

Bowden Grandview School

Box 40, 2238-21 Ave. Bowden, AB T0M0K0 403-224-3422

September 22, 2011.

NEWS FROM THE PRINCIPAL

As the new Principal of Bowden Grandview School, I wanted to take this opportunity to introduce myself and welcome back all our students and their families. Our first few days have gone very well and I think that this may be a good omen for how the remainder of the year will go; we are looking forward to it being a great year.

As some of you may know, I am returning to Bowden Grandview School after an absence of six years. Prior to leaving Bowden, I taught here for six tremendous years, then took the position of principal at Elnora school. I was in Elnora for three years, at which point I wanted to get closer to home and so moved to Spruce View School where I was elementary vice principal. So when the opportunity to come back to Bowden arose,

I jumped at it! My other teaching experiences involve time in the high arctic and northwestern part of B.C., as well as in Sundre when I returned to Alberta to teach.

I feel that Mrs. Thompson and I will make a great administrative team, and look forward to working with her. We have known each other for several years (she was the principal in Elnora whom I replaced when she moved here), and we have served on a couple of committees together, as well as completed our Masters degrees in the same cohort.

As part of my own educational philosophy, I strongly believe that a K-12 of our size offers just about the best school environment there is for kids and young adults. There is a tremendous amount of truth in the adage that it takes a community to raise a child, and so is important as a

school and community that we work together to foster growth in education, social skills, and overall confidence of every child in order to prepare them for their future. I am pleased that our strong school community of involved parents and skilled staff will make that growth happen so that all our students can thrive.

The staff at BGS have a solid understanding of what it takes to help children learn and grow. I look forward to working with this team and invite you as parents to be involved in the process. Please feel free to communicate with us on concerns you have regarding your child as we work together toward their success.

Sincerely,
Brett Caukill

Remember to sign up for the Newsletter to be delivered by email, the last newsletter going home by hard copy will be November. Please sign up on the front page of our new website.

If you do not have internet or email, please make sure to let us know that you need a hard copy.

www.bowdengrandview.ca

Please join us on
September 30th to
meet our new staff
members and enjoy
a
Pancake Breakfast .



Our Terry Fox Run is being held on Friday September 30 from 1:45–3:00. All students/participants are encouraged to bring a toonie to help Terry Fox's heroic fight against cancer. All participants will run/walk 6 laps of the Pat Filipenko track.

CAREER COUNSELOR'S CORNER

Each of the grade 12 students has received an updated Course Mark Inquiry and a checklist to ensure that they are on track to graduate in June. As well, they have completed questionnaires regarding their plans for next year. While most seem to have a fairly clear direction as to where they're headed, some are still exploring their options. One very valuable tool for these students is the ALIS website. Students can conduct interest inventories, explore careers and post-secondary schools, get student loan information, apply for transcripts, and get a start on scholarship information. For those who have already decided that they would like to apply to Red Deer College, the recruitment officer will be here to assist with applications on October 6 at 9:00 am. Grade 12s may make an appointment to complete an application with assistance and any high school students may make individual appointments to address questions about their future career plans. Sign up sheets will be posted by Ms. Routhier's room. We can request representatives from other schools if several students express an interest. I will attend the Counselor's Update on Sep-

tember 20 and will bring back current information from all other Alberta Schools, so grade 12's can come and see me for up to date forms. Students who are interested in applying to more than one post-secondary school in Alberta are encouraged to check out APAS at www.applyalberta.ca. By using this website, you avoid paying for transcripts; although each school's application fee is still required.

