporary Christmas store located in the library for students to shop for their parents, siblings and grandparents. Students may purchase items for \$1.00, wrap and label to take home for Christmas gifts. All proceeds go to Bowden Silent Santa and is sponsored by Friends of Grandview.

Little Shoppers are now accepting donations of new or gently used items, Christmas bags and name tags. They can be dropped off at the office or the library. Little Shoppers will be open December 5th & 6th.



Bowden Grandview School

2238-21 Ave ▪ Bowden, Alberta ▪ T0M 0K0

Phone: (403) 224-3250 ▪ Email: bowden@cesd73.ca

November 6, 2024

BOWDEN GRANDVIEW'S VOLUNTEER RUN BREAKFAST PROGRAM IS IN DESPERATE NEED OF MORE VOLUNTEERS!!

WHO: run by volunteer parents, serves all students in the school from K-12.

WHAT: each morning the breakfast program serves toast, fruit, frozen yogurt tubes or cheese strings, muffins, and sometimes hard boiled eggs. This program has been running for over 15 years.

WHEN: the shift is each morning from 8-9 am. Parents arrive at the school's front doors at 8 am and call the office to be let into the building. Start preparing the trays for the school doors to open at 8:20.

WHERE: the kitchen area to the right as you walk into the front doors.

WHY do we NEED YOU: *our breakfast program is in danger of reducing the mornings that our breakfast can be served due to lack of volunteers.*

HOW: for more information or to get your name on the list please send an email to bgscouncil@gmail.com

-Work in pairs or come yourself with your children (kids love being on the other side of the toast counter!)

-We use Sign Up Genius - this means you are added to the email list and will be emailed the sign up to choose your own day (or days) of the month you would like to volunteer.

-You will be trained before your first shift.

Parent School Council

Friends of Grandview (FOG)

What is School Council?

Have you ever wondered what school council meetings are about?

Do you have a question about our school community?

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@email.com.

Please join us **Nov 19** at noon. Email the above email to be added.

Breakfast Program needs your **HELP!!!!**

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 are the Bowden Grandview schools fundraising group. Teachers can request funding from FOG to help for a variety of projects!

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

HOT LUNCH

See the "school fees" section on the school website

Fundraisers

2 FOG fundraisers coming soon!!

Remembrance Day Service

Our school came together to honor the brave men and women who have served and continue to serve in the armed forces. During our Remembrance Day ceremony, we paused to reflect on the sacrifices made for our freedom and the enduring strength of their courage.

Students, staff and community members participated in a moment of silence, paying tribute to those who have given so much for our country. We listened to heartfelt readings, shared stories of heroism and laid a wreath in remembrance of those who have fallen.

It's important to remember that the freedoms we enjoy today are built on the sacrifices of many. We are so grateful to those who have served and continue to serve.



Volleyball Skills

A huge thank you to Joel Stockford and Rae Funk who held weekly Wednesday Volleyball sessions to build confidence and understanding of the game. Students in grades 6 thru 8 were invited to learn the fundamentals of volleyball and have fun doing so! They put all of their skills and understanding into their three set match on Wednesday, November 6th vs Elnora. Congratulations to all students.



Joel and Rae, we are so thankful for volunteers who take time out of their day to support our students!





Pre-Order Form

From November 18 - 24, Tim Hortons will be supporting ___ Bowden Lion's Club _____ and Tim Horton's Children's Foundation. **Guests who purchase a freshly baked Holiday Smile Cookie will be donating to these great causes with 100% of proceeds being donated!** To pre-order Tim Hortons Holiday Smile Cookies, complete this form and submit it to your local Tims no less than 48 hours of your specified pick-up date & time.

Number of Cookies:	<input type="text"/>	12 Cookies per box
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Your Name:	<input type="text"/>
Address:	<input type="text"/>
	<input type="text"/>
Telephone:	(<input type="text"/>) <input type="text"/>
Email:	<input type="text"/>

Pick Up Date:	<input type="text"/>	Pick Up Time:	<input type="text"/>
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Thank you for your support!

Scholastic Book Fair

Thank you to everyone for supporting the Scholastic Book Fair!

Congratulations to Billie Wemp for winning our Book Fair draw for \$25.00 in free books for her and \$25.00 in free books for her classroom.



Jestens **YEARBOOKS** ON *Sale Now!*

ATTENTION PARENTS:

Don't forget to order your student's copy of the 2024-2025 yearbook! COPIES ARE LIMITED! Scan or click the QR CODE to order yours TODAY!!



DEADLINE: FEBRUARY 28th | COST: \$45.00



NOVEMBER 13-15, 2024

and



If you have a student interested in attending the Agri-Trade Expo and Farm Show this year in Red Deer, November 13-15, 2024, there is an opportunity for them to be given a free ticket to enjoy the day.

Free admission is already provided for students 12 years or younger AND to any student who is a member of a 4H club (must show your membership card at the gates).

Agri-Trade has made available to the other Chinook's Edge School Division **students** a free gate admission as well. **These free admission tickets are available only to Chinook's Edge students.** Contact the school if your student is interested.



