

Bowden Grandview School

January 6, 2025

HAPPY
2025
NEW
YEAR

BGS HOT LUNCH

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)



Travel the world with grade 3 and you might just get to allow your tastebuds to soar! Grade 3 exploring the smells, sights and taste of India!



Literacy Corner

Each year on January 6th, National Cuddle Up Day encourages us to snuggle up with someone for the health benefits and more! #NationalCuddleUpDay

January typically has some of the coldest days of the year, so what better way to stay warm and reap the health benefits of cuddling on National Cuddle Up Day? Whether it's a three-dog night (a night so cold it takes three dogs to cuddle up with to stay warm) or only slightly chilly, there are multiple benefits to cuddling with a canine, or other pet.

Bedtime story time is always a great way to bring a day to a close. It's cuddle time, you're winding things down, and sometimes, you can lull yourself to sleep with a good, calming story.



Parents will appreciate this book just as much as the kids do. It's bedtime, but a little girl is not ready for bed yet: there are too many questions to be answered! "Why is the ocean blue? What is the rain? Why do the leaves change color?" One question leads to another in this story that many, many parents and caregivers will recognize. The responses will make you laugh even harder, because this caregiver has a sense of creative humor with his answers. *Just Because* is an invitation to the imagination for parents and kids alike....

The duo that brought you the "bright" and "breezy" (*Booklist*) *Some Bugs* is back with a vibrant companion book that's packed with your favorite pets.

Some pets sit.
Some pets stay.
Some pets fetch,
And some pets play.

Come one, come all, to the pet show! With dogs and cats, horses and chickens, hamsters and chinchillas—and many, many more!—this book celebrates animal companions of all shapes and sizes. Who will take home the coveted Best in Show ribbon? Join the fun to find out!



Indigenous Education

Premieres Tuesday, January 7 on CBC and CBC Gem.



Siaja (Anna Lambe, *True Detective: Night Country*, *Trickster*) is a young Inuk mother who wants to build a new future for herself. After a spontaneous — and extremely public — exit from her marriage, Siaja has to find a job and a place for her and her young daughter to live, and fast. Her only option might be to go from one complicated living situation to another — where Siaja's dreams of a fresh start collide with some long-kept secrets. To top it all off, this is happening in a small Arctic town where everybody knows your business. A comedy series commissioned by CBC, Netflix and APTN, **NORTH OF NORTH** is created by Stacey Aglok MacDonald (*Qanurli*, *The Grizzlies*) and Alethea Arnaquq-Baril (*Angry Inuk*, *The Grizzlies*) of Red Marrow Media and produced alongside executive producer Miranda de Pencier (*Anne with an E*, *Beginners*, *The Grizzlies*) of Northwood Entertainment. Anya Adams (*Yellowjackets*, *Ginny & Georgia*), Susan Coyne (*Mozart in the Jungle*, *Daisy Jones & The Six*) and Garry Campbell (*The Kids in the Hall*, *Less Than Kind*) also executive produce. [content taken from CBC)

Congratulations!

Congratulations to our Accelerated Reader Winners!
Elwood Pors, Brooke Galay and Brodie Beekman!



Accelerated
Reader™

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



Jr. High Basketball



Back row: Coach Lukas Street, Caleb Barnim, Tristan Besner, Ryland Campbell, Coach Joe Werdal
 Front row: Noah Fieguth, Jamie de Haan, Emmett Stockford, Luke Maas



Back row: Brooke Galay, Meghan Barnim, Jocelyn Gall, Kiera Shaw, Aliyah Backs
 Middle row: Alyvia Chambers, Dani Coldwell, Karley Mayhew, Natalie Werdal
 Front row: Emily Wood, Rowen Campbell
 Coaches: Miss Raju and Jen Wood



Anger Management Skill Development

1 Day Workshop January 28th, 2025 9:00am to 3:30pm

Psychoeducational workshop based in Cognitive Behavioural Therapy (CBT)

- ❖ Topics and strategies covered will include:
 - ~ Events and Cues in understanding anger
 - ~ The aggression cycle and ways to change it
 - ~ Cognitive restructuring and skills
 - ~ Alternatives for anger expression
 - ~ Communication and the conflict resolution model
 - ~ How past learning influences present behaviour
 - ~ Anger control plans

- ❖ Participants will leave with having developed a personal anger control plan and be provided with a certificate of attendance once completed.

Registration required; space is limited

A brief phone consultation will be conducted with the facilitator prior to registration. Please contact the clinic if interested in registering or for further information:

- Phone: (403) 507-8174
- Email: jody.tomm@recoveryalberta.ca



Parent Education Programs



CIRCLE of SECURITY PARENTING GROUP

Understand children's emotional world by learning to read emotional needs, support children's ability to successfully manage emotions, enhance the development of children's self esteem and honor the innate wisdom and desire for children to be secure.



Bringing Baby Home

Support for pregnant and parenting families to help transition to parenthood; maintaining happy, healthy relationships while welcoming new babies into their lives.

Kimochis Professional and emotional learning

Everyone has **BIG** feelings in challenging times.
Kimochis® is here to team with you to make things better for everyone.



Kids Have Stress Too helps parents better understand stress and help them teach their children how to manage it.



1-877-761-0033



www.mvfrn.ca



facebook.com/MVFRN



info@mvfrn.ca



Parent Education Programs



CIRCLE of SECURITY PARENTING GROUP

Understand children's emotional world by learning to read emotional needs, support children's ability to successfully manage emotions, enhance the development of children's self esteem and honor the innate wisdom and desire for children to be secure.

Kimochis

of social and emotional learning

Everyone has **BIG** feelings in challenging times. Kimochis® is here to team with you to make things better for everyone.



Bringing Baby Home

Support for pregnant and parenting families to help transition to parenthood; maintaining happy, healthy relationships while welcoming new babies into their lives.



Kids Have Stress Too helps parents better understand stress and help them teach their children how to manage it.



1-877-761-0033



www.mvfrn.ca



facebook.com/MVFRN



info@mvfrn.ca



Parent Education Programs



CIRCLE of SECURITY PARENTING GROUP

Understand children's emotional world by learning to read emotional needs, support children's ability to successfully manage emotions, enhance the development of children's self esteem and honor the innate wisdom and desire for children to be secure.



Bringing Baby Home

Support for pregnant and parenting families to help transition to parenthood; maintaining happy, healthy relationships while welcoming new babies into their lives.

Kimochis Professional and emotional learning

Everyone has **BIG** feelings in challenging times.
Kimochis® is here to team with you to make things better for everyone.



Kids Have Stress Too helps parents better understand stress and help them teach their children how to manage it.



1-877-761-0033



www.mvfrn.ca



facebook.com/MVFRN



info@mvfrn.ca