

# Bowden Grandview School

May 10, 2021

## Let's Chalk About It

The Let's Chalk About It campaign was a huge success this year, and we were able to see some fantastic work from our students and faculty.

We are grateful to the Post Office, Town Office and Library as well as the Arena staff for allowing us to utilize their space to spread positivity and kindness within our community.





May 6, 2021

It is likely with mixed emotions that we are all moving back to online learning for the next couple of weeks. While we are better prepared for online learning than we have ever been, it also comes with some difficulties for both parents and students. Feelings of anxiety, stress, isolation and being overwhelmed (in addition to being tired) have hit most of us at some point during the past year. At times it may feel like a roller coaster of emotions – but know that you are not alone in these feelings.

Strategies such as developing/maintaining some type of routine, scheduling breaks and time to get outside, family activities (board games, cards, watching a movie, going for walks, etc) are all ways to help children maintain a sense of “normalcy”. In addition I am including some supportive resources as we navigate the next couple of weeks:

Help/Distress Line: 1-800-779-5057

Kids Help Phone: 1-800-668-6868 or text CONNECT to 686868

Mental Health Olds & Innisfail: 403 507-8174

Family Resource Network 403 8877-7110

I will be available by email ([ggrenier@cesd73.ca](mailto:ggrenier@cesd73.ca)) or by cell (at the number below) if you or your child are struggling and you are in need of additional resources. I can provide support or appropriate referrals if needed. Your child’s teacher is also a great resource so please reach out.

We are all looking forward to returning to school soon!

Gaye Grenier  
Family School Wellness  
403 506-5928

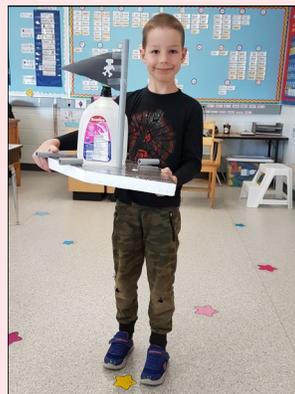
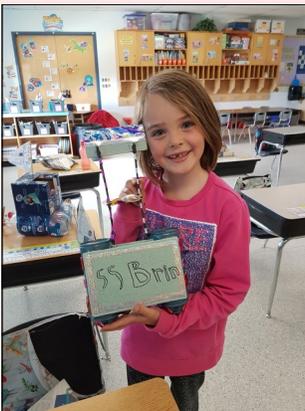
*Connecting with students and families in compassionate relationships that promote resilience, wellness and growth.*

CHINOOK’S EDGE SCHOOL DIVISION NO.73



# Buoyancy & Boats

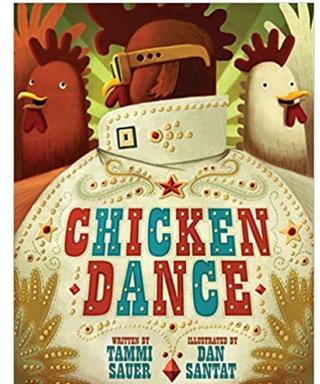
Grade 2 had their boat day last Friday! To wrap up their study of "Buoyancy & Boats" in science, students designed and built their own boats. Their boats were put on display, presented in class, and tested for ability to float, propel through water, and carry a load. Great fun and fantastic weather made for an enjoyable afternoon :) Thanks again, parents, for your help with this project!



## Literacy Corner

National Dance Like a Chicken Day on **May 14th** encourages everyone to dance like a chicken! This day entertains from start to finish with people flapping their arms and strutting chicken-like. Everyone has probably danced the "Chicken

Book Selection: Meet Marge and Lola, chickens on a mission: to win tickets for the Elvis Poultry Show! But their toughest competition--a pack of menacing ducks--sneers that "all a chicken can do is bawk, flap, and shake." Can our two feisty chicks show those quackers how to rock 'n' roll the barnyard? Check out *Chicken Dance* by Tammi Sauer for a good laugh!



## Indigenous Education

### NATIONAL LOVE A TREE DAY

On May 16th each year, National Love a Tree Day celebrates the wonderful gifts trees give. Set in the middle of Garden for Wildlife Month, the observance encourages us to care for trees and plant trees.

