

Bruderheim School

Parent Newsletter – October 6th, 2022

From the Principal

We have had a wonderful week at school as we celebrated Read In Week! The theme was “Choose Your Own Adventure”! A special thank you to all our guest readers that came to the school, and a big thank you to our Librarian, Mrs. Bartz, for organizing this intentional focus on literacy! Our students were also very helpful in trying to find “The Man with the Yellow Hat’s” missing yellow hat. We found out later that, just as we had suspected, it had been hidden by Curious George! Our students also enjoyed the startup of swimming lessons this week. And our numbers are now in. Together as a school community, we raised \$766.50 for The Terry Fox Foundation. Thanks again for your contributions and to School Council for their generosity in covering the hot dog lunch! I trust that all our students, staff and families have a wonderful long weekend. Happy Thanksgiving!



Key Dates

October

- October 7th:** Professional learning day (no students in school)
- October 10th:** Happy Thanksgiving 😊😊
- October 11th:** Swim lessons - grades 4, 5, 6
- October 11th-13th:** Bring up to 5 books to school for a book swap
- October 12th:** Bus evacuation drill 9:30
- October 12th:** Little Elk Island Adventures (ECS) 10:00
- October 12th:** Fire Safety Presentations & Activities
- ★ **October 13th:** Swim lessons – grades 1, 2, 3
- October 13th:** True 2 You Begins 3:30 (grade 5, 6 girls)
- October 17th-20th:** Book swap
- ★ **October 18th:** Swim lessons - grades 4, 5, 6
- 😊 **October 19th:** School picture day
- October 20th:** True 2 You 3:30 (grade 5, 6 girls)
- ★ **October 27th:** Swim lessons - grades 1, 2, 3
- October 27th:** True 2 You 3:30 (grade 5, 6 girls)
- October 28th:** Dress Western (ECS)
- October 31st:** Halloween



★Many thanks to those helping to cover the cost of swimming lessons for a student. If you would still like to participate in paying it forward, please get in touch with the school office at 780 796 3936 or email general.bru@eips.ca



November/December

- November 2nd:** Early dismissalal 2:00
- November 3rd:** True 2 You 3:30 (grade 5, 6 girls)
- November 4th:** Remembrance Day assembly 10:30
- November 7th-11th:** Fall Break (no True 2 You this week)
- November 16th:** School picture retakes
- November 17th:** True 2 You 3:30 (grade 5, 6 girls)
- November 24:** True 2 You 3:30 (grade 5, 6 girls)
- November 30th:** Parent/Teacher Interviews
- December 1st:** Parent/Teacher Interviews

Counsellor's Corner

Hello! This week at our school assembly, we had the opportunity to recognize 15 students and two entire classes with ROARs (Really on a Roll awards) for doing their best to show our Tiger Traits of teamwork, integrity, GRIT, empathy and respect! Below are some ways to help your child continue learning about teamwork and being leaders at home through reading, talking about it, and practicing it!

Read About It!

Here are some books to help you learn more about leadership:

- Grace For President by Kelly DiPucchio
- The Rainbow Fish by Marcus Pfister and J Allison James
- Sheila Rae, The Brave by Kevin Henkes



Practice It!

- Look for examples of leaders in the world around you and talk about them with your child.
- Point out leaders on TV shows, movies and in books, or leaders you know.
- Talk about whether or not these people are good leaders and why.

Talk About It!

Here is a discussion point to help you talk about leadership with your child:

- What does it mean to be a good leader?



We're Looking for Volunteers for the Following:

Hot Lunch Program

We are excited to be able to once again have volunteers in our kitchen this year! If you would like to volunteer with us, helping to dish lunches for our kids, please fill out the form [Bruderheim Volunteer Form](#), and we will add you to our volunteer list. Thank you!

Bruderheim School's 8th Annual Book Swap

Also, we will be hosting our 8th annual Book Swap in October. Students can bring in up to 5 books that are in excellent condition for others they can keep. Further details will be shared soon. Please enjoy all our library has to offer and take the time to read WITH your children. I am excited to make the library one of your child's favourite places in the school!



Be Your Best!

School Bus Safety Week: October 16-22

Schools throughout Elk Island Public Schools (EIPS) are celebrating School Bus Safety Week from October 16-22. The theme: 'Make the World Green, Ride Yellow,' which focuses on transportation choice and the environment. Throughout the week, various activities are planned, including information sessions, bus-safety lesson plans and bus-evacuation drills.

In addition, students are participating in the Alberta Student Transportation Advisory Council's province-wide poster contest, open to kindergarten to Grade 6. Each winner—one from each grade level—whose poster best illustrates the theme, 'Make the World Green, Ride Yellow,' will receive a \$25 gift card, a framed original of their poster, an engraved plaque and \$100 for their classroom.

As part of School Bus Safety Week, Bruderheim School reminds students and families that all Division school buses are equipped with a bus-pass scanner, GPS technology, the Child Check-Mate system and surveillance equipment, which allows Student Transportation to better monitor and manage its more than 170 buses. Families and students also have access to the Traversa Ride 360 app, a mobile tool to help determine the location of a bus, projected arrival times and when a child is scanned onto a bus.