Students (and parents) who are wondering how they will pay for approximately \$6000 worth of tuition and books, not to mention housing and food, may wish to download a student loan application from www.alis.gov.ab.ca or get started on applying for scholarships. Here are some useful websites:

www.canadianscholarships.com, www.finaid.com, www.aucc.ca, www.studentawards.com, www.scholarshipscanada.com, www.milleniumscholarships.ca, www.fastweb.com, www.ainc.gc.ca, www.youthpath.ca, and www.leonardfind.org. In addition to these, our scholarships pamphlet that we will discuss in March has many useful local scholarships. Scholarship applications will be posted on the

Grade 12 Bulletin Board as they come into the school. Some of the applications take a lot of work, but once the groundwork is completed it only takes a bit of tweaking to get further applications ready. Parents may want to check their place of employment (and possibly even their banks) for scholarships that are restricted to employees (or bankers at that specific institution). There is a lot of money out there for students who are willing to put in the time and energy to look and apply for it. We will complete Rutherford applications during classes in the second semester.

For other high school students, be sure to keep your marks up and get involved in clubs and volunteer activities so that you will be ready for these opportunities as they come up. Also keep your eyes open and check out websites as there are a few scholarships available to grade tens and elevens as well. If you are planning on enrolling in a post-secondary institution one day, work hard now to ensure you don't limit your opportunities. If you have any questions, please call me at the school, or email me at arouthier@chinooksedge.ab.ca.

Alana Routhier



The Bowden Outdoors Club is off to a great start! It is open to students in Grades 9 - 12 who have an interest in the outdoors, and enjoy challenging themselves physically, emotionally and mentally. The club is organized around the Duke of Edinburgh Award, which is a very prestigious award given to youth aged 14 - 25 who are up for the challenge. In order to earn the award, a person must complete a certain number of hours of community voluntary service, enhance or develop a specific skill over a specific amount of time, set and carry out a physical fitness plan over a specified amount of time, and participate in planning and carrying out an 'expedition' in the outdoors. At the gold level of the award, participants must also participate in a 'residential project' where they leave the comfort of home and embark on an excursion away from friends and family for 5 days. The award is presented by the Lieutenant-Governor in the case of the Silver Award, and by either Royalty or the Governor General of Canada for the Gold level. For more information on the award, visit www.dukeofed.org

As our club is just starting, we're looking for donations to help us get our feet on the trail. We're looking for all types of backpacking supplies (tents, stoves, backpacks, pots/pans) that would be small and light enough to be carried long distances in a backpack. If you have anything that you think might be of use to us, or would like to donate to our club to help us purchase new equipment, please contact Nathan Clark at the school, or send him an email at nclark@chinooksedge.ab.ca

Family School Wellness Program Chinook's Edge School Division



Welcome back! I am very excited to have the opportunity to be the Family School Wellness worker in the Bowden Grandview School again this year. What is Family School Wellness? The Family School Wellness Program is a program that provides support services to all children ages 0 – 18 and their families in our community. The FSW program is a free and confidential program that runs throughout the year. Family School Wellness recognizes that a child's

academic achievement and well being are often affected by problems related to peers, family and self. The Family School Wellness Program aims to support a child in working through these issues to achieve an overall sense of well-being in their lives. This is often in the form of one on one or small group sessions on a variety of issues. As well, I can provide information on many topics, have a great parenting resource library and can provide you

with referral to other services. Services can be offered through the school, at your home or in the community. I will be in the school three days a week (usually Monday, Wednesday and Fridays). If you have any questions regarding the FSW program or services please feel free to contact me at (403) 224-2264 or (403) 506-5928.

Gaye Grenier
Family School Wellness
Bowden Grandview School
Olds Koinonia Christian
School

The Alzheimer Society presents: A Caring Approach to Alzheimer's Disease, A Community Workshop to learn about Alzheimer's disease and related dementia and being a care provider. Tuesday, October 11 from 9:30 a.m. – 3:30 p.m. at Sundre West Country Centre. Coffee, snacks and lunch provided. Please register by October 3 by calling 403.638.1011.



Triple P Parenting

Triple P Seminars are informal presentations a little like a forum. These three seminars focus on parenting children 0-12 years of age and you can choose to do one or all three.

