

# BACS BULLETIN January 2023

HWY 28 RR 240

Box 300 Bon Accord, AB T0A 0K0

[www.bonaccordschool.ca](http://www.bonaccordschool.ca) T: (780) 921-3559

## IMPORTANT DATES

January 9, 2023: Classes Resume

January 16 - No Pre-K classes

January 18th - Internet Child Exploitation Presentation at BACS for Parents and Guardians 6pm-8pm

January 27th - FAMILY LITERACY DAY! Dress as your Favourite Book Character and assembly 2:00pm.

January 30th - SAFFRON Center presentation for Parents and Guardians 6PM at BACS

January 31st - PD Day No School



# from the principal

**"At first I was really nervous and scared, but now I feel confident!"**

**-Mady Grade 4 after practicing for Christmas concert**

Dear Bon Accord Community School Families,

Happy New Year! I hope that your holiday season was filled with family, love and laughter. I hope that you are all healthy and ready to return to 2023!

First of all, I want to congratulate our students and staff on a wonderful Christmas concert. It was my first in person concert at BACS and it was one for the books! Thank you for getting your children to school on those extremely cold days when our busses were not running and also for doing your very best to keep us all healthy. I appreciate your flexibility and working with us to ensure that we can still bring joyful experiences and opportunities to students, even amidst challenge and uncertainty.

This month I would like to invite you to an information session presented by the Internet Child Exploitation Unit. On Wednesday January 18th at 6pm, Sgt. Kerry Shima with the RCMP ICE Unit will be joining us at BACS to present the material and answer questions. A summary of the presentation is included in bold below.

**"The internet has an integral role in everyone's lives, and when it comes to youth, their social lives exist largely in cyberspace. Throughout the course of the past three years and the Global Pandemic, Alberta has seen a significant increase in cases of child exploitation on the internet.**

**With more users online than ever before, and new apps and software being developed every day, it can be difficult for parents and teachers to keep on top of the latest trending platform.**

**Advancements in technology are exciting and helpful, but it opens an ever-growing gap between the knowledge of that technology between youths and busy adults.**

**The Northern Alberta Internet Child Exploitation Unit investigates incidents of child luring, sextortion, possession, transmission, and the making of child pornography as well as internet-related voyeurism involving youth. This presentation will focus on education, prevention, and putting parents and teachers in a position to protect their children from online sexual exploitation. The presenters will discuss the role of ICE in Alberta, current applications and internet platforms, and additional resources which are available to parents so they will be able to better support healthy and productive online experiences for their children and teens.**

The best way to keep our children safe is to stay informed. We will be hosting SAFFRON center for parents and guardians on January 30th at 6pm as a follow up to the information presented by the ICE unit on supporting having conversations about healthy boundaries online, prior to presenting to students the following week. I want to ensure that you have every opportunity to be well informed and are partner in your child's education.

Hope to see you there!

Ms. Brenneis



## A message from Trustee Cindy Briggs

As your local Sturgeon School Division Trustee, I would like to take this opportunity to wish our families, staff and students a Happy New Year! I recognize the past year has brought more than its share of challenges for everyone. I commend our school communities with their resilience and dedication to this everchanging world.

As many of you may know I am your Sturgeon Public School Division Trustee for Bon Accord and Legal. I am proud to serve my community and represent Oak Hill School, Bon Accord School, Lilian Schick School and Legal Public. Our Board is comprised of seven Trustees that all represent and reflect our diverse needs of our division and represent our local priorities, values and parent expectations for their school communities.

I am deeply rooted to our community and I feel very fortunate to call Bon Accord, Fedorah and Legal home. My Dad's family was raised in the Legal area, my mom's family in the Fedorah area, and we own a farm in the Bon Accord area where we have raised our family. I was also very fortunate to work for Sturgeon Public School Division for 17 years, so I understand firsthand the needs of our community and the importance of local representation within my ward.

I encourage you all to take the time to volunteer and spend time at your schools to see the great things that are happening in Sturgeon Public School Division. When we have families involved and engaged, our students have the best chance of a positive love of learning.

There is no limit to what can be accomplished in 2023!

Please feel free to reach out if you have any questions or concerns.

Cindy Briggs  
TRUSTEE WARD 2  
Bon Accord- Legal  
[cindy.briggs@sturgeon.ab.ca](mailto:cindy.briggs@sturgeon.ab.ca)

# Winter Reminder

**Please ensure your children have proper winter gear to play outside during the day. We love to play on the big snow hills and dig tunnels!**

As per Admin Policy and Procedure 255: "The lowest temperature at which students will be required to go outside shall be -25 Degrees Celsius including wind chill and as determined by the Weather Network".

