

# Bruderheim School

Parent Newsletter – March 2, 2023



## From the Principal

Well, this week we said goodbye to February and hello to March and believe it or not we've completed six months of the school year, with only four more to go! Our Gr. 4-6 students and staff had a great day of skiing at Sunridge on Thursday. Thanks to our parent volunteers that joined us. We enjoyed the warmer winter weather, and a good time was had by all! Our students are excited to have a short week with no school on Friday and our staff are looking forward to their Professional Learning Day.

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.

We'd like your feedback regarding school fees for next year. Please take a couple minutes to fill out the survey. Details are below in the School Council section.

## March

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

**March 4:** Bruderheim Meteorite Day

**March 6:** Dress “spacey” day for Bruderheim Meteorite Day

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

**March 17:** Pyjama Day – and your coziest slippers! (ECS)

**March 17:** St. Patrick's Day – wear green!



**March 17:** Report cards published 3:30

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

**March 21:** Book Fair public evening sale during parent/teacher interviews

**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

**April 12:** School spring pictures

## *Have your say! EIPS' 2023 Annual Feedback Survey Opens March 1-23*

Elk Island Public Schools (EIPS) wants to hear from you. Make sure to complete the 2023 EIPS Annual Feedback Survey: For parents and caregivers—open from March 1-23.

Every year, EIPS conducts the feedback survey to gauge its progress toward meeting the goals and priorities outlined in its [Four-Year Education Plan](#). Families are asked a series of questions about their experiences with EIPS and the school their child attends, the overall performance of the Division, the quality of education being provided to students and areas for improvement. The survey input helps the Division develop new strategies to better serve students and the wider community.

VISIT [EIPS.CA](https://eips.ca) TO TAKE THE SURVEY: March 1-23

NOTE: The survey is anonymous and only takes a few minutes to complete. If you want to share the experience of more than one child attending an EIPS school, simply complete the survey again.

## *Pre-kindergarten Programming at EIPS*

Is there a preschooler in your life experiencing developmental delays or challenges with speech-language or motor-skill development—big or small? If so, Elk Island Public School's Play And Learn at School (PALS) program could help.

Early learning lays the foundation for success in primary grades and beyond. As such, EIPS offers the pre-kindergarten PALS program in five of its elementary school locations. In fact, EIPS is now accepting applications for free speech-language assessments for those interested in registering in the PALS program this fall. The assessment helps determine if PALS is appropriate for your child.

If you know a preschooler, born in 2019 or 2020, who could benefit from pre-kindergarten programming or want to book an assessment, fill out the [PALS Program Request Form](#) or call 780-417-8219. For more information, visit [eips.ca](https://eips.ca).

## *Kindergarten Registration*

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/iS34ojXj2NqbbvqW7>

[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!*



Your Future

in MIND



## 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





### 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:



# March 2023



## March is Nutrition Month!

This theme ties in well with the questions we are hearing from everyone about healthy eating on a budget! To help you “unlock the potential of food,” Alberta Health Services Public Health Dietitians have pulled together some tips about shopping and cooking on a budget to help you save money.

### Shopping on a budget:

1. Meal plan – plan your meals for the week before going to the store. Use store flyers to see what is on sale and plan meals around those items. [Cookspiration.com](https://www.cookspiration.com) can help with meal planning.
2. Compare prices – At the store, compare brand names, store brands, and generic brands to get the lowest price. Larger packages often cost less by weight than smaller ones, but that's not always the case! Unit pricing is the best way to compare the cost between items. You can learn more at [bit.ly/3QNPiQ3](https://bit.ly/3QNPiQ3)
3. Buy in bulk – Stock up on sale items or buy family pack sizes if you have the money and extra storage space. It will save you money in the long run. Divide the larger amounts into smaller sizes at home.
4. Buy fresh vegetables and fruits that are in season. They are sometimes lower in price at that time. Frozen and canned options are also healthy. Frozen produce saves on cost and time as it has already been washed and cut and will store in the freezer, so no food waste. It is also a great way to mix up the variety!
5. Buy 'plain' foods that you have to cook yourself. Ready to eat processed foods and foods that have added sauces or seasonings cost more. For example, buy plain rolled oats instead of flavoured instant packages. Cook the cereal yourself and add your own sweeteners, cinnamon and fruit. Or buy plain rice and add your own spices and vegetables during cooking.

