

# Bruderheim School

Parent Newsletter – April 21, 2023



## From the Principal

We've had another wonderful week of school, and as we remind our students and staff every morning, it's a great day to have a great day! Thank you to all those who attended our Volunteer Appreciation Tea on Monday morning, it was great to connect with you! We know that not all of our volunteers were able to attend, and we again say a heartfelt thank you to all those who volunteer at our school, we sure appreciate you!

A huge thank you to the Lion's Club for their very generous donations to Bruderheim School! We were grateful to receive the donations at the Volunteer Appreciation Dinner on Tuesday evening. We really appreciate the support for our school programs and your help in providing our students with the best possible experiences!

## April

April 25: Go Oilers! Jersey & Jeans Day

April 26: Administrative Professionals' Day

April 28: Crazy hair day

## May

May 1: Bus Driver Appreciation Day

May 1 to 5: Education Week

May 1 to 7: Mental Health Week

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: Metis Crossing school wide field trip

## June

June 2: Silly Hat Day

June 6: School council meeting 5:15

June 7: Early dismissal 2:00; wear black, yellow or school spirit wear

June 16: Fort Edmonton Park field trip grades K to 3

June 21: National Indigenous Peoples Day

June 26: Last kindergarten day

June 27: Last instructional day grades 1 to 6

# Parent/Guardian Information Verification Form Reminder



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All Parent/Guardian Information Verification Forms are due April 30. Any forms not submitted by the deadline will require schools to contact those families and capture the newly introduced data points within the form.

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.

## EIPS Annual Education Results Report

Every year, Elk Island Public Schools (EIPS) publishes an Annual Education Results Report, which outlines the Division’s Four-Year Education Plan, opportunities for growth and how it’s supporting students to achieve the best possible outcomes. Read through this year’s [EIPS Annual Education Results Report 2021-22](#) and discover how EIPS fosters learning environments for all students to learn, grow and thrive—and why it matters.

May Spotlight: cultivating high-quality learning environments and experiences

- [Power of Kindness](#): Creates welcoming, inclusive, respectful, and safe learning environments in schools
- [Building Blocks](#): How effective planning, management and infrastructure is supporting learning
- [Raising the bar](#): Evidence-based practices that are enhancing teaching and learning in EIPS

### RELATED INFORMATION

[EIPS Four-Year Education Plan: 2022-26](#)

[EIPS Three-Year Capital Plan: 2024-27](#)

## THANK YOU! Bus Driver Appreciation Day is May 1

Join us on May 1 as we recognize and thank our school bus operators for keeping the safety of our students their first priority. We encourage you, and your children, to take a moment to say thanks to our bus operators—who go above and beyond to provide safe and timely transportation to our students.

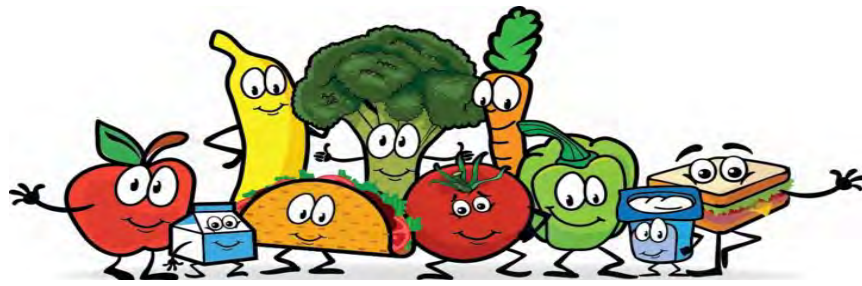
On behalf of Bruderheim School *THANK YOU* to all of our school bus operators for a job well done.



## Education Week 2023: May 1-5

Education Week takes place May 1-5. Throughout the week, students and staff from Bruderheim School are showcasing and celebrating the role education plays in shaping the future of our province. Led by the Alberta Teachers' Association and Alberta School Councils Association, the annual event is celebrated by school communities provincially with activities focused on the importance of education.

The theme of Education Week this year is Learning Uplifts All, which celebrates working toward an inspired future for public education. This includes optimal learning conditions for every child, students who enjoy learning and achieve their goals, opportunities for teachers to continue developing their professional skills, and parents and communities involved and supportive of learning.



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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!*



## EXPAND YOUR Mind

Did you know that being creative, dancing, and listening to music are simple ways to boost your mental well-being by releasing feel good chemicals in your brain? Take time to turn up the music, have a great laugh and dance like no one is watching!

## Fuel YOUR BODY

Nourishing your body with healthy food and water helps your body grow and stay strong. It can affect your mood, how you react and how well you can learn and focus.

Make a family goal to drink water to hydrate your body and keep your brain fueled and energized.

