

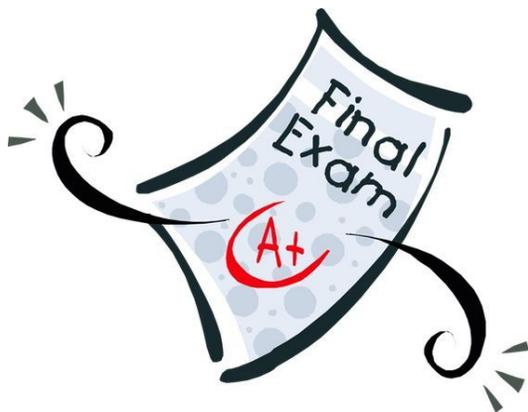
# Bowden Grandview School

January 15, 2024



## Final Exam Schedule

Tuesday, January 23	English 30-2 Part B English 10 Part A (in class)
Wednesday, January 24	Social 30-1/30-2 Part B Biology 20 Math 10-3 Math 10C
Thursday, January 25	Biology 30 English 20- Part A Math 30-3 English 20-2 English 10 Part B
Friday, January 26	Grade 9 ELA Midterm English 20-1 Part B
Monday, January 29	Physics 20 Grade 9 Science PAT Math 20-3



## What's Happening:

### Monday, January 15

- Spellathon Starts

### Tuesday, January 16

- BGS Council Mtg

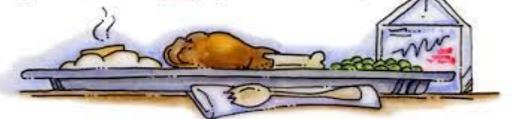
### Wednesday, January 17

- Mini Sticks League @ 3:10pm Gr. 4-6

### Friday, January 19

- Gr 10 - First Aid

## Hot Lunch



Don't forget to order your hot lunch online!

- January 18- Subway
- January 25- Hot Dog
- February 1- Pizza
- February 8- Chubb Eats
- February 15- Hot Dogs
- February 29- A & W
- March 7- Pizza
- March 14- Subway
- March 21- Hot Dogs
- March 28- Sweet and Sour Meatballs With rice



## Blazer Athletics

### Upcoming dates

January 15 Sr. Girls HOME vs. Caroline (6:00 pm) **CANCELLED**  
Sr. Boys HOME vs. Caroline (7:30 pm) **CANCELLED**

January 18 Jr. B Girls HOME vs. Holy Trinity (4:00 pm)  
Jr. B Boys HOME vs. Deer Meadow (5:30 pm)

## December Athletes of the Month

**Kai Tooker**

Sr. Boys Basketball

**Rydyr Katterhagen**

Sr. Girls Basketball



Thank you to our anonymous donor and to The Bowl in Olds for sponsoring our athletes of the month!

If you are interested in sponsoring BGS Athlete of the Month in any capacity, please contact Ms. SG

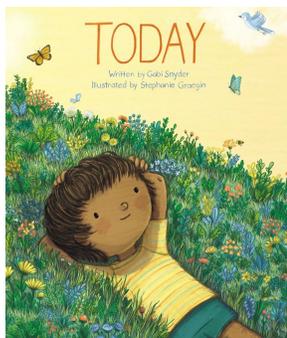
# Literacy Corner

**Family Literacy Day** takes place every January 27<sup>th</sup> to raise awareness about the importance of reading and engaging in other literacy-related activities as a family. We will be celebrating Family Literacy Day at Bowden Grandview on January 26<sup>th</sup> with our always popular "Dress as your favorite book character"! We have seen everything from Harry Potter, Willy Wonka, The Mad Hatter to Pete the Cat and Mrs. Frizzle from *The Magic School Bus* series. We are so excited to see what character will be in the halls at the end of the month.

## Favourite Book Character Day



### NEW BOOKS COMING OUT IN JANUARY!

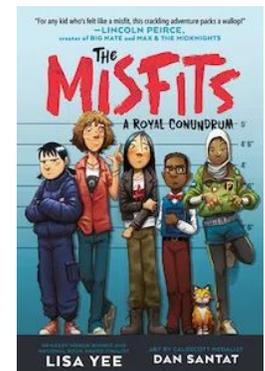


#### **TODAY** BY GABI SNYDER AND STEPHANIE GRAEGIN (JANUARY 30)

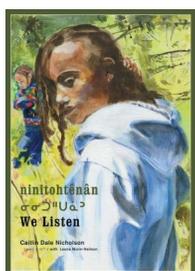
In this quiet, meditative picture book written in the second person, a child waits for the summer to begin and a family vacation to commence. But when it does, the child is stuck in a car on the way to the vacation rental, then gets a bee sting, and then has to wait for the fireworks. So many fun moments come in between, and Snyder encourages the child (and the reader) to stop, breathe in and out, to take in and remember the day, and to be present in the moment.