### Cooking on a budget:

1. Do meal prep ahead of time (this is also part of meal planning). Wash and cut up fresh vegetables for the week. Cook extra pasta and rice to use later. Pre-cook meats and freeze for quick meals later.
2. Make use of one pot meals! Roast everything in one sheet pan or cook the whole meal in a slow cooker, instant pot, or casserole dish. You can find great recipes at [unlockfood.ca](https://unlockfood.ca)
3. Reduce food waste. Did you know 63% of food thrown out could have been eaten? This is about \$1,300 of wasted food in each household per year! To avoid waste, plan to use leftovers for other dishes. A stir-fry, soup, salad, or casserole is a great way to use up leftover veggies, grains and meats!

Did you know Registered Dietitians can translate the science of nutrition into everyday actions? You can find dietitians working in hospitals, home care, supportive living, outpatient clinics, community health centres and communities. You can meet with an Alberta Health Services dietitian one-on-one or in a group setting to help you meet your health and nutrition goals. To find out how to access a dietitian in your area for free, go to [ahs.ca/Nutrition](https://ahs.ca/Nutrition).

### Let's go skating!

#### Have you checked out the local rinks?

**Andrew Arena** - Indoor, Public Skating  
Sundays from 12-3pm

**Bruderheim Arena** - Indoor, check town  
Facebook page for dates and times

**Bruderheim ODR** - Outside, beside arena

**Lamont Arena** - Indoor, check town Face-  
book page for dates and times

**Lamont ODR** - Outside, at Hillside Park

**Mundare Arena** - See Mundare Ag Society  
Website for dates & times

## Wholesome Dad Jokes

1. Can February March?
2. What did the Irish potato say to his girlfriend?
3. Why shouldn't you iron a four-leaf clover?

**Follow us on Facebook for the  
most up-to-date information:**  
Kalyna Family Resource Network  
Lamont County Region

For more information please call:  
Erin @ 780-895-2233 ext 244  
Toll Free 877-895-2233 ext 244  
or email at: [erin.b@lamontcounty.ca](mailto:erin.b@lamontcounty.ca)



# What is the Kalyna Family Resource Network?



## KALYNA FAMILY RESOURCE NETWORK LAMONT COUNTY REGION

### WHO WE ARE?

Family Resource Networks (FRNs) deliver high quality prevention and early intervention services and supports for children aged 0 to 18. Services are provided to all geographic areas and in various cultural communities across the province – either directly or through collaborative partnerships with qualified service agencies.

### WHO CAN PARTICIPATE?

Family Resource Networks (FRNs) welcome anyone who is part of a child's life. This could be a parent, caregiver, grandparent, aunt/uncle, day home provider, nanny, the list goes on!

### WHAT PROGRAMS DO WE OFFER?

Some of our programs include developmental screening (ASQ), Triple P Positive Parenting, Infant Massage, Kids Have Stress Too, summer programming for families, child and youth development programming including National Child Day and Welcome to Kindergarten.

### WHAT WE DO?

Networks provide a range of services and supports that focus on strengthening parenting and caregiving knowledge, social support, coping and problem-solving skills, access to community supports and resources, improving child and youth development, building resiliency and fostering well-being.



### UMBRELLA OF SUPPORT PROVIDED BY PROVINCIAL FRN:

Child Development  
& Well-being Support

Caregiver Capacity  
Building Support

Social Connections  
& Support

### OUR FRN NETWORK:

Vegreville & Area  
Lamont County Region  
Mannville/Minburn/Innisfree  
Two Hills & Area  
WJS Canada

**Parent Education &  
Caregiver Capacity Programs**  
are available even if they are not  
on the monthly calendar.  
Contact Erin for more information.



