

Bruderheim School

Parent Newsletter – April 28, 2023



From the Principal

And just like that, April is in the history books, and we say a warm welcome to the month of May! We had a great week of school full of celebrations! We had Jersey Day on Tuesday and Crazy Hair Day on Friday. We celebrated Mrs. Carlson on Administrative Professionals Day and had our monthly sessions of Tipi Teachings on Thursday afternoon this week.

Bus Driver Appreciation Day is on Monday, so be sure to say an extra thank you! And next week our students have a short week, as we have a Professional Learning Day for all staff on Friday, May 5.

May

May 1: Bus Driver Appreciation Day

May 1 to 5: Education Week

May 1 to 7: Mental Health Week

May 2: School council meeting 5:15

May 3: Early dismissal 2:00; wear black, yellow or school spirit wear

May 3: Hats On For Mental Health – www.canwetalk.ca

May 4: May The Fourth Be With You – Dress “Spacey” Day

May 5: Professional Learning Day – schools closed to students

May 19: School closure day

May 22: Victoria Day – statutory holiday

May 26: Metis Crossing school wide field trip

June

June 2: Dress Camo Or Dino Day

June 6: School council meeting 5:15

June 7: Early dismissal 2:00; wear black, yellow or school spirit wear

June 16: Fort Edmonton Park field trip grades K to 3

June 21: National Indigenous Peoples Day

June 26: Last kindergarten day

June 27: Last instructional day grades 1 to 6

Parent/Guardian Information Verification Form – April 30 Deadline

All Parent/Guardian Information Verification Forms are due April 30. Any forms not submitted by the deadline will require schools to contact those families and capture the newly introduced data points within the form.

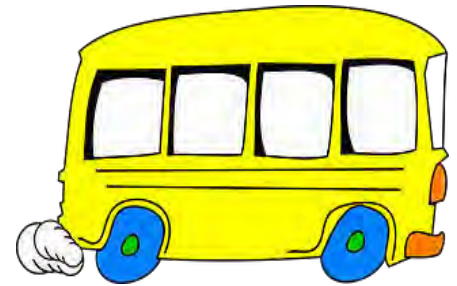
To review your information, simply log in to your [PowerSchool Parent Portal](#) and open the “Parent/Guardian Information Verification Form” from the left-hand menu or notification at the top of the page. Review all information carefully, provide updates where needed and submit your form by **April 30**. **One form is required for each student currently registered at an EIPS school. Only one parent/guardian will complete the form for each student**—all associated parent/guardian information for each student is available to review on the same form. **If you have any questions about your Parent/Guardian Information Verification Form, reach out to the school at 780 796 3936.**



THANK YOU! Bus Driver Appreciation Day is May 1

Join us on May 1 as we recognize and thank our school bus operators for keeping the safety of our students their first priority. We encourage you, and your children, to take a moment to say thanks to our bus operators—who go above and beyond to provide safe and timely transportation to our students.

On behalf of Bruderheim School *THANK YOU* to all of our school bus operators for a job well done.



Education Week 2023: May 1-5

Education Week takes place May 1-5. Throughout the week, students and staff from Bruderheim School are showcasing and celebrating the role education plays in shaping the future of our province. Led by the Alberta Teachers' Association and Alberta School Councils Association, the annual event is celebrated by school communities provincewide with activities focused on the importance of education.

The theme of Education Week this year is Learning Uplifts All, which celebrates working toward an inspired future for public education. This includes optimal learning conditions for every child, students who enjoy learning and achieve their goals, opportunities for teachers to continue developing their professional skills, and parents and communities involved and supportive of learning.

