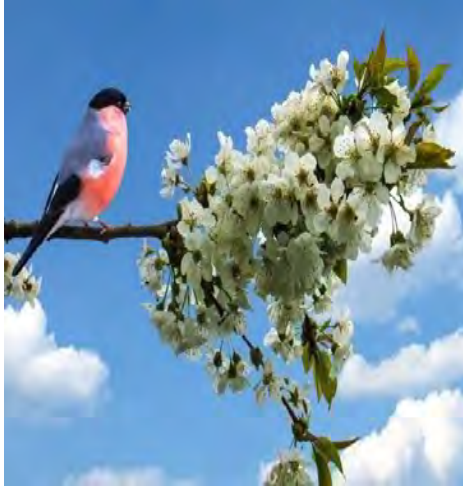


Bruderheim School

Parent Newsletter – May 26, 2023

From the Principal



We've had another good week at school and are thankful to have had several days of blue skies! During our **TIGER Trait** Assembly this week, we were privileged to have Lana Santana and her daughter from the Fort Saskatchewan Multicultural Association come to our school. They shared with our students and staff about Asian heritage and the importance of **Respect**. The students also enjoyed learning a unique Bollywood-style dance! On Thursday, our students continued to work on their tipis during the afternoon sessions of Tipi Teachings that were led by Leaha Atcheynum. We wrapped up this week with an all-school field trip to Metis Crossing. As a school community, we enjoyed learning more about Metis Art, History and Traditional Games and this unique opportunity to participate in land-based learning!

A huge thank you to **Cenovus Energy** for their generous donation to Bruderheim School to help offset the cost of field trips and to support the positive experiences and interactions our students have at school.

May

May 28: Hot lunch form due

May 31: Red Shirt Day

June

June 1: Public Works Day activities

June 2: Dress Camo or Dino Day

June 2: Deadline for June 15 talent show submissions

June 6: School council meeting 5:15

June 7: Early dismissal 2:00; wear your favorite color or lots of them

June 8: Gathering Of First Nations, Metis and Inuit Families

June 12: Last library classes

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 21: National Indigenous Peoples Day

June 26: Kindergarten Farewell

June 27: Grade 6 Farewell

June 27: Report cards published



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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.



First Nations, Métis and Inuit Family Gathering

The First Nations, Métis and Inuit education team will host their final in-person gathering for families of self-identified First Nations, Métis and Inuit students who are curious to learn more about the supports offered throughout EIPS. It's an opportunity for First Nations, Métis and Inuit families to gather together and engage in conversation in partnership with the EIPS First Nations, Métis and Inuit education team. Self-identified First Nations, Métis and Inuit families are invited—all ages are welcome. Dinner will be provided at this gathering. An RSVP link will be sent directly to applicable families.

Final Gathering

Thursday, June 8

6 p.m. to 8 p.m.

EIPS Central Services Land-based learning



Staffing Update

Library:

Mrs. Bartz has decided to retire at the end of this school year. We want to say a heartfelt thank you to Mrs. Bartz for her many years of service here at Bruderheim School, for her love of literacy and her love for our students, staff, and community! She will be missed, and we wish her all the best in her next chapter of life!

Music:

We want to say a sincere thank you to Mrs. Oviatt for her love of music and the time and commitment she has given to the students, staff, and community of Bruderheim School. She will be missed, and we wish her all the best in her new music position at Wes Hosford Elementary!

Grade 4/5:

Congratulations to Ms. Vincent, on her new position at Pine Street Elementary for next year, teaching grade 4. We want to say a sincere thank you to her for her time, dedication, and care

that she has shown to her students, families, and to our staff over the years! We will miss her here at Bruderheim School but wish her all the best in this next chapter!

2022-23 EIPS Annual Feedback Survey: For Parents and Caregivers

The results of the 2022-23 EIPS Annual Feedback Survey: For Parents and Caregivers are now available. In March, the Division conducted the annual survey, which helps EIPS gauge its progress toward meeting the goals and priorities outlined in its [Four-Year Education Plan](#). Families were asked a series of questions about their experiences with EIPS and the school their child attends, the overall performance of the Division, the quality of education being provided to students and areas for improvement.

Thank you to all families who took the time to share their feedback with the Division. Overall, the survey received 2,709 responses from parents and caregivers across EIPS. EIPS, and schools, will now review the feedback in detail and use it to develop new strategies to serve students and the wider community better.

The full results are available online: [2022-23 Parent Survey results: EIPS](#)

2022-23 Parent Survey results: [Bruderheim School](#)

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 pre-teens to attend together.

Junior High Jitters Session:

Date: Wednesday, June 14

Time: 6 p.m. to 7:30 p.m.

Location: Virtual Zoom webinar

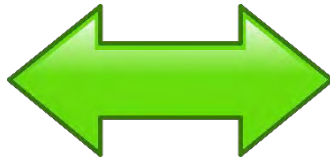
[Register Now](#)

Red Shirt Day

Red Shirt Day takes place on May 31—the Wednesday of National AccessAbility Week. Red Shirt Day is when people across Canada come together and wear red in schools, workplaces and spaces everywhere to create a visible display of solidarity and show their support for persons and families who are living with disabilities.

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!

*****THIS FORM IS DUE SUNDAY MAY28th!!!*****

LAST ONE!! Please note last day for Lunches this year is June 15

Wishing everyone a fun and relaxing summer break! We have enjoyed serving lunch to all the wonderful kiddos in both schools this year. See you all in the fall.

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 MAY 28th!!!!*****



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





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!



**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:**



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.



Connecting
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 ages 0-6
and homeschool families but REGISTRATION IS REQUIRED.

Please register by noon June 9, 2023.

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

Please enter around the back at the main doors.

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



Beaverhill
Pioneer Lodge



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**