### What is an Ages & Stages Questionnaire?

The Ages & Stages Questionnaire (ASQ) checks 5 developmental areas.

1. Communication skills
2. Gross motor skills
3. Fine motor skills
4. Problem solving skills
5. Personal-social skills



#### Why complete an ASQ and ASQ-SE?

The great thing about ASQ is that it's strengths-focused - the emphasis is really on what your child can do. It's the perfect way to keep track of milestones and celebrate them as your child grows and develops.

#### For more information:

Call: (780) 895-2233 ext. 244  
Facebook: Family Resource Network Lamont County Region  
Email: [erin.t@lamontcounty.ca](mailto:erin.t@lamontcounty.ca)

<https://agesandstages.com/about-asq-for-parents>



The ASQ & ASQ-SE are designed to show caregivers how the child is developing from birth to 5 years of age. They are simple and easy questionnaires that are filled out by the caregiver.

The ASQ-SE checks 7 social-emotional areas:

1. Self-regulation
2. Compliance (trust & respect)
3. Communication
4. Adaptive functioning
5. Autonomy (ability to function independently)
6. Emotional responses
7. Interaction with people



#### How do I complete one?

Go to these links for recommended completing both screenings:  
ASQ-3  
<https://www.asqonline.com/family/70d5a8>

#### ASQ-SE

<https://asqonline.com/family/af517f>



## Community Partners We Have Loved Working With

We want to bring you the best services possible. To do that, we will often partner with some of the amazing service providers that we have in the Lamont County Region and surrounding areas. Some of our partners are:

Alberta Human Services  
Alberta Health Services (AHS)  
Early Childhood Coalitions of Alberta  
Various municipal governments  
Family Day Homes  
Various Seniors Centres  
CALC  
Family and Community  
Support Services (FCSS)

Alberta Children's Services  
Primary Care Network  
Local Libraries  
Prairie Central FASD  
Local Community Clubs  
Local School Divisions  
Local Food Hampers  
WJS Canada

## INTRODUCING Alberta Indigenous Virtual Care Clinic

Receiving healthcare from doctors who understand Métis culture is essential to the overall health and wellness of our community.



The Alberta Indigenous Virtual Care Clinic (AIVCC) virtually connects Métis Albertans with family doctors who are experienced in providing Indigenous and culturally-safe healthcare.

All appointments happen by telephone or by video using your device. The choice is yours.



Call 1-888-342-4822 to book your appointment or visit [aivcc.ca](http://aivcc.ca) for more information.

Hours: Mon - Fri 8:30am - 4:30pm, Sat - Sun 12:30pm - 4:30pm.

Please Note: Clinic is not an emergency care service. If you have an emergency, please call 911.



# Programs & Information

Free program for families with children ages 1-6

Lamont County Region  
Kalyno Family Resource Network

We will be making:  
Fun Snacks!



## COOKING WITH YOUR LITTLES

(Because who doesn't like a little adventure)

Join us for learning, socializing, and laughter as we cook with our littles (ages 1-6). While making a tasty treat, we will focus on engaging children in the kitchen and its importance.

Bruderheim Memorial Hall - Thurs., March 9, 2023 (1:00 - 2:30pm)  
Bruderheim registration due by March 6 at noon  
Andrew Lions Club - Wed., March 15 (1:00-2:30pm)  
Andrew registration due by March 10 at noon

Please sign up for one Session by link or QR code: <https://signup.com/go/GPddskB>  
For more info email: [erin.b@lamontcounty.ca](mailto:erin.b@lamontcounty.ca)



Max 5 families/session

Scan me

Bruderheim Lions Club

Connecting Generations

# SAINT PATRICK'S PROGRAM

## MARCH 16, 2023

### 10:00AM - 11:30AM

JOIN US FOR SOME ST. PATTY'S FUN! WE WILL CRAFT, SNACK, AND MAKE CONNECTIONS WITH OUR FRIENDS AT BEAVERHILL PIONEER LODGE IN LAMONT

This program is FREE to families with children ages 0-6 and homeschool families but REGISTRATION IS REQUIRED.  
Please register by noon March 13, 2023.  
Registration link: <https://signup.com/go/PiqZVmx>  
Please park on the street and enter around back at the main door.  
We will be upstairs in the activity room beside the elevator.