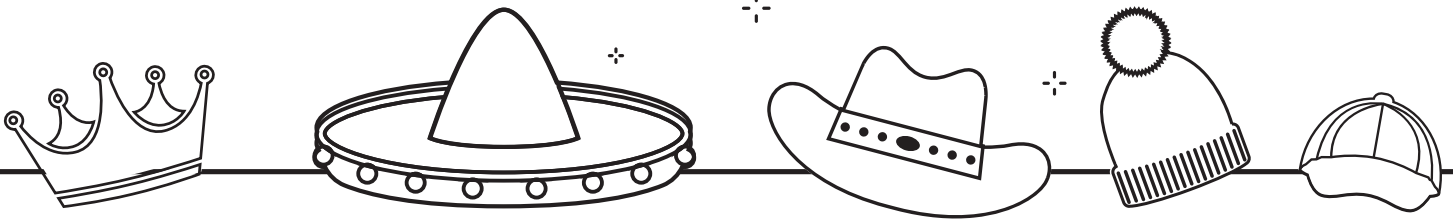
Hats On! For Mental Health

On Wednesday, May 3, 2023, Bruderheim school students and staff are invited to participate in “Hats On! For Mental Health” day and wear a hat to raise awareness of the importance of positive mental health. We will learn about mental health and the importance of removing the stigma associated with mental illness with our students. Mentally healthy students are more resilient and better able to learn, achieve success and build healthy relationships.

We also invite all students to participate in the colouring activity (see attached poster) and submit their coloured posters to Mrs. Dibben by Tuesday, May 2nd. Each class will have one name drawn from all class entries to get a treat from Mrs. Dibben.

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!!



Hats On!

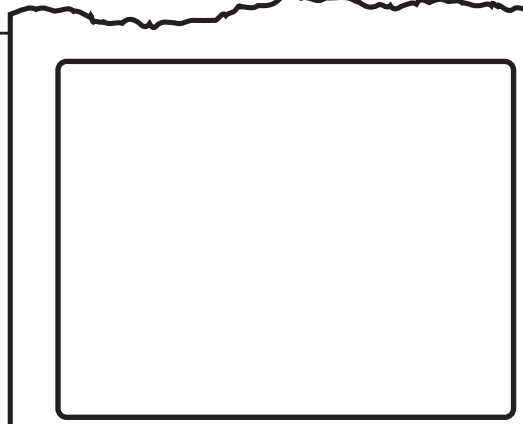
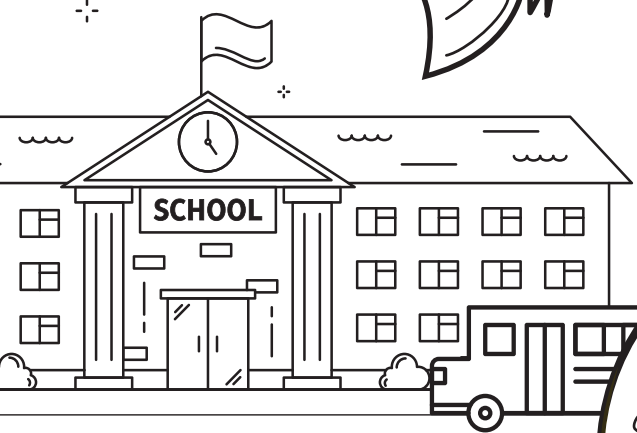
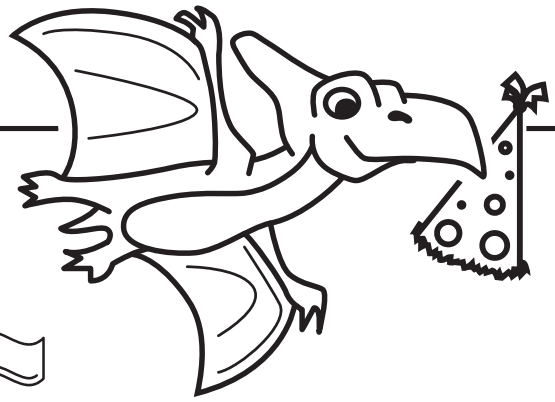
FOR MENTAL HEALTH

Wear a special hat

WEDNESDAY

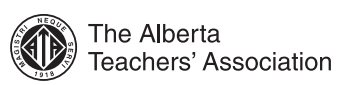
MAY 3

2023



Draw yourself wearing your favorite hat!

EXT COMM-190b-3 2023





Be Your Best!





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

May 2023



HOW TO MODEL EMOTIONAL WELLBEING FOR YOUR CHILDREN

We all want our children to be healthy and happy – and for them to be considerate, caring and kind. The good news is this is something your own actions can help achieve. The time you spend together and the things you show your child early in life assist your child with future relationships. Warm, consistent, and emotionally supportive relationships between you and your children encourage them to develop self-confidence, independence, and the ability to manage emotions and behaviours. These skills are helpful in school and beyond.

