

Bruderheim School

Parent Newsletter – March 10, 2023



From the Principal

We've had another good week of school and yes, survived the cold snap here in March complete with a week of indoor recesses! On Wednesday we had the privilege of having a special presentation on railway safety by Constable Dean, the CN Police Officer. His presentation was engaging, and we were all reminded to **"Be Rail Smart: Stop, Look, Listen, Live!"**

I'm sure we're all looking forward to Spring Break, but first we'll have report cards - published on March 17 as well as Parent/Teacher Interviews - March 21 & 22. The sign-up information for Parent/Teacher Interviews will be sent out next week, and we look forward to seeing you here at the school.

March

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



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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

April 12: ECS Information Night 6:00

Have Your Say! EIPS' 2023 Annual Feedback Survey 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 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



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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](#).

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](#).

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](#).

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 color of ice may be an indication of its strength. Clear blue ice is the strongest. White opaque is half as strong as blue ice. Grey ice is unsafe — greyness indicates the presence of water.



Bruderheim April 2023 Hot Lunch Form

*****THIS FORM IS DUE SUNDAY MARCH 19TH!!!*****

This year the kitchen staff will be providing lunches 3 days a week-Tuesday, Wednesday and Thursday.

The monthly menu is always available on the Lamont Elementary School website under "Lunch Calendar."

Please submit one form per student.

As in the past few years all lunches will be individually packaged and delivered to the classrooms at lunch time.

Please send reusable cutlery for your students to use to help cut down the waste we have everyday.

~~On occasion, for reasons we cannot control we may need to make substitutions to meals.~~

*****THIS FORM IS DUE SUNDAY MARCH 19TH!!!!*****



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:



Addiction Services Help Line
1-866-332-2322



Caregiver Education Team Newsletter

March 2023



Alberta Health Services is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

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.

Caregiver Education Sessions

Parenting Teens in the 21st Century

For parents and caregivers of youth in grades 7-12

Part 1:

Tuesday, March 7
12:00 – 1:00 pm

Part 2:

Tuesday, March 14
12:00 – 1:00 pm

Test Anxiety

Strategies for Success

For parents and teens (grades 7-12) to attend together

Wednesday, March 15
6:00 – 7:30 pm

Keeping Scattered Kids on Track

Supporting Children and Youth with ADHD

For parents and caregivers of children and youth in grades K-12

Wednesday, March 22
6:00 – 7:30 pm

Adult Education Sessions

More than Just a Bad Day

Understanding Depression

For adults supporting their own wellness or the wellness of youth (grades 7-12)

Wednesday, March 15
12:00 – 1:00 pm

Understanding Anxiety Series

For adults supporting their own wellness or the wellness of children and youth.

Part 1:

An Introduction

Tuesday, March 21
12:00 – 1:00 pm

Part 2:

Calming Our Bodies

Tuesday, March 28
12:00 – 1:00 pm

Participant Feedback:

“I was really impressed with the presenters and increased my knowledge on this topic.”

“The instructors are well versed and how they teach is most effective, there is compassion and warmth and that makes a big difference. Thank you.”

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

March 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

Parenting Teens in the 21st Century Respectful Limit Setting for Adolescents

In these sessions, we will explore the challenges of being a teenager and the importance of the parent/teen relationship. We will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

Part 1: Teen Development and Challenges

In this one-hour Lunch & Learn webinar, we will look the challenges of both being and raising a teenager. We will look at some of the unique factors that today's teens face and how their development in these key years impacts their behaviours and relationships.

Date: Tuesday, March 7, 2023

Time: 12:00 – 1:00 pm

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

Part 2: Parent Responsiveness

In this one-hour Lunch & Learn webinar, we will discuss parenting strategies to promote healthy teenage development with a focus on relationship, communication, and respectful limit setting.

Date: Tuesday, March 14, 2023

Time: 12:00 – 1:00 pm

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

Participant Feedback:

“These sessions are great. They're helpful and well-articulated, and feel like a two-way conversation with all the invitations to participate throughout.”

“I like the noon hour lunch and learns a lot!”

“This session was very informative and helpful.”



AMH Education Services
Addiction & Mental Health
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Caregiver Education Sessions

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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

Participant Feedback:

“My 15-year-old son liked the interactive parts for both parents and teens - kept us both engaged.”

“I am very happy with everything in these education sessions. It is great and helpful ! [The presenters] are amazing for the virtual delivery, clear and kind.”

Test Anxiety Strategies for Success

Does your teen prepare for exams only to freeze up during the test? Test and performance anxiety are very common among students. This session will help teens learn how to succeed despite their anxiety and help caregivers support their teens to reduce test anxiety.

Date: Wednesday, March 15, 2023

Time: 6:00 – 7:30 pm

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

Keeping Scattered Kids on Track Supporting Children and Adolescents with ADHD

This session will discuss common signs and symptoms of attention deficit hyperactivity disorder (ADHD) and strategies for supporting success in children and youth with ADHD.

Date: Wednesday, March 22, 2023

Time: 6:00 – 7:30 pm

For caregivers of children and youth in grades K-12; for adults only.

Adult Education Sessions

March 2023



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

More than Just a Bad Day

Understanding Depression

In this session, we will discuss what mental health is, the difference between sadness and depression, and common signs and symptoms of depression. Treatment options and supportive strategies for coping and support will be shared.

Date: Wednesday, March 15, 2023

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of youth (grades 7-12)

Understanding Anxiety Series

Part 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help participants to identify signs that they or their loved one may be experiencing anxiety.

Date: Tuesday, March 21, 2023

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a child, youth, or loved one.

Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers, ways we can start to notice the body's stress responses, and strategies for regulating ourselves and those we care for.

Date: Tuesday, March 28, 2023

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a child, youth, or loved one.

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

Participant Feedback:

“The time of the sessions are just great - time and length.”

“Team presenting were great, loved the info provided, so helpful. Feel like I have a whole new set of tools and reenergized.”

“I love these sessions - so informative and topics that are relevant and timely - thank you!”



AMH Education Services
Addiction & Mental Health
Edmonton Zone

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