For more information, visit EIPS Student Transportation or contact 780-417-8151.

Caregiver Education Sessions

Alberta Health Services hosts a variety of virtual caregiver information sessions throughout the year focused on ways to support students' mental health. The sessions are free and geared toward parents, caregivers, teachers and community members who want to learn more about challenges impacting children and adolescents. Session topics include anxiety, ADHD, depression, self-harm, technology, teens and teaching leadership skills, communication, resiliency and more. Visit Caregiver Education to see the monthly caregiver sessions.

Enhancing Literacy and Numeracy

As part of Elk Island Public Schools' (EIPS) ongoing efforts to enhance the literacy and numeracy of students in all grade levels, the Division is once again administering the Star Early Literacy and Star Reading assessment tools in the 2022-23 school year. The Division's also launching a new assessment called Star Math. These tools focus on literacy and numeracy, are digitally based and offer an opportunity for students to demonstrate their learning. The goal: To provide timely information to teachers, help enhance classroom instruction and identify student learning needs.

Three times a year, EIPS students in Grade 1 complete the Star Early Literacy assessment and students in grades 2-12 complete the Star Reading assessment. Both assessments are administered electronically and take about 20 minutes. Students in grades 2 through 10 also complete the Star Math, a mathematic screening tool. It, too, is administered electronically and takes about 30 minutes for students to complete. The results offer teachers a clearer picture of a student's learning needs and help determine if subsequent instructional planning is required. NOTE: Semester students complete the Star Math twice, at the start and end of the course.

In addition to the Star assessments, Alberta Education now mandates that all students in grades 1-3 complete additional literacy and numeracy assessments. Students in Grade 2 and Grade 3 completed these provincial assessments in September. Grade 1 students will complete the assessments in January 2023. EIPS also administers the assessments to all Grade 4 students to gauge learning loss from the pandemic, which the Division is now analyzing.

The scores of the assessments aren't used toward a student's grade, and there is no need to study ahead of time. The tools simply provide the teacher with information to better understand where each student is in terms of reading comprehension and mathematic ability. If, after analyzing the results, it's determined that a student can benefit from extra support, the teacher will contact the family to discuss possible support strategies.

For more information about the Division's Star and MIPI assessment tools, contact EIPS Supports for Students at 780- 464-3477.

Introducing Permission Click

EIPS has begun migrating school and Division forms to the online Permission Click platform. Many families will have already received one or more forms within the new system. Permission Click makes the form submission process for families simple and straightforward. Forms are also easily accessible and fillable from your mobile device. Families will generally receive forms in one of two ways—sent as a link within a SchoolMessenger email or in a direct email from Permission Click sent to the first parent or guardian on record in PowerSchool. Be sure to add notifications@permissionclick.com to your safe sender list to ensure required forms aren't mistakenly directed to your junk mail folder.

Pay School Fees Online!

School fee information for the 2022-23 school year is now posted on the PowerSchool Parent Portal. All fees are due within 30 days of being posted. To access your fee information, simply log in to the PowerSchool Parent Portal and go to "Student Fees." There you can view your fees and pay them online.

Don't forget to also 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 various school activities such as field trips, class projects, extracurricular activities fees and more.

If circumstances exist where you are unable to pay your fees, you can apply to have certain fees waived by submitting an Application for a Waiver of Fees. The application deadline is December 15th, 2022.

For more information about school fees, waivers and payment deadlines, visit www.eips.ca/schools/fees and <https://www.bruderheimschool.ca/about/fees>. Alternatively, contact Mrs. Carlson at Bruderheim School, 780 796 3936 or general.bru@eips.ca.



SAFFRON Internet Safety Sessions

Youth Internet Safety Session

In collaboration with Fort Saskatchewan Family and Community Support Services, Boys and Girls Club Fort Saskatchewan and the Bridge, SAFFRON is offering two upcoming youth internet safety sessions. The presentations will teach youth on how to stay safe online, set boundaries online and learn more about the social media platforms they use.

Thursday, October 13th

6 pm to 7 pm.

The Bridge

OR

Thursday, October 27th

7 pm to 8 pm.

BGC Fort Saskatchewan

Registration is not required. For more information, call 780-992-6267 or email fcssinfo@fortsask.ca.



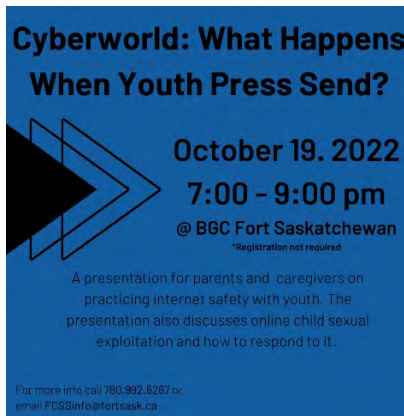
Internet Safety

October 13, 2022 @ The Bridge 6:00 – 7:00pm
October 27, 2022 @ BGC Fort Saskatchewan 7:00 – 8:00pm

A presentation for youth on how to stay safe online, setting boundaries online, and learning more about the social media platforms we use.

For more info call 780-992-6267 or email fcssinfo@fortsask.ca

SAFFRON CENTRE FCSS Family & Community Support Services CITY OF FORT SASKATCHEWAN bgc THE BRIDGE WILL HELP US FIND YOU



Cyberworld: What Happens When Youth Press Send?

October 19, 2022
7:00 – 9:00 pm
@ BGC Fort Saskatchewan
*Registration not required

A presentation for parents and caregivers on practicing internet safety with youth. The presentation also discusses online child sexual exploitation and how to respond to it.

For more info call 780-992-6267 or email fcssinfo@fortsask.ca



Parent Internet Safety Session

In collaboration with Fort Saskatchewan Family and Community Support Services and Boys and Girls Club Fort Saskatchewan, SAFFRON is also offering one parent internet safety session. The presentation will teach parents and caregivers how to practice internet safety with youth and discusses online child sexual exploitation and how to respond to it.

Wednesday, October 19th

7 pm to 9 pm.

BGC Fort Saskatchewan

Registration is not required. For more information, call 780-992-6267 or email fcssinfo@fortsask.ca.

Talking to Children About Sexuality and Sexual Health Workshop

The Centre for Sexuality is hosting a workshop on how parents and guardians can talk to their children about healthy relationships, sexuality, and sexual health.

Tuesday, October 18th

7 pm.

Virtual

Register at <https://forms.fortsask.ca/FCSS/Workshops>



The Centre for Sexuality Presents:

Easier Than You Think. Talking to Children about Healthy Relationships, Sexuality and Sexual Health

Tuesday October 18th @7pm
Virtual Workshop
Recommended for parents/guardians of children ages 8-12

Register Via [fortsask.ca/FCSSWorkshops/](https://forms.fortsask.ca/FCSSWorkshops/)

Centre for Sexuality 50+ Families First Society FCSS Family & Community Support Services CITY OF FORT SASKATCHEWAN
780-992-6267 50+ Families First Society FORT SASKATCHEWAN FCSS Family & Community Support Services CITY OF FORT SASKATCHEWAN

NINE SESSIONS AFTER SCHOOL

**WELL-BEING
LIFE SKILLS
CONFIDENCE
COPING SKILLS**

NUTRITION SELF CARE ACTIVITIES

DANCE **BRUDERHEIM** CRAFTS

THURSDAYS
3:30-5:30 PM
STARTING
OCTOBER 13

TEAM BUILDING STRENGTHS

JOURNALING CHOICES
...AND MORE!

OPEN TO GRADE 5 & 6 GIRLS!

FCSS
Family and Community
Support Services
Local Quality Matters
2015-16

True2You Program (Grade 5/6 Girls)

You are invited to join the True2You program in Bruderheim. If you would like to try some activities, team building, stress busters, creativity and fun games, then this is the place for you!

What is True2You?

A program for girls designed to encourage healthy self image and lifestyle, self-esteem and life choices, as well as promoting physical/mental health and addressing peer pressure.

Who is doing it?

The program is facilitated by FCSS Lamont County Region volunteers, staff and/or trained professionals.

How to Sign Up?

Return your permission form to the Bruderheim School Office, or call Michelle at 780-895-2233 ext. 223 for more information! Space fills up fast so register TODAY! (Preference may be given to students that have not previously attended). FCSS Lamont County Region will contact you to confirm registration. Once spaces are full, all others will be placed on a waiting list for next year.

The program is 9 sessions long and will be after school on Thursdays from 3:30 - 5:30 pm in the Bruderheim Elementary School. It runs from **October 13th to December 15th**, excluding November 10th. Parents are responsible for getting their children to and from the program. Participants should always come dressed to either exercise, get messy or go outside, just in case!

Parents promoting positive mental health

Parents play an important role in supporting a child's mental health.

Mental health affects the way you think, feel and act.

You can promote good mental health by the things you do, say, and the environment you create at home.

Focus on strengths

When your child brings home a test, talk first about what they did well instead of focusing on mistakes.

If improvement is needed, ask your child what they could do better next time.

Have suggestions ready if they ask you.

Ask questions about feelings

Help your child name and calm feelings; start by asking how they feel.

Let them know that it's OK to talk about feelings.

Feelings are not right or wrong, and you can't control how you feel.

You can control how to act when you have strong feelings.

Listen and show empathy

Stop what you are doing and look at your child when you talk to them.

Listen to what your child is saying about their feelings without judgement.

Put yourself in their place.

Acknowledge what your child is feeling.

MORE RESOURCES

[Parents Promoting Positive Mental Health \(alberta.ca\)](#)

[Helpful Tips and Strategies \(alberta.ca\)](#)

[Parent Information Series | Alberta](#)

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