Week One: The Power of Positive Parenting

Week Two: Raising Confident, Competent Children

Week Three: Raising Resilient Children Presented by: Village Gate Parent Link Innisfail Site

Location : Dr. George Kemp House, Innisfail

Dates. October 3, 17 and 24

Cost : Free

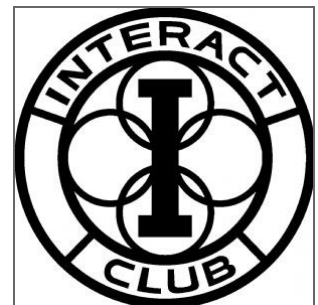
Please register for this program at : activenet2ca.active.com/innisfail

You can also call Heather Dixon for more information

403-227-7744

Last year, Bowden Grandview chartered its first Interact Club which is the high school division of Rotary. At the end of the year, we held a school wide dunk tank activity and raised almost \$400 for Micro-credit which provides small loans in 3rd world countries for individuals to start up a small business. All involved had a great time and we would like to extend a heartfelt thanks to the fire department for donating the dunk tank and all of their help!

We have started up again this year and will be getting some activities organized soon. Any students interested in gaining volunteer experience while working to make their world a better place should see Ms. Routhier to pick up a form.



'SHAGGIN' DONATES \$1200.00 TO BREAKFAST PROGRAM



John William presents Kim Rude, Breakfast program coordinator a cheque for \$1200.00

The 'Shaggin' baseball team hosted a fun tournament on August 27 & 28, 2011. All proceeds were generously donated to the Bowden Grandview School Breakfast Program. This is the second year that Bowden School has been fortunate enough to receive these proceeds. Last year they donated \$800.00 Special Thanks to team members and their supporters!

*Bowden Grandview
Student say a huge
"THANK YOU"
to the
'SHAGGIN'
baseball team.*



Arashi-Do
Martial Arts
Currently
has Karate
classes

underway

At Bowden Grandview
School.

We have room for stu-
dents

Ages 4 - Adult in our
Monday/Wednesday
classes.

Contact Sensei Wayne
for more information.

wpineau@arashido.com

FRIENDS OF GRANDVIEW

Well we are already into another school year. We have lots of changes and exciting things happening that we would like to take part in with the school. First of all we would like to thank Maggie Peckham and Laura Frizzell for joining our Board.

They will be taking on the treasurer and secretary positions. As some of you know we have decided not to sponsor the swimming lessons for the school. We are going to start fundraising and supporting new areas within the school that will still benefit the children. I encourage parents with suggestions, concerns, and ideas to attend our meetings which occur every second Tuesday with P.A.C.

BREAKFAST PROGRAM

To start the year off we are concentrating on getting our Breakfast Program up and running. Kim Rude, Alicia Heit, and Shannon Belton are going to be organizing this.



For parents who are new to the school, we offer toast and fruit for our children in the morning. We are always looking for cash donations, food donations and volunteers. Our grant income has gone from \$3000 to \$500 so donations are always great. If you would like more information or would like to volunteer by yourself or with a friend please contact Kim Rude at 403-224-3442. For those parents that have younger children we welcome you as well. For any other info regarding F.O.G. please contact Carla Sparks at 403-224-2907.

Magazine Drive

The Junior High Magazine Fund-raiser will begin October 5. Please support students as they canvas our community. Proceeds are used to fund projects within the school.

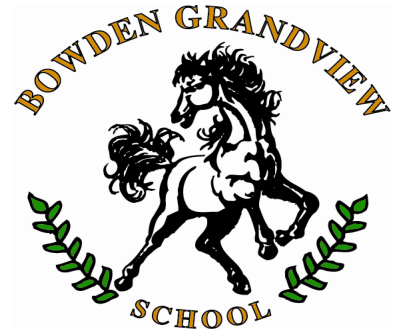
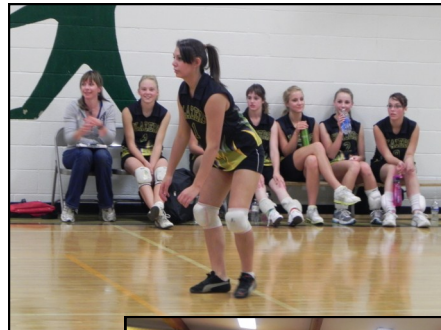


Come and Join us
for our
Scholastic Book Fair
October 26 & 27
During Parent Teacher Interviews
in the
Bowden Grandview School Library

BOWDEN GRANDVIEW IS PLEASED TO INTRODUCE OUR 2011/2012 BOWDEN BLAZERS!

