Bruderheim School

Parent Newsletter – June 9, 2023

From the Principal

We're thankful to have had another good week at school, and this one was a hot one! The Xpressions Dance Club came to our school on Tuesday for our **TIGER Trait** Assembly. They were awesome! Everyone did a fantastic job being creative, courageous, and expressive! Miss Lauren also reminded us of the importance of showing **Respect** to each other! On Wednesday, our students and staff dressed in their favourite colours to demonstrate our support for inclusion and diversity. Our students have also been reading and reflecting on the many positive messages that Mrs. Dibben has posted throughout the school!

We're looking forward to our field trips on Friday next week (K-3 to Fort Edmonton, and 4-6 to Elk Island National Park). Thanks to those who have already given permission through Permission Click and for our K-3 classes, please also make sure to pay the \$17.55 that is posted on your Parent Portal.

June

June 12: Last library classes June 13: Public Works Day activities June 15: Virtual talent show June 16: Fort Edmonton Park field trip grades K to 3 June 16: Elk Island National Park field trip grades 4 to 6 June 20: Pizza lunch in the library June 21: National Indigenous Peoples Day June 22: Emerance Mashmeyer school visit June 23: Track & field after lunch June 26: Kindergarten farewell 1:30 June 27: Grade 6 farewell 1:30 June 27: Report cards published 3:30

Little Elk Island Adventure

Dates are now set for Little Elk Island Adventure 2023. These events provide first-time riders and their parents with an opportunity to learn more about riding the bus. Sessions will take place in Sherwood Park and Fort Saskatchewan August 14-21. Details and the registration link are available on the Division website. Information will also be shared on the Division Facebook and Twitter pages in the coming months.



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 <u>EIPS Annual Education Results Report 2021-22</u> and discover how EIPS fosters learning environments for all students to learn, grow and thrive—and why it matters.

June Spotlight: enhancing public education through effective engagement

- <u>Rules of Engagement</u>: Using a collaborative approach to improve student achievement and success
- <u>Driving change</u>: Strengthening public education through Board advocacy

RELATED INFORMATION EIPS Four-Year Education Plan: 2022-26 EIPS Three-Year Capital Plan: 2024-27



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REMINDER: 2022-23 School Fees

School fees for the 2022-23 school year are posted on the PowerSchool Parent Portal. All fees are due within 30 days of being posted. Throughout the year, fees are often added to cover the costs for various activities, such as field trips, extracurricular activities, and late, damaged or lost textbooks.

To access your fee information, simply log in to the PowerSchool Parent Portal and go to "Student Fees." There you can view fees and pay them online using a credit card. Make sure to monitor your child's account on an ongoing basis.

For more information about school fees, waivers and payment deadlines, visit <u>eips.ca/schools/fees</u>. And, if you have questions, think there is an error or need help creating a PowerSchool Parent Portal account, contact your child's school directly before the summer break.

NOTE: Pursuant to <u>Board Policy 23: School Fees</u> and <u>Administrative Procedure 505: School and Administrative Fees</u>, EIPS will forward any unpaid 2022-23 fee amounts to a collection agency. To prevent this from happening, remember to pay your fees before Aug. 31, 2023.

Student Transportation: 2023-24 Registration

Planning to use Student Transportation in the 2023-24 school year? If so, make sure your child is registered so Elk Island Public Schools (EIPS) can plan routes and send your child a bus pass before the first day of school.

All students who indicated needing transportation services through the returning student or new student registration processes are now registered. Those families have also received tentative route schedules and invoices—fees are due June 30, 2023.

For those students who didn't indicate needing transportation services during the registration process and want to now register, simply fill out this <u>registration form</u>.

For more information about EIPS Student Transportation, visit <u>https://www.eips.ca/transportation</u>.

NOTE: Families can pay fees online using the PowerSchool Parent Portal. To pay in-person, visit the <u>EIPS Student Transportation</u> <u>building</u> during its



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Tools For School

Bruderheim School has once again partnered with the United Way for the <u>2023-24 Tools for</u> <u>School</u> campaign. Annually, Tools for School provides backpacks and school supplies to students in Kindergarten through Grade 12 whose families have limited resources. If you're a parent or know a parent who needs access to the program, contact the school directly. Staff will discretely provide the backpack to the child at the beginning of the 2023-24 school year.

Alternatively, if you'd like to donate to the program, you can pick up a few extra supplies when you're out shopping for back to school in August. Drop-off boxes are located at the EIPS Central Services office, all <u>Staples locations</u> and various businesses in the community. Any supplies donated within the community are invested back into the region.

For more information about Tools for School, contact Bruderheim School at 780 796 3936 or call EIPS Central Services at 780 464 3477.

United Way Tools for School Requests: Family Orders

Junior High Jitters

Is your child going into Grade 7 and feeling nervous about it? Have no fear, Junior High Jitters is here!

Junior High Jitters is a free caregiver education session hosted by Alberta Health Services. This session provides information about developmental changes teens experience, as well as the challenges they may face in this school transition. The session also discusses strategies for managing these changes and boosting wellness. Junior High Jitters is designed for caregivers and preteens to attend together.

