Bruderheim School

Parent Newsletter - September 15, 2023



From The Principal

Well, our first 5-day week of school is completed, and it was a great one! It has also been nice to experience the beautiful late-summer weather and witness the harvest coming in! Thanks to our School Council for providing supper for our Meet the Teacher Night and the Community Awareness Evening on September 12, and thanks to our parents, students, and community members for attending! It was great to see so many people come out!

Fall Festival Parade

Thank you to those students and parents who expressed interest in representing our school in the Fall Festival Parade. Unfortunately, we did not have enough people able to join to make this work, but we hope you all enjoy the Fall Festival tomorrow!

September

September 22: Terry Fox School Run Day

We will collect Toonies For Terry!

Free hot dog lunch provided by School Council

September 29: Orange Shirt Day

September 30: National Day for Truth and Reconciliation

October

October 2-6: Read In Week

October 3: Swimming 1:00 grades 4 to 6

October 3: Parent Council meeting 5:30

October 4: Early dismissal 2:00

October 5: World Teachers' Day

October 5: Swimming 1:00 grades 1 to 3

October 6: Professional Learning Day (schools closed to students)

October 10: Swimming 1:00 grades 4 to 6

October 11: School wide bus evacuation drill

October 11: Little Elk Island Adventure

October 12: Swimming 1:00 grades 1 to 3

October 17: Swimming 1:00 grades 4 to 6

October 18: School pictures

October 19: Swimming 1:00 grades 1 to 3

Before And After School Care

We are ready to provide before and after school care! Parents are able to register on the website at www.lamontdaycare.ca. The program is running in the Moravian church building across the road from Bruderheim School. We will also be offering care for students on PD days, and school closure days (fall/spring break).

We will have staff walk the kids to school, and staff will be waiting for them at the end of the day. Staff will be noticed by wearing a reflector vest and carrying a grey backpack.

Update Your PowerSchool Information

Update your PowerSchool information The EIPS Correction and Verification Form is available online through your <u>PowerSchool Parent Portal</u>. Use the form to access and update your child's records information—including address, parent and guardian information, emergency contacts and medical information. Reviewing the form and submitting updates ensures the school has the most up-to-date information regarding your child.

When reviewing the form, pay close attention to all listed phone numbers, email addresses and emergency contact information. Also, if you recently moved, now is the time to ensure the Division has your updated address. Throughout the year, the Division and school uses the listed information to communicate with families about important information, including updates, the latest news and events.

EIPS Correction and Verification Form

Review and update the form by Sept. 22, 2023.

For more information about the PowerSchool Correction and Verification Form, contact the school office at 780 796 3936.

Hot Lunch Program

We are excited to announce, this year the kitchen staff will be providing lunches 4 days a week-Tuesday, Wednesday, Thursday and Fridays. Please send a lunch on Mondays with your child.

For anyone new to our lunch program, this form allows you to pick what your child would like to eat each day. The more specific choices you make the less waste we have. The monthly menu is always available on the Lamont Elementary School website under "Lunch Calendar."

At the end of the form select "send me a copy" if you want a confirmation email with all your choices listed. Keep your window open for a few minutes to ensure the copy gets sent to you.

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 every day.

On occasion, for reasons we cannot control we may need to make substitutions to meals.

School Fees

Pay school fees online!

School fee information for the 2023-24 school year will be posted on the <u>PowerSchool Parent Portal</u> in late September. All fees are due within 30 days of being posted. To access your fee information, simply log in to the <u>PowerSchool Parent Portal</u> and go to "Student Fees." There you can view your fees and pay online using a credit card.

Don't forget to log in to the PowerSchool Parent Portal regularly throughout the year. Fees are often added to your child's account to cover the cost of certain school activities such as field trips, class projects, athletic-team fees and more. Additionally, junior high and senior high fees can change as courses are added and deleted.

If you're unable to pay your school fees, you can apply to have certain <u>fees waived</u> by submitting an <u>Application for a Waiver of Fees</u>. The application deadline is Dec. 15, 2023.

For more information about school fees, waivers and payment deadlines visit <u>eips.ca</u>. Alternatively, contact Ms. Carlson at Bruderheim School at 780-796-3936.

SchoolMessenger App

Download the SchoolMessenger App

Bruderheim School and the Division use the SchoolMessenger platform for communicating with families—through both phone and email. Be sure to add <u>communications@eips.ca</u> and <u>general.bru@eips.ca</u> to your safe sender list to avoid having important messages funneled into your junk mail folder.