Sr. High Girls Volleyball

Coach: Mrs. Karen Fagan
 Tamika Robertson, Kayla Pineau, Iris Bottenburg, Shaelynn Houchin, Melissa Anderson, Marta Grove, Kendra Reimert, Stephanie Baiko, Courtney Houchin, Elorah Robertson, Coutany Ryrice, Lacey Kraal, Haruka Hori, Judith Korber, Chelsey Jasper



Jr. High Girls Volleyball

Coach: Mrs. Tammy Cocke
 Shae Anna Berreth, Brittany Houchin, Caitlyn Arbo, Kaylee Sahli, Kaitlyn Veters, Cheyenne Cocke, Sophie Graff, Kayla Morton, Alana Meyn, Taylor Bennett, Lotte Bottenburg, Blaire Bradshaw, Danielle Brooks, Kim Dixon, MacKenzie Macgonigill, Kia Seely, Jordan Storvik



Cross Country Team

Kendra Reimert & Ryan Stuart are being coached by Sian Richards
 The cross country season is underway and the high school team is training hard. They are competing in the Peace Hills Invitational, The Dawe Run, and Zones this season. Don't forget to encourage them if you see them running around town!



Bowden Minor Hockey is still accepting registrations for Tyke, Novice, and Atom Divisions. We are also accepting coaching applications as well. For more information please contact Carla Sparks at 403-224-2907 or Annette Glazer at 403-318-2180.



Bowden Figure Skating Club is now taking registrations for the 2011/2012 season. We have 3 programs; Learn-To-Skate, Canskate, and our Pre-Star-Skate. For more information please contact Carla Sparks at 403-224-2907.

Still accepting registrations:

WE OFFER:

BALLET, JAZZ, HIP HOP, TAP, LYRICAL, SONG AND DANCE, ACRO

AND ADULT--- CLOGGING, JAZZ, HIP HOP, LYRICAL, BALLET, YOGA/STRETCH, MIXERCISE, BEG COUPLES, SALSA

CDTA BALLET AND JAZZ EXAMS AVAILABLE AND COMPETITION OPTION
 CALL ALICIA HEIT 224-3737 OR 392-0368 FOR INFO.



Fifty-first Annual Awards Program



Junior/Senior High Students' Council: Co-Presidents Ceri Richards, Nikki Peterson, Vice President Kendra Reimert, Secretary Carley Dixon, Treasurer Caleb Fox, Senior Sports Rep. Elorah Robertson, Junior Sports Rep. Marta Grove, Room Representatives; Grade 7 Ethan Anderson & Jaydon Baldry, Grade 8 Sydney Fox, Grade 9 Chelsey Jasper & Donovan Pineau, Grade 10 Tamika Robertson & Kayla Pineau, Grade 11 Aleah Pineau, Grade 12 Rachelle Jans & Meagan Reid

Citizenship: Grade 7 Shayne Bryant, Grade 8 Sydney Fox, Grade 9T Ruger Dye, Grade 9 C Misty Bruinooge, Grade 10 Tamika Robertson, Grade 11 Erin Sali, Grade 12 Carley Dixon.

