

# Bruderheim School

Parent Newsletter – February 17, 2023



## From the Principal

We had a great short week last week including two days of Teachers' Convention and have had a great full week with lots of exciting things happening here at Bruderheim School. Last week during our TIGER Trait Assembly on **Grit** we had Mrs. Lana Santana from the Fort Saskatchewan Multicultural Society help us celebrate Black History Month. She shared with our students about many individuals that demonstrated **Grit** throughout their lifetime. This week, we had a special presentation from Shell including a special guest, Gadget the Robot Dog! The presentation was full of engagement and interaction. Keep an eye on our social media feeds for pictures. We also celebrated our wonderful custodian, Mrs. Sullano, and all the amazing work she does at our school! Each class took a turn to read a special message and give her a class gift during our morning announcements! Keep an eye out for the news story in the Lamont Leader!

Also, a reminder to our parents to fill in the returning student or new student registration form on your parent portal. Almost half of our parents have completed this process. This is open until February 28. Please contact the school office if you have any questions or need assistance.

## February

**February 17:** Random Acts of Kindness Day

**February 20:** Family Day – schools closed to staff and students

**February 22:** Pink Shirt Day

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

**February 28:** 2023-24 Returning student registration closes

## March

**March 1:** Early dismissal 2:00; wear black, yellow or school spirit wear

**March 2:** Ski trip – grades 4 to 6

**March 3:** Professional Learning Day – schools closed to students

**March 7:** School council meeting 5:15

**March 17:** Pyjama Day (ECS)

**March 20-22:** Book Fair Sale

**March 21:** Book Fair public evening sale during parent/teacher interviews (we're looking for volunteers from 4:00 to 7:30)

**March 21 & 22:** Parent teacher interviews 4:00 to 7:00

**March 24-31:** Spring break

## Returning Student Registration for 2023-24

***Complete your Returning Student Registration: February 1-28***

Elk Island Public Schools' (EIPS) [returning student registration](#) process is now open. All current students, except Grade 12, must complete the online Returning Student Registration Form to confirm their enrolment in a school for the upcoming 2023-24 school year. 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.

***All current EIPS students are required to complete the form by Feb. 28, 2023.***

To access the Returning Student Registration Form (RSR), simply log in to the [PowerSchool Parent Portal](#). If you don't have a PowerSchool Parent Portal account, you do need to set one up. For help, [Create a PowerSchool Parent Portal account](#)

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

## Kindergarten Registration is Now Open!

Is your child turning five on or before Dec. 31, 2023? If so, it's now time to register for kindergarten. To register, simply complete the online registration form at [eips.ca/kindergarten](https://eips.ca/kindergarten).

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](https://BruderheimSchool.ca).



## Be Your Best!



# **Alberta Education Assurance (AEA) survey**

## **Deadline extension: March 17, 2023**

Look for parent survey invitation packages in the mail.

For more information about the survey, see

<https://www.alberta.ca/alberta-education-assurance-survey.aspx>



## Alberta Education Assurance Survey – Measuring Success

Once again, Alberta Education is surveying teachers, students and families through its annual [Alberta Education Assurance \(AEA\) Survey](#). The survey acts as an annual check-up on the province's education system. Every year, Alberta Education conducts the survey to gather information about the quality of education provided by Alberta schools and school authorities. The survey looks at various measures such as education quality, citizenship, family involvement, engagement levels, school climate and student wellness.

The AEA survey is sent to

- Small schools (fewer than 120 students in grades 4-12)—based on jurisdiction requests for more reportable survey data at the school level, the survey is expanded to include all students in grades 4 and above and their parents and guardians.
- Large schools (120 or more students in grades 4-12)—only students in grades 4, 7 and 10 and their parents and guardians are included in the survey. These grades are considered to be a reasonably representative sample of students.

Throughout February, grades 4 to 6 students at Bruderheim School are completing the survey online at the school. Student participation is voluntary and completely anonymous. Students are assigned a random username and password to ensure survey responses aren't linked to any individual student. The survey doesn't take long to complete and is done within the school day during regular class time.

Additionally, parents and guardians of students in these grades are also asked to take a survey, either online or by mail. Alberta Education will send families information about the survey directly. As with the student and teacher survey, it's anonymous and asks questions about your school experiences. If you have a child in these grades, we encourage you to participate. The survey deadline is ~~March 3, 2023~~. *Survey deadline has been changed to Friday, March 17, 2023.*

Results from the AEA Survey are provided to Elk Island Public Schools each spring. The Division then uses the data to inform its four-year education plan, school education plans and strategies for continuous improvement. Each fall, the results are also shared with EIPS families and school communities in the Division's Annual Education Results Report.

### Watch for Thin Ice

**Remember, be aware of thin ice this time of year. Depending on changing temperatures, ice can form and melt to varying degrees on outdoor bodies of water. Try to remind your child about the dangers of thin ice, obey all posted signs, take proper care and remain a safe distance from the ice.**

For more information about ice safety, visit the [Canadian Red Cross](#).