You can directly manage your phone and email subscription preferences through <u>SchoolMessenger</u>. Simply log in to your account—or create one if you don't already have one—and select the message types you'd like to receive to each phone number and email address on file.

The easiest way to stay connected is to download the <u>SchoolMessenger</u> app. Get the latest updates direct to your mobile device and enable push notifications to never miss a message. Families can also check back on past messages—for up to 30 days—directly in the app rather than searching to find an old message buried in your inbox. Download the <u>SchoolMessenger</u> app from the <u>App Store</u> or <u>Google Play</u> today.

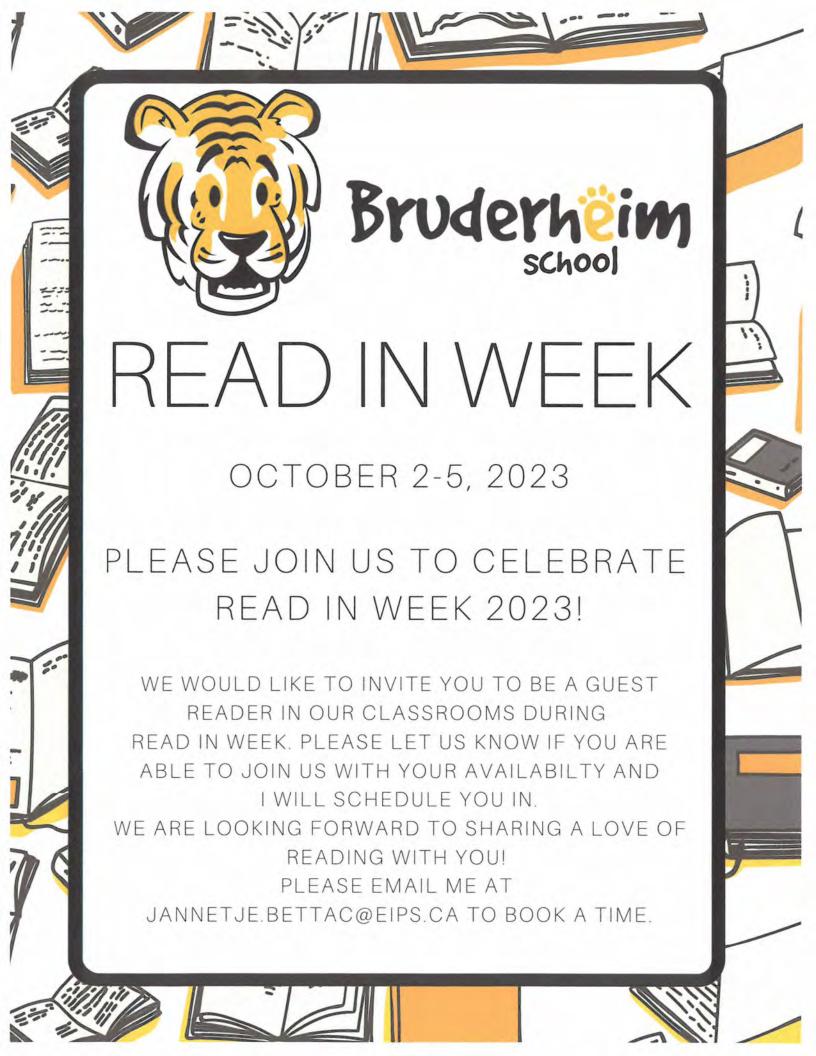
Bruderheim Preschool

Preschool registration for the 2023-2024 year is now open. Please contact Lindsey Mercer at bruderpre@icloud.com for more information





Be Your Best!





September 12, 2023

Dear Guests, Parents and Guardians,

We are thrilled to invite you to participate in our Read In Week, happening from October 2-5, 2023 at Bruderheim School. This exciting event celebrates the joy of reading, fostering a love for literature among our students. The theme for this year is Read In Re-Invented.

During Read In Week, we are delighted to welcome guest readers from various backgrounds to share their favourite books and stories with our students. Your presence and unique perspective will enrich our Language Arts curriculum, offering valuable insights into the power of words and storytelling.

We encourage you, as guests, parents and guardians, to take part in this special event by volunteering to be a guest reader. Whether you choose a cherished childhood classic or a contemporary novel, your storytelling will inspire the young minds in our community and demonstrate the importance of reading in their lives.

To sign up and schedule a time, please contact Janne Bettac at iannetje.bettac@eips.ca. Your involvement in Read In Week will not only make a lasting impact on our students but will also create cherished memories for them.

Thank you in advance for your support in making Read In Week a memorable and educational experience for our pupils. Together, let's celebrate the power of reading and nurture the love for literature in our school community.