Art Achievement Certificates: Grade 7 Rebekah Aplin, Grade 8 Laura Stacey, Grade 9 Robin Sali, Art 10 Collette Radau, Art 20 Kendra Reimert. **Bowden Art Club Scholarship \$50.00—Collette Radau**

Dedicated Yearbook Staff—Ceri Richards

Agricultural Society Scholarship \$200.00—Karleen Dallas & Nikki Peterson

Interact and CSAL Awards: Rachelle Jans, Robert Payne, Elorah Robertson, Jarvis Johnson, Iris Bottenburg, Blaire Bradshaw, Carley Dixon, Michaela Craig, Cole Berreth, Collette Radau, Hayle Krause, Laura Stacey, Karleen Dallas, Caleb Fox, Erin Sali, Melissa Grashof, Kathleen Tueling, Brittany Houchin, Luke Radau, Michelle Chu, Sydney Fox, Taylor Bennett, Kimberley Dixon, Shae Anna Berreth, Tyler Ness

Work Experience Award \$70.00 Karleen Dallas

Job Safety Skills Society of Alberta: Celina Andrews, Stephanie Baiko, Dakota Baldry, Iris Bottenburg, Dillion Campbell, Dawson Dallas, Jasmine Dutt, Ileaha Hewitt, Amber Foster, Natasha Hearn, Tamika Robertson, Maki Isogai, Hayle Krause, Mercedes Krause, Willem Kwakernaak, Alexandra Kurta, Keith Madden, Joran Melonson, Wylie Ness, Kaycee Northcott, David Osmond, Kayla Pineau, Aurie Peigan, Florin Raduner, Ryley Rankin, Kasandra Stolson, Roland Stone, DeAnre Sweet, Kathleen Tueling, Kathlyn Wick, Chris Baiko

Bowden Lions` Club Leadership Award: \$500.00 - Rachelle Jans

Academic Recognition

Grade 7

Ethan Anderson, Jaydon Baldry, Druscilla Frizzell, Elaine Hunt, Severin Raduner, Rebekah Aplin, Shayne Bryant, Corbin Houchin Chance Jasper, Alaska Roth

Grade 8

Taylor Bennett, Blaire Bradshaw, Kimberley Dixon, MacKenzie MacGonigill, Reagan Niemeyer, Neil Rose, Jaene Taylor, ShaeAnna Berreth, Danielle Brooks, Sydney Fox, Alana Meyn, Luke Radau, Laura Stacey, Jarvis Wick

Grade 9

Melissa Anderson, Misty Bruinooge, Chelsey Jasper, Darby McPhee, Tian Phillips, Lakeisha Robertson, Robyn Sali

Innisfail Rotary Club Award \$350.00—Melissa Anderson

Grade 10

Celina Andrews, Iris Bottenburg, Kathleen Tueling

Bowden Staff Award for the Highest Academic Standing: \$100.00—Kayla Pineau

Grade 11

Cole Berreth, Kendra Reimert, Erin Sali, Caleb Fox, Ryan Stuart

Bowden Reddi Mart Award for the Highest Academic Standing: \$200.00—Collette Radau

Grade 12

Rockin'H Arena Award for the Highest Academic Standing \$300.00 Ceri Richards

Bowden School Plaques for Highest Academic Standing and Honours in Individual Grade 12 Subjects:

English 30-1 Highest: Ceri Richards

English 30-2 Highest Robert Payne

Pure Mathematics 30 Highest with Honours: Rachelle Jans, Honours: Ceri Richards, Sonya Stoesz

Applied Mathematics 30 Highest with Honours: Robert Payne

Physics 30 Highest with Honours: Rachelle Jans; Honours: Ceri Richards, Evan Reesor

Chemistry 30 Highest with Honours: Rachelle Jans Honours: Ceri Richards, Sonya Stoesz

Biology 30 Highest with Honours: Rachelle Jans Honours; Evan Reesor, Ceri Richards, Sonya Stoesz

Social Studies 30-1 Highest with Honours: Evan Reesor, Honours: Rachelle Jans

Social Studies 30-2 Highest– Robert Payne

Mathematics 31 Highest with Honours: Rachelle Jans; Honours: Ceri Richards, Sonya Stoesz

Bowden PAC Scholarship—This Scholarship of \$2000.00 is divided equally (per credit) to students who have earned more than 115 credits in high school: Jesse Beach, Sander Bottenburg, Derrick Campbell, Michaela Craig, Karleen Dallas, Carley Dixon, Brandon Dyck, Carter Freschette, Rachelle Jans, Levi Johnson, Nikki Peterson, Greg Porter, Randon Rankin, Tanner Rankin, Evan Reesor, Meagan Reid, Ceri Richards, Lindsay Richardson, Jordan Ryrie, Quinn Spiller, Sonya Stoesz

