

# Bruderheim School

Parent Newsletter – February 3, 2023



## From the Principal

Well, we can now say goodbye to January and welcome to the new month of February, and with that also some warmer winter weather! During our TIGER Trait Assembly on **Grit** this week, Mrs. Dibben reminded us that we can develop and show physical, mental, emotional and social Grit. Keep up the great work students!

We are actively pursuing before and after school care for Bruderheim School students. We have been and continue to be in communication with a child care provider as well as with EIPS. Our desire is to have this in place for the beginning of the 2023-24 school year. If this is something that would be helpful for your family, please let us know in the school office, either by email or phone.

New student and returning student registration is now open and runs until February 28! Please contact the school office if you have any questions.

## February

**February 9-10:** Teachers' Convention – schools closed to staff and students

**February 15:** Valentines Carnival 1:00

**February 17:** Random Acts of Kindness Day

**February 20:** Family Day – schools closed to staff and students

**February 22:** Pink Shirt Day

**February 24:** Pattern Day (ECS) – wear your favorite patterns! Bonus points for mixing it up!

**February 28:** 2023-24 Returning student registration closes

## March

**March 1:** Early dismissal 2:00; wear black, yellow or school spirit wear

**March 2:** Ski trip – grades 4 to 6

**March 3:** Professional Learning Day – schools closed to students

**March 7:** School council meeting 5:15

**March 17:** Pyjama Day (ECS)

**March 20-22:** Book Fair sale

**March 21:** Book Fair public evening sale

**March 21 & 22:** Parent teacher interviews

**March 24-31:** Spring break

## Returning Student Registration for 2023-24

***Complete your Returning Student Registration: February 1-28***

Elk Island Public Schools' (EIPS) [returning student registration](#) process is now open. All current students, except Grade 12, must complete the online Returning Student Registration Form to confirm their enrolment in a school for the upcoming 2023-24 school year. Additionally, students who want to attend a non-designated school need to make that request through the returning student registration process—acceptance is based on available space.

***All current EIPS students are required to complete the form by Feb. 28, 2023.***

To access the Returning Student Registration Form (RSR), simply log in to the [PowerSchool Parent Portal](#). If you don't have a PowerSchool Parent Portal account, you do need to set one up. For help, [Create a PowerSchool Parent Portal account](#)

For more information, contact the school directly at 780 796 3936.

## Kindergarten Registration Now Open!

Is your child turning five on or before December 31, 2023? If so, it's time to register for kindergarten.

Starting school is an exciting time, for both children and parents. Although exciting, it can also be daunting if you don't have the information you need. To help, Elk Island Public Schools has put together an online toolkit to make the transition as smooth as possible for Bruderheim School families.

[Kindergarten Registration 2023-24](#)

Learn more about kindergarten at [bruderheimschool.ca](http://bruderheimschool.ca)

## Alberta Education Assurance Survey – Measuring Success

Once again, Alberta Education is surveying teachers, students and families through its annual [Alberta Education Assurance \(AEA\) Survey](#). The survey acts as an annual check-up on the province's education system. Every year, Alberta Education conducts the survey to gather information about the quality of education provided by Alberta schools and school authorities. The survey looks at various measures such as education quality, citizenship, family involvement, engagement levels, school climate and student wellness.

The AEA survey is sent to

- Small schools (fewer than 120 students in grades 4-12)—based on jurisdiction requests for more reportable survey data at the school level, the survey is expanded to include all students in grades 4 and above and their parents and guardians.
- Large schools (120 or more students in grades 4-12)—only students in grades 4, 7 and 10 and their parents and guardians are included in the survey. These grades are considered to be a reasonably representative sample of students.

Throughout February, grades 4 to 6 students at Bruderheim School are completing the survey online at the school. Student participation is voluntary and completely anonymous. Students are assigned a random username and password to ensure survey responses aren't linked to any individual student. The survey doesn't take long to complete and is done within the school day during regular class time.

Additionally, parents and guardians of students in these grades are also asked to take a survey, either online or by mail. Alberta Education will send families information about the survey directly. As with the student and teacher survey, it's anonymous and asks questions about your school experiences. If you have a child in these grades, we encourage you to participate. The survey deadline is March 3, 2023.

Results from the AEA Survey are provided to Elk Island Public Schools each spring. The Division then uses the data to inform its four-year education plan, school education plans and strategies for continuous improvement. Each fall, the results are also shared with EIPS families and school communities in the Division's Annual Education Results Report.



*Be Your Best!*



**\*\*\*THIS FORM IS DUE SUNDAY February 19th!!!\*\*\***

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 cannot control we may need to make substitutions to meals.~~

If you cannot access the hot lunch order form here, please go to:

<https://www.lamontelementary.ca/home/news/post/hot-lunch-orders-form-available-now>

**\*\*\*THIS FORM IS DUE SUNDAY February 19th!!!!\*\*\***



### What is kindness?

Kindness is sharing the best parts of our hearts with those around us.

Kindness is seeing the good in others and celebrating it.

Take time to share random acts of kindness this month; be creative and have fun practicing kindness.

Celebrate Random Acts of Kindness Day on February 17.

**Kindness matters.**

### Kindness is teachable and contagious

Kindness benefits you by:

- Increasing your happiness and improving your mood.
- Helping you cope and reduce worry and stress.
- Connecting you to others in a positive way.

Research shows kindness helps students be more respectful, empathetic, and positive about school.

**Self-kindness** is taking actions and reactions you would have for others and applying them to yourself. **Self-kindness** leads to self-acceptance and greater satisfaction. When we embrace self-kindness, we offer ourselves better care.

Try these strategies:

- Participate in self-care strategies
- Pay attention to your internal dialogue
- Feel your feelings
- Magnify your strengths
- Find solutions
- Use positive affirmations daily

### Tips to help your family nurture kindness

Talk with your children about ways to show kindness.

