

# Bowden Grandview School

December 2, 2024



Cosmetology students enjoyed a day of learning and wellness at MC College in Red Deer. Plenty of smiles, laughs and fun!



## What's Happening:

Wednesday, December 4

- Grade 5 Market

Thursday, December 5

- Little Shoppers

Friday, December 6

- Little Shoppers
- Ugly Sweater Day



## 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 or a monetary donation. They will wrap and label to take home for Christmas gifts. All proceeds go to Bowden Lions Club Holiday Hamper 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.**

# GRADE 5 CHRISTMAS MARKET



WEDNESDAY DECEMBER 4TH  
11:00- 1:00 AT BOWDEN GRANDVIEW SCHOOL

**GIFTS, DRINKS, & TREATS**

CASH AND CARD ACCEPTED



## Elementary Christmas Concert

**Thurs. Dec. 12**

**6:30pm in the school gym**

**Come and enjoy some beautiful holiday music performed by our K-Gr. 6 students.**

**Check out the raffle for a chance to win front row seats!  
License # 717229**

## Blazers Athletics

### Basketball season is here!



T shirts have arrived!  
If you'd like to purchase one,  
please see Ms. Oakley in the office.  
They are \$22 and there are S-XL  
available.

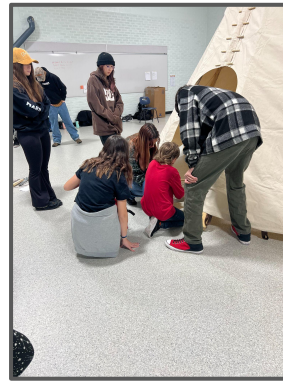
**Look for a schedule of jr. games (gr. 7-9)  
in the coming weeks!**



**In the new year, look for info regarding our younger players (gr.6), as well as some scrimmage evenings for our gr.10-12 and alumni boys!**

## Indigenous Education

In collaboration with SpruceView, Innisfail and Bowden; a group of students were treated to an Indigenous Education day led by Clare Butterfly on Thursday, November 21st at Bowden Grandview School. Students took part in a teepee raising while learning about the land, history, shared stories and even were taught how to make bannock. It's such a gift to be able to learn from others and create new friendships with students across the district. We can't wait to see what is in store for this teams' learning the next time they gather!



*Jostens*

**YEARBOOKS**

ON

*Sale Now!*



## ATTENTION PARENTS:

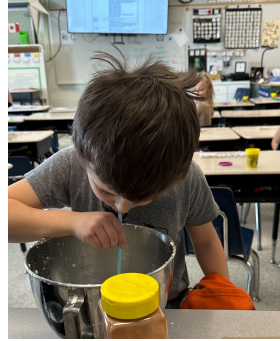
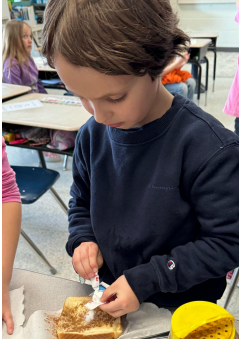
Don't forget to order your student's copy of the 2024-2025 yearbook! COPIES ARE LIMITED! Scan or click the QR CODE to order yours TODAY!! →



**DEADLINE: FEBRUARY 28th | COST: \$45.00**

## Making Butter

In Grade One, our students had a hands-on experience making butter from scratch! As part of our science curriculum, they explored the process of turning cream into butter, learning about how solid and liquid states change with motion and time. Once the butter was ready, they spread it on freshly toasted bread and enjoyed the delicious results! Most kiddos even tried the buttermilk! This fun activity tied into our science lessons on materials, states of matter, and simple physical changes, giving the students a tasty, memorable way to learn about how ingredients transform in the kitchen. What a great way to see science in action!



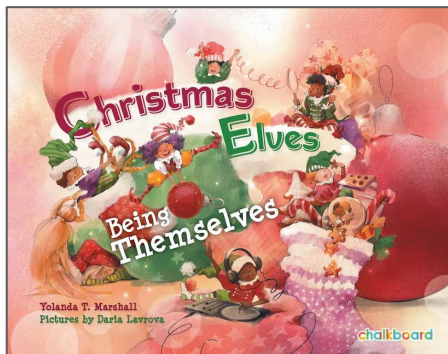
## Grade 1 & 2 Visit to Bowden Pioneer Museum

Our Grade 1 and 2 students recently had an exciting field trip to the Bowden Pioneer Museum, where they explored local history and social studies curriculum outcomes. The visit gave students a hands-on experience with artifacts and exhibits that brought their classroom learning to life. They learned about life in early Alberta, the importance of pioneers, and how our community developed over time. This enriching experience allowed them to connect history with real-world examples, sparking curiosity and deeper understanding of their social studies studies. A big thank you to the museum volunteers Stan Mills and Grant Hengstler for providing such an engaging and educational outing for our students!



