

# Bruderheim School

Parent Newsletter – December 9, 2022

## From the Principal

It's been nice to have some warmer winter weather this week, and yet we still want to remind our students to dress appropriately for the weather. Please let your child's teacher know if your child needs a winter toque or a pair of mittens! During our TIGER Traits Assembly on Tuesday, we again focused on **Integrity**, and we were happy to welcome one of our EIPS Consultants, Natalie McIntyre to our school. She did a wonderful job engaging with our students, and they were all eager to contribute to the conversation! We're looking forward to our Christmas Concert, on December 15 at 6:30 p.m. Our students and staff have been working hard to prepare!



## December

**December 13:** Christmas concert front row seats draw 2:00 (see info below)

**December 14:** Christmas concert dress rehearsal in the morning

**December 15:** School fees waiver application deadline (see further info below)

**December 15:** Tipi Teachings

**December 15:** Christmas concert 6:30 – Doors open at 6:00

**December 16:** Wear your favorite Christmas sweater

**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

## Christmas Concert Tickets!

Tickets for front row seating at our Christmas Concert happening on December 15 at 6:30 p.m. are **on sale now!** Each \$1.00 entry is for two seats and all monies collected will be given to charity.

## 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.

## Fee Waiver Application Deadline

If circumstances exist where you're unable to pay school or transportation fees, you can apply to have [fees waived](#) by submitting an [Application for a Waiver of Fees](#). The application deadline is Dec. 15, 2022. If you're new to the Division, the deadline is the latter of Dec. 15, 2022, or 45 days after registration.

To access your fee information, simply log in to the [PowerSchool Parent Portal](#) and go to "Student Fees." There you can view your fees and pay them online using Visa or MasterCard. All fees are due within 30 days of being posted.

Don't forget to also log in to the PowerSchool Parent Portal regularly throughout the year. Fees are often added to your child's account to cover the cost of various school activities such as field trips, class projects, extracurricular activities and more.

For more information about school fees, waivers and payment deadlines, visit <https://www.eips.ca/schools/fees>. Alternatively, contact Mrs. Carlson at Bruderheim School at 780 796 3936.

## 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.

### 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.



## MORE RESOURCES

[stress-and-your-health.pdf \(alberta.ca\)](https://www.alberta.ca/stress-and-your-health.pdf)

[Help in Tough Times | Alberta Health Services](#)

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





*Be Your Best!*