



February 14, 2022

Bowden Grandview School

What's Happening:

Tuesday, February 15

- School Council @12:00

Friday, February 18

- Pink Shirt Day

Winter Break

Feb21-25

Dear BGS parents,

Everyone at Bowden Grandview School is so happy to welcome your child back to school today. We have always been convinced that face to face learning is the most ideal, for both students and staff. As recent disruptive events recede further into the past, we are confident our school has returned to the safe and caring environment that you have come to know at Bowden Grandview School. Thank you for all of your support, kind words, patience and understanding as we worked through a very difficult situation this past week.

In accordance with new provincial [government guidelines](#), students will not be required to wear a mask at school unless they choose to and they will all be supported in their personal choice. Staff, parents and all other adults in our school will be required to continue masking until we receive direction that it is no longer a government mandate. Volunteers and guests in our school will not have to show proof of vaccination or a negative rapid test. We ask that all guests do visit the office when they arrive to check in with Mrs. Sietzema.

On Thursday February 10 a Google Form was sent home asking parents if they would like rapid test kits and/or masks. Please make sure you fill this out as this is your indication of wanting to receive these items. We will be sending these home with students who opt in this week.

Again, thank you for your ongoing support of our school community.

If you have any questions please contact us.

Mr. Jeff Thompson Mrs. Dawn Weststrate



*Happy
Valentine's Day!*

Updated Covid-19 Alberta Health Daily Checklist (February 9)

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR CHILDREN UNDER 18)

This checklist applies for all children, as well as all students who attend kindergarten through Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, childcare or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

If your child has traveled outside Canada in the last 14 days, follow the [Government of Canada Travel, Testing, Quarantine and Borders](#) instructions, including any requirements for exempt travelers related to attending high-risk environments.

International travellers who become a case of COVID-19 after arrival in Alberta should follow isolation requirements outlined by the Government of Canada.

If your child has tested positive on a [rapid antigen test](#) or received a message from Public Health indicating that they are a case⁴ of COVID-19, they are required to isolate as per [Public Health instructions](#). For more information on isolation requirements after a positive rapid antigen test, refer to the [Rapid testing at home website](#).

Screening Questions for Children under 18:

1.	Has your child been a household contact of a case⁴ of COVID-19 in the last 10 days? <i>A household contact: a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with a case of COVID-19. For example, someone who slept over, attended a birthday party or someone who was a play date with a case.</i>	YES	NO
If child answered “YES” AND they are NOT fully immunized⁵: Child should stay home and NOT attend school, childcare and/or other activities for 10 days from the last day of exposure and monitor for symptoms, unless they have tested positive for COVID-19 in the last 90 days AND completed the mandatory 10- day isolation period, in which case they can proceed to question 2. If child answered “YES” and they are fully immunized⁵ proceed to question 2: If child answered “NO” to question 1, proceed to question 2:			
2.	Does the child have any new onset (or worsening) of the following core symptoms:		
	Fever Temperature of 38 degrees Celsius or higher	YES	NO
	Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
	Shortness of breath Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
	Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
If the child answered “YES” to any symptom in question 2: If the child is fully immunized ⁵ Isolate for 5 days from the day of onset of symptoms or until symptoms resolve ³ whichever is longer. After this isolation period, up to a total of 10 days from the day of symptom onset, they are required to wear a mask at all times when in a public place or otherwise in the company of other persons with no exceptions. If the child is NOT fully immunized ⁵ , they must isolate for 10 days from the day of onset of symptoms or until symptoms resolve ³ whichever is longer Whether they are fully immunized or not, even if they have a negative molecular (e.g. PCR) COVID-19 test or two negative rapid antigen tests, taken not less than 24 hours of each other, they still must isolate until symptoms resolve ³ . If they are within three weeks of the initial positive test of a previous infection they do not need to test again, and they can leave isolation when symptoms resolve ³ . They can use an at-home rapid antigen test if available or access the AHS Online Assessment Tool for advice on managing mild symptoms, and whether they are eligible for a COVID-19 molecular test.			

