

# Bruderheim School

Parent Newsletter – April 6, 2023



## From the Principal

We were happy to welcome our students back to school this week after spring break! We've had another good week of school and have been enjoying the sunshine and outdoor recesses! This week and the next are short weeks with no school on Good Friday and Easter Monday! Next Wednesday April 12, is class picture day! We will also have our Kindergarten Information Night/Open House that evening from 6 to 7:30 p.m.

On behalf of all the staff of Bruderheim School, we hope you have a wonderful Easter long weekend!

## April

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

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

**April 12:** School spring pictures

**April 12:** ECS Information Night 6:00 to 7:30

**April 14:** PJ Day (changed from “Favorite Character Dress Up Day”)

**April 15:** Young Authors’ Conference

**April 17:** Volunteer Appreciation Tea 8:15 to 9:15

**April 28:** Crazy hair day

## May

**May 2:** School council meeting 5:15

**May 3:** Early dismissal 2:00; wear black, yellow or school spirit wear

**May 3:** Hats On For Mental Health [www.canwetalk.ca](http://www.canwetalk.ca)

**May 4:** May The Fourth Be With You - Dress “spacey” day!

**May 5:** Professional Learning Day – schools closed to students

**May 19:** School closure day

**May 22:** Victoria Day – statutory holiday

**May 26:** Dress dinosaur or camouflage day

## 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

## A Big THANK YOU From Us To You!



***Please RSVP by Wednesday, April 12<sup>th</sup> via the form at <https://forms.gle/uoesNVau6Uc3ZCqz5>  
We look forward to seeing you!***

## Staffing Update

We are pleased to announce that Nicole Oviatt is returning to Bruderheim School as our Music Teacher, and we will welcome her back on April 19!

We also want to say a heartfelt thank you to Alison Janzen for her service and dedication to our school while she served as our Music Teacher!

## 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.



## 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>.



*Be Your Best!*



# Volunteer Appreciation Week

## Volunteers Bring Heart To Canada's Communities

Volunteer Strengthen Communities, They Keep Us Safe, Lead Movements, and Share Skills.

Are you a local volunteer in Lamont County?

Have you done a good deed for a local neighbor or helped a person in need?

In appreciation of ALL the volunteers that make our communities strong and vibrant, FCSS Lamont County Region would like to invite all local volunteers to an evening of entertainment and a free supper, so we can say THANK YOU!

### Andrew

Monday April 17, 2023

5:30-9:00pm

Supper at 6:00pm

@ Rainbow Club

### Bruderheim

Tuesday April 18, 2023

5:30-9:00pm

Supper at 6:00pm

@ Community Hall

### Lamont

Wednesday April 19, 2022

5:30-9:00pm

Supper at 6:00pm

@ Lamont Hall

### Mundare

Thursday April 20, 2022

5:30-9:00pm

Supper at 6:00pm

@ Mundare Rec Centre

*For over 30 years, Double Vision has entertained and amazed audiences across North America, from corporate galas to small town halls. Mitchell and Michael take full advantage of the identical twin aspect and because of this you'll see many routines in their shows that are unique to them.*

*Get ready for an evening of twins, magic, clean comedy, mind reading and laughter!*



To pick up your tickets to the event, visit the Town of Lamont office, Town of Mundare Office, Town of Bruderheim Office, Andrew Lions Club (Wednesday's Only), or contact Darlene at 780-895-2233 ext. 226 Toll Free 1-877-895-2233 ext 226 for pick up at the Lamont County Building. Tickets will be available March 1-April 7, 2023.

Tickets are Free of charge, but limited in number.

Tickets are required for entrance to this event.

Brought to you by:



# April 2023



## Caregiver Fatigue

### Why is this important?

Caring for children can be very rewarding but it can also involve many stressors, especially under the current circumstances. Giving yourself permission to take care of yourself is important so that you are in the best mental and emotional state to care for any children in your care. Understanding what caregiver fatigue is, how to identify the symptoms, and how to manage your stress to avoid it can help decrease the impact of caregiver fatigue.