#### **THE MISFITS #1: A ROYAL CONUNDRUM** BY LISA YEE AND DAN SANTAT (JANUARY 2, BOOKS FOR YOUNG READERS)

This really entertaining middle grade crime novel is about a group of undercover spy tweens who are assigned to investigate a jewelry thief in San Francisco. It follows one of the group's members, Olive Cobin Zang, whose parents take her to the private boarding school RASCH when they, once again, have a long work trip coming up. She can immediately tell RASCH isn't like other boarding schools, and after a bizarre round of testing, she's placed in the super secret spy group with four others. They dub themselves the misfits and train to be spies with two teachers.



## Indigenous Education



#### **The third book in the Nôhkom series, in Cree and English, tells a story about gathering leaves for Labrador tea, while listening in different ways.**

A child, her family and her friend have arrived at their favorite picnic spot by the lake, but before they eat lunch Nôhkom suggests they pick leaves for Labrador tea. Once among the trees, Nôhkom pauses for a moment to listen, and the others do too. Nôhkom prays, the girls take their turn, then Nôhkom shows them where to find the leaves. Nôhkom and Mom rest after harvesting, but the girls opt for a swim in the lake ... though they're quite happy to warm up afterwards with freshly brewed Labrador tea. And when it's time for the picnic, the girls take another turn at listening.

# MOVE YOUR MOOD FEBRUARY 2024 FAMILY CHALLENGE



This FREE Family Challenge is open to all families and all ages.

During the challenge you will learn ways to connect as a family by; practicing mindfulness, moving your bodies, fueling your bodies, expanding your mind and building healthy relationships.

Register between January 1 - January 31, 2024.  
Your family will receive 4 weeks of challenge ideas. The first week will begin February 5th, 2024.

Complete family challenges for a chance to win fun family prizes!

To register visit: [www.moveyourmood.ca/challenges](http://www.moveyourmood.ca/challenges) and click on the register in the February 2024 Challenge. Or send your e-mail address to [move.yourmood@ahs.ca](mailto:move.yourmood@ahs.ca)

**BOWDEN JUNGLE JUNCTION**

# Before/After School Care



January 2024

**\*\*Full Day Care offered (in Olds) on January 31st. Please contact Kass for more info.**

To Register, contact Kass:  
(403) 559- 4884  
kassbgcold@outlook.co  
m



## Information

BGC Olds and Area is excited to partner with Bowden Grandview School to offer before and after school care!

BGC Olds and Area has been providing licensed before and after school programs for children in Olds and area for the past 38 years! Our program provides children with a safe place to go in the out of school hours where they can have fun, interact with their peers, and develop skills that will last a lifetime.

**Before School- \$250**

**After School- \$310**

**Full Time- \$380**

**Before and After Kindergarten- \$175**

**Drop In- \$20/segment**

\*\*\*Subsidies are available through the Government of Alberta for families with a household income less than \$89,999.



## New Clubs!!!

Join us on Thursdays for our **Music Club**, where we get to explore the world of music and different instruments in our music corner.

Drop- in fees are \$20/session.



## Volunteer Opportunities!!

If you know someone who would love to come and have fun while volunteering, Bowden Jungle Junction is the place to be! Also, if you're a high school student, volunteer hours look great on a resume! Please contact Kass if interested.

**Check out our Instagram Page!**

@junglejunctionbowden



**The new year brings new opportunities to speak to your kids about the harmful effects of smoking and vaping.**

Tobacco products put people at risk for many diseases. All tobacco products have many chemicals that are harmful to your lungs and nearly every organ in the body. Nicotine comes from tobacco and presents many harmful effects to physical and emotional health.

Quitting all forms of tobacco and nicotine is the best choice you can make for your health.

**Nicotine Products**

With the rise in electronic cigarettes, vape pens, hookahs and smokeless tobacco, there are more ways than ever for youth to get hooked on nicotine. And kids are more likely to see these smoke-free alternatives as a cooler and safer way to smoke. Parents should pay attention to an unusual attachment to a USB stick, sharpie, pen, lipstick, key fob, etc. These items may be a type of e-cigarette disguised as everyday items.

**Talk to Youth About Smoking & Vaping**

Talk to your kids about smoking and vaping early, even as young as age 10.

Know the facts so you can discuss the health risks and nicotine addiction.

Focus on the short-term effects of nicotine use: it can change the way your brain works, may make it harder to breathe and it costs a lot of money. Youth are the target of big companies looking for lifelong customers.

Calmly correct misconceptions and take time to listen.

**Talking to Youth Matters**

Research shows that youth who learn about drug risks from their parents are less likely to start using them. If you don't talk about it, your child may think it's okay to smoke or vape.

Youth who choose not to use substances are less likely to:

- Have serious trouble in school
- Get hurt in a car accident
- Be a victim of crime
- Have substance use problems as an adult

**MORE RESOURCES**

[Kids and Smoking \(for Parents\) - Nemours KidsHealth](#)

[Talk to Your Kids about Tobacco, Alcohol, and Drugs - MyHealthfinder | health.gov](#)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642





# *Financial* **LITERACY**

**WEDNESDAY EVENINGS**  
**JANUARY 31ST TO FEBRUARY 28TH, 2024**  
**6:30PM UNTIL 8:30PM**  

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**ZOOM - ONLINE**

**THIS PROGRAM AIMS TO HELP YOU TO GAIN THE BASIC KNOWLEDGE, SKILLS AND CONFIDENCE TO MAKE RESPONSIBLE FINANCIAL DECISIONS WHILE WORKING ON THESE FIVE FINANCIAL TOPICS:  
ASSETS, BUDGETING, BANKING, CREDIT AND CONSUMERISM.**

TO REGISTER FOR THIS FREE PROGRAM, VISIT  
[WWW.MOUNTAINVIEWEMERGENCYSHELTER.CA](http://WWW.MOUNTAINVIEWEMERGENCYSHELTER.CA)  
EMAIL: [MOUNTAINVIEWEMERGENCYSHELTER@GMAIL.COM](mailto:MOUNTAINVIEWEMERGENCYSHELTER@GMAIL.COM)  
OR CALL EMILIE WEBB AT 403-586-4545



# GRIEF RECOVERY METHOD

Join our FREE 8-week program with a Certified Grief Recovery Specialist that explores the Action Program for Moving Beyond Loss. Specifically formulated for those dealing with loss and wanting to move forward in life.

**Thursday evenings -January 25th to March 14th, 2024**

**From 6:30 pm to 8:30 pm**

**Community Connection Centre, 4911 51 Avenue, Olds  
Childcare can be provided**

**Registration is required, and can be completed via either  
option below:**

Phone: Emilie Webb at 403-586-4545

Email: [mountainviewemergencysHELTER@gmail.com](mailto:mountainviewemergencysHELTER@gmail.com)

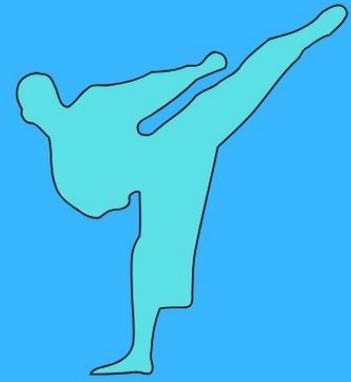
Online: [www.mountainviewemergencysHELTER.ca](http://www.mountainviewemergencysHELTER.ca)



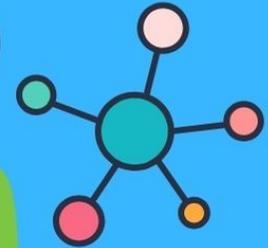
The Grief Recovery Method



LET'S HAVE FUN!!

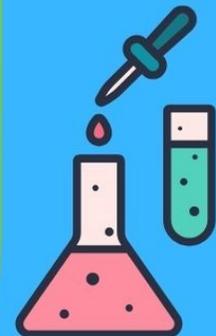


# PATHFINDERS



**Every Tuesday**  
**January 2024**  
**Grades 1-3 & 4-7**  
**Olds Elementary School**  
**3:30 pm - 5:00 pm**  
**Fee: 10 Sessions / \$150**

Find your area of passion with  
 different activities each week,  
 Swimming, Sports, Bowling and  
 much more



## REGISTER HERE



[WWW.COMMUNITYLEARNINGCAMPUS.CA](http://WWW.COMMUNITYLEARNINGCAMPUS.CA)

[CLCRECREATION@OLDSCOLLEGE.CA](mailto:CLCRECREATION@OLDSCOLLEGE.CA)



Community  
Learning  
Campus



# DIY CRAFT



*Club*



**Come join us for a do it yourself Craft Club on Tuesdays at The Zone located 4911 51st Ave, Olds.**

- ➔ When: Tuesday January 16th- January 30th.
- ➔ Time: 6:00PM to 9:00PM
- ➔ Age: For youth ages 10-16



Government  
of Canada



bgc  
Canada



Mountain View  
COUNTY