An exciting update to PowerSchool SIS is underway!  
Check out our Student Contacts FAQ [here](#).

What is Student Contacts?

Student Contacts is an update to PowerSchool SIS that allows for greater flexibility in the type and amount of Parent/Guardians and Emergency Contacts that are connected to your child(ren). It will also unify your contact information across all of your children in the Division.

What will change for me?

Your information will now be unified across all schools in the Division that you are connected to (as a parent/guardian or emergency contact). Instead of having data entered at each school, you will have one set of contact information. Schools will be able to connect your information to your child(ren) at each school, whether you are a Parent, Guardian or Emergency Contact.

Why is this change happening?

There are many benefits of consolidating and updating student contact data:

- Data accuracy is important to ensure we can reach the correct person
- Additional relationship types



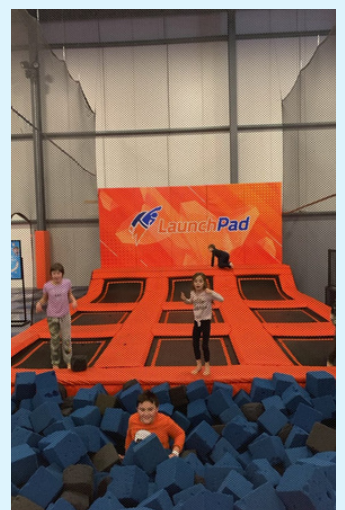
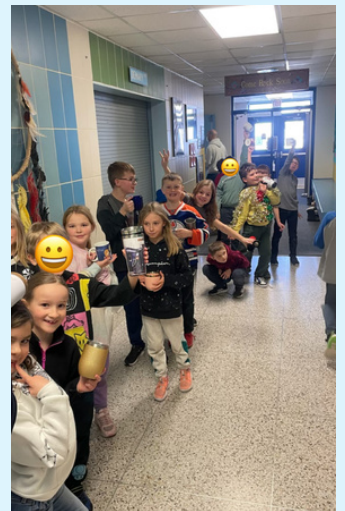
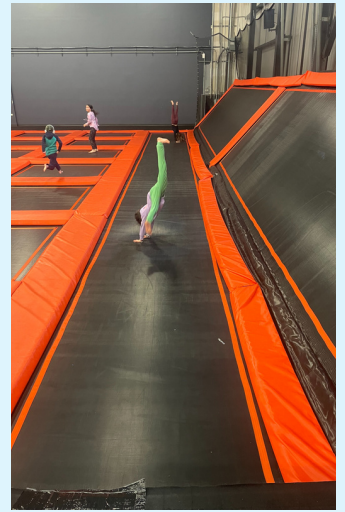
# December Highlights





# Grade 4 Rec Academy!

Launch Pad, Skating and Hot Chocolate Sales!



If you, or a corporate organization, are interested in sponsoring any of our site activities or equipment, please contact Ms. Brenneis at [Kessia.brenneis@sturgeon.ab.ca](mailto:Kessia.brenneis@sturgeon.ab.ca)



# **MHAW! (Mental Health and Wellness) with Ms. Hall**



Welcome to “MHAW!” with Ms. Hall. I am the Mental Health and Wellness Coach at Bon Accord Community School. We are working hard as a school community to promote mental health and wellness and continue our legacy of providing a safe, nurturing environment for our students, staff, and families.

We are currently using several programs to teach and promote social emotional learning in our school, including “The Incredible, Flexible You”, “We Thinkers!”, “Zones of Regulation” and most recently, our “Kimochis” program. Kimochi is the Japanese word for feelings. The program uses various characters to teach different emotions, communication skills and regulation techniques.

We started the program last year and are continuing it this year as well. The students are very engaged, and it initiates many deep and meaningful conversations in classrooms. It also provides universal vocabulary for us to use when conversing with students, providing consistency school wide.

To better connect home and school, I will be sending out monthly updates on our Kimochis characters in our school newsletter, so you can continue these conversations with your child(ren) at home.

[Learn more about Kimochis here](#)



# MEET HUGTOPUS!



Through the month of December, the students learned about the feelings silly, frustrated, excited and proud through the Kimochis character, Huggtopus (or Huggs). Huggtopus is our Kimochis character who is strong and affectionate, but she sometimes gets a little carried away with her big, friendly personality. She might hug too tightly or play too roughly, which upsets her friends. This can be confusing and frustrating to Huggs because she doesn't know why her friends say "Don't bother me." or "We need a break."

With Huggtopus, students learn to read social cues, such as facial expressions, body language, and sounds from peers. Huggs teaches children to celebrate their differences. Huggs is a six-legged octopus and is proud she is so unique!