³Symptoms resolved means symptoms have improved and with no fever for 24 hours without the use of fever reducing medication⁴ A lab-confirmed case OR a probable case as defined in the [Alberta COVID-19 Notifiable Disease Guideline](#) A child who has received the complete vaccine series for COVID-19 and it has been 14 days after the second dose in a two dose series

NOTE:

If they have had a previously confirmed COVID-19 infection within the past 90 days, wait until three weeks have elapsed from the initial positive test, to take a rapid antigen test.

Children 2 years of age and younger are not eligible for rapid antigen testing and should complete the [AHS Online Self- Assessment tool](#) to access molecular (e.g. PCR) testing.

If the child answered “NO” to all of the symptoms in question 2, proceed to question 3.

3. Does the child have any new onset (or worsening) of the following other symptoms:

Chills Without fever, not related to being outside in cold weather	YES	NO
Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
Feeling unwell/fatigued Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
Nausea, vomiting and/or diarrhea Not related to other known causes/conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
Unexplained loss of appetite Not related to other known causes/conditions, such as anxiety or medication	YES	NO
Muscle/joint aches Not related to other known causes/conditions, such as arthritis or injury	YES	NO
Headache Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	YES	NO
Conjunctivitis (commonly known as pink eye)	YES	NO

If the child answered “YES” to ONE symptom in question 3:

Keep your child home and monitor for 24 hours and consider giving child an [at-home rapid antigen test](#).

If [at-home rapid antigen testing](#) is not done and the symptom is improving after 24 hours, your child can return to school and activities when they feel well enough to go.

If the symptom **does not improve or worsens** after 24 hours (or if additional symptoms emerge), use an [at-home rapid antigen test](#) if available or follow the [AHS Online Assessment Tool](#) for advice on managing mild symptoms, and whether you need to be tested for COVID-19.

If the child answered “YES” to TWO OR MORE symptoms in question 3:

Keep your child home

Use an [at-home rapid antigen test](#) if available or follow the [AHS Online Assessment Tool](#) for advice on managing mild symptoms, and whether you need to be tested for COVID-19.

NOTE:

If they have had a previously confirmed COVID-19 infection within the past 90 days, wait until three weeks have elapsed from the initial positive test, to take a rapid antigen test.

Children 2 years of age and younger are not eligible for rapid antigen testing, and should complete the [AHS Online Self- Assessment tool](#) to access molecular (e.g. PCR) testing.

For at-home rapid antigen testing result instructions:

If [at-home rapid antigen test](#) is negative they can return to school and activities when they feel well enough to go.

If [at-home rapid](#) antigen test is positive, the child is required to isolate as outlined above for **question 2**.

If the child answered “NO” to all questions:

Your child may attend school, childcare and/or other activities



Building communities,
one cuppa' tea
at a time!™

Total Price with Applicable Taxes	
Tea	\$
Accessories	\$

Bowden Grandview School
Friends of Grandview
Fundraiser
Any questions please call
Karen @ 403-357-8404
Orders due: February 28th



		Earl Grey de la Crème	English Breakfast	Mint Chocolate Chip	Orange Dreamsicle	Berry Mania	Better Be Butterscotch	Creamy Root Beer	Real Deal Hot Chocolate	Steeping Sacks	Mesh ball - Large	1 Cup of Tea - Spoon	Total Items	Multiply # of items by price with Tax	Total Price with + Tax	ORDER TOTAL
ONE	Name:	Tea												X		
	Contact Info:	Accessories												X		
TWO	Name:	Tea												X		
	Contact Info:	Accessories												X		
THREE	Name:	Tea												X		
	Contact Info:	Accessories												X		
FOUR	Name:	Tea												X		
	Contact Info:	Accessories												X		
FIVE	Name:	Tea												X		
	Contact Info:	Accessories												X		
SIX	Name:	Tea												X		
	Contact Info:	Accessories												X		
SEVEN	Name:	Tea												X		
	Contact Info:	Accessories												X		
EIGHT	Name:	Tea												X		
	Contact Info:	Accessories												X		
NINE	Name:	Tea												X		
	Contact Info:	Accessories												X		
TEN	Name:	Tea												X		
	Contact Info:	Accessories												X		
ELEVEN	Name:	Tea												X		
	Contact Info:	Accessories												X		
TWELVE	Name:	Tea												X		
	Contact Info:	Accessories												X		
SELLERS TOTAL		Tea												X		
		Accessories												X		



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Fundraising has never been so delicious!

