

Bruderheim School

Parent Newsletter – March 17, 2023



From the Principal

We've had a very exciting week at Bruderheim School! During this Week of Inspirational Math, our staff and students enjoyed learning more about math and how it is important and used in everyday life. They had the privilege of interacting virtually with several guest speakers throughout the week, including a conversation with our very own Emerance Maschmeyer! Our students have also thoroughly enjoyed this Book Fair Wish List Week and are looking forward to purchasing their items next week!

Report cards are published as of 4 p.m. this afternoon and can be accessed on your Parent Portal. We're looking forward to our in-person Parent/Teacher Interviews next week on March 21 & 22 from 4 p.m. to 7 p.m. each evening. If you haven't booked your appointment yet, please take a moment to [book your P/T Interview](#)! Childcare will be provided by our School Council on both evenings from 5 p.m. to 7 p.m. in our school gym!

March

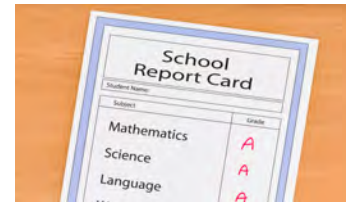
March 17: Report cards published 4:00

March 20-22: Book Fair Sale

March 21: Book Fair public evening sale during parent/teacher interviews

March 21 & 22: Parent teacher interviews 4:00 to 7:00

March 24-31: Spring break



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April

April 3: Classes resume

April 4: School council meeting 5:15

April 5: Early dismissal 2:00; wear black, yellow or school spirit wear

April 7: Good Friday — statutory holiday

April 10: Easter Monday — Division closure

April 11: Classes resume

April 12: School spring pictures

April 12: ECS Information Night 6:00

April 14: Dress as your favorite movie/storybook character (ECS)

April 15: Young Authors' Conference



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RELATED INFORMATION

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

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

Math Homework Support for Parents and Caregivers

Looking to support your child in their math learning? [The Community Adult Learning and Literacy Society \(CALLS\)](#) is here to help! A CALLS instructor can walk you through kindergarten to Grade 6 math homework online so that you can feel confident in fostering your child's math skills. Support sessions take place virtually every Wednesday from 7:30 p.m. to 8:30 p.m. Simply call or text 780-667-8441 for a Zoom meeting link.

Get ready for Kindergarten

Do you have a child registered in kindergarten next year? If so, make sure to attend Bruderheim School's upcoming Kindergarten Information Night on April 12. You'll get to:

- tour the school;
- meet the teachers;
- gain insight on play-based learning; and
- see what a typical day looks like

Kindergarten Information Night 2023:

Date: April 12, 2023

Time: 6:00 to 7:30

Location: Bruderheim School

To make the transition to school as smooth as possible, Elk Island Public Schools has put together a toolkit for families. The kit includes information about registration, important dates, programming options, what to expect, eligibility, finding your designated school, transportation and more. Find it at: [Welcome to EIPS Kindergarten](#).

Additional information about Bruderheim School's kindergarten program is available on the school website.

<https://www.bruderheimschool.ca/about/kindergarten-registration>.

A big THANK YOU to EIPS Volunteers

National Volunteer Week takes place April 16-22. On behalf of the Board of Trustees at Elk Island Public Schools (EIPS), I want to say a huge thank you to all EIPS volunteers and school families who help make the Division what it is today. Whether you volunteered for the first time this year or have committed many years to EIPS, your initiative, hard work and dedication are invaluable. You build a legacy for others to follow and a memory for students to cherish as they journey into their futures.

So, thank you again for your overflowing support. Your actions are a direct reflection of the kindness and compassion found in all the communities EIPS serves. This National Volunteer Week, I encourage everyone to celebrate the hundreds of volunteers and thousands of hours put into making schools across the Division places for students to learn, grow and succeed.

Trina Boymook

Chair, EIPS Board of Trustees

Watch for Thin Ice

Remember, be aware of thin ice this time of year. Depending on changing temperatures, ice can form and melt to varying degrees on outdoor bodies of water. Try to remind your child about the dangers of thin ice, obey all posted signs, take proper care and remain a safe distance from the ice.