**Did you know?**

**The colour of ice may be an indication of its strength. Clear blue ice is the strongest. White opaque is half as strong as blue ice. And, grey ice is unsafe—greyness indicates the presence of water.**

# CFCW CRITTERS VS BRUDERHEIM COMETS

All proceeds go to accessible washroom for arena

Thursday Feb 23, 2023

7:00pm

Karol Maschmeyer Arena  
4936 51 Avenue Bruderheim

**Ticket Price - \$5.00 each**

Tickets Available

- The Town Office
- Event Brite
- Karol Maschmeyer arena



Puck Toss

Silent Auction



# Caregiver Education Sessions

February 2023



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

## Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

### Part 1: Increasing Wellness Deposits

In this **one-hour Lunch & Learn webinar**, we will look at what mental health and wellness is and discuss strategies for increasing your child's mental health 'deposits' – the protective factors that provide a buffer to life's challenges and promote wellness.

**Tuesday, February 14, 2023**

Time: 12:00 – 1:00 pm

For caregivers of children grades K-6; for adults only.

### Part 2: Reducing Wellness Withdrawals

In this **one-hour Lunch & Learn webinar**, we will discuss strategies for reducing mental health 'withdrawals' – the risk factors that increase stress and drain your child's inner resources. We will also look at the key perspectives that help children feel more resilient and able to take on their world.

**Tuesday, February 21, 2023**

Time: 12:00 – 1:00 pm

For caregivers of children grades K-6; for adults only.

## Participant Feedback:

"Thank you so much for the information."

"This presentation was loaded with invaluable information and resources! Thank you for helping parents and kids!"

"The presentation was very engaging - great use of the Zoom platform!"



AMH Education Services  
Addiction & Mental Health  
Edmonton Zone

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

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## Technology and the Teenage Brain

### Digital Wellness for Families

Technology is a huge part of our children's lives. Come together to discuss how modern technology can impact the developing teenage brain. As we review some of the risks and benefits of technology use, parents and teens will reflect on ways to stay safer and more balanced in their use of technology to better support positive mental health.

**Date: Wednesday, February 22, 2023**

Time: 6:00 – 7:30 pm

For caregivers and youth (Grades 7-12) to attend together.

## Understanding Self-Injury

In this session, we will explore various motivations in youth who are intentionally harming themselves and factors behind self-injurious behaviour. Strategies to support youth who may be engaging in self-injury will be discussed.

**Date: Tuesday, February 28, 2023**

Time: 12:00 – 1:00 pm

For caregivers of youth in grades 7-12; for adults only.

## Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Participant Feedback:

"It was helpful to have the interactive questions - helped keep my kids engaged."

"This was a great session. It helped my family talk and understand each other's point of view."

"These sessions are so helpful...excellent, useful content. Thank you."

# FAMILY ACTIVITY NIGHT

Free Drop-in:  
Wear your PJs  
(parents too!) and  
join us for fort  
building, stories,  
and a snack!

All families  
welcome!



## Family Fort Night

**And its International Polar Bear Day!**

**In Mundare at the Hub at Victory Park**

**Monday, February 27, 2023**

**5:00pm-7:00pm**



### What is sleep hygiene?

Sleep hygiene is our habits before bed that help to promote quality sleep. These habits and routines take time to develop, so keep repeating them!

This month we are sharing some tips and tricks to help promote quality sleep in children (as well as adults)!

If we have problems with sleep, we can see it impacts your child's school work, relationships, and overall mood.

### Promote a good bedtime routine

Create a routine and be consistent with it. This lets your body know that it's almost time for sleep! The routine should take no more than 20 minutes and is intended to start calming the body and mind. Some ideas may be to have a bath, read a book, brush your teeth, etc. Over time, this routine will tell your body you are tired.

Keep bedtimes and wake-up times close to the same time every day, even on weekends, to keep your body in a regular pattern.

### Tips for a good night's sleep

Limit screen time before bed. The blue light our devices and TVs produces actually prevents us from producing melatonin. Melatonin is the hormone our bodies produce to help us fall asleep and stay asleep!

Get some exercise during the day. Physical activity can help us fall asleep faster and stay asleep!

### Ways to support your child's sleep

If you notice your child is struggling to relax at bedtime, or talk about feeling worried, you can take some extra steps.

- If there is an easy solution, tackle it with them.
- Acknowledge their feelings if it's not a quick solution.
- Share with them when you notice positive changes in their sleep habits and routines.

### MORE RESOURCES

<https://raisingchildren.net.au/toddlers/sleep/better-sleep-settling/sleep-better-tips>

<https://www.sleepfoundation.org/children-and-sleep/sleep-strategies-kids>

<https://positivepsychology.com/sleep-hygiene-tips-kids-teenagers/>

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