I look forward to hearing from you,

Janne Bettac Library Technician Assistant/Educational Assistant Bruderheim School

Bruderheim

Fall Festiva Sept 16 - 17, 2023

aturday Sept 16.2023

Person Reporter.

mbers Person Business Sens Raffed Both on a last & named Bracketson Co. ON Your & Insurence bearing of Bright-Spice

Face Passering Brieflathers & Ag Society Sand play from Schoolinger Spring Said & 478 Femilia

States, Tarribaned & Sect Competition Marrie Street St See Service Southfrom Na Section Introduction benefit believe

Fred Tople Sunday Sept 17, 2023

Hottom billion Breaty house Next of Bradeshills 1000cm 100cm Fave Paretry Braderlates by Servery Militare Miller Sand Play Server Educations Studies Ltd & ATS Play

Hollan abligat. Market Brade-from by Errori. house office. House, Budylow to being notion find fruit or sty Witness arriver . Thirds Person See, Well minker

Margan Topin State-Spine Sp South Course Service Street Street

Do Find Tomasson Budishelm by Secret

NOTICE SOURCE SAN GRAND STREET, AND DESCRIPTION AND DESCRIPTIO

Sale blad

Statement by Com



Fort Saskatchewan Multicultural
Association
Invite you to celebrate



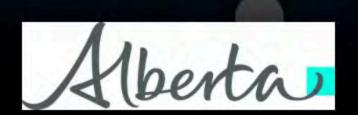
Saturday September 23rd

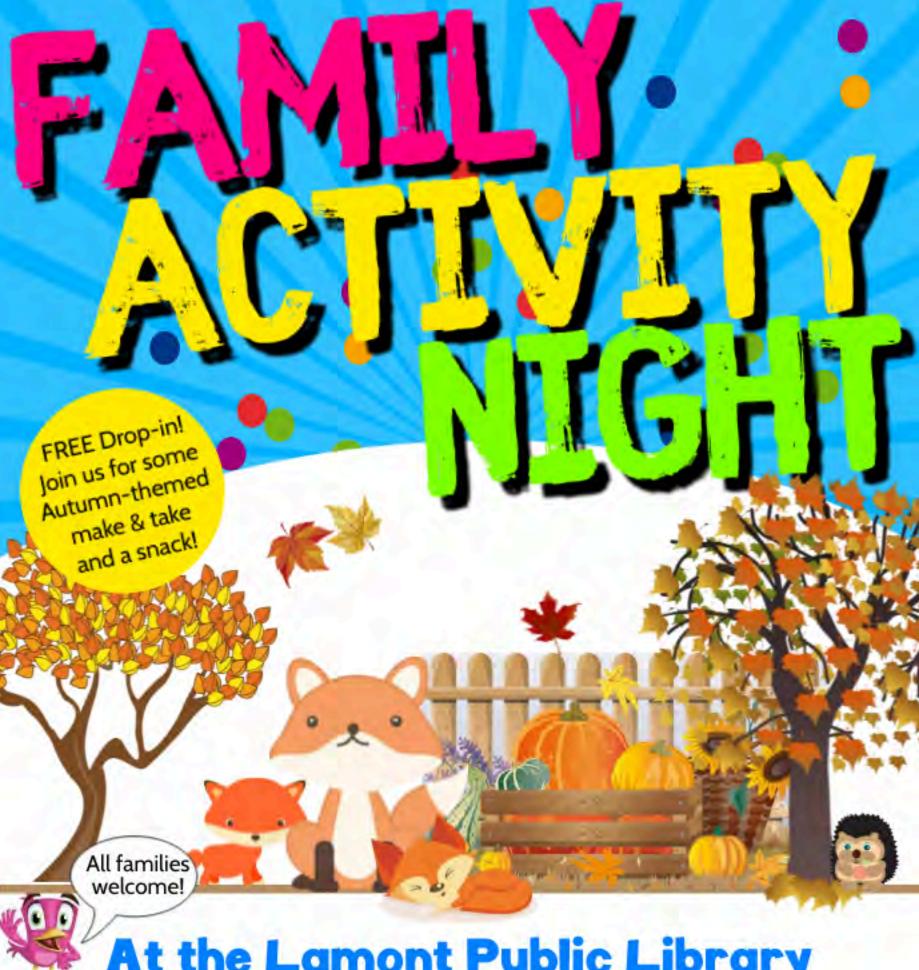
LIVE MUSIC | FOOD | CRAFTS 6.pm 708.pm

BRUDERHEIM COMMUNITY HALL, 5014 Queen Street,









At the Lamont Public Library

Tuesday, Sept. 26, 2023 from 5:00 - 7:00pm











Babysitter Course







Ages 11 and up

Friday, October 6, 2023 9:00am - 3:30pm

@ Andrew Multipurpose Room (Village Office) 5021 - 50 Street, Andrew, AB

\$50/participant

Registration form & payment due by Friday, Sept 29, 2023 at NOON

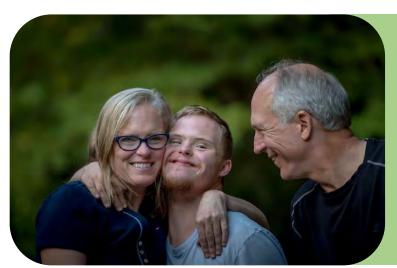
Students must bring their own lunch, a doll suitable for diapering, and a pen & paper to the course.

This program is a partnership between Kalyna FRN Lamont County Region, FCSS Lamont County Region, Kidproof Canada & Lamont County.

Limited space!!!
For more info & to register, email
erin.b@lamontcounty.ca

Caregiver Education Team Newsletter

September 2023



Alberta Health Services is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

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.

Adult Education Sessions

Understanding Anxiety Series

For adults supporting their own wellness or the wellness of others.

Part 1: An Introduction

Wednesday, September 20 12:00 – 1:00 pm

Part 2:

Calming Our Bodies

Wednesday, September 27 12:00 – 1:00 pm

Part 3:

Settling Our Minds

Wednesday, October 4 12:00 – 1:00 pm

Part 4:

Overcoming Avoidance Wednesday, October 11 12:00 – 1:00 pm

Caregiver Education Sessions

Parenting Teens in the 21st Century

For parents and caregivers of youth in grades 7-12.

Part 1:

Monday, September 18 12:00 – 1:00 pm

Part 4:

Monday, September 25 12:00 – 1:00 pm

Participant Feedback

"Thank you! Just a wealth of great information."

"The time was good and with two presenters it didn't feel boring at all. Great job."

"I like the interactive portions because it helps to connect with other people who are watching."

"Going over tips and strategies helped quite a lot."

Sessions at a Glance



