

Bruderheim School

Parent Newsletter – January 6, 2023

From the Principal

Happy New Year! We hope you all had a wonderful Christmas and were able to enjoy time together with family and friends during the break! We have had a very good start to 2023 during this first short week. Our next TIGER trait is **Grit**, and we will be focusing on this during the months of January and February.

Speaking of **Grit**, congratulations to Team Canada for winning Gold at the 2023 World Junior Ice Hockey Championships on Thursday! Way to Go, Canada!

Next week, Monday, we are starting our Food Bank Drive. Together Bruderheim School and Castle School are collecting items for the County of Lamont Food Bank from January 9-20! Thanks in advance for your support and generosity!



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January

January 9-20: Food Bank drive (combined effort between Bruderheim & Castle Schools for Lamont County; see info below)

January 10: New Hot Lunch change program begins (see info below)

January 20: Jersey Day (ECS)

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

January 30: Professional Learning Day - no students in school

February

February 1: Early dismissal 2:00/wear black, yellow or school spirit wear

February 1: Returning student registration (RSR) and 2023-24 kinder registration opens (see info below)

February 1: Winter Walk Day

February 3: Twin Day (ECS)

February 9-10: Teachers' Convention - no students in school

February 20: Family Day

February 24: Pattern Day (ECS) – wear your favorite patterns! Bonus points for mixing it up!

Changes to the Hot Lunch Program

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 9th, 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.

From The Library

Happy New Year! Every year our librarian puts up a tree that we call the "Mitten Tree" and our students bring in donations. This year we collected 115 pairs of mittens, 16 handmade crocheted hats and 5 pairs warm socks.

We are happy to have big hearts to hopefully warm lots of hands.

Keys Found In School Parking Lot

We'd love to return them to the rightful owner! If you have lost yours, please contact the office by calling 780 796 3936 or email general.bru@eips.ca.

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 (RSR) 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.

Kindergarten Registration Starts Soon!

Is your child turning five on or before December 31, 2023? If so, it's almost time to register for kindergarten.

Kindergarten registration opens for the 2023-24 school year on Feb. 1, 2023.

To help families prepare, Elk Island Public Schools has put together an online [EIPS Kindergarten Tool kit](#) to make the transition as smooth as possible. The kit includes information on registration, important dates, programming options, what to expect, eligibility, how to find your designated school, transportation and more.

Additional information regarding Bruderheim School's kindergarten program is available at BruderheimSchool.ca.

Inclement Weather

With the winter season 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 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 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!



In conjunction with Castle School, we are hosting a food drive January 9 to 20. Here are some suggestions of what the food bank for Lamont County needs currently:

- Jam
- Instant Coffee
- Pork and beans
- Canned meat (not tuna)
- Canned fruit (not pineapple)
- School lunch snacks (fruit cups, apple sauce, granola bars, etc)

Thank you in advance for any and all contributions!

Join the Kalyna Family Resource Network Lamont County Region for programs in January:

1. **Connecting Generations Luau** – January 20, 2023 9:30-11:30am at Beaverhill Pioneer Lodge in Lamont **REGISTRATION REQUIRED by Jan 13 at noon:** <https://signup.com/go/LsLEFmS>
2. **Family Activity Night** – January 26, 2023 5:00-7:00pm at Lamont Public Library. No registration required.
3. **Cooking With Your Littles**–**REGISTRATION REQUIRED:**
<https://signup.com/go/OJGOdQr> BruderheimHall–January 12, 2023 1:00-2:30pm.
Registration required by Jan 9 at noon. Andrew Lions Club – January 18, 2023 1:00-2:30pm. Registration required by Jan 13 at noon.
4. **Infant Massage**–Three session program–January 17, 23 & 31, 2023 10:30-11:30pm at Mundare Town Office Gym Space. **REGISTRATION REQUIRED by Jan 10 at noon:** <https://signup.com/go/HZbdmqR>

What is a vape?

A vape is an electronic smoking device that contains a cartridge of liquid (e-juice) that is heated into a vapour and inhaled by the user. Vapes have batteries (rechargeable), a heating element, a mouthpiece, and a place to hold vape liquid.

Vapes come in different shapes and sizes:

- may look like a pen or USB (which makes them easy to conceal) or like a “lighter” with a refillable tank and often sport cool or pretty designs
- some vapes are hidden in stealth products, like watches, hoodies, or gaming devices

What is vape liquid?

It is a mix of chemicals, flavours, and different levels of nicotine. It comes in flavours that entice kids and teens, like fruits, candies, tropical drinks, or desserts.

Why do young people vape?

Teens say they vape because it's enjoyable or they like the buzz it gives them. Others vape out of curiosity or to try different flavours. Some vape because they believe it will help them reduce stress or help them fit in with friends.

How harmful is vaping?

Scientists are still learning, but here is what we know right now:

- Most vapes have nicotine, which alters the development of the teen brain and can affect memory and concentration. It causes intense cravings and nasty withdrawal symptoms.
- Vaping liquid and the aerosol created contain harmful substances, some cause cancer and lung disease.
- Vaping comes with a risk of burns and other serious injury.
- Young people who vape may be more likely to start smoking than those who don't vape.

Talk to your children about vaping

With time and practice, talking about vaping will strengthen the relationship you have with your teen.

- Check out credible sources of information together. [Consider the Consequences of Vaping](#) - is a great resource. Help them think about the consequences of vaping in ways that are meaningful to them.
- Talk about vaping when it comes up in real life. Ask open-ended questions like what have you heard about vaping?
- Talk with them about what it means to think and act independently; and to make good decisions.

MORE RESOURCES

Schools.HealthierTogether.ca

Search “vaping”

AlbertaQuits.HealthierTogether.ca

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



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