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Price includes shipping & handling.
Taxes may apply.

40% of the sale goes to the organization

(\$4.80 donated for each item sold!)

Premium Quality Loose Leaf Tea



EARL GREY DE LA CRÈME
Black Tea, 1.76 oz (50 g)
Ingredients: Black tea, Cornflower petals, Natural flavors. **C**



ENGLISH BREAKFAST
Black Tea, 1.76 oz (50 g)
Ingredients: Black tea. **C**



MINT CHOCOLATE CHIP
Rooibos Tea, 1.76 oz (50 g)
Ingredients: Rooibos tea, Peppermint leaves, Calendula petals, Cocoa bean pieces, Natural flavors. **C**



Caffeine-Free
ORANGE DREAMSICLE
Rooibos Tea, 1.76 oz (50 g)
Ingredients: Rooibos tea, Pineapple pieces (pineapple, cane sugar, citric acid), Papaya pieces (papaya, cane sugar, citric acid), Orange peels, Natural flavors.



Caffeine-Free
BERRY MANIA
Fruit Tea, 1.76 oz (50 g)
Ingredients: Elderberries, Currants (currants, sunflower oil), Hibiscus, Beetroot bits, Natural flavors.



Caffeine-Free
BETTER BE BUTTERSCOTCH
Fruit Tea, 1.76 oz (50 g)
Ingredients: Apple pieces, Carob, Pineapple pieces (pineapple, sugar, citric acid), Rosehip peels, Rooibos, Red currants, Natural flavors.



CREAMY ROOT BEER
Green Tea, 1.76 oz (50 g)
Ingredients: Green tea, Sarsaparilla root, Calendula petals, Natural flavors. **C**



REAL DEAL HOT CHOCOLATE
Hot Chocolate, 3.53 oz (100 g)
Ingredients: Cocoa powder, Sugar (organic cane sugar), Salt, Xanthan Gum, Organic stevia extract, Natural flavors.

C Naturally Contains Caffeine

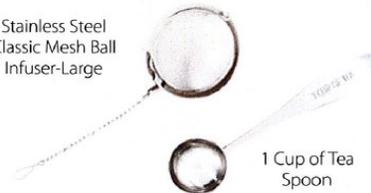
TEAWARE

Steeping Sacks
(100 Sacks)



Quick and simple loose leaf brewing!

Stainless Steel Classic Mesh Ball Infuser-Large



1 Cup of Tea Spoon

For more information visit sipology.com/fundraising or contact your local Sipologist.

Bowden & District Residents

Income Tax Preparation

BY APPOINTMENT ONLY

*Will be held at the
Olde Library Community Centre:*

Friday, March 25, 12:00pm - 4:00pm

Saturday, April 2, 10:00am - 4:00pm

Saturday, April 23, 10:00am - 4:00pm

Due to Covid-19 protocols, the Community Volunteer Income Tax Program dates will be by appointment only for the 2022 sessions.

To schedule an appointment, contact

Bowden FCSS at 403-224-2207

Please leave a message.



*The Volunteer Tax Service is for
basic forms and is FREE for
seniors, students &
low income individuals.*

*No walk-in appointments will be
available during the Tax
Preparation dates. If you need an
appointment outside these times or
dates, please ask. Thank you.*



For Youth ages 10+

Home Alone Safety

Friday | March 4 | 1:00PM-3:00PM

An interactive safety training course for youth.

\$10 Per Person

Babysitter Program

Sat & Sun | March 19 & 20 | 12:30PM-3:30PM

Teaches future babysitters how to be safe
& build self-esteem.

\$20 Per Person

Classes via ZOOM

Register at www.mygnp.org



FEBRUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Stay, Play & Learn 9:30am-11:00am (INN) Impact Youth Club 3:30pm-4:30pm (INN)	2 Book Club (DEL) 12:30pm-1:30pm Impact Youth Club 3:15pm-4:30pm(ELN) Active Parenting for Teens 5pm-7pm (INN)	3 Stay, Play & Learn 10am-11:30am (SV) Lego Club 3-5yrs 1:30pm-2:30pm (INN)	4 Active Kids 10am-11am (BOW) Prenatal Nutrition Class 1pm-3pm Art Attack 3:30pm-4:30pm (INN)	5
6 PRE-REGISTRATION REQUIRED	7 Creative Masters 5:30pm-6:30pm (PNELKE)	8 Stay, Play & Learn 9:30am-11:00am (INN) Impact Youth Club 3:30pm-4:30pm (INN) Bravely Anchored 6pm-8pm (INN)	9 Book Club (DEL) 12:30pm-1:30pm Lego Club 3:15pm-4:30pm (ELN) Active Parenting for Teens 5pm-7pm (INN)	10 Stay, Play and Learn 10am-11:30am (SV) Game Night @ The FRN Office 3:30pm-5pm (INN)	11 Stay, Play and Learn 10am-11am (BOW) Lego Club 6-10yrs 3:30pm-4:30pm (INN)	12 Family Board Game Day 11am-1pm (DEL)
13	14 Stay, Play and Learn 10am-11am (SPBRK)	15 Stay, Play & Learn 9:30am-11:00am (INN) Impact Youth Club 3:30pm-4:30pm (INN)	16 Book Club (DEL) 12:30pm-1:30pm Impact Youth Club 3:15pm-4:30pm(ELN) Active Parenting for Teens 5pm-7pm (INN)	17 Stay, Play & Learn 10am-11:30am (SV) Lego Club 3-5yrs 1:30pm-2:30pm (INN)	18 Active Kids 10am-11am (BOW) Art Attack 3:30pm-4:30pm (INN)	19
20 FREE SWIM FEB. 22ND-25TH INNISFAIL AQUATIC CENTER 1:00PM-2:30PM	21 	22 Stay, Play & Learn 9:30am-11:00am (INN) Impact Youth Club 2pm-4pm (INN) Bravely Anchored 6pm-8pm (INN)	23 Impact Youth Club(DEL) 11:30pm-1:30pm Lego Club 2:30pm-4:30pm(ELN) Active Parenting for Teens 5pm-7pm (INN)	24 Stay, Play and Learn 10am-12:00pm (SV) Game Night @ Innisfail Public Library 1pm-3pm (INN)	25 Stay, Play and Learn 10am-12pm(BOW) Lego Club 6-10yrs 1pm-2pm (INN)	26 Winter Blast 3pm-7pm (DEL)
27	28 Stay, Play and Learn 10am-11am (SPBRK) Family Paint Night with Nic 6pm-8pm(PNELKE)					
Family Resource Network						

Are you feeling Overwhelmed?

Join us along with the Canadian Mental Health Association to learn some coping strategies to manage what life throws at you.

February 23rd 6:30pm to 7:30pm

Registration required contact Michelle call/text 403-896-5348



Alberta
Provincial Family
Resource Networks

Art Attack

13+yrs

When: Every other Friday from 3:30pm-4:30pm

Where: Innisfail FRN Office 5035 49 St

What we have going on:

Week of Feb 1st: Winter Tree Silhouette

Week of Feb 14th: Succulent Pots

To pre-register please contact Kristin at 403-877-7163



GAMES NIGHT

12+yrs

**Join Kristin for some fun board games
and more!**

**When: Every other Thursday from
3:30pm-5pm**

**Where: Feb 10th will be at the
FRN office 5035 49 St
Feb 24th will be held at the Innisfail Public
Library 5300A 55 St CI and will be
from 1pm-3pm**

**To pre-register please contact Kristin
at 403-877-7163**

 **Innisfail and Area FRN**

**Family
Resource
Network**

In-Door Locations & Days

Springbrook

Stay, Play and Learn (0-6 yrs)

Where: Springbrook FCSS Building 3824- 21A St

When: Every Other Monday From 10am-11am

Pine Lake

Creative Masters (6-12 yrs)

Where: Pine Lake Community Hall 20 36366 Range Rd 252

When: Every Other Monday From 5:30pm-6:30pm

Innisfail

Stay, Play and Learn (0-6 yrs)

Where: Innisfail United Church 4720 48 Ave

When: Every Tuesday From 9:30am-11:00am

Impact Youth Club (7+ yrs)

Where: Innisfail FRN Office 5035 49th St

When: Every Tuesday From 3:30pm-4:30pm

Lego Club (6+ yrs)

When: Every Other Friday from 3:30pm-4:30pm

Where: FRN Office 5035 49th St

Lego Club (3-5yrs)

When: Every other Thursday from 1:30pm-2:30pm

Where: FRN Office 5035 49 St

Art Attack (13+yrs)

When: Every other Friday

Where: FRN Office 5035 49 St

Game Nights (12+yrs)

When: Every other Thursday from 3:30pm-5pm

Where: FRN Office 5035 49 St and Innisfail Public Library 5300 55 St Cl

Elnora

Impact Youth Club & Lego Club (7+yrs)

Where: Elnora Legion 4th Ave

When: Every Wednesday From 3:15pm-4:30pm

Lego Club will be held the opposite Wednesdays

Delburne

Delburne Book Club (Caregivers)

Where: Delburne United Church 2306 20th St

When: Every Wednesday From 12:30pm-1:30pm

Spruce View

Stay, Play and Learn (0-6 yrs)

Where: Spruce View Community Hall 2127 AB-54

When: Every Thursday From 10am-11:30am

Bowden

Stay, Play and Learn (Every Other Friday) (0-6yrs)

Active Kids (Every Other Friday) (0-6 yrs)

Where: Bowden Friendship Club 2133 18 Ave

When: Every Friday From 10am-11am

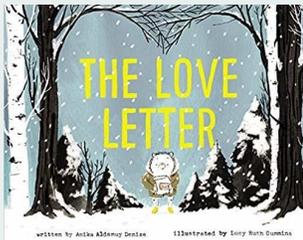
Literacy Education



Bowden Grandview's Kindness Week is an opportunity to showcase the acts of kindness that make our community so great. Together let's spread kindness throughout our community by performing random acts of kindness and encourage others to do the same.

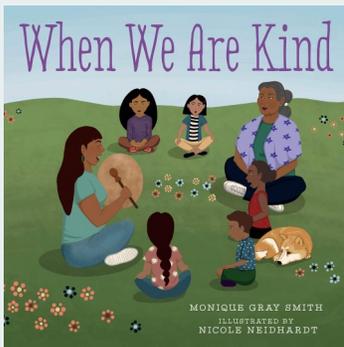


Our first day of Kindness week is Valentine's Day. Selected by People Magazine as one of the "Best books of 2021", this beautiful wordless picture book demonstrates how every little kindness, shared from person to person, can turn a collection of strangers into a community and make the world a more vibrant and compassionate place to be. Check out Marta Bartólj's book EVERY LITTLE KINDNESS.

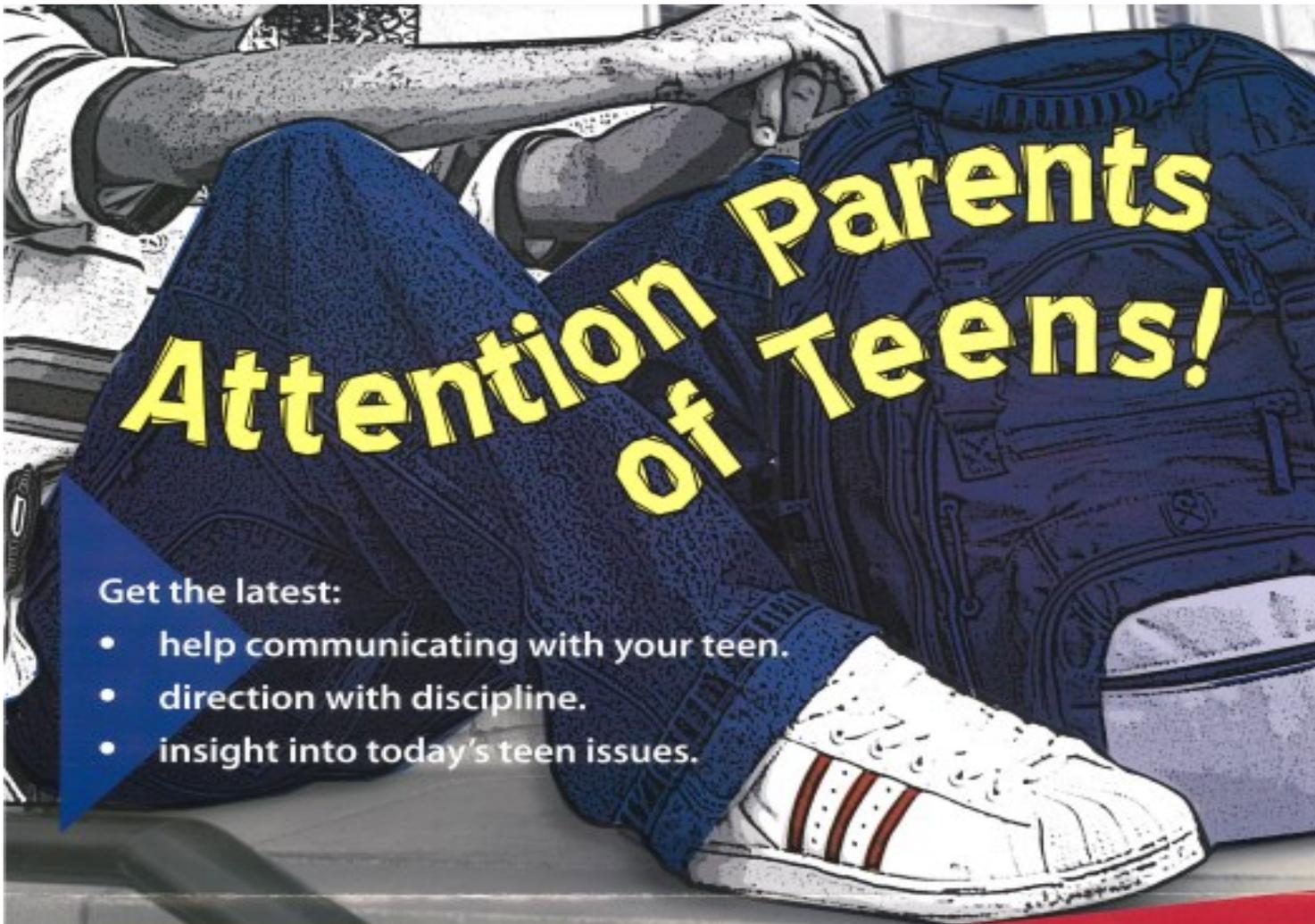


THE LOVE LETTER by Anika Aldamuy Denise is a heartwarming and unexpected tale about how one kind act can lead to another and another and another...

Indigenous Education



When We Are Kind celebrates simple acts of everyday kindness and encourages children to explore how they feel when they initiate and receive acts of kindness in their lives. Celebrated author Monique Gray Smith has written many books on the topics of resilience and reconciliation and communicates an important message through carefully chosen words for readers of all ages.



Attention Parents of Teens!

Get the latest:

- help communicating with your teen.
- direction with discipline.
- insight into today's teen issues.