Lamont County Region  
Kalyno Family Resource Network

FCSS  
Family and Community Support Services  
Lamont County Region


Beaverhill Pioneer Lodge

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# FAMILY ACTIVITY NIGHT

FREE Drop-in!  
Join us for some Springtime make & take and a snack!

All families welcome!



## At the Andrew Multipurpose Room

### Wednesday, March 22, 2023 from 5:00 - 7:00pm

Lamont County Region  
Kalyno Family Resource Network

FCSS  
Family and Community Support Services  
Lamont County Region

Village of Andrew  
Family and Community Support Services

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# YOUTH RETREAT

## GRADES 7-12

### MARCH 29-30, 2023

9am Wed. - 1:30pm Thurs.  
St. Michael Hall, St. Michael, AB  
Cost: \$100 / Youth  
Register & payment due by:  
March 23, 2023

Bus trip to Activate in Edmonton, games, movie, youth related learning sessions food & snacks

Pack: Sleeping bag, pillow, toiletries, clothing & snack for the bus ride

#### DAY ONE

9am - Meet at St. Michael Hall  
9:15am - Bus to Activate in Edmonton  
1pm - Pizza Lunch  
3pm - Return to St. Michael Hall  
Evening - Activities, games, supper & movie

#### DAY TWO

9am - Breakfast  
10am - Information Session by Saffron  
11am - Brain Architecture Game  
Noon - Lunch  
1:30pm - Pick Up

#### HOW TO REGISTER:

<https://signup.com/go/djcsAdm>  
or scan QR Code below.

Once online registration is complete, we will email you the full form and waiver for Activate. Please complete both ASAP.



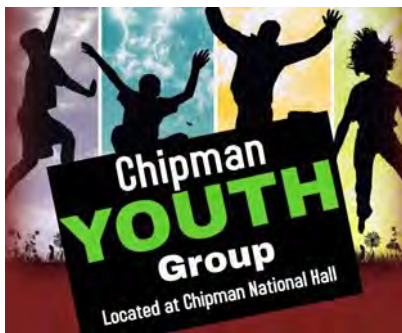
Registration & Payment can be made in person at the Lamont County Admin Building in Lamont. Forms of payment accepted: Cash, cheque (payable to FCSS Lamont County Region) or credit card. Sorry, no e-transfer.

Please do not attend if you are feeling ill. Please notify [Michelle.a@lamontcounty.ca](mailto:Michelle.a@lamontcounty.ca) ASAP if you are unable to attend.

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# Programs & Information



**Chipman  
YOUTH  
Group**  
Located at Chipman National Hall

**Running Every Monday**  
Call 780-895-2233 for more info

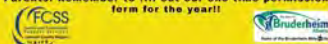
3:30 - 6:30pm All Children and Youth  
Aged 7 and older  
Parents: Remember to fill out our one time permission  
form for the year!!




**Bruderheim  
YOUTH  
Centre**  
Located upstairs of Arena

**Running Every Tuesday**  
Call 780-895-2233 for more info

3:30 - 6:30pm All Children and Youth  
7 years of age and older  
Parents: Remember to fill out our one time permission  
form for the year!!




March 28, 2023  
1:00pm-3:00pm  
Bruderheim  
Youth Centre



## At Home Alone

**FREE**  
Ages 10 and Up

**Join Us**

Registration is required.  
Please register by March 22 at noon.

