

# Bruderheim School

Parent Newsletter – December 16, 2022

## From the Principal

Well, we've had a wonderful week here at school, and it's the last full week of 2022! What an amazing job all our students did at the Christmas concert Thursday evening, and a big thank you again to Mrs. Janzen for all her time and dedication to make our Christmas concert a success! Thanks to everyone who came out and for your generosity at the craft sale. Together with proceeds from the craft sale and the front row seats raffle, we have been able to donate \$680.00 to the County of Lamont Food Bank!

We had a guest speaker during our TIGER Traits Assembly, Mrs. Colleen Holowaychuk, the Vice-chair of our EIPS Board of Trustees. She had several engaging stories to tell us about **Integrity** and challenged our students to live with **Integrity** every day! Our students also worked together in their TIGER Teams to produce four key ingredients for **Integrity** success! Well done students!

As we look ahead to the last two days of school next week, and the Christmas season before us, I trust that each of our families have an opportunity to connect with family and friends and enjoy time together! We know that this can also be a difficult time of year, so please take care of each other. On behalf of the staff at Bruderheim School, Merry Christmas and Happy New Year!

## December

**December 18:** EIPS Year-in-Review 2021-22: Stakeholder Confidence Survey deadline

**December 20:** Last instructional day for 2022!

**December 21-January 3:** Christmas Break!



## January

**January 4:** Welcome to the first school day of 2023!

**January 4:** School spirit day – wear black, yellow or school spirit wear

**January 4:** Early dismissal 2:00

**January 9:** Hot Lunch change in schedule (see info below)

**January 20:** Jersey Day (ECS)

**January 24:** School Council meeting 5:15 - school fees discussion

## Changes to the Hot Lunch Program

We have some changes coming to our hot lunch program in the new year. Due to the rising cost in groceries the Hot Lunch budget provided to us from Alberta Education is getting stretched and in jeopardy of not being able to feed the kids for the year. As a result, we have decided to eliminate the snacks that are provided on Mondays and Fridays, which should in turn help us provide a hot lunch on Tuesdays, Wednesdays, and Thursdays until the end of May and hopefully until the end of the year.

This change will begin the week of January 9<sup>th</sup>, the start of January's hot lunch cycle. Over the next few months, we will keep an eye on expenditures, and should we be able to provide snacks once again, we will. Please remember that there will be no hot lunch service on January 4<sup>th</sup> and 5<sup>th</sup>. Students will need to pack their own lunches that week.

## January Hot Lunch Information

### Bruderheim January 2023 Hot Lunch Form

You can now order your January hot lunches, and the form is due by Monday, January 2, 2023. Please note that lunches will not be served on January 4 and 5, and that lunch service will resume on Tuesday, January 10.

## From The Library

Many thanks for the donations that have already come in! We are continuing to accept your generosity to our Bruderheim School's Mitten Tree. For many years I have headed up this outreach program and it is always rewarding. We will continue to collect pairs of new mittens or gloves in the library. Each time a student brings in a pair, they will receive a candy cane and a small thank you card. If there are students in our school who need mittens or gloves, they can ask their teacher and we will be glad to share a pair. In January, the donated items will be sent to downtown Edmonton to have them handed out to those in need. Last year we collected over 70 pairs!

There are also a few good story books to read about mittens should you wish to do so.

Many thanks for all the support. Merry Christmas!

## Christmas Break

Bruderheim School will close for the Christmas break at the end of the day on Tuesday, Dec. 20, 2022. The school will reopen on Wednesday, Jan. 4, 2023. During this time, if you have any school-related questions or concerns, contact Elk Island Public Schools (EIPS) Central Services at 780-464-3477.

### EIPS Central Services Christmas Break Hours

- Open December 22 and 23; 8 a.m. to 4 p.m.
- Closed Dec. 26, 2022 to Jan. 2, 2023
- Open January 3; 8 a.m. to 4 p.m.

\*For location and contact information visit [www.eips.ca](http://www.eips.ca).

From everyone at Elk Island Public Schools, we wish all of you a happy holiday season and a wonderful New Year.

# EIPS Year-in-Review 2021-22: Stakeholder Confidence Survey

Have your say, EIPS wants to hear from you! The Annual Education Results Report 2021-22 is now available. The report is a summary of how Elk Island Public Schools (EIPS) is doing relative to Alberta Education's performance measures; how it's supporting students to achieve the best possible outcomes; and its successes, challenges and priority strategies moving forward. Both the full report and an overview are available for readers.