I Am Like a TREE series consists of four titles:

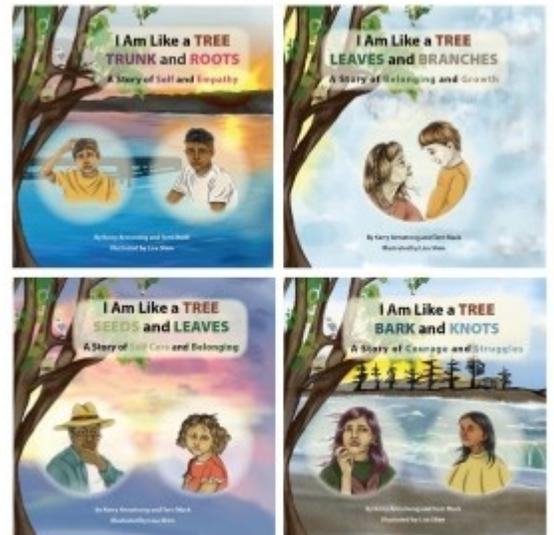
*I Am Like a TREE: BARK and KNOTS – A Story of Courage and Struggles*

*I Am Like a TREE: LEAVES and BRANCHES – A Story of Belonging and Growth*

*I Am Like a TREE: SEEDS and LEAVES – A Story of Self Care and Belonging*

*I Am Like a TREE: TRUNK and ROOTS – A Story of Self and Empathy*

Watch authors Terri Mack and Kerry Armstrong provide more information about the I Am Like a TREE series: <https://youtu.be/gmoGQSLXYPs>



*Thank You*

*FOG would like to thank the BGS Community for their support in our flower fundraiser!*



# YEARBOOKS ARE NOW ON SALE

**ORDERS DUE BY JUNE 16, 2021**

Order on the CESD fee portal . Cost is  
\$35.00

YEARBOOKS DELIVERED ON SEPTEMBER 1, 2021

# TECH NATION

YOUTH HQ.CA



## Learn how to **CODE!**

Join Kid Tech Nation to learn how to code and create your own digital content, from video games to music to artwork and more.



### AN INTRODUCTION TO COMPUTER PROGRAMMING FOR GRADES 6-8

Virtual Meet Ups  
Mondays, 5:30PM-7:00PM  
May 3-June 7

For more info: [DAVIDB@YOUTH HQ.CA](mailto:DAVIDB@YOUTH HQ.CA)



**bgc**

Red Deer &  
District Club

**YOUTH  
HQ**

## RAISE THE GRADE (RTG)

RTG is a social support and academic support program that focuses on career development and learning for life, all while creating a fun and relaxed environment for youth. A typical RTG session includes one life-skill discussion and then homework help on zoom. We also have been offering ONE ON ONE tutoring available upon request and please refer to the attached program calendar for all details!

Tuesdays, Wednesdays and Thursdays from 6-8PM (right now over zoom due to covid gathering restrictions).

Youth can register here: <https://bgcreddeer.campbrainregistration.com/>

RAISE THE GRADE		bgc Red Deer & District Club		
		Program Schedule		
Ages 13+	Tuesday 6:00 - 8:00PM	Wednesday 6:00 - 8:00PM	Thursday 6:00 - 8:00PM	
Week 1 Apr 13-15	Enneagram Personality	Trivia Night	Goal Setting Session	
Week 2 Apr 20-22	Youth Cast Update & Talk	Story Telling with Humor	Made by You	
Week 3 Apr 27-29	Career Development	Write with Purpose	Mindfulness Practice	
Week 4 May 4-6	Interviewing Skills	TECH NATION	Benefits of Healthy Living	
Week 5 May 11-13	BGC Stronger Connections	BGC Stronger Connections	Made by You	
Week 6 May 18-20	Tie Dye T-Shirts	TECH NATION	Stress Busters & More!	

RTG includes one life-skill or activity, then homework help on zoom. For Made By You & Tie Dye, RSVP by April 20 via email to receive supplies.

zoom

Made by You  
Apr 22 - Mindfulness & Watercolour Art  
May 13 - Mixed Media Art  
June 10 - Art in Nature

**1-ON-1 TUTORING AVAILABLE**  
CONTACT CRAIG AT 403.350.9815 OR BGC@YOUTH.QC.CA TO ARRANGE

# GRIEF All About Coping With Loss

Grief is not exclusive to the loss of a loved one. Grief can be felt when we experience loss, which comes in many different forms. Examples can include a life change, loss of a relationship, loss of a family dynamic, and loss of a life once lived. This past year has presented a variety of changes and losses for many.

Join us as we talk about acceptance, coping skills, and healing after loss.

- What does grief look like?
- What can cause us to experience grief and loss?
- How can we cope with the loss?
- How can we find support as we move through the stages of grief?



Monday, May 17th  
7:00PM - 8:15PM

Online via Zoom  
Ages 11 - 16



REGISTER  
Visit [www.mvfrn.ca](http://www.mvfrn.ca)  
Email [info@mvfrn.ca](mailto:info@mvfrn.ca)