KIDS LEARN MOMENT BY MOMENT

When you respond to your child's needs, questions, and interests, you develop a healthy bond (referred to as "secure attachment"). This helps children feel safer when exploring new things and helps them build positive relationships with others. Without this support, navigating new situations and social relationships can be difficult.

Each day provides opportunities for parents to be role models for their children, as they watch how you react to everyday things. Children are figuring out what they see all the time, picking up little clues and cues about how to think, behave and react. When you show your emotions honestly and then manage them, your children see how they can do that, too.

Your modelling also shows your child how to deal with conflict and respond to powerful feelings, such as anger, in ways that don't hurt them or others. For example, if you apologize following a mistake or accidentally saying something hurtful, you help your child see they can handle emotions in similar situations.

Talking about this is best done when things have calmed down though. It can be difficult to think clearly about the situation right at the point of conflict or crisis, especially when everyone, including the child, is upset. Having a conversation and encouraging your child to see things from a different perspective allows them to put these experiences together, helping them to learn to handle anger and prevent aggression against their peers.

SOCIAL SKILLS AND SUCCESS

Children who can adapt and problem-solve in situations at preschool age show positive benefits throughout childhood and adolescence. They report higher wellbeing, higher social skills, higher academic achievement, reduced aggression, and improved mental health and socio-economic outcomes throughout their teen and adult years.

You can assist your children to develop social skills by talking about your family values, setting family rules or expectations for everyone to get along well and solve problems calmly, and teaching them how to be kind and gentle with other people and with animals. Show your child empathy, how to see things from another person's point of view and to be compassionate toward others who need help or support.

FEELING GOOD ON THE INSIDE

Parenting is filled with opportunities to help your children learn new skills. Children learn best with frequent practice, so in the early stages when little ones are showing acts of caring you can encourage them through your attention and praise. As children do these things more often you can change from using praise to acknowledging their effort differently. A particularly effective way to do that is to ask your child to tell you why they felt good about their actions. When they say the reason behind their behaviour, it helps them to understand and tell themselves what they did well.

That way, when they do something socially responsible as they get older, they'll experience what we call an "intrinsic reward" – much like a warm inner glow – that comes from having the chance to show values like kindness, caring and generosity.

All this, and the confidence they gain, helps children be more successful in school and other settings – and become the considerate, caring and kind people we want them to be!

Wholesome Dad Jokes

1. Why is Yoda such a good gardener?
2. What is a flower's favourite kind of pickle?
3. How do Spring flowers greet each other?

Follow us on Facebook for the most up-to-date information:
Kalyna Family Resource Network
Lamont County Region

For more information please call:
Erin @ 780-895-2233 ext 244
Toll Free 877-895-2233 ext 244
or email at: erin.b@lamontcounty.ca

What is the Kalyna Family Resource Network?



KALYNA FAMILY RESOURCE NETWORK LAMONT COUNTY REGION

WHO WE ARE?

Family Resource Networks (FRNs) deliver high quality prevention and early intervention services and supports for children aged 0 to 18. Services are provided to all geographic areas and in various cultural communities across the province – either directly or through collaborative partnerships with qualified service agencies.

WHO CAN PARTICIPATE?

Family Resource Networks (FRNs) welcome anyone who is part of a child's life. This could be a parent, caregiver, grandparent, aunt/uncle, day home provider, nanny, the list goes on!

WHAT PROGRAMS DO WE OFFER?

Some of our programs include developmental screening (ASQ), Triple P Positive Parenting, Infant Massage, Kids Have Stress Too, summer programming for families, child and youth development programming including National Child Day and Welcome to Kindergarten.

WHAT WE DO?

Networks provide a range of services and supports that focus on strengthening parenting and caregiving knowledge, social support, coping and problem-solving skills, access to community supports and resources, improving child and youth development, building resiliency and fostering well-being.



UMBRELLA OF SUPPORT PROVIDED BY PROVINCIAL FRN:

- Child Development & Well-being Support
- Caregiver Capacity Building Support
- Social Connections & Support

OUR FRN NETWORK:

- Vegreville & Area
- Lamont County Region
- Mannville/Minburn/Innisfree
- Two Hills & Area
- WJS Canada

Parent Education & Caregiver Capacity Programs are available even if they are not on the monthly calendar. Contact Erin for more information.