Bowden and District Agricultural Society Scholarship—Carley Dixon, Meagan Reid

Wood Seed Farm Fine Arts Scholarship \$250.00—Carter Freschette

Cottonwood Gordon Agriculture Society—Sander Bottenburg, Wylie Ness

Royal Canadian Legion Branch #105 (Olds) \$100.00—Ceri Richards

Ladies Auxiliary to the Royal Canadian Legion Branch #105(Olds) \$150.00—Carley Dixon

Bower Dental Centre Award \$200.00—Rachelle Jans

Bowden Historical Society Award \$300.00—Evan Reesor, Sonya Stoesz

Filipenko Math/Physics Award \$400.00—Rachelle Jans

Shell Canada Scholarship \$750.00—Randon Rankin

Premier's Award for Citizenship—Derrick Campbell

Rutherford Scholarships:

Rachelle Jans, Ceri Richards, Sonya Stoesz, Carter Freschette, Carley Dixon, Jaleen Radke, Randon Rankin, Meagan Reid, Micheala Craig

Governor General's Academic Medal—Ceri Richards

Most Outstanding Student in Grade Twelve—Rachelle Jans

Rachelle Jans received the Central Alberta Rural Electrification Scholarship, Red Deer College Building on Excellence Academic Award, Red Deer College Regional High School Access Scholarship

The Awards Program at Bowden Grandview School is designed to provide incentive for achievement as well as to reward excellence. Without the support of the community, the extra encouragement would not be possible. We would therefore like to sincerely thank all those members of the community who have contributed to the Awards Program, and would also like to welcome any new donors, either for a specific award or to the general awards fund.

RESILIENCY SPEAKER SERIES FOR PARENTS

Presented by YES, Family School Wellness, Chinook's Edge School Division, and Olds FCSS.

Join the Family Wellness Program (FSW) and the Youth Empowerment and Support Program (YES) the third Thursday of each month for topics related to your child's health and safety.

Presentations will be at the Community Learning Campus (CLC) from 7:00pm–8:30pm. For more information or to register contact Lynne Lafreniere at Olds Elementary School 403-556-8477; Tracy Laut at Deer Meadow Middle School 403-556-1003; Tane Skotheim at the High School at 403-556-3391; or Raelynn Notley from YES at 403-559-8016.

October 20th—Understanding the World of Video Games.

This workshop is to help parents become more aware of the popular and controversial games on the market. You will have a better understanding of the themes in the games and emerging trends. We will discuss the potential concerns that these games can have on children if not used appropriately. This workshop is not an anti-video game presentation, but a chance to help parents be more knowledgeable and to help them ensure that their child can exist in the video game world, without causing them harm. This is an informal workshop with lots of opportunity for discussion. This workshop uses video clips from games on the market; some of these images may be disturbing.

This is an adult-only presentation.

November 17th—Helping Teens with Healthy Relationships and Sexuality

What messages are our children/ teens receiving about relationships and sexuality? Media pressure is extreme and unavoidable. How can we give guidance and support? Join us for a session on today's sexual beliefs and practices of our youth. Practical suggestions to foster communication on dating, relationships and sex will be offered.

Resiliency Matters

Please join Family Wellness Worker Lynne Lafreniere and YES! Program Coordinator Raelynn Notley for an ongoing parenting series focusing on building resiliency in your children and coping with common parenting challenges. Through the support and guidance of this series we provide helpful information that will increase awareness about topics regarding your child's emotional, mental and physical health.

Sessions will be offered in the morning and evening to accommodate different schedules. They will be held the second Tuesday of the month, October 11th, November 8th, and December 13th. Morning sessions will occur from 8:45-10:30am at Granny Jacks and evening sessions will occur from 7:00-8:15pm at the Olds Elementary School.