**RED DEER
MITSUBISHI**

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!

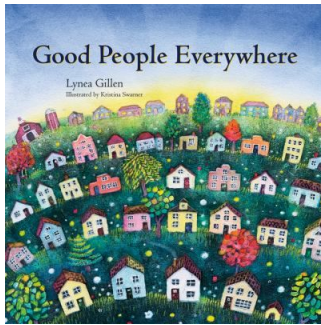
6444 – 67 Street Red Deer, AB

PH: 403-348-8000

Literacy Corner

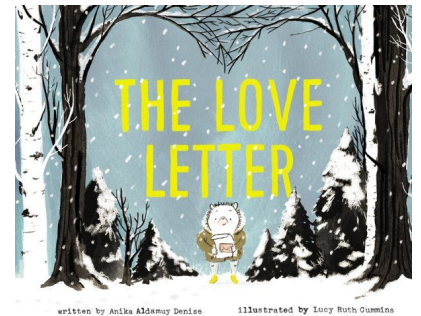
World Kindness Day is observed on November 13th each year.

Imagine a world where you can succeed by being nice.
Where we all pay it forward.
Where people look out for each other.
It all starts with an act.

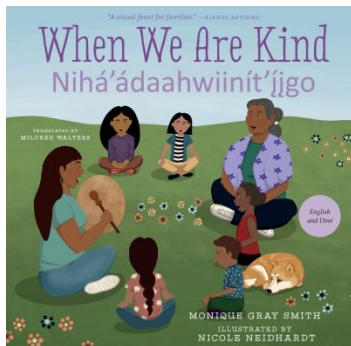


A story to help children become mindful of caring people in their world, to ease their fears and to develop their sense of gratitude. Includes two activity pages to encourage children to find the good people in their lives.

Stumbling on the same mysterious love letter in turn, best friends Hedgehog, Bunny, and Squirrel are reminded of the joys of friendship following a silly mix-up about their secret admirer.



Indigenous Book about Kindness



When We Are Kind celebrates simple acts of everyday kindness and encourages children to explore how they feel when they initiate and receive acts of kindness in their lives. Celebrated author Monique Gray Smith has written many books on the topics of resilience and reconciliation and communicates an important message through carefully chosen words for readers of all ages. Beautifully illustrated by artist Nicole Neidhardt, this book encourages children to be kind to others and to themselves.

This bilingual book includes full text in both English and Diné.

✧✧ Help Your Kids ✧✧ Express Their Emotions

When children act out, it can be easy to take it personally, but it's often a sign that something deeper is bothering them. Here are four practical tips to help you understand and address your child's emotions:

1. Ask Open-Ended Questions

When your child is acting unkindly, instead of reacting, ask open-ended questions like, "Why are you feeling upset?" or "What's going on?" This invites them to share their feelings and helps you get to the root of the issue.

2. Acknowledge Their Feelings

Let your child know it's okay to feel angry or frustrated, even if they don't fully understand why. Acknowledging their emotions validates their experience and opens the door for a deeper conversation.

3. Explore Possible Triggers Together

Gently suggest potential reasons for their behavior, such as feeling overwhelmed or disappointed. This helps them identify what might be causing their distress and gives them the language to express it.

4. Teach Them to Communicate Their Emotions

Encourage your child to use phrases like "I am frustrated because..." to articulate their feelings. Practicing this together helps them learn to express their emotions in a constructive way, reducing the likelihood of negative behavior.

By approaching your child's behavior with curiosity rather than frustration, you can uncover the real reasons behind their actions. This not only helps improve their behavior but also strengthens your connection with them, creating a supportive environment where they feel understood and valued.



Community Education Service



Improving emotional health and well being

Can We Talk: Healthy Relationships

Diana Wark (She/Her), Parent Program Coordinator for Centre for Sexuality

Join us for an interactive workshop to learn how to navigate those sometimes awkward but essential conversations that foster well-being, healthy relationships and informed decision-making. We empower parents with knowledge, skills and confidence to engage in open, honest and supportive conversations about sexuality and sexual health with their children.

In this workshop, we will describe and explore healthy, unhealthy and abusive relationship patterns. We will learn about effective communication and practice discussing topics related to romantic/intimate relationships in ways that are grounded in your values.



FREE SESSION

November 20th, 2024
1:00 PM – 3:00 PM

[Register HERE](#)



This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Recovery Alberta Health Services in partnership with [Calgary for Sexuality](#)

Christmas **DINE & DANCE**

**Saturday,
December 7**

Doors open at 5:30 pm * Dinner served at 6:30pm * Cash Bar



Comedian
Brenda Robinson

**Bowden Paterson
Community Centre**

For more information
or to purchase Tickets
go to Bowden ATB or call
Kim at 403-507-5090

Presented by:
Expanding Horizons Society

Ticket Option #1 - \$65

Dinner 6:30

Brenda Robinson 8:00 pm

Cole Martin & Band 9:30 pm

Ticket Option #2 - \$30

Cole Martin & Band 9:30 pm

9:00 pm entrance



Featuring:
Cole Martin



*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)