Practice and role model kindness at home and in your community.

Take notice of others' acts of kindness and receive kindness when it's offered.

Learn from each other by sharing good things that have happened.

### MORE RESOURCES

[Random Acts of Kindness](#)  
[Help in Tough Times](#)

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



# Caregiver Education Sessions

February 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](http://www.cyfcaregivereducation.ca)

## Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

### Part 1: Increasing Wellness Deposits

In this **one-hour Lunch & Learn webinar**, we will look at what mental health and wellness is and discuss strategies for increasing your child's mental health 'deposits' – the protective factors that provide a buffer to life's challenges and promote wellness.

**Tuesday, February 14, 2023**

Time: 12:00 – 1:00 pm

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

### Part 2: Reducing Wellness Withdrawals

In this **one-hour Lunch & Learn webinar**, we will discuss strategies for reducing mental health 'withdrawals' – the risk factors that increase stress and drain your child's inner resources. We will also look at the key perspectives that help children feel more resilient and able to take on their world.

**Tuesday, February 21, 2023**

Time: 12:00 – 1:00 pm

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

## Participant Feedback:

"Thank you so much for the information."

"This presentation was loaded with invaluable information and resources! Thank you for helping parents and kids!"

"The presentation was very engaging - great use of the Zoom platform!"



AMH Education Services  
Addiction & Mental Health  
Edmonton Zone

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)



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## Technology and the Teenage Brain

### Digital Wellness for Families

Technology is a huge part of our children's lives. Come together to discuss how modern technology can impact the developing teenage brain. As we review some of the risks and benefits of technology use, parents and teens will reflect on ways to stay safer and more balanced in their use of technology to better support positive mental health.

**Date: Wednesday, February 22, 2023**

Time: 6:00 – 7:30 pm

For caregivers and youth (Grades 7-12) to attend together.

## Understanding Self-Injury

In this session, we will explore various motivations in youth who are intentionally harming themselves and factors behind self-injurious behaviour. Strategies to support youth who may be engaging in self-injury will be discussed.

**Date: Tuesday, February 28, 2023**

Time: 12:00 – 1:00 pm

For caregivers of youth in grades 7-12; for adults only.

## 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](http://www.cyfcaregivereducation.ca)

## Participant Feedback:

"It was helpful to have the interactive questions - helped keep my kids engaged."

"This was a great session. It helped my family talk and understand each other's point of view."

"These sessions are so helpful...excellent, useful content. Thank you."

# Adult Education Sessions

February 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 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, February 7, 2023**

Time: 12:00 – 1:00 pm

This session is for adults only.

## Resiliency

### Through Caring, Connecting, and Coping

Resiliency is something we want but often do not know how we can help it grow in our own lives. Join us for this **90-minute evening webinar** where we will learn about stress and burnout, the power of resilience in getting through the 'tough stuff', and how self-compassion and self-care are essential to our well-being. We will discuss strategies for building our own personal supportive networks and inner coping skills to strengthen our ability to 'bounce back'.

**Date: Wednesday, February 8, 2023**

Time: 6:00 – 7:30 pm

This session is for adults only.

### 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](http://www.cyfcaregivereducation.ca)

### Participant Feedback:

“Extremely helpful, realistic advice and suggestions. Thank you!”

“Content, delivery, and duration were all ‘just right!’”

“Great session, thank you! I appreciated the specific tips, ideas, and guidance.”



Free program  
for families  
with children ages 1-6



We will be making:  
**Cookies!**



# 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 Meeting Room - Thurs., Feb. 16, 2023 (1:00 - 2:30pm)**

**Lamont registration due by Feb. 10 at noon**

**Chipman Hall - Thurs., Feb. 23 (1:00-2:30pm)**

**Chipman registration due by Feb. 17 at noon**

Please sign up for one Session by link or QR code: <https://signup.com/go/GPddskB>



Max 5  
families  
/session

Scan me



For more info email: [erin.b@lamontcounty.ca](mailto:erin.b@lamontcounty.ca)



# FAMILY ACTIVITY NIGHT

Free Drop-in:  
Wear your PJs  
(parents too!) and  
join us for fort  
building, stories,  
and a snack!

All families  
welcome!



## Family Fort Night

**And its International Polar Bear Day!**

**In Mundare at the Hub at Victory Park**

**Monday, February 27, 2023**

**5:00pm-7:00pm**





KALYNA FRN PRESENTS

# LET'S GET COOKING

A cooking program for youth ages 10-15

*Spend some time learning  
about kitchen and food safety  
while whipping up an entree  
that can easily be made at home*

*Food theme: Comfort Food*

**Location:** Bruderheim Memorial Community Centre

**Date:** February 9, 2023

**Session 1:** 10am-noon - ages 7-12

**Session 2:** 1pm-3pm - ages 13-18


**Registration required by NOON on Feb. 6, 2023.  
Space is limited.**

TO REGISTER follow link or scan QR code:  
<https://signup.com/go/defTSLV>

For more information, email:  
[erin.b@lamontcounty.ca](mailto:erin.b@lamontcounty.ca)







Connecting  
Generations

# VALENTINE'S PARTY

14 FEBRUARY  
9:30-11:30AM

*Join us for some Valentine's Day fun! We will craft, snack, and make connections with our friends at Beaverhill Pioneer Lodge in Lamont.*

*The program is free to families with children ages 0-6 and homeschool families but registration is required so we can plan for supplies. Please register by noon February 9, 2023.*

*Registration link: <https://signup.com/go/ewoqicB>*

Please park on the street and enter around back at the main doors.  
We will be upstairs in the activity room.



Beaverhill  
Pioneer Lodge