### What is caregiver fatigue?

Caregiver fatigue is “a debilitating psychological condition brought about by unrelieved stress.” By the time most caregivers suspect caregiver fatigue, they’re already suffering many symptoms. Symptoms of caregiver fatigue can include:

- Anxiety, depression, irritability
- Lack of energy
- Overwhelming fatigue, constantly exhausted
- Sleep problems
- Change in eating habits
- Feelings of hopelessness and helplessness
- Neglecting your own physical and emotional needs

### To prevent or reduce caregiver fatigue, here are a few tips:

- Ask for help! Reach out to a friend, family member or community agency. They may be able to help, even from a distance.
- Take breaks throughout your day.
- Exercise, eat well and get enough sleep.
- Start your day 15 minutes before children wake up and do something for you. Enjoy your first cup of coffee in silence, meditate, stretch... something, anything, just for you!
- Make a list of everything you need to do during the day. See if there are any items you can delegate to someone else.
- Focus on things you can control. Some examples of things you can control could be how you react to situations and where you invest your time and energy.
- Set realistic goals. Break larger tasks into smaller manageable steps and focus on one step at a time.
- Explore community agencies or supports that might be able to help. The Kalyna Family Resource Network is here to support families and focus on caregiver capacity and building supports!

Excerpt from: <https://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/>

**Ready when you are.**

**Rapid Access Counselling**  
Change. One conversation at a time.  
Contact your local Family Resource Network (FRN) to book a session  
Visit <https://www.gnb.ca> or call 1-877-244-2360

## Wholesome Dad Jokes

1. Why should you tell dad jokes to an Easter Egg?
2. How does a sleep egg feel?
3. Why did the Easter egg hide?

Answers: 1. It might crack up!  
2. Egg-zosted!  
3. Because it was a little chicken.



**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

<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 (we recommend 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



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.

Lamont Arena Meeting Room - Tues, April 11 2023 (1:00 - 2:30pm)  
Lamont registration due by April 5 at noon  
Chipman Hall - Thurs, April 20 (1:00-2:30pm)  
Chipman registration due by April 13 at noon

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



Max 5 families /session



Connecting Generations

## HOP TO IT!

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

**THURS APRIL 6TH**  
10am - 11:30am

This program is FREE to families with children ages 0-6 and homeschool families but REGISTRATION IS REQUIRED.

Please register by noon April 4, 2023. Link: <https://signup.com/go/bMEHyHO>  
Please park on the street and enter around back at the main door around back. We will be upstairs in the activity room beside the elevator

FCSS  
Kalyna Family Resource Network  
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 Lamont Public Library**  
**Thursday, April 27, 2023 from 5:00 - 7:00pm**



Lamont Public Library

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Lamont County Region Kalyna Family Resource Network

## Attention 2023-2024 Kinders!

Lamont County Region Schools

Free bag for all 2023-2024 Kindergarten students

Your Kinder Welcome bag is filled with so many amazing materials and resources for talking, reading, singing and playing together every day!

Kalyna Family Resource Network  
Lamont County Region  
Presents.

## A Kinder Welcome

You will receive your free bag when you attend your child's Kindergarten Open House.

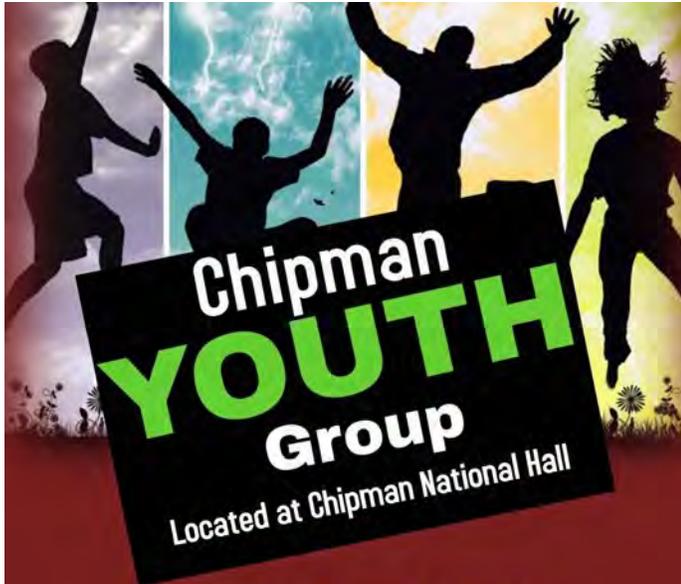
**Bruderheim: April 12 @ 6pm**  
**Mundare: April 27 @ 1pm**  
**Lamont: May 25 @ 6pm**  
**Andrew: May 29 @ 9:15am**