What is an Ages & Stages Questionnaire?

The Ages & Stages Questionnaire (ASQ) checks 5 developmental areas.

1. Communication skills
2. Gross motor skills
3. Fine motor skills
4. Problem solving skills
5. Personal-social skills



Why complete an ASQ and ASQ-SE?

The great thing about ASQ is that it's strengths-focused - the emphasis is really on what your child can do. It's the perfect way to keep track of milestones and celebrate them as your child grows and develops.

For more information:

Call: (780) 895-2233 ext. 244
Facebook: Family Resource Network Lamont County Region
Email: erin.t@lamontcounty.ca

<https://agesandstages.com/about-asq-for-parents>



The ASQ & ASQ-SE are designed to show caregivers how the child is developing from birth to 5 years of age. They are simple and easy questionnaires that are filled out by the caregiver.

The ASQ-SE checks 7 social-emotional areas:

1. Self-regulation
2. Compliance (trust & respect)
3. Communication
4. Adaptive functioning
5. Autonomy (ability to function independently)
6. Emotional responses
7. Interaction with people



How do I complete one?

Go to these links for more information on completing both screenings:
ASQ-3
<https://www.asqonline.com/family/70d5a8>

ASQ-SE
<https://asqonline.com/family/af517f>



Community Partners We Have Loved Working With

We want to bring you the best services possible. To do that, we will often partner with some of the amazing service providers that we have in the Lamont County Region and surrounding areas. Some of our partners are:

- Alberta Human Services
- Alberta Health Services (AHS)
- Early Childhood Coalitions of Alberta
- Various municipal governments
- Family Day Homes
- Various Seniors Centres
- CALC
- Family and Community Support Services (FCSS)
- Alberta Children's Services
- Primary Care Network
- Local Libraries
- Prairie Central FASD
- Local Community Clubs
- Local School Divisions
- Local Food Hampers
- WJS Canada

INTRODUCING Alberta Indigenous Virtual Care Clinic

Receiving healthcare from doctors who understand Métis culture is essential to the overall health and wellness of our community.



The Alberta Indigenous Virtual Care Clinic (AIVCC) virtually connects Métis Albertans with family doctors who are experienced in providing Indigenous and culturally-safe healthcare.

All appointments happen by telephone or by video using your device. The choice is yours.



Call 1-888-342-4822 to book your appointment or visit aivcc.ca for more information.

Hours: Mon - Fri 8:30am - 4:30pm, Sat - Sun 12:30pm - 4:30pm.

Please Note: Clinic is not an emergency care service. If you have an emergency, please call 911.

Programs & Information



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.

1:00pm to 2:30pm

Wed., May 10 - Lamont Hillside Park (50 Street)
 Wed., May 17 - Mundare Victory Park (54 Ave)
 Wed., May 24 - Bruderheim Sunset Park (51 Street)
 Wed., May 31 - 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

Join us for a

Tea Party

Join us for a tea party to celebrate everything Spring! We will craft, snack, and make connections with our friends at Beaverhill Pioneer Lodge in Lamont.

Monday, May 15, 2023
1:30 - 3:00pm

This program is FREE to families with children ages 0-6 and homeschool families but REGISTRATION IS REQUIRED. Please register by noon May 8, 2023. Registration Link: <https://signup.com/go/eUBztUr> Please enter around the back at the main doors. We will be upstairs in the Activity Room beside the elevator.

Beaverhill Pioneer Lodge  





Attention 2023-2024 Kinders!

Free bag for all 2023-2024 Kindergarten students

Lamont County Region Schools

Kalyna Family Resource Network
 Lamont County Region
 Presents:

A Kinder Welcome



You will receive your free bag when you attend your child's Kindergarten Open House.

Bruderheim: April 12 @ 6pm
 Mundare: April 27 @ 1pm
 Lamont: May 25 @ 6pm
 Andrew: May 29 @ 9:15am


erin.b@lamontcounty.ca

One WTK Bag per Lamont County Region child attending Kindergarten for the first time in 2023-2024

Our community partners:     

Small changes, big differences.



