

Bruderheim School

Parent Newsletter – April 14, 2023



From the Principal

We hope you had a wonderful Easter long weekend, and we were happy to welcome our students back to school on Tuesday for this short week! We have been enjoying the beginning of this spring season. During our TIGER Trait Assembly, we talked with our students about the 5 Steps to Empathy - Pay attention, Connect, Imagine, Ask and Act!

We had a wonderful evening during our Kindergarten Information Night/Open House on Wednesday, and our next year's kindergarten students had a great time at all the different stations! We're looking forward to hosting our Volunteer Appreciation Tea on Monday morning, and again say a heartfelt thank you to all those who volunteer at our school, we appreciate you!

April

April 15: Young Authors' Conference

April 16 to 22: National Volunteer Week

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

April 17: Disney Dress Up Day

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

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

Book Donations To Our School Library

Several families have been inquiring if our school accepts used children's books to our library as donations. The answer is "yes!". Please only donate clean, "looks like new" titles. Mrs. Bartz will catalogue them for our shelves. Any extras will be saved for our Fall Book Swap October 2023. Much thanks for thinking of our school as you do your Spring cleaning.

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

Staffing Update

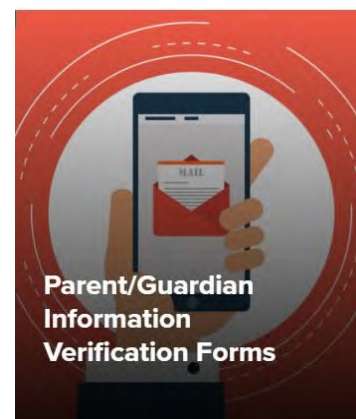
We are pleased to announce that Nicole Oviatt is returning to Bruderheim School as our Music Teacher, and we will welcome her back on April 19!

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 - April 30 Deadline

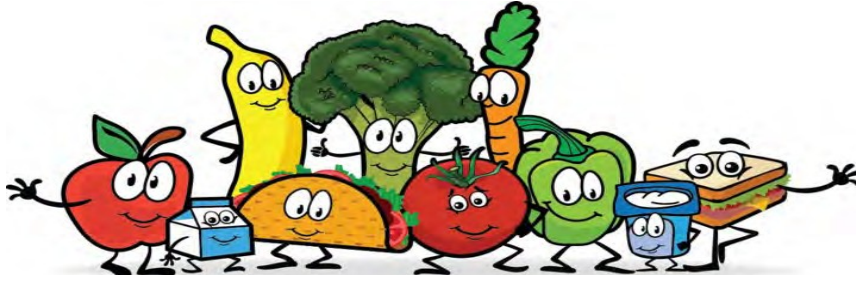
Elk Island Public Schools (EIPS) is currently reviewing and updating all parent and guardian contact information within the Division's student information system. This one-time, full-scale review is to ensure the Division has complete and accurate data on file as Alberta Education moves to a new way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



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Bruderheim May 2023 Hot Lunch Form

*****THIS FORM IS DUE SUNDAY APRIL 23RD!!!*****

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 can not control we may need to make substitutions to meals.~~

*****THIS FORM IS DUE SUNDAY APRIL 23RD!!!!*****



Be Your Best!



Nutrition Services



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FREE
Online workshop
for parents and
caregivers of
children
aged 6-12

Positive Mealtimes

Building trust, confidence, and feeding skills

Join AHS dietitians via Zoom

April 25 from 6:30 p.m. to 7:45 p.m. OR

April 27 from 12:00 p.m. to 1:15 p.m.

- Explore the benefits of positive mealtimes and what gets in the way.
- Learn some practical ideas to build your child's trust, comfort, and confidence with more foods.
- Share ideas and learn about resources to build more positive mealtimes with your child.

Scan the QR code to register



Or click here: grco.de/centralzonenutrition

Caregiver Education Team Newsletter

April 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.

Adult Education Sessions

Understanding Anxiety Series

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

Part 3: Settling Our Minds

Tuesday, April 4
12:00 – 1:00 pm

Part 4: Overcoming Avoidance

Tuesday, April 18
12:00 – 1:00 pm

Substance Use A Harm Reduction Approach

For adults, and for caregivers supporting youth in grades 7-12

Wednesday, April 5
6:00 – 7:30 pm

Caregiver Education Sessions

Building Executive Functioning Skills *Supporting Success in Learning*

For parents and caregivers of children in grades K-6

Part 1:
Wednesday, April 19
12:00 – 1:00 pm

Part 2:
Tuesday, April 25
12:00 – 1:00 pm

Participant Feedback:

“...the quality of the presentation and the warmth of the presenters, even over Zoom, was really impressive.”

“Well presented...very knowledgeable and clear. Videos were great. Thank you!”

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

April 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

Building Executive Functioning Skills

Promoting Success in Learning

In these Lunch & Learn webinars, we will review and discuss ways to support the development of your child's executive skills such as working memory, inhibition, and mental flexibility.

Part 1: The Impact of Executive Functioning

In this session, we will look at what executive functions are, their importance in our daily lives, and how executive skill difficulties may impact our children.

Date: Wednesday, April 19, 2023

12:00 – 1:00 pm

For caregivers of children in grades K-6; for adults only.

Part 2: Supporting Executive Functioning Development

In this session, we will focus on three foundational executive functions and strategies for supporting our children as they grow in their skills.

Date: Tuesday, April 25, 2023

12:00 – 1:00 pm

For caregivers of children in grades K-6; for adults only.

Participant Feedback:

"Thanks for these sessions, all the ones I've attended over the last 3 months have been helpful."

"This was a great session with a lot of information."

"I enjoy that the sessions are over lunch - provides good information over this short period."

Adult Education Sessions

April 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.

Understanding Anxiety Series

Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thoughts and thinking traps that can hold us back. Strategies for encouraging more realistic thinking will be discussed.

Date: Tuesday, April 4, 2023

Time: 12:00 – 1:00 pm

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

Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our stress response over time. We will discuss ways to manage stressful situations in steps and effective coping skills.

Date: Tuesday, April 18, 2023

Time: 12:00 – 1:00 pm

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

Substance Use

A Harm Reduction Approach

The experience of substance use is different for each person. Learn about some common substances, the science behind addiction, and the many benefits of harm reduction. We will discuss strategies to support loved ones who may be using substances, through understanding and courageous conversations.

Date: Wednesday, April 5, 2023

Time: 6:00 – 7:30 pm

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

“...it was very well put together and implemented. Was educational but also fun.”

“The fact the facilitators answered questions is extremely beneficial.”

“Very interesting and informative. Lots of practical strategies and signs to look for.”



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

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