Registration link:  
<https://signup.com/go/gchChAV>  
or scan QR Code:



Do you know what to do when  
you are Home Alone?  
Join us and learn to be safe.  
(Must be 10 yrs old by date of course)

For more information please  
call 1-877-895-2233 ext 223

**FREE!!!**

# PARENT'S & TOTS

**BRUDERHEIM**  
TUESDAYS from 9:30am - 11:30am  
Located at the Karol Maschmeyer Arena

**LAMONT**  
WEDNESDAYS from 9:30am - 11:30am  
Located at the Lamont Alliance Church

**ANDREW** \*Registration is now required  
For Andrew  
SOME FRIDAYS from 9:00am - 11:00am  
Nov 4, 25, Dec 2, 9,  
Jan 6, 13, Feb 3, 17, March 10, 17, Apr 14, 21

**MUNDARE**  
SOME FRIDAYS from 10:00am - 12:00pm  
Second and Fourth Friday of the month  
Located at the Mundare Town Office

If you have any questions or concerns please contact  
Melissa at  
780-895-2233 Ext 228  
[melissa.s@lamontcounty.ca](mailto:melissa.s@lamontcounty.ca)




## Virtual Child Development Walk-in Clinic

Birth to Five Years

Do you have questions or do you want to learn more  
about...

### How your child:

- ✓ Speaks
- ✓ Hears
- ✓ Colours
- ✓ Moves
- ✓ Plays
- ✓ Follows Directions
- ✓ Sleeps
- ✓ Eats



### Sensitivity to:

- ✓ Noise
- ✓ Clothing
- ✓ Food Textures
- ✓ Messy Play



### Your child's:

- ✓ Routines (bedtime, toileting)
- ✓ Emotions
- ✓ Growth
- ✓ Development



**Call us at our Virtual Walk-in Clinic!**

**~ 780-895-5817 ~**

**FREE**

The first **THURSDAY** of every month  
Community Rehabilitation Program – Pediatrics  
**9:00 a.m. – 11:30 a.m.**

Virtual services that may be accessed include:

Occupational Therapy  
Early Intervention Support (birth-31/2 yrs)