Reflecting on this report and the past school year, EIPS wants to hear from you to gain a deeper understanding of your confidence in the Division and its strategic direction. As such, the annual EIPS Year-in-Review: Stakeholder Confidence Survey is now open. Thank you for your patience while we temporarily postponed the survey—it's now reopened. Complete the Year-in-Review Survey by December 18.

The survey covers a range of topics, including student growth and achievement, learning supports, teaching and leading, governance and resource allocations. The information gathered will help EIPS:

- assess stakeholder confidence—families, staff, Grade 12 students and community members;
- gather input to guide future decision-making; · gather feedback to enhance its Four-Year Education Plan; and
- provide a platform for families, students, staff and community members to have a voice in ensuring high-quality, student-centred learning environments in EIPS schools.

EIPS will share the results in the Annual Education Results Report 2022-23. TAKE THE SURVEY NOW! Survey closes Dec. 18, 2022. If you've already completed the 2021-22 survey, there's no need to do so again. Your responses have been recorded and will be included in the Division data.

NOTE: EIPS encourages everyone to respond honestly. Your identity and answers are confidential and cannot be linked to you or your child's school. Grade 12 students will have an opportunity to complete the survey at school. Families who do not want their child to complete the survey simply need to advise their child's school.

## Returning Student Registration for 2023-24

Elk Island Public Schools (EIPS) will once again conduct an online returning student registration process to confirm student registrations for the 2023-24 school year. Families of all current students—with the exception of graduating Grade 12 students—must complete the process to confirm the school their child plans to attend in the 2023-24 school year or advise the Division of their plans not to return to EIPS. Additionally, students who want to attend a non-designated school need to make that request through the returning student registration process—acceptance is based on available space. The 2023-24 returning student registration takes place Feb. 1-28, 2023.

Access to the Returning Student Registration Form is provided through the PowerSchool Parent Portal. If you don't have a [PowerSchool Parent Portal](#) account, you need to set one up before Feb. 1, 2023.

[Create a PowerSchool Parent Portal account](#)

For more information, contact the school office at 780 796 3936.

## Inclement Weather

With the winter season almost here, we want to remind families to dress children appropriately for the weather when getting ready for school or the bus. The weather often changes unexpectedly throughout the day, so please select suitable outerwear and ensure your child is prepared for changing conditions.

If inclement weather conditions occur, Elk Island Public Schools (EIPS) advises families of any bus cancellations using various communications tools—automated- telephone messages, alerts posted on [www.eips.ca](http://www.eips.ca) and school websites, Twitter, Facebook, local radio stations, and notification through both the Bus Status and the Ride 360 apps. Morning bus cancellations are posted on [www.eips.ca](http://www.eips.ca) by 6:30 a.m.

Decisions regarding bus cancellations are guided by EIPS administrative procedures that state, “school bus service may be suspended...when there is a forecast or current temperature of -40 C, including wind chill factor, in one or more regions.” Other reasons for suspending or delaying school bus services include adverse weather and poor road conditions.

When school bus services are suspended, schools remain open to students. EIPS believes families have the right and responsibility to make choices for their children based on their beliefs and perceptions of safety during times of inclement weather.

For more information, contact EIPS Student Transportation at 780-417-8151.



*Be Your Best!*

**Increase your joy during the holidays**

The holiday season is a time of joy for many, but there are also challenges that come with it.

This season set an intention to experience joy to benefit your mental and physical health.

Simple activities may help your whole family enjoy the holiday season. Start by doing one thing you enjoy.

**Increase your joy through mindfulness**

Take small mindfulness moments to reduce stress and increase happiness during the holiday season.

Practice mindfulness using the five senses:

- Take three deep breaths; notice things about each one of the senses of taste, smell, sound, sight, and touch.
- Take all the time you need; notice how much better you feel.

[Practicing Mindfulness | CMHA](#)

**Tips to help your children feel joy**

These practices can lead to greater joy during the holiday season and at any time:

**Gratitude:** pay attention to what you are grateful for.

**Mindfulness:** focus on the breath while noticing what is happening in the moment with a kind and caring heart.

**Compassion:** notice when others are going through challenging times and take positive steps to help them.

[Awaken Joy in Kids - Greater Good Berkeley](#)

**Increase joy through self-care practices**

Tips to increase your joy during the holidays and sustain you through tough times:

- **Sleep:** helps your body and brain work at their best.
- **Activity:** releases chemicals in your brain that make you feel good.
- **Do something you enjoy:** it improves your mood and uplifts you when you feel down.
- **Eat Well:** helps you feel healthy physically and mentally.



Information on mental health, community supports, programs and services in your area:



**Addiction Services Help Line**  
1-866-332-2322

**Mental Health Help Line**  
1-877-303-264

