

Bowden Grandview School

December 9, 2024



Little Shoppers

Little Shoppers was a huge success again this year! Thank you to the community members that ensure the Christmas magic is alive! BGS raised \$755.00 for Bowden Lion's Holiday Hampers.



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



The Grade 5 Market was a huge success again this year! Thank you to everyone for your support!



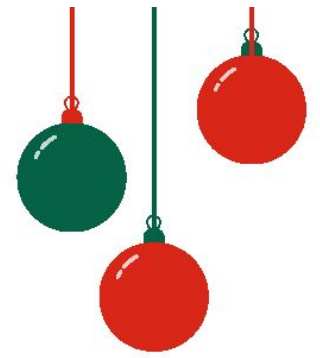
- December 19th - Chili & Bun
- January 9th - Mac & Cheese
- January 23rd - A&W
- February 6th - Pizza Hut
- March 6th - Hot dogs
- March 20th - A&W
- April 3rd - Subway
- April 17th - Mac & Cheese
- May 1st - Pizza Hut
- May 15th - Hot Dogs
- May 29th - Subway
- June 12th - Pizza Hut (Last hot lunch of the year)



Christmas

ACTIVITIES FOR YOUR FAMILY

www.instituteofchildpsycholgy.com



-  Bake & decorate cookies
-  Have an ugly sweater making competition
-  Adopt a senior at local seniors home and your whole family make them a gift basket
-  Adopt a family in need (provide gifts and Christmas dinner)
-  Have a Christmas movie marathon
-  Read Christmas books under the tree
-  Donate your time at a local shelter
-  Make Christmas tree ornaments
-  Visit a nursing home and sing Christmas carols
-  Have a game night with hot chocolate & candy canes
-  Decorate a gingerbread house
-  Plan a goofy family Christmas photo shoot
-  Visit a Christmas tree farm
-  Walk around your neighbourhood to look at the lights
-  Have each family member write down things you are grateful for, put them in a Christmas bag, and read them on Christmas eve
-  Have a Christmas craft party
-  Go skating
-  Write personalized Christmas cards to family and friends
-  Create a custom Christmas countdown routine
-  Cook together Christmas eve or morning





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

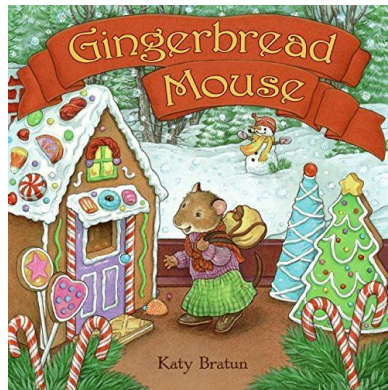
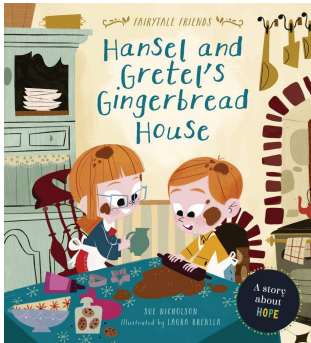
Literacy Corner

Did you know that *Gingerbread House Day* is December 12? Gingerbread cookies are a Christmas tradition for many families. Can you imagine the Christmas season without gingerbread men!? The same holds true with these houses, which are made from the tasty cookies. Our Gingerbread trivia allows you to display your in-depth knowledge of these fun-to-build-and-eat houses.

Here are some tasty Gingerbread trivia facts, to amaze your family and friends with your knowledge of ginger and gingerbread:

- In the 1700's, making gingerbread was exclusively the realm of professional bakers.
- Queen Elizabeth I is credited with creating the idea to make the first gingerbread man.
- Ginger helps preserve bread.
- In some parts of the world, gingerbread houses are popular at Easter.
- Ginger soothes upset stomachs. It's great after a big holiday meal.
- The Brothers Grimm story about Hans and Gretel inspired the creation of the gingerbread house.

Here are a few Gingerbread related stories to enjoy!



Indigenous Education

The Misewa Saga

Written by David A. Robertson

Morgan and Eli are Indigenous children who discover a portal at their foster home to another world, Askī; there they discover talking animal beings who connect them to traditional ways, as well as help them deal with the challenges in the real world. A fantasy for readers aged ten and up, the Misewa Saga (“misewa” is Cree for “all that is”) series reflects stories of the sky and the constellations held within its great canvas.

Series Bundle: The Misewa Saga





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 11th, 2024

6:00 PM – 7:30 PM

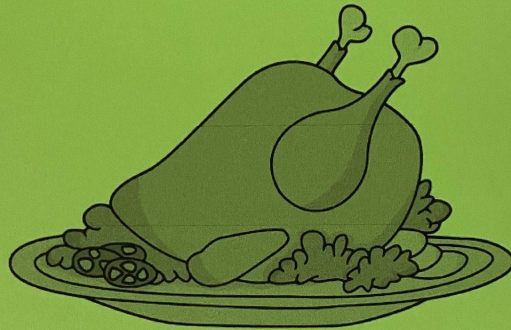
[Registration link](#)



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

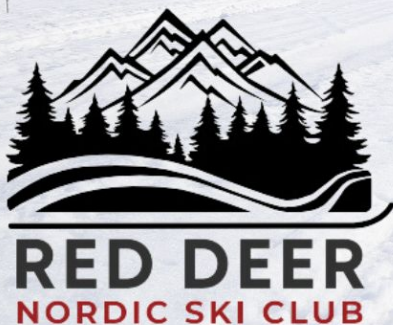


Christmas Dinner

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

