

Bruderheim School

Parent Newsletter – June 16, 2023



From The Principal

We've had another great week of school and were very thankful to have such a much-needed rain as well! On Tuesday during our **TIGER Trait** time, our students learned about respecting people's differences and how we can be friends even if we disagree with each other. They also had an opportunity to play a game and practice showing **Respect!** On Thursday afternoon, we had our final tipi teaching sessions with Leaha! Our students have done a fantastic job on their tipis and have learned a lot throughout this year. We ended our week with two wonderful field trips, with our K-3 students and staff going to Fort Edmonton, and our 4-6 students and staff going to Elk Island National Park! A good time was had by all! And a Happy Father's Day to all our Dads in the Bruderheim School community, we appreciate all that you do to love, care for, and support our students!

TIGER Traits Parent Survey

Please take a moment to provide us with your feedback regarding our TIGER Traits program that we implemented this year:

<https://forms.gle/5MgqwLDJeHA9njaN6>

School Yearbooks

Yearbooks are still available in the office for \$22. You can pay on your Parent Portal. Get yours fast before they are gone, as we have a limited number available.

Talent Show

Check out all this talent displayed by our wonderful students and a special thanks to Mrs. Oviatt for putting this video together! You can find it on our school website here: [BRU Talent Show!](#)

Staffing Update

We are pleased to announce that Mrs. Taylor will be teaching Gr. 3 and Gr. 2/3 next year and Mrs. Hoekman will be teaching part-time in Gr. 2. Both ladies need no introduction and have been doing a fantastic job here at Bruderheim School this year, Mrs. Taylor in Gr. 2 and Mrs. Hoekman as our Intervention/Pull-out Teacher!

We would also like to congratulate Mr. Brian Christie who will be teaching our Gr. 4/5 class next year. Mr. Christie has approximately 18 years of teaching experience at the elementary school level and predominantly in Division II, and he is well-suited for this position. He has experience teaching in Montreal, Calgary, and Fort Saskatchewan. Welcome to the Bruderheim School community!

June

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: Last instructional day; Grade 6 farewell 1:30

June 27: Report cards published 3:30

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.

June Spotlight: enhancing public education through effective engagement

[Rules of Engagement](#): Using a collaborative approach to improve student achievement and success

[Driving change](#): Strengthening public education through Board advocacy

RELATED INFORMATION

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

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



[This Photo](#) by Unknown Author is licensed under [CC BY](#)

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 eips.ca/schools/fees. 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 Board Policy 23: School Fees and Administrative Procedure 505: School and Administrative Fees, 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 registration form.

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

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



Tools For School

Bruderheim School has once again partnered with the United Way for the [2023-24 Tools for School](#) 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 [Staples locations](#) 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.

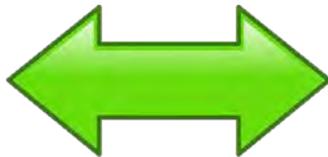
[United Way Tools for School Requests: Family Orders](#)



This Photo by Unknown Author is licensed under [CC BY](#)

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!!



Be Your Best!





thielsgreenhouse.ca



BOTH Locations
Open DAILY!
In May and June

SPRING 2023

Let's Grow Something **GREEN!**

#allthecolor #alltheplantsalberta

Flagship Location - Main Greenhouse

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

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.**

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.

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?

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

Mental Health Help Line
1-877-303-2642





GRACE IN — PROGRESS —



1-3PM

JUNE 27, 2023

\$10

Covers cost of craft

LAMONT HILLSIDE PARK SHELTER

A self-care program for parents of children ages 0-18.
Join us as we explore self-care, gratitude and resilience.

Free onsite childcare is provided for ages 18mo+

Weather permitting, children will play at the playground and spray park.

Online registration is required by noon June 20, 2023.

<https://signup.com/go/tmigWOF>



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



Babysitter 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

Limited space!!!

**For more info & to register email
erin.b@lamontcounty.ca**

SCOOTER & SKATEBOARD LESSONS



6 WEEK PILOT PROGRAM
STARTING JULY 4
EVERY TUESDAY

BEGINNER LESSONS: 1:00PM-2:00 PM
INTERMEDIATE LESSONS: 2:00PM-3:00PM
\$60.00 FOR 6 LESSONS
FEEL FREE TO JOIN BOTH FOR \$120



For registration & E-transfer please email
treasurer@bruderheimminorsports.com

Questions?

780-318-4734

vicepresident@bruderheimminorsports.com

SUMMER FUN

For families with children 0-6 (older siblings welcome)

2023!

Free!

Registration
Required by noon
1 week in advance

Times:
am - 10-11:30 am
pm - 1:30-3 pm

Space is limited
Please sign up
only if you plan
to attend.

Messy Art

Prepare to get creative
...and messy!

July 4 - Tuesday
am - Andrew

July 5 - Wednesday
am - Lamont

July 6 - Thursday
am - Chipman

July 11 - Tuesday
am - Bruderheim

July 12 - Wednesday
am - Mundare



Science Fun

Investigating and
experimenting ...all in
a day's play!

July 18 - Tuesday
am - Lamont

July 19 - Wednesday
am - Chipman

July 20 - Thursday
am - Andrew

July 25 - Tuesday
am - Mundare

July 26 - Wednesday
am - Bruderheim



Nature Nuts

Exploring the world
around us and all it's
exciting wonder!

August 15 - Tuesday
am - Chipman
pm - Mundare

August 16 - Wednesday
am - Andrew

August 17 - Thursday
am - Lamont
pm - Bruderheim



<https://signup.com/go/dMXWQKb> <https://signup.com/go/cjNfVZy> <https://signup.com/go/xaxldgb>



Program Locations:

Andrew - School Playground
Bruderheim - School Playground
Chipman - Ag Grounds Shelter
Lamont - Hillside Park Shelter
Mundare - Victory Park

To register, use link or QR Code.
Please note - Parent/Caregiver 18+
must attend with child(ren)

Please do not attend if you or your
child(ren) are feeling ill. Please notify Erin
ASAP if you are not able to attend.