If childcare is needed for the evening sessions please contact Raelynn at 559-8016 in advance to make arrangements.

Drop ins are welcome.

LIVING WELL WITH A CHRONIC CONDITION

Are you living with a long term health condition? ? If you are interested in attending (for FREE) six sessions that run for 2.5 hours each week to teach you the skills and confidence to overcome the physical and emotional challenges you may be facing day to day, please call 403.224.2207 to add your name to the list. We need a minimum of 6 participants to run the program which is part of DTHR's Living Well with a Chronic Condition programming. (Dates, time and place - TBA) Who should attend? Individuals living with long term conditions such as: high blood pressure, diabetes, heart disease, asthma, chronic lung disease, osteoporosis, depression, kidney failure, liver disease, arthritis, etc. Spouses, partners, family members or friends may also attend; they, too, will benefit from learning about how long term conditions affect you.

In Canada, 1 person in 3 will experience a mental health problem in their lifetime. Half of all mental disorders begin by age 14 and 75% begin by age 24. Join over 35,000 mental health first aiders. The Mental Health First Aid course will be held on October 6 & 7 at Greenwood Neighbourhood Place in Sundre. The cost is \$30 for the manual. For more information or to register before September 29, please call Greenwood Neighbourhood Place at 403.638.1011.

The Alzheimer Society presents: A Caring Approach to Alzheimer's Disease, A Community Workshop to learn about Alzheimer's disease and related dementia and being a care provider. Tuesday, October 11 from 9:30 a.m. – 3:30 p.m. at Sundre West Country Centre. Coffee, snacks and lunch provided. Please register by October 3 by calling 403.638.1011.

MUSIC AT BOWDEN GRANDVIEW SCHOOL



Junior High Choir Option

Once again, our Junior High Option Choir has begun and our students are preparing for many upcoming performances. These talented group of individuals blessed us with their voices at the Awards Ceremony on September 16th.

They are also preparing selections to sing at John Wilson School on September 29th for their Art Festival. If you enjoy singing, consider joining the choir. Bring your ideas and song selections – we'd love to have you!!!

Elementary Choir

Our Elementary Choir has begun. We welcome students in Grades 4 – 6 to join us. This year Mrs. Lentz will leading our singers. We are practicing for Remembrance Day and Christmas. The choir will meet on Day 3 at lunchtime. Watch for posters to find out our start date!!

See Greek Mythology Come to Life!

Discover a remarkable era in human history - where heroes and gods faced challenges, where mortals mingled with gods. Come and experience the history around the ancient ruins of Greece.

There will be an information meeting for students, parents and community members interested in travelling to Greece in April 2012 ON MONDAY October 3 @ 7:00pm in the Library. For more information contact Mrs. Sinclair. Hope to see you there!



Babysitter's Course



A Red Cross Babysitter's Course will be held at CBA – Workplace Safety (5019 – 49th Ave in Olds) on Saturday, Sept 24, 2011 from 9 am – 4 pm. A MUST for all new babysitters (Participants must be 11 years old or soon to be 11). Course covers babysitter's rights and responsibilities, the care of infants and toddlers, accident prevention and emergency response – including: First Aid and an introduction to CPR. Each participant will receive a text book, mini-first aid kit and certificate.

Course fee: \$55.00 – children to bring their lunch

Call 403.556-3109 for more information or to register.

The Management at the Golf Course is asking that you remind your children that biking is not allowed on the golf course, it will damage the greens. Any kids biking on the golf course will be told to get off.



BAMFIELD MARINE SCIENCE CENTRE (www.bms.bc.ca)

I am planning another Bamfield Marine Sciences trip for the spring of 2012. The trip is open to all high school students. The Bamfield Marine Station is located on the west coast of Vancouver Island and is run by the 5 universities of Alberta and British Columbia. The trip lasts 5 days. Last time the cost per student was \$950. This cost may fluctuate due to the flight cost. This charge included...Bamfield (room, food, instruction)-\$400, Bussing-\$80 and Flight-486 Application forms will be available in June. Space is limited to the first 22 students with deposit.