For more information about ice safety, visit the [Canadian Red Cross](#).

Did you know?

The colour of ice may be an indication of its strength. Clear blue ice is the strongest. White opaque is half as strong as blue ice. And, grey ice is unsafe—greyness indicates the presence of water.



Bruderheim April 2023 Hot Lunch Form

*****THIS FORM IS DUE SUNDAY MARCH 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.~~

*****THIS FORM IS DUE SUNDAY MARCH 19TH!!!!*****

What is sleep hygiene?

Sleep hygiene is our habits before bed that help to promote quality sleep. These habits and routines take time to develop, so keep repeating them!

This month we are sharing some tips and tricks to help promote quality sleep in children (as well as adults)!

If we have problems with sleep, we can see it impacts your child's school work, relationships, and overall mood.

Promote a good bedtime routine

Create a routine and be consistent with it. This lets your body know that it's almost time for sleep! The routine should take no more than 20 minutes and is intended to start calming the body and mind. Some ideas may be to have a bath, read a book, brush your teeth, etc. Over time, this routine will tell your body you are tired .

Keep bedtimes and wake-up times close to the same time every day, even on weekends, to keep your body in a regular pattern.

Tips for a good night's sleep

Limit screen time before bed. The blue light our devices and TVs produces actually prevents us from producing melatonin. Melatonin is the hormone our bodies produce to help us fall asleep and stay asleep!

Get some exercise during the day. Physical activity can help us fall asleep faster and stay asleep!

Ways to support your child's sleep

If you notice your child is struggling to relax at bedtime, or talk about feeling worried, you can take some extra steps.

- If there is an easy solution, tackle it with them.
- Acknowledge their feelings if it's not a quick solution.
- Share with them when you notice positive changes in their sleep habits and routines.

MORE RESOURCES

<https://raisingchildren.net.au/toddlers/sleep/better-sleep-settling/sleep-better-tips>

<https://www.sleepfoundation.org/children-and-sleep/sleep-strategies-kids>

<https://positivepsychology.com/sleep-hygiene-tips-kids-teenagers/>

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322



Caregiver Education Sessions

March 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.

Test Anxiety Strategies for Success

Does your teen prepare for exams only to freeze up during the test? Test and performance anxiety are very common among students. This session will help teens learn how to succeed despite their anxiety and help caregivers support their teens to reduce test anxiety.

Date: Wednesday, March 15, 2023

Time: 6:00 – 7:30 pm

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

Keeping Scattered Kids on Track Supporting Children and Adolescents with ADHD

This session will discuss common signs and symptoms of attention deficit hyperactivity disorder (ADHD) and strategies for supporting success in children and youth with ADHD.

Date: Wednesday, March 22, 2023

Time: 6:00 – 7:30 pm

For caregivers of children and youth in grades K-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

Participant Feedback:

“My 15-year-old son liked the interactive parts for both parents and teens - kept us both engaged.”

“I am very happy with everything in these education sessions. It is great and helpful ! [The presenters] are amazing for the virtual delivery, clear and kind.”

Adult Education Sessions

March 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.

More than Just a Bad Day

Understanding Depression

In this session, we will discuss what mental health is, the difference between sadness and depression, and common signs and symptoms of depression. Treatment options and supportive strategies for coping and support will be shared.

Date: Wednesday, March 15, 2023

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of youth (grades 7-12)

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 their loved one may be experiencing anxiety.

Date: Tuesday, March 21, 2023

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a child, youth, or loved one.

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 and those we care for.

Date: Tuesday, March 28, 2023

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a child, youth, or loved one.

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

Participant Feedback:

“The time of the sessions are just great - time and length.”

“Team presenting were great, loved the info provided, so helpful. Feel like I have a whole new set of tools and reenergized.”

“I love these sessions - so informative and topics that are relevant and timely - thank you!”



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca