

# 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](http://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 [PowerSchool Parent Portal](#). 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 [PowerSchool Parent Portal](#) in late September. 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 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 [fees waived](#) by submitting an [Application for a Waiver of Fees](#). The application deadline is Dec. 15, 2023.

For more information about school fees, waivers and payment deadlines visit [eips.ca](#). 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 [communications@eips.ca](mailto:communications@eips.ca) and [general.bru@eips.ca](mailto:general.bru@eips.ca) 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 [SchoolMessenger](#). 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 [SchoolMessenger](#) 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 [SchoolMessenger](#) app from the [App Store](#) or [Google Play](#) today.

## Bruderheim Preschool



*Be Your Best!*



Bruderheim  
School

# READ IN WEEK

OCTOBER 2-5, 2023

PLEASE JOIN US TO CELEBRATE  
READ IN WEEK 2023!

WE WOULD LIKE TO INVITE YOU TO BE A GUEST  
READER IN OUR CLASSROOMS DURING  
READ IN WEEK. PLEASE LET US KNOW IF YOU ARE  
ABLE TO JOIN US WITH YOUR AVAILABILTY AND  
I WILL SCHEDULE YOU IN.

WE ARE LOOKING FORWARD TO SHARING A LOVE OF  
READING WITH YOU!  
PLEASE EMAIL ME AT  
[JANNETJE.BETTAC@EIPS.CA](mailto:JANNETJE.BETTAC@EIPS.CA) TO BOOK A TIME.



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 [jannetje.bettac@eips.ca](mailto:jannetje.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 Festival

## Sept 16 - 17, 2023

### Saturday Sept 16, 2023

Wilson	Big Fish Tournament, Bruderheim Ag Society	Bruderheim Ag Society
Wilson-Watson	Parents Breakfast, Bruderheim Fire Department	Bruderheim Fire Dept
Wilson-Watson	Parents Registration	Highlight Community
Wilson	Parents Luncheon	Head of the Light Community
Wilson-Neville	Indoor/Outdoor Watercolor, Bruderheim Senior	Bruderheim Senior Centre
Wilson-Watson	Puffed Beef on a Bun & good, Bruderheim Community Church	Bruderheim Fire Dept
Wilson-Watson	Old Time & Country Music, Town of Bruderheim	Bruderheim Ag Society
Wilson-Watson	Five Potting, Bruderheim & Ag Society	Bruderheim Ag Society
Wilson-Watson	Good Play, Town, Schindinger Trucking Ltd & AFB Plaster	Bruderheim Ag Society
Wilson-Watson	Home Safety Forum, 277 Safety Inc, Okanagan, Bruderheim Ag Society	Bruderheim Ag Society
Wilson-Watson	Games, Refreshment & Book Competition, North Okanagan V&P District Professional Association	Bruderheim Ag Society
Wilson-Watson	Big Fish	The Light Community
Wilson-Watson	Big Gardens, Bruderheim Ag Society	Bruderheim Ag Society
Wilson	Long, Longtime, Town of Bruderheim	Bruderheim Ag Society
Wilson-Watson	Market, Bruderheim Ag Society	Walter School
Wilson-Watson	Museum, Town, Bruderheim Ag Society	Walter School
Wilson	Parents Lunch, Bruderheim Ag Society	Bruderheim Ag Society
Wilson	Food Trucks	Bruderheim Ag Society

### Sunday Sept 17, 2023

Wilson	Big Fish Tournament, Bruderheim Ag Society	Bruderheim Ag Society
Wilson-Watson	Country Music, Town of Bruderheim	Bruderheim Ag Society
Wilson-Watson	Five Potting, Bruderheim Ag Society	Bruderheim Ag Society
Wilson-Watson	Good Play, Town, Schindinger Trucking Ltd & AFB Plaster	Bruderheim Ag Society
Wilson-Watson	Big Gardens, Bruderheim Ag Society	Bruderheim Ag Society
Wilson-Watson	Market, Bruderheim Ag Society	Walter School
Wilson-Watson	Museum, Bruderheim Ag Society	Walter School
Wilson	Food Trucks on site	Bruderheim Ag Society
Wilson-Watson	Three Potting, Fire, Wall Installation	Bruderheim Ag Society



The Town of Bruderheim  
&  
Fort Saskatchewan Multicultural  
Association  
Invite you to celebrate



*Alberta*  
*Culture Days*  
*Celebration*



**Saturday September  
23rd**

**LIVE MUSIC | FOOD | CRAFTS**

*6.p.m TO 8.p.m*

**BRUDERHEIM COMMUNITY HALL,  
5014 Queen Street,**



# FAMILY ACTIVITY NIGHT

FREE Drop-in!  
Join us for some  
Autumn-themed  
make & take  
and a snack!



All families  
welcome!

**At the Lamont Public Library**

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



Lamont Public Library





# 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](mailto: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 21<sup>st</sup> 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

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Caregiver Education Sessions

September 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](http://www.cyfcaregivereducation.ca)

## Parenting Teens in the 21<sup>st</sup> 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](#).

## 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.”



AMH Education Services  
Addiction & Mental Health  
Edmonton Zone

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# Adult Education Sessions

September 2023



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.

## 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](http://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

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