[erin.b@lamontcounty.ca](mailto:erin.b@lamontcounty.ca)  
One WTK Bag per Lamont County Region child attending Kindergarten for the first time in 2023-2024

Our community partners: FCSS, Alberta Health Services, Lamont County Region, Lamont School, Andrew School

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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!!



**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




**Alberta Health Services**  
Lamont County Region

**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

**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

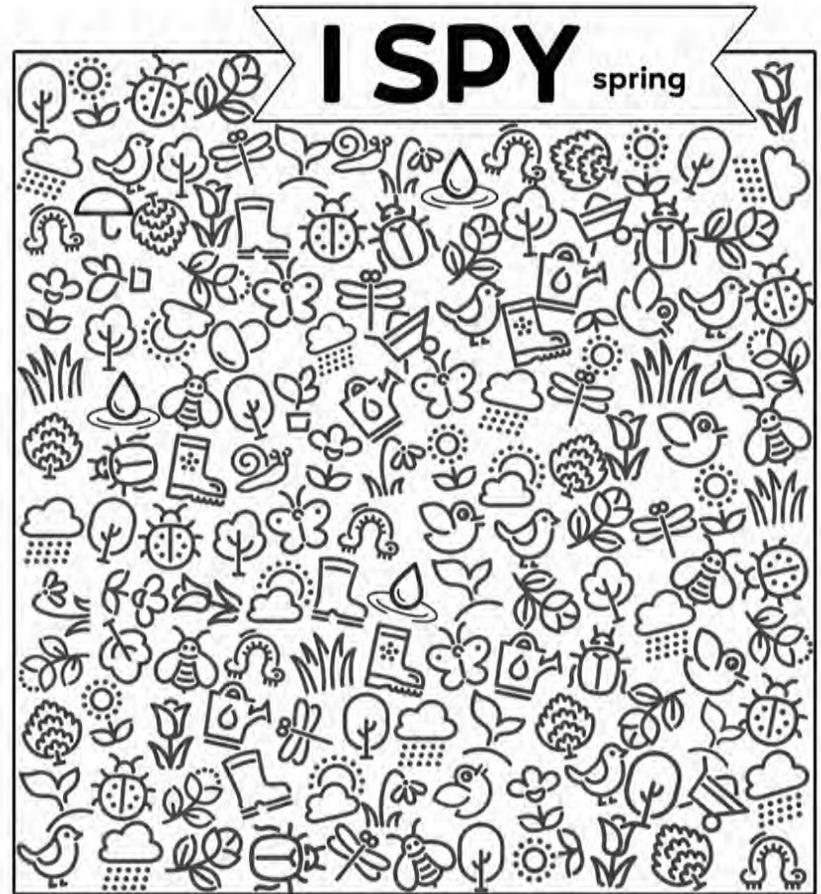
[www.albertahealthservices.ca](http://www.albertahealthservices.ca)