AMH Education Services Addiction & Mental Health Edmonton Zone

Caregiver Education Sessions



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.

Parenting Teens in the 21st Century Respectful Limit Setting for Adolescents

In these sessions, we will explore the challenges of being a teenager and the importance of the parent/teen relationship. We will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

Part 1: Teen Development and Challenges

In this one-hour Lunch & Learn webinar, we will look the challenges of both being and raising a teenager. We will look at some of the unique factors that today's teens face and how their development in these key years impacts their behaviours and relationships.

Date: Monday, September 18, 2023

Time: 12:00 - 1:00 pm

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

Part 2: Parent Responsiveness

In this one-hour Lunch & Learn webinar, we will discuss parenting strategies to promote healthy teenage development with a focus on relationship, communication, and respectful limit setting.

Date: Monday, September 25, 2023

Time: 12:00 – 1:00 pm

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

September 2023

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 <u>HERE</u> or go to:

www.cyfcaregivereducation.ca

Participant Feedback

"The virtual format is very convenient and makes it much easier to attend these sessions."

"Thank you - this learning journey is so helpful for my growing family."

"Enjoyed the short videos. Session time was perfect."

"I liked the format, especially the interactive part as it keeps you focused."



Adult Education Sessions



These free 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 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help participants to identify signs that they or those they care for may be experiencing anxiety.

Date: Wednesday, September 20, 2023

Time: 12:00 - 1:00 pm

For adults supporting their own wellness or the wellness of others.

Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers, ways we can start to notice the body's stress responses, and strategies for regulating ourselves, children, and youth.

Date: Wednesday, September 27, 2023

Time: 12:00 - 1:00 pm

For adults supporting their own wellness or the wellness of others.

Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thoughts and thinking traps that can hold us back. Strategies for encouraging more realistic thinking will be discussed.

Date: Wednesday, October 4, 2023

Time: 12:00 - 1:00 pm

For adults supporting their own wellness or the wellness of others.

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: Wednesday, October 11, 2023

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of others.



September 2023

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 <u>HERE</u> or go to:

www.cyfcaregivereducation.ca

Participant Feedback

"Thank you for another great session. I'm enjoying them so much!"

"The time was just right as I work in the daytime. Thank you so much for providing this support!"

"Thanks so much for sharing with us in this session."

"The questions asked to participants were helpful."

AMH Education Services Addiction & Mental Health Edmonton Zone