

# Bruderheim School

Parent Newsletter – March 17, 2023



## From the Principal

We've had another good week of school with lots of exciting things happening! On Tuesday during our TIGER Trait Assembly, we welcomed Cst. Osamah to our school, an RCMP Officer from Fort Saskatchewan. He shared and engaged with our students and staff about **Empathy**, and our students were able to ask many questions.

A big thank you to Mrs. Bartz and all our parent/grandparent volunteers for making the Book Fair a huge success!

On Thursday, our students continued learning about the Tipi Teachings and working on their projects.

Thank you to all our parents/guardians that attended our in-person parent/teacher Interviews this week, your partnership in your child's education is needed and appreciated! Thanks as well to those young people who provided childcare on both evenings and to our School Council for organizing and supporting this service. All the students sure had a great time in the gym!

On behalf of all the staff of Bruderheim School, we hope you have a wonderful Spring Break and enjoy time with family and friends!

## Lost and Found

Our collection of Lost & Found items has been growing over the last few months. Thanks to our staff and students for checking out all the lost and found items that were displayed during this week and during Parent/Teacher Interview evenings. Any items that have not been claimed will be donated to a charity after 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 12:** School spring pictures

**April 12:** ECS Information Night 6:00

**April 14:** Dress as your favorite movie/storybook character (ECS)

**April 15:** Young Authors' Conference

## Get Ready for Kindergarten

Do you have a child registered in kindergarten next year? If so, make sure to attend Bruderheim School's upcoming Kindergarten Information Night on April 12. You'll get to:

- tour the school;
- meet the teachers;
- gain insight on play-based learning; and
- see what a typical day looks like

### Kindergarten Information Night 2023:

- Date: April 12, 2023
- Time: 6:00 to 7:30
- Location: Bruderheim School

To make the transition to school as smooth as possible, Elk Island Public Schools has put together a toolkit for families. The kit includes information about registration, important dates, programming options, what to expect, eligibility, finding your designated school, transportation and more. Find it at: [Welcome to EIPS Kindergarten](#).

Additional information about Bruderheim School's kindergarten program is available on the school website. <https://www.bruderheimschool.ca/about/kindergarten-registration>.

## Complete your Parent/Guardian Information Verification Form

Elk Island Public Schools (EIPS) is currently reviewing and updating all parent and guardian contact information within the Division's student information system. This one-time, full-scale review is to ensure the Division has complete and accurate data on file as Alberta Education moves to a new way of capturing information in the provincial database.

As part of the data review, EIPS requires all families to carefully review the parent and guardian information on file for each student in your family—even if you've recently completed a Student Correction and Verification Form. Families can quickly and easily indicate no updates are needed, if that's the case, or provide updated contact information as needed. The form also includes a handful of new questions to help the Division understand each parent and guardian's relationship to the student and their preferences for receiving communication from the school and Division.

To review your information, simply log in to your [PowerSchool Parent Portal](#) and open the "Parent/Guardian Information Verification Form" from the left-hand menu or notification at the top of the page. Review all information carefully, provide updates where needed and submit your form by April 30. One form is required for each student currently registered at an EIPS school. Only one parent/guardian will complete the form for each student—all associated parent/guardian information for each student is available to review on the same form.

If you have any questions about your Parent/Guardian Information Verification Form, reach out to the school at 780 796 3936.

$$a) \frac{1}{5} \% \text{ of } 630$$

$$\frac{1}{5} = 0.2$$

$$\frac{0.2}{100} = \frac{0.002}{1}$$

$$0.002 \times 630 = 1.26$$

## Math Homework Support for Parents and Caregivers

Looking to support your child in their math learning? [The Community Adult Learning and Literacy Society](#) (CALLS) is here to help! A CALLS instructor can walk you through kindergarten to Grade 6 math homework online so that you can feel confident in fostering your child's math skills. Support sessions take place virtually every Wednesday from 7:30 p.m. to 8:30 p.m. Simply call or text 780-667-8441 for a Zoom meeting link.

## A Big THANK YOU to EIPS Volunteers

National Volunteer Week takes place April 16-22. On behalf of the Board of Trustees at Elk Island Public Schools (EIPS), I want to say a huge thank you to all EIPS volunteers and school families who help make the Division what it is today. Whether you volunteered for the first time this year or have committed many years to EIPS, your initiative, hard work and dedication are invaluable. You build a legacy for others to follow and a memory for students to cherish as they journey into their futures.

So, thank you again for your overflowing support. Your actions are a direct reflection of the kindness and compassion found in all the communities EIPS serves. This National Volunteer Week, I encourage everyone to celebrate the hundreds of volunteers and thousands of hours put into making schools across the Division places for students to learn, grow and succeed.

Trina Boymook  
Chair, EIPS Board of Trustees

## 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!*



## Language Impacts People

Help your family learn how to use language to build caring, connected relationships. When positive, helpful words, tone and body language are used it can enhance mental health.

**Family Smart Practice Tool** shares tips on how to build communication and language skills:

- **Be prepared** by thinking about what and how you are going to say something.
- **Suspend judgement** and do not assume you know what is going on or has happened.
- **Trust** is earned and it takes time to build it.
- **Empowerment** is given by providing an opportunity to share what is important.

More great tips from the **Family Smart Practice Tool** on how to build communication and language skills:

- **Alignment** happens when we work together to identify a common goal and create a plan to achieve it.
- **Check In** regularly to connect better and change directions if needed.
- **Assume good intentions** and that each person wants things to go well.
- **Empathy and listening** helps us to see each other's perspective and to increase understanding.
- **Be kind** to yourself and to others.

Learn how to tackle stigma and show sensitivity through the words you choose.

- Use positive and respectful language
- Don't use labels or judgement
- Use person-first language to focus on the individual rather than the illness, disability, condition or behaviour.
- Avoid stereotyping or oversimplifying similarities.

Words to combat stigma :

### Stigmatizing

They were an addict.  
Committed suicide.  
They are crazy.

### Respectful

They are in recovery.  
Died by suicide.  
They're living with a mental illness.

**Together with your children**, learn the importance of using the right words when talking about mental health. **Mental Health Literacy** offers a helpful resource for families to learn about mental health and to use the terms and components correctly.

### Components:

- No distress, problem or disorder
- Mental distress
- Mental health problem
- Mental disorder/illness

Understanding the differences is crucial to getting the right kind of help if needed, to avoid seeking treatment when it is not needed and to be clear about the language we use to express how we feel.

## MORE RESOURCES

[Resources - FamilySmart](#)  
[Language Matters](#)  
[Mental Health Literacy](#)

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

