

# Bruderheim School

Parent Newsletter – February 24, 2023



## From the Principal

Well, we survived a very chilly week with lots of indoor recesses and are looking forward to some warmer days ahead! We continue to focus on **Grit** as our TIGER Trait for the remainder of February! On Thursday we had the privilege of having Leaha Atcheynum, our EIPS Indigenous Education Cultural Advisor at our school. Our students continued to engage and learn more about the Tipi Teachings.

We are pleased to announce that Before and After School Care will be available to Bruderheim school families for the 2023-24 school year! There are more details to come regarding cost and location, so please stay tuned.

Also, a reminder to fill in the returning student or new student registration form on your parent portal. There are only a few days left until February 28. Thanks to all our parents who have already completed this process! Please contact the school office if you have any questions.

## February

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

**February 28:** Second notice to pay this year's school fees

## 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 – and your coziest slippers! (ECS)

**March 20-22:** Book FairSale

**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

## April

**April 3:** Classes resume

**April 4:** School council meeting 5:15

**April 5:** Early dismissal 2:00; wear black, yellow or school spirit wear

**April 7:** Good Friday — statutory holiday

**April 10:** Easter Monday —Division closure

**April 11:** Classes resume

# 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).

## School Council

At our next school council meeting on March 7<sup>th</sup>, we will be reviewing the proposed school fees for 2023-24 which will be the same as they were for this school year. Please come and join us for this conversation.

Prior to the meeting, please provide us with your feedback regarding school fees for the upcoming school year using the survey below. The survey will be open until March 6<sup>th</sup>.

School Fees Parent Survey: <https://forms.gle/jS34ojXj2NgbbvqW7>

[Please see current school fees here](#)

## Before and After School Care

As we look ahead to the 2023-24 school year, we are pleased to announce that Before and After School Care will be available to Bruderheim school families! There are more details to come regarding cost and location, so please stay tuned. In the meantime, if you have any questions, you can contact us at the school office (780) 796-3936.

## 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.



*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>



### Measuring Success: Complete this year's Alberta Education Assurance Survey

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 online. 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 has been extended to 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*.

#### **RELATED INFORMATION**

[AEA Survey: Parent letter](#)

[AEA Survey: Methodology for rate calculation](#)

[Assurance and Accountability: Alberta's K-12 education system](#)

# PUBLIC TOWN HALL

## FORT SASKATCHEWAN RCMP



Join the Fort Saskatchewan RCMP for an evening of discussion, information sharing, and to help shape policing priorities for the upcoming year.



March 2, 2023 at 7:00 pm  
Lamont Rec Center Meeting Room

March 7, 2023 at 7:00 pm  
Chipman Town Hall

March 20, 2023 at 7:00 pm  
Bruderheim Community Hall



# 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

