

Bruderheim School

Parent Newsletter – May 18, 2023



From the Principal

And just like that this short week is over! We continue to focus on **Respect** during these last two months of the school year and thank all those students who consistently demonstrate this **TIGER Trait!**

We are looking forward to our all-school field trip to the Metis Crossing on Friday, May 26. We continue to think of those in our province who have been negatively affected and displaced due to the wildfires and are thankful for all our firefighters and all that they are doing! We also continue to monitor the Air Quality Health Index and adjust school activities, as necessary. We hope all our Bruderheim School students and families have a wonderful Victoria Day long weekend!

May

May 19: School closure day

May 22: Victoria Day – statutory holiday

May 26: Metis Crossing school wide field trip

May 31: Red Shirt Day

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 12: Last library classes

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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Junior High Jitters

This is a free caregiver education session hosted by Alberta Health Services. Is your child going into Grade 7 and feeling nervous about it? This session will provide information about developmental changes teens experience, as well as the challenges they may face in this school transition. Strategies for managing these changes and boosting wellness will be discussed. The session is designed for caregivers and pre-teens—grades 6-8—to attend together.

- Wednesday, June 14
- 6 p.m. to 7:30 p.m.
- Virtual

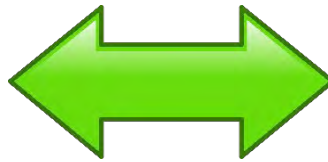
[Register](#)

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!



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

Caregiver Education Team Newsletter

May/June 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.

Caregiver Education Sessions

Understanding Autism

For parents and caregivers of children and youth in grades K-12

Wednesday, May 3
6:00 – 7:30 pm

Parenting Strategies for Positive Mental Health

For parents and caregivers of children in grades K-6.

Part 1:
Tuesday, May 23
12:00 – 1:00 pm

Part 2:
Tuesday, May 30
12:00 – 1:00 pm

Test Anxiety *Strategies for Success*

For parents and teens (grades 7-12) to attend together
Wednesday, May 31
6:00 – 7:30 pm

Adult Education Sessions

Silver Linings

Supporting Wellness in the Later Years

Part 1:
Tuesday, May 9
12:00 – 1:00 pm

Part 4:
Tuesday, May 16
12:00 – 1:00 pm

Junior-High Jitters

Transitioning to the Teenage Years

For caregiver and their teens (grades 6-8) to attend together

Wednesday, June 14
6:00 – 7:30 pm

Participant Feedback:

“...the quality of the presentation and the warmth of the presenters, even over Zoom, was really impressive.”

“Well presented...very knowledgeable and clear. Videos were great. Thank you!”

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

May/June 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.

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

Understanding Autism

In this introduction to Autism Spectrum Disorder (ASD), participants will learn how ASD may affect the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

Date: Wednesday, May 3, 2022

Time: 6:00 – 7:30 pm

For parents and caregivers of children and youth grades K-12; for adults only.

Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Part 1: Increasing Wellness Deposits

In this one-hour Lunch & Learn webinar, we will look at what mental health and wellness is and discuss strategies for increasing your child's mental health 'deposits' – the protective factors that provide a buffer to life's challenges and promote wellness.

Tuesday, May 23, 2023

Time: 12:00 – 1:00 pm

For caregivers of children grades K-6, for adults only.

Part 2: Reducing Wellness Withdrawals

In this one-hour Lunch & Learn webinar, we will discuss strategies for reducing mental health 'withdrawals' – the risk factors that increase stress and drain your child's inner resources. We will also look at the key perspectives that help children feel more resilient and able to take on their world.

Tuesday, May 30, 2023

Time: 12:00 – 1:00 pm

For caregivers of children grades K-6, for adults only.

Participant Feedback:

"The session was great, perfect during the lunch hour and just the right amount of info to be effective. Thank you."

"Love the convenience of online, and still feeling involved in discussions."



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Edmonton Zone

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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

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, May 31, 2023

Time: 6:00 – 7:30 pm

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

Junior-High Jitters Transitioning to the Teenage Years

Is your child going into grade 7 and feeling nervous about it? This session will provide information about developmental changes teens experience, as well as the challenges they may face in this school transition. Strategies for managing these changes and boosting wellness will be discussed.

Date: Wednesday, June 14, 2022

Time: 6:00 – 7:30 pm

For caregivers and pre-teens (grades 6-8) to attend together.