Sample itinerary

-3-credit Marine Biology Program

-Students will be expected to participate in all activities , to maintain a log book, and to attend all prep classes held at noon

Itinerary

- March 16 Leave Bowden 5 am via Bus
 Arrive Calgary Airport by 6:30 a.m.
 depart Calgary 8:00 a.m via West Jet (West Jet flight 235)
 Arrive Victoria: 8:29 a.m..
 Activities in Victoria include-Museum, Walk to Ogden Breakwater,
 Lunch in Victoria somewhere
 Leave Ogden Breakwater point about 2 p.m. for Bamfield
 Arrive Bamfield about 8 p.m.—stop for supper in Port Alberni
- March 17-19 Bamfield Activities
- March 20 Morning, Bamfield Activities
 Depart Bamfield around 1-2 p.m.
 Leave Comox for Calgary at 7:20 p.m.
 Arrive Calgary at 9:30 p.m. (West Jet flight 178)

Common Fieldtrips and Activities at BMSC

- Invertebrate Diversity Lab (1.5-2 hours)
- Seaweed Ecology Lab (1.5-2 hours)
- Plankton Lab (1.5—2 hours)
- Experimental Marine Biology (around 3 hours)
- Reproduction of Marine Invertebrates (Seasonal, 1 hour plus timeline)
- Fish Lab: Form and Function (1.5-2 hours)
- Marine Mammal Adaptations (2 hours)
- Kelp Forest Ecology and Species at Risk Slide Show (1-2 hours)
- Kelp Forest Ecology and Species at Risk Slide Show (1-2 hours)
- Marine Mammal Slideshow (1-2 hours)
- Fish Printing (1 hour)
- Individual Research Projects
- Oceanography and Biodiversity in Grappler Inlet (2 hours)
- Research Vessel MV Alta (>1.5 hours)
- Research Vessel Barkley Star
- Brady's Beach (3 hours)
- Eagle Bay (2 hours min.)
- Aguilar Point (1.5 hours min.)
- Bioluminescence (0.5-1 hour)
- Temperate Rainforest Ecology (1-3 hours)





Bowden Grandview Mentoring Program

We are currently looking for volunteers to Mentor children at Bowden Grandview School for the 2011-2012 school year. If you have one hour a week and enjoy making friends, spending time with a child, playing games and doing crafts please call 227-6766 for more information on how you can get involved. We are also continuing the Teen Mentoring program and are looking for teens currently in grades 9 - 12 that want to make a difference in their community.

What is Teen Mentoring?

A friendship-based, non-academic program that matches high school students with boys and girls in Grades 1-6, for one hour a week, at Bowden Grandview School.

Who can volunteer?

You can! A typical volunteer is a caring responsible teen who is in High School. There are no special skills required - only a willingness to spend some time with a young person.

What is the commitment of a Teen Mentor?

Teen mentors are asked to spend one lunch hour per week (Mondays) with their little Mentees and commit for one academic year (September - June).

Who are the children?

The children are in grades 1-6, and are approximately 6-11 years old. The one thing they have in common is that they have been identified as children that could benefit from the friendship and extra attention from a caring, responsible youth. The children are usually having trouble connecting with kids their own age.

What do the kids like to do?

You and your Mentee may choose to play outside, shoot hoops, or kick a soccer ball around. Or you can stay inside and read, do arts and crafts, play computer games, or just hang out. There are games and craft supplies provided at each school. Volunteers are encouraged to share their interests with the child.

What's in it for me?

Most volunteers are surprised at the positive impact this experience has not only on the child but on themselves. Teen Mentors may use their volunteer hours to help with college applications for Social Work, Psychology or Education programs as well as for scholarship applications. The experience with children will look good on your resume.

Where do I start?

Call Big Brothers and Big Sisters at 227-6766 or Gaye Grenier at the school. There is an application process which helps us to get to know each Teen Mentor so that we can help this to be a positive experience for both mentor and mentee. There is also training and ongoing support for the volunteers throughout the match.