**Children who have a temperament like Hugg's can have a tough time waiting to talk to an adult.**

**Students are taught to pay attention to "Not Now" signals that adults give them to wait their turn to speak (for example, a raised index finger or a finger touching your ear, etc.).**

**You can create a "Not Now" or "Just wait" signal for your children when you are speaking to another adult or are on a telephone call.**

**Model and practice the signal to show your children when you cannot be interrupted. Then acknowledge your children's patience for waiting. "Thanks for your patience. You could see I was busy. What did you want to tell me?"**

## WAYS TO PRACTICE

**"Let's Get Excited" List** - Make a list of family activities that would create excited feelings. Invite family members to think of activities that would make them feel excited, like having a picnic in the backyard, calling a family friend, going skating, etc.

**Surprise Party** – Surprises create excited feelings. Get creative and silly. Do some unexpected things in your daily routine to create positive feelings and excitement. For example, plan a birthday party together for your child's favorite stuffed animal or have a "backward dinner" and serve dessert first or take a surprise car ride to favorite destination like the playground, ice cream store or Grandma's house.

**Frustrated feelings** – Discuss what each family member does to help manage frustration (i.e.: go for a walk, cuddle a stuffed toy or pet, listen to calming music, take a deep breath, etc.) and help each other remember those ideas when feelings of frustration occur.



# KISEPÎSIM

Great Moon

Pronounced- Kiss- ee-pee-sim



Happy New Year and Welcome to 2023! This year is promising to be an exciting New Year filled with possibilities and hope. Traditionally, during this time and for the next few months, we experience the harshest weather of the year. This is a time where all living things require extra kindness and care to survive.

So far in our moon journey together, we have discovered that the Cree language is very descriptive. Words are chosen to create a picture in your mind. Each moon's name has been based on what we see happening on the earth around us. This explains why various groups of First Nations people have different names for the moons depending on where they are located. For example, in Eastern Canada where the Mohawk live, they call this moon TSIOTHOHRHKÓ:WA, which means BIGGER COLD MOON. If you could name this moon using descriptive language what would you call it? Once you have come up with a name for the moon, try doing some research to find all the different names for this moon. Have a beautiful month.



Created by: Indigenous School Counsellor Katie Holubowich





# Fundraising and Hot Lunch

Thank you to our hot lunch crew who provided a hot breakfast to ALL our students on the last day of school before the break!





## Wanting to Volunteer? Get Involved!

- Help out Mrs. Mercer with Breakfasts
- Join a committee on our Program Support Society
- Volunteer to help with Hot Lunches
- Volunteer in Classrooms (criminal record check required)

Contact our front office for more information!

# Community Supports



<https://www.bonaccord.ca/>



## **Bon Accord Gibbons Food Bank**

The mission of the Bon Accord Gibbons Food Bank is to provide help to individuals and families in crisis by providing clients with quality, nutritious food. If you or someone you know requires assistance, please contact us at 780-923-2344. Messages are checked daily and all inquiries are answered within 24 hrs.

**Did you know that Sturgeon Public School Division also has access to Social Workers?**

**They can help connect families to various community supports, mental health supports, navigating new systems, and many other areas.**

**Contact the school for more information.**





## Morinville Minor Baseball 2023 League Registrations

<b>Rates and Ages</b>	BLAST BALL 2019/2018 \$110	T-Ball 2017/2016 \$140	U9 2015/2014 \$190	U11 2013/2012 \$245	U13 2011/2010 \$265	U15 2009/2008 \$290	U18 2007/2005 \$290
<b>Times Played</b>	Play 5:30-6:30pm	Play 6:30-8:00 pm	Play 6:30-8pm	Play 6:30-8:30pm	Play 6:30-8:30pm	Play 6:30-8:30 pm	Play 6:30-8:30 pm

**AA programing will be available if there is enough interest. There will be a \$50.00 tryout fee.**

U13 AA 2011/2010 \$345	U15 AA 2009/2008 \$350	U18 AA 2007/2005 \$385
------------------------------	------------------------------	------------------------------

Registration Starts January 9, 2023, and closes March 10, 2023

**On-Line Registration ONLY <http://www.morinvilleminorbaseball.com/>**

Season runs May – June

Players must be 4 years of age by May 1, 2023

We will try and accommodate Blastball, T-Ball, U9, U11 and U13 for the preferred days of the week Monday/Wednesday or Tuesday/Thursday

**Coaches Needed!**

Registrations Received After March 10, 2023, will be subject to a \$50 late fee

No refunds will be given after March 31, 2022

Questions e-mail [MMBA.Morinville@gmail.com](mailto:MMBA.Morinville@gmail.com)

LIKE US on Facebook – Morinville Minor Baseball