# April Fun!



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papertraildesign.com



# April 2023



SUN	MON	TUE	WED	THU	FRI	SAT
						1 April Fools! 
2	3 Chipman Youth Group	4 P&T - Bruderheim Bruderheim Youth Group	5 EIPS—Early Out P&T - Lamont ROE - Andrew School	6 AHS Virtual Child Development Walk – in Clinic Connecting Generations	7 Good Friday No School FRN & FCSS Offices Closed	8
9 Happy Easter! 	10 Easter Monday No School FRN & FCSS Offices Closed	11 P&T - Bruderheim Bruderheim Youth Group	12 P&T - Lamont ROE - Andrew School Bruderheim Kinder Welcome	13	14 Happy St. Patrick's Day  P&T - Andrew P&T - Mundare	15
16 Volunteer Appreciation Week →	17 Bruderheim Vol. Appr. Event Chipman Youth Group	18 P&T - Bruderheim Andrew Vol. Appr. Event Bruderheim Youth Group	19 P&T - Lamont ROE - Andrew School Lamont Vol. Appr. Event	20 Mundare Vol. Appr. Event	21	22 
23  30	24 Chipman Youth Group	25 P&T - Bruderheim Bruderheim Youth Group	26	27 Mundare Kinder Welcome	28 P&T - Mundare	29

# Wild Rose Classic Rabbit Show

Brought to you by E.A.R.S & The Bruderheim Agricultural Society

Friday May 12, 2023- Bruderheim Community Hall

- \* Entertainment & light refreshments - Fort Saskatchewan Band

Saturday May 13, 2023- Bruderheim Senior Center

- \* Pancake Breakfast-8:00am- 11:00am- \$9:00 /plate

Saturday May 13, 2023- Karol Maschmeyer Arena

- \* Rabbit show
- \* Family photos with rabbits
- \* Bruderheim Market- 10:00 am- 5:00pm
- \* Kids Kraft Korner- Planting gift for parent
- \* Silent Auction
- \* Berkeleys Place - Emergency shelter for animals
- \* Butterfly Wings & Wishes- Learn about bugs and reptiles
- \* Lamont Fish & Game- Bird house making
- \* Walker school museum OPEN 1:00pm - 4:00pm

Saturday May 13, 2023- Bruderheim Community Hall

- \* Banquet & Entertainment- more info to follow

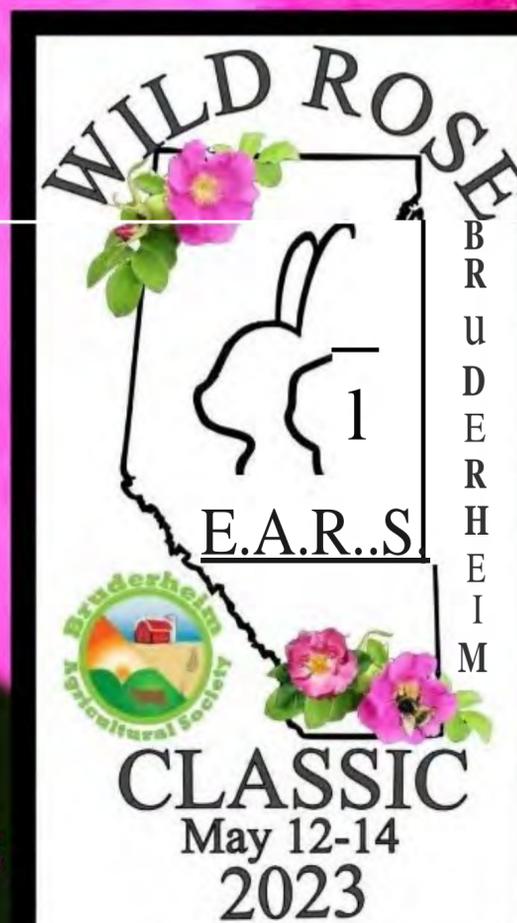
Sunday May 14, 2023- Bruderheim Community Hall

- \* Bruderheim Ag Society Pancake Breakfast- 8:00am-11:00am-\$8.00/plate

Sunday May 14, 2023- Karol Maschmeyer Arena

- \* Rabbit Show
- \* Bruderheim Market- 10:00am- 5:00pm
- \* Walker school museum OPEN 1:00pm - 4:00pm

**Poster is subject to change.  
Please check social media and the  
Bruderheim page for updates**



For more info call: 780-919-5155 or 587-985-4948

## 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