Active Parenting
of **Teens :)**™

third edition

Sponsored by: _____

Dates: February 2nd, 9th, 16th & 23rd

Time: 5:00 - 7:00pm

Location: Innisfail Family Resource Network

For info or to register, contact: _____

Pre-registration required, please call or text

Kristin McBride at 403-877-7163

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Over 3 million parents have taken an Active Parenting video-based course. Sign up today and see the difference in your teen:

- More cooperation
- Better behavior
- Improved grades
- Greater confidence

... and happier family life for all of you.





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matter of CHANCE ...

it's a matter of
CHOICE.

Take a

TEENS IN ACTION

course.

Because
it's
YOUR
life.

**YOU HAVE THE POWER
TO SHAPE YOUR OWN FUTURE.**
WE'LL SHOW YOU HOW.

There's no doubt that the teen years are tough, but this can also be the best time of your life. Teens in Action will help you make the most of being a teenager and figure out where to go from here. Each session is packed with not-boring activities, not-lame discussion, and not-stupid videos on topics that actually matter...not just the stuff parents think matters. :-)

Even better...you'll learn skills you can start using *now* to make positive changes in your life.

You'll learn how to communicate better, solve problems creatively, get along with all kinds of people (including adults), and a lot more. Use these skills to start creating the life you want for yourself. Teens in Action is about learning how to take control. Because it's YOUR life.

Sign up today!

Sponsored by: _____

Dates: February 2nd, 9th, 16th & 23rd

Time: 5:00 - 7:00pm

Location: Innisfail Family Resource Network

For info or to register, contact: Pre-registration required, please call or text Kristin McBride at 403-877-7163

**Active
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PUBLISHERS
Every stage. Every step.

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LEGO CLUB

6-10yrs

When: Every other Friday
from 3:30pm-4:30pm
Friday Feb 25th will be from
1pm-2pm

Where: Innisfail FRN Office
5035 49 St

Join Kristin in working together as a team
to build Lego kits and
build challenges given to you

To pre-register please contact
Kristin at 403-877-7163
Spaces are limited



Community Conversations Bullying Awareness & Prevention

Feb 17 6:00 - 7:30 PM
Innisfail Library & Learning Centre Community Room

Community Panel

Constable Craig Nelson: RCMP School Resource Officer
Karen Bradbury: Community and Social Development Coordinator
& other TBA presenters



Bullying Awareness & Prevention Committee

Pat Bidart, Donna Arnold, Crystal Kemp,
Twila Reberger & Lisa Robinson



Moderator

Dale Dunham: IWICC

Join us for this first in a series that will bring together members of the community, including law enforcement, medical, mental health, education, community leaders, family services, parents and youth. This first community conversation aims to help facilitate an open and honest dialogue around what bullying is. We will hear from our panel members on what programs are currently in place in our schools and community and explore the possibilities of introducing new educational opportunities.

Our goal is to address the reality of bullying and what we as a town can do through programs and outreach to educate our community, particularly our kids and youth, in hopes of lessening the impact and number of instances of bullying.

For more information on the Bullying Awareness & Prevention Committee and the Community Conversation on Bullying visit: www.iwicc.ca/bullying

FAMILY SUPPORT PROGRAM

The FRN Family Support program serves families with children aged 0-18.

This programming is intended to build parental/caregiver resiliency and is focused on the family unit to promote family wellness.

Programs are flexible and goal oriented to fit each family's specific needs with a focus on strengthening protective factors and reducing risk factors for all members of the family.

FOR MORE INFORMATION:

403-877-7110

jenny.crumley@mcmancentral.ca



Red Deer &
District Club



MINECRAFT

GAMIN' GROUP

VIRTUAL PROGRAM

MONDAYS | AGES 10-14

6:00PM - 7:30PM



Contact davidb@youthhq.ca
for more info on how to join

YOUTH HQ

YOUTHQ.CA



YOUTH HQ 4633 49 Street 403-342-6500