Triple P, Positive Parenting Discussion Groups (for parents of children 0-12 years)


Join us for free Triple P Positive Parenting Discussion Groups. Space is limited. Childcare available if requested on registration.

DATES: Tuesday, May 9, 2023 - Hassle Free Shopping Register by May 2 at noon
 Tuesday, May 16, 2023 - Developing Good Bedtime Routines Register by May 9 at noon
 Tuesday, May 23, 2023 - Dealing With Disobedience Register by May 16 at noon
 Tuesday, May 30, 2023 - Managing Fighting & Aggression Register by May 23 at noon

TIME: 1:00-3:00pm (please arrive by 12:45pm to check into childcare)

VENUE: Lamont Alliance Church

Please register for each session that you plan to attend. Please register online: <https://signup.com/go/dQkwUNq>



www.triplep-parenting.net For more information email erin.b@lamontcounty.ca or call 1-877-895-2233 ext 244

Programs & Information

**Chipman
YOUTH
Group**
Located at Chipman National Hall

Running Every Monday
Call 780-895-2233 for more info

3:30 - 6:30pm All Children and Youth
Aged 7 and older

Parents: Remember to fill out our one time permission form for the year!!



**Bruderheim
YOUTH
Centre**
Located upstairs of Arena

Running Every Tuesday
Call 780-895-2233 for more info

3:30 - 6:30pm All Children and Youth
7 years of age and older

Parents: Remember to fill out our one time permission form for the year!!



Nutrition Services | Central Zone

FREE Online Nutrition Classes

Join Public Health Dietitians in family-centred classes to learn more about nutrition topics that matter to you! Classes include:



Infant Nutrition:
Starting Solid Food



Goodbye Mealtime
Struggles: 1-5 Years



Positive Mealtimes:
6-12 Years

Scan here
or visit:
qrco.de/centralzonenutrition



Check out these pre-recorded videos:

Feeding
Babies:
Mini Series



bit.ly/feedingbabiesvideos
Created by AHS
South Zone Public
Health Dietitians

Tips for Success:
Mealtime
Struggles



bit.ly/peasTipsForSuccess
Created by AHS
Pediatric Eating and
Swallowing

Looking for more help?

Call your local **Community Health Centre** and ask to talk to your **Public Health Dietitian**.

You can also call **811** and ask to speak with a dietitian.

Nutrition Handouts: ahs.ca/NutritionHandouts



Lamont
County
Region

Virtual Child Development Walk-in Clinic

Birth to Five Years

Do you have questions or do you want to learn more about...

How your child:

- ✓ Speaks
- ✓ Hears
- ✓ Colours
- ✓ Moves
- ✓ Plays
- ✓ Follows Directions
- ✓ Sleeps
- ✓ Eats



Sensitivity to:

- ✓ Noise
- ✓ Clothing
- ✓ Food Textures
- ✓ Messy Play



Your child's:

- ✓ Routines (bedtime, toileting)
- ✓ Emotions
- ✓ Growth
- ✓ Development



Call us at our Virtual Walk-in Clinic!

~ 780-895-5817 ~

FREE

The first **THURSDAY** of every month
Community Rehabilitation Program – Pediatrics
9:00 a.m. – 11:30 a.m.

Virtual services that may be accessed include:

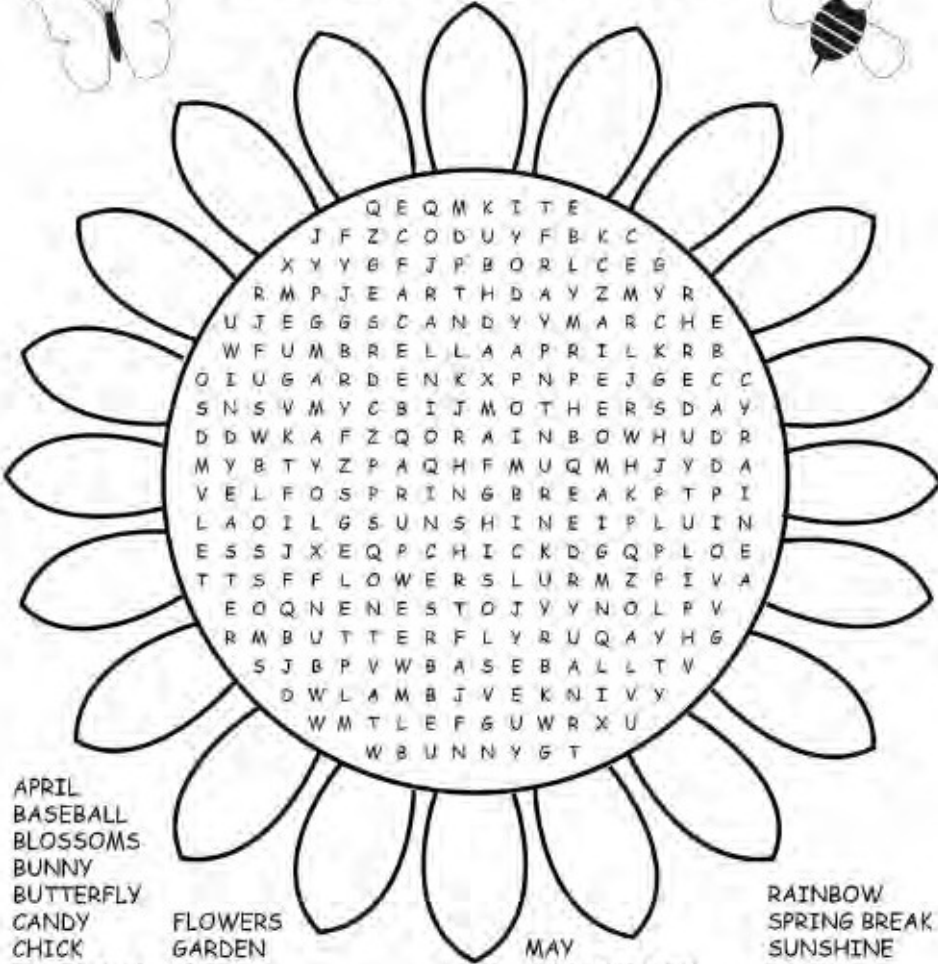
Occupational Therapy
Early Intervention Support (birth-31/2 yrs)

Physical Therapy
Speech-Language Pathology
Social Worker

www.albertahealthservices.ca

May Fun!

It's Spring Time!



APRIL
BASEBALL
BLOSSOMS
BUNNY
BUTTERFLY
CANDY
CHICK
EARTH DAY
EGGS

FLOWERS
GARDEN
KITE
LAMB
MARCH

MAY
MOTHERS DAY
NEST
RAIN

RAINBOW
SPRING BREAK
SUNSHINE
TULIP
UMBRELLA
WINDY

I SPY A RAINY DAY

Count how many of each rainy day items there are and write the number in the boxes below.




| | | | | | | | |
|--|--|--|--|--|--|--|--|
| | | | | | | | |
|--|--|--|--|--|--|--|--|



May 2023



| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|--|--|--|----------------------|-----|
| | 1 | 2 | 3 EIPS—Early Out ROE - Andrew School | 4 May the 4th be with you!  AHS Virtual Child Development Walk – in Clinic | 5 EIPS—No School | 6 |
| 7 | 8 Chipman Youth Group | 9 Triple Discussion Group Hassle Free Shopping Bruderheim Youth Group | 10 ROE - Andrew School Park Play & Parenting Lamont | 11 | 12 | 13 |
| 14  | 15 Connecting Generations | 16 Triple Discussion Group Bedtime Routines Bruderheim Youth Group | 17 ROE - Andrew School Park Play & Parenting Mundare | 18 | 19 EIPS—No School | 20 |
| 21 | 22 Victoria Day FRN & FCSS Offices closed | 23 Triple Discussion Group Dealing W/ Disobedience Bruderheim Youth Group | 24 ROE - Andrew School Park Play & Parenting Bruderheim | 25 Lamont Kinder Welcome | 26 | 27 |
| 28 | 29 Andrew Kinder Welcome Chipman Youth Group | 30 Triple Discussion Group Fighting & Aggression Bruderheim Youth Group | 31 ROE - Andrew School Park Play & Parenting Lamont | 27 | 28 | 29 |