Participant Feedback:

“Thank you so much for your time and insight! You were both fabulous presenters and this was very helpful.”

“Thank you so much for the webinar. It was really good.”



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Adult Education Sessions

May/June 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.

Silver Linings Supporting Wellness in the Later Years

As we age, we may face many stressors and challenges - we may not be as strong as we used to be, we may experience medical illnesses and loss associated with roles and loved ones. We may become lonelier, or it may be harder to cope with life transitions. This series will provide a basic overview of mental health challenges that older adults may face and some coping strategies and supports that can be used to overcome the stressors contributing to these challenges.

Part 1:

In this session, we will look closer at the common mental health challenges older adults face and some of the causes contributing to these challenges.

Date: Tuesday, May 9, 2023

Time: 12:00 – 1:00 pm

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

Part 2:

In the session, we explore helpful strategies and supports that promote mental health wellbeing in older adults.

Date: Tuesday, May 16, 2023

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a 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:

“Thank-you so much for your thorough presentation. It is also a huge blessing that it is free. Thank-you so much.”

“Virtual delivery ran smoothly, pleasant to listen to presenters, a reasonable length of time to invest.”

“Always get so much out of these sessions and really appreciate you sharing out all the videos and resources after!”



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

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 (we recommend 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



Alberta Health Services
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:

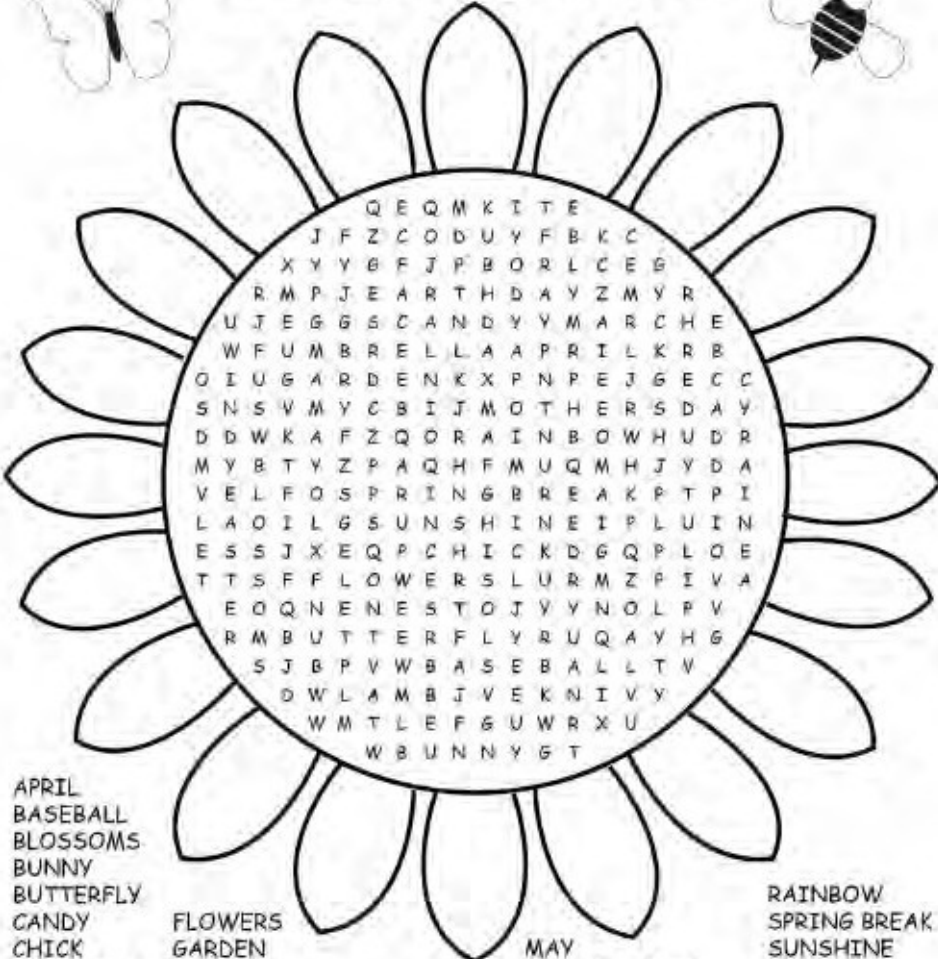
Occupational Therapy
Early Intervention Support (birth-31/2 yrs)

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.




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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