Physical Therapy  
Speech-Language Pathology  
Social Worker

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

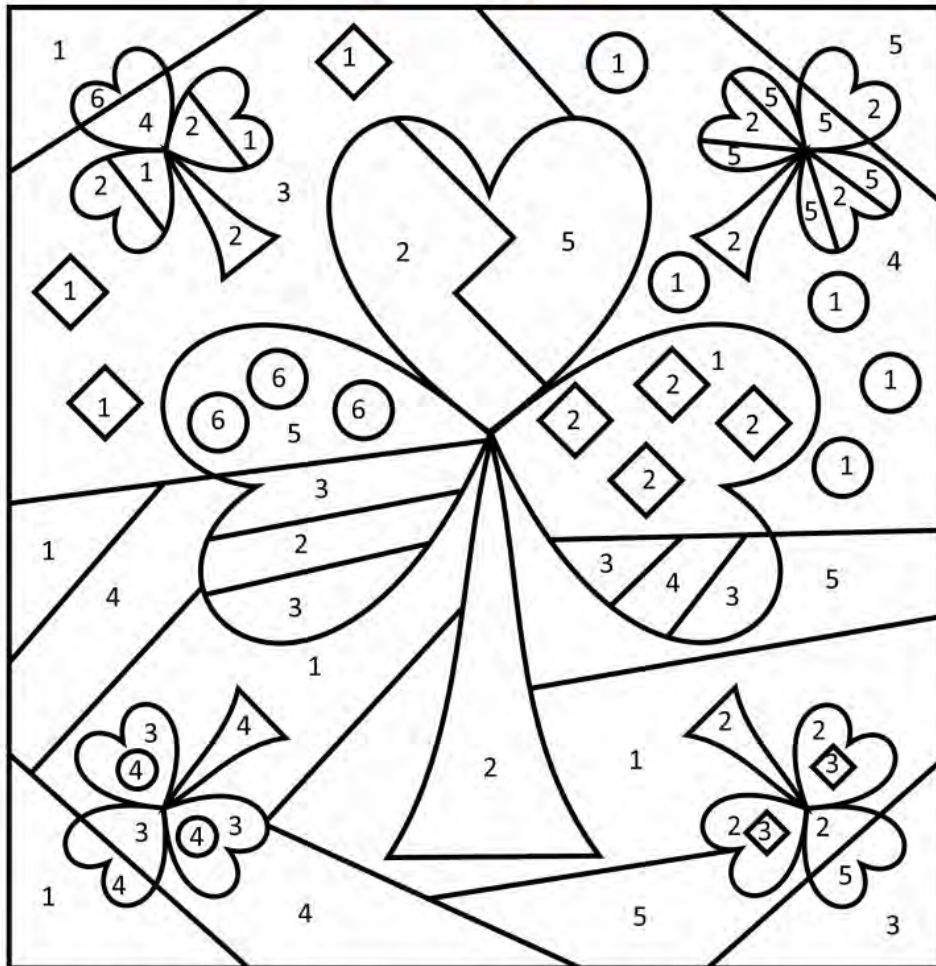


# March Fun!

## Color by Number

Directions: Color each section in the picture below according to the numbers below.

- |         |          |
|---------|----------|
| 1 Blue  | 4 Yellow |
| 2 Green | 5 Purple |
| 3 Red   | 6 Orange |

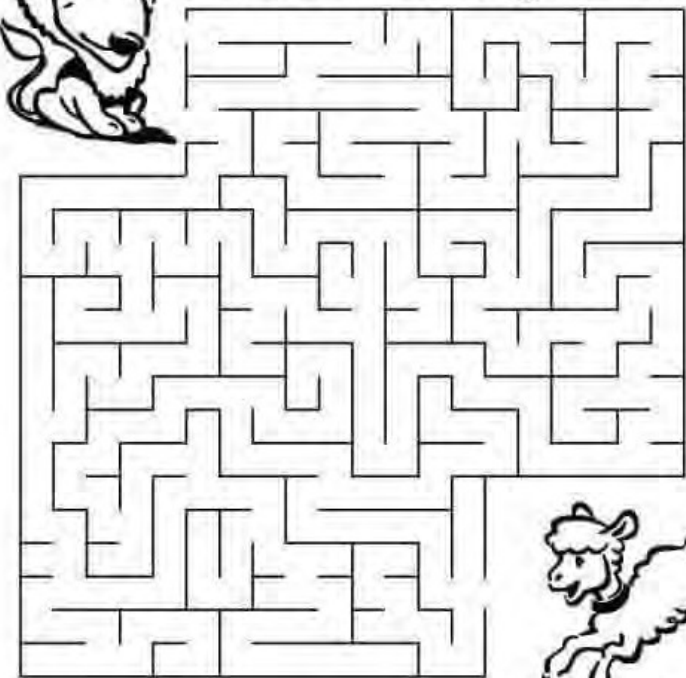


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# MARCH



comes in like a lion



goes out like a lamb

# March 2023



SUN	MON	TUE	WED	THU	FRI	SAT
			1 EIPS—Early Out P&T - Lamont ROE - Andrew School	2 AHS Virtual Child Development Walk – in Clinic	3 P&T - Andrew	4
5	6	7 P&T - Bruderheim	8 P&T - Lamont ROE - Andrew School	9 Cooking with Your Littles - Bruderheim	10 P&T - Mundare	11
12 Daylight Savings Begins 	13	14 P&T - Bruderheim	15 P&T - Lamont ROE - Andrew School Cooking with Your Littles - Andrew	16 Connecting Generations	17 Happy St. Patrick's Day P&T - Andrew 	18
19	20 First Day of Spring	21 P&T - Bruderheim	22 P&T - Lamont ROE - Andrew School Family Activity Night —Andrew	23	24 P&T - Mundare	25
26	27	28 P&T - Bruderheim Home Alone Course	29 Youth Retreat	30	31	