## Move YOUR BODY

Move your body every day to improve your mental and physical health. The key is to make movement fun and try activities that you enjoy.

Get outside and move together as a family. Go for a walk, ride your bikes or visit a local park.

## PRACTICE Mindfulness

Practicing mindfulness together can help build your family's connection with each other.

Try this simple strategy to relax and calm a busy mind.

Tune into your surroundings through your 5 senses.

Look around you, what do you see, hear, smell, taste, feel?



## Build ASSETS

Did you know there are many things you can do to help your kids grow up great? A simple way to build assets and model kindness is to tell your kids why they matter to you.

Talk together about how being kind makes you feel. Kindness can reduce stress, fill your heart with joy, and assist you in feeling more helpful and hopeful.

Interested in more ideas on how to create positive connections and build a healthy family?

Follow us on social media @  
Move Your Mood Alberta



Get Active this June with  
ParticipACTION Community Better  
Challenge

Everything gets better  
when you move your body.

[www.participation.com](http://www.participation.com)

Information on mental health, community supports, programs and services in your area:



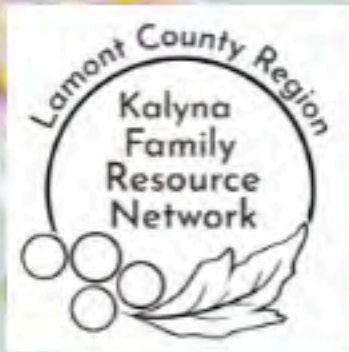
  
MyHealth.Alberta.ca

Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642

 **811** Health Link  
Health Advice 24/7

 **Alberta Health  
Services**



# 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

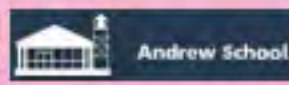
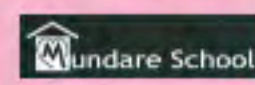
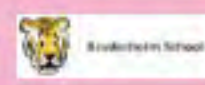
You will receive your free bag when you attend your child's Kindergarten Open House.

- 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:



Small changes,  
big differences.



## Triple P, Positive Parenting Discussion Groups (for parents of children 0-12 years)

Join us for free Triple P Positive Parenting Discussion Groups.  
Space is limited. Childcare available if requested on registration.

- DATES:** Tuesday, May 9, 2023 - Hassle Free Shopping  
Register by May 2 at noon
- Tuesday, May 16, 2023 - Developing Good Bedtime Routines  
Register by May 9 at noon
- Tuesday, May 23, 2023 - Dealing With Disobedience  
Register by May 16 at noon
- Tuesday, May 30, 2023 - Managing Fighting & Aggression  
Register by May 23 at noon
- TIME:** 1:00-3:00pm (please arrive by 12:45pm to check into childcare)
- VENUE:** Lamont Alliance Church

**Please register for each session that you plan to attend.**  
**Please register online: <https://signup.com/go/dQkwUNq>**



[www.triplep-parenting.net](http://www.triplep-parenting.net)

For more information email [erin.b@lamontcounty.ca](mailto:erin.b@lamontcounty.ca)  
or call 1-877-895-2233 ext 244

Connecting  
Generations



Join us for a

# Tea Party

Join us for a tea party to celebrate everything Spring!  
We will craft, snack, and make connections with our friends  
at Beaverhill Pioneer Lodge in Lamont.

**Monday, May 15, 2023**

**1:30 - 3:00pm**

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

Please register by noon May 8, 2023.

Registration Link: <https://signup.com/go/eUBztUr>

Please enter around the back at the main doors.

We will be upstairs in the Activity Room beside the elevator.

Beaverhill  
Pioneer Lodge







Join us for

# PARK PLAY & PARENTING

Dress for the weather and bring a chair & something to drink. We will talk parenting challenges and successes while the children spend time at play.

30 minutes will also focus on parent-child connection.

**\*Kids in school but want to connect with other parents?\***

**Come on out!**



**1:00pm  
to  
2:30pm**

- Wed., May 10 – Lamont Hillside Park (50 Street)
- Wed., May 17 – Mundare Victory Park (54 Ave)
- Wed., May 24 – Bruderheim Sunset Park (51 Street)
- Wed., May 31 – Lamont Hillside Park (50 Street)

**Please register at least ONE week in advance.**

**Please register only if you will attend.**

**To register: <https://signup.com/go/KjcrRdA>**

**or scan  
this code:**



Programs are weather dependent. If there is indoor space available then we will move indoors. The facilitator will message you if there is a change.

# Bruderheim

TOWN WIDE

Garage

SALE



Home of the Bruderheim Meteorite

**SATURDAY, JUNE 3, 2023**

**9AM-4PM**

Contact the administration office to register your garage sale on the community map that will be placed on social media and on the website  
Bruderheim town office- 780-796-3731