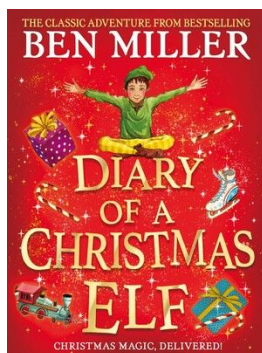
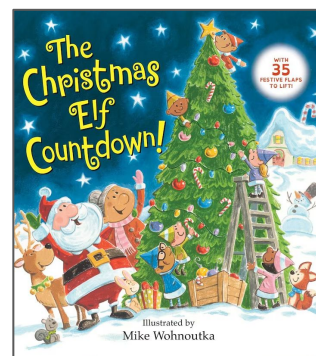
## Literacy Corner

Christmas would not be complete without the help from Santa's little helpers. The legend of elves dates back to medieval times and is a great reminder that helping hands make hard work easy. This week at BGS, our elves are super busy with The Grade 5 Christmas Market and Little Shoppers. Here are some great books about elves to put you in the spirit.



A Christmas story about elves being their unique and merriest selves. These elves' confidence will encourage little readers to celebrate our differences. A curious elf prefers to learn about how families celebrate Christmas worldwide. The busy elf decides to enjoy a beach vacation, while an adventurous elf takes a jolly ride down the chimney. One elf likes veggies more than cookies. Santa loves them all the same, even when they play naughty pranks.

Santa's elves are counting down to Christmas! With decorations to hang, treats to bake, toys to build, and snow to play in, the elves are filled with holiday cheer and can't wait to soar the night sky with Santa and his reindeer. Featuring 35 flaps to lift, this bright and festive book makes an ideal holiday gift and the perfect addition to your family's holiday library.

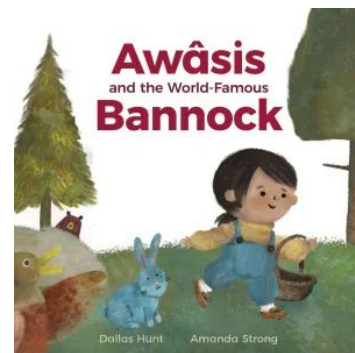


All Tog wants to do is work in Santa's workshop and one wonderful day, the letter from Santa arrives: Tog has been selected as an apprentice elf! Making toys is a lot more technical and a lot less fun than Tog had imagined, and even though his new friend Holly tries to help him, he's quickly relegated to cleaning out the reindeer stables. But someone has been stealing the presents from the workshop and a case of mistaken identity finds Tog accused of being the culprit! Can Tog use his special Christmas magic to discover the real thief and save all the presents before Christmas Eve is over?

## Indigenous Education

During an unfortunate mishap, young Awâsis loses Kôhkum's freshly baked world-famous bannock. Not knowing what to do, Awâsis seeks out a variety of other-than-human relatives willing to help. What adventures are in store for Awâsis?

*Awâsis and the World-Famous Bannock* highlights the importance of collaboration and seeking guidance from one's community, while introducing the Cree words for different animals and baking ingredients. Find a pronunciation guide and the recipe for Kôhkum's world-famous bannock in the back of the book.





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

**December 11<sup>th</sup>, 2024**

**6:00 PM – 7:30 PM**

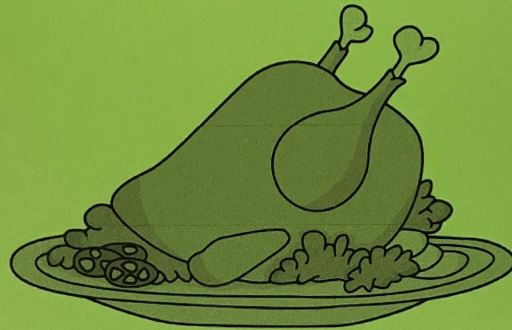
[Registration link](#)



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

**Juno House** and is sponsored by the **Arnica Foundation**.

Join us for the  
3rd Annual  
**Free Community**

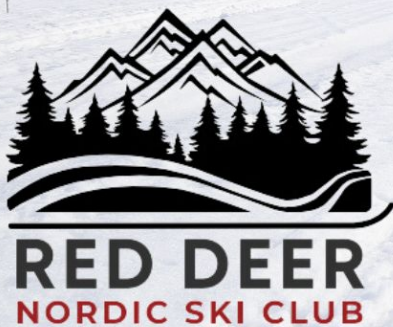


## Christmas Dinner

Tuesday, December 24th, 2024  
Bowden Event (Friendship) Hall  
Noon until 2 p.m.

*(Take outs available)*

*Questions? Please call Edie @ 403-396-8888*



**COME SKI WITH US. PROGRAMS FOR ALL AGES.**

Red Deer Nordic Ski Club is Central Alberta's community for cross country skiing, biathlon and mountain ski touring. Winter is better on SKINNY SKIS!

We are proud of our strong local nordic heritage and aim to grow family and community connections through the great sport of cross-country skiing. There are programs for EVERY age and ability. We have a team of great coaches and world-class ski facilities at River Bend Recreation Area.

Registration is NOW OPEN for the 2024 - 2025 season. COME SKI WITH US!

**ON-SNOW PROGRAMS BEGIN DECEMBER 11TH.**

**FIND OUT MORE AT REDDEERNORDIC.CA**





# 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**