Junior High Jitters Session: Date: Wednesday, June 14 Time: 6 p.m. to 7:30 p.m. Location: Virtual Zoom webinar

Register Now

Support Your School AND Local Business!

Simply shop at Thiel's Greenhouses here in Bruderheim or Fort Saskatchewan (Co-op parking lot) in May and until June 23 and mention you are supporting Bruderheim School before payment is made (no exceptions). Thiel's will track the purchases (hydroponic greens are ineligible at this time) and give the school back 5% of all sales made in support of the school fundraising initiatives. Sales for Naked Greens (nakedgreens.ca) made in person at the Bruderheim greenhouse will also be eligible. IT'S THAT EASY!!













Let's Grow Something<u>GREEN!</u> #allthecolor #alltheplantsalberta

Flagship Location - MainGreenhouse 4916 45 Street, Bruderheim, AB

Store Hours

Thursday: 10am - 4pm Early spring hours until May. Follow us on Instagram and Facebook for weekly updates

Fort Saskatchewan Satellite Store OPENS in May!

10004 99 Avenue, Fort Saskatchewan, AB Located conveniently in the Co-op parking lot

Addiction & Mental Health News

Understanding Emotions

Emotions are a normal part of life. Emotions aren't right or wrong or good or bad, they simply tell you how you feel. You can control your actions and behaviours, even when emotions are intense.

Help your child identify and manage strong emotions with these calming strategies.

Notice and name emotions. Help kids learn how to deal with and talk about their feelings. Use the Emotion Wheel link below to help name emotions and ask your child how their body feels when they are angry, sad, happy etc. This can help make the emotions less intense and can help your child respond rather than react.

Teens may enjoy journaling about feelings or expressing their feelings through art or music.

Self-care

As a parent, being a positive role model all the time can be hard.

Find healthy ways to express your own emotions and cope with stress. Be sure to take time for yourself to recharge. Some ideas include:

- * Going outside for a walk
- * Learning something new
- * Listening to music
- * Talking with a friend or family member
- ★ Watching a funny show
- * The ideas are only limited to your imagination!

What do you like to do to recharge?

Tense and release

Tensing and releasing all the muscles of your body, one body part at a time, can help reduce tension and calm the mind. This is a great way to end the day with your child.

- Find a quiet comfortable place to sit or lie down.
- Focus on your feet and legs. Take a slow, deep breath in as you tighten those muscles. Hold for 5 seconds, then exhale and release those muscles.
- Inhale, squeeze your fingers, shrug your shoulders to your ears and tighten the muscles in your abdomen, hold for five seconds. Exhale and release those muscles.
- * Scrunch up your face as you inhale, hold for 5 seconds and exhale to release.
- Take a breath in, tighten the muscles of your whole body and as you exhale, let your whole body relax.

Notice how you feel now. Repeat as needed.

Gratitude

Being grateful can improve your ability to cope with stress and improve overall mood. Here are some simple ways to practice gratitude with your family:

- Say what you're grateful for each day
- Savor the small everyday experiences by noticing how they made you feel
- Say "thank you" when someone does something nice for you
- Use a journal to write down things you're grateful for or write them on a slip of paper and add them to a gratitude jar and watch it fill up. Each month read together all of the things your family is grateful for.
 - The key is to practice daily

MORE RESOURCES

https://tinyurl.com/Anxiety-Canada

https://feelingswheel.com/



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



Addiction Services Help Line 1-866-332-2322









treasurer@bruderheimminorsports.com

Questions?

780-318-4734 vicepresident@bruderheimminorsports.com



Join us for

14

Dress for the weather and bring a chair 6 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!

10:00am to 11:30am

Wed., June 7 - Mundare Victory Park (54 Ave)Wed., June 14 - Bruderheim Sunset Park (51 Street)Wed., June 21 - 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:



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Programs *are* weather dependent. If there 1s indoo r space available the n we wil move iodoo r5. The facilitator will message you if the re is a change.

c onnecting Generations

BUILDING BIRDHOUSES AND CONNECTIONS Friday, June 16, 2023, 10:00-11:30 am

Join us and learn how to build your own bird house while we craft, snack, and make connections with our friends at Beaverhill Pioneer Lodge in Lamont.

This program is FREE to families with children ages0-6 and homeschool families but REGISTRATION IS REQUIRED. Please register by noon June 9, 2023. Registration Link: https://sign up.com/go/yiCibzN Please enter around the back at the main doors. We will be upstairs in the Activity Room beside the elevator.

> Beaverh ill Pioneer Lodge









For more information, email: erin.b@la mont count y.ca or call 1-877-895-2233 ext 244



Babys itter Safety Course







Ages 11 and Up June 29, 2023 9:00 am - 4:00 pm

\$50/participant Bruderheim Youth Centre (above arena) Register by Thursday, June 22 at NOON.

Students must bring their own lunch, a doll suitable for diapering, and a pen and paper to the course.

This program is a partnership between Kalyna FRN Lamont County Region, FCSS Lamont County Region, Kidproof Canada & the Town of Bruderheim

> Limitedspace!! For more info & to registeremail erin.b®lamontcounty.ca

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