

BACS BULLETIN

April 2023

HWY 28 RR 240

Box 300 Bon Accord, AB T0A 0K0

www.bonaccordschool.ca T: (780) 921-3559



IMPORTANT DATES

April 7 - Good Friday

No classes

April 10 - Easter Monday

No classes

April 19 - Dr. Gelmini Science

Demonstration

12:30-2:00pm

April 21 - Volunteer Appreciation

(more info to come)

April 22 - Earth Day

April 24 - PD Day

No Classes

April 25 - School Council and

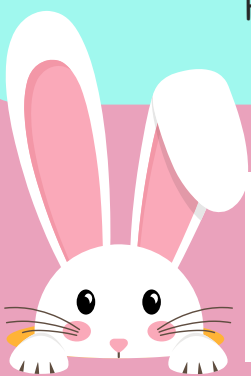
PSS meetings

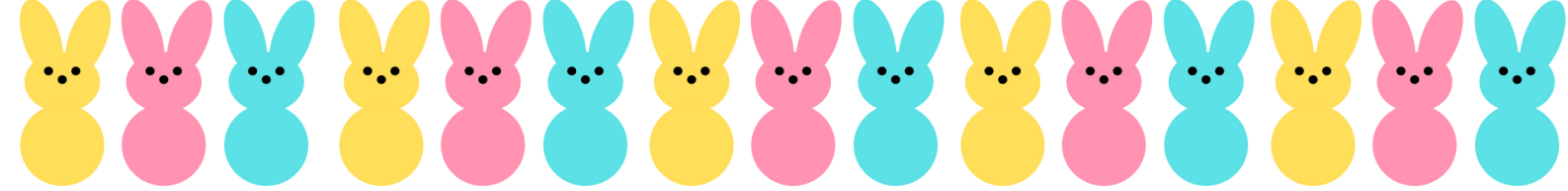
6:30pm

April 28 - Assembly and Dance

Party at 2PM!

Families welcome!





from the principal

Dear Bon Accord Community School Families,

Welcome back from what I hope was a wonderful Spring Break for you and your families. The rest of the year is going to fly by with all the exciting things we have planned for the rest of the 2022-2023 school year.

First of all, thank you to all those parents and guardians who completed the grade 4 Alberta Education Assurance Surveys, as well as all the parents and guardians who completed the Sturgeon Public Survey. I know that this part of the year sometimes results in survey fatigue with all the feedback we are asking our families to provide. I cannot thank you enough for your participation in these as this is invaluable data that informs my planning for our school. I also really appreciate the parent and guardian attendance that we have at our School Council and PSS Meetings and the involvement that you have in our school. I hope that you have seen your feedback reflected and implemented in our school and continue to.

Next time you are in our building, please come check out our Gathering Area. Mrs. Bostock has worked tirelessly to transform our Gathering Area into a space that provides opportunities for teaching and learning about Indigenous Cultures, but also a space where all feel welcome. We are looking for all languages that our students and families say "hello" to one another. If you would like to share your family heritage and how your family might say "Hello" please email baccord@sturgeon.ab.ca and we will make sure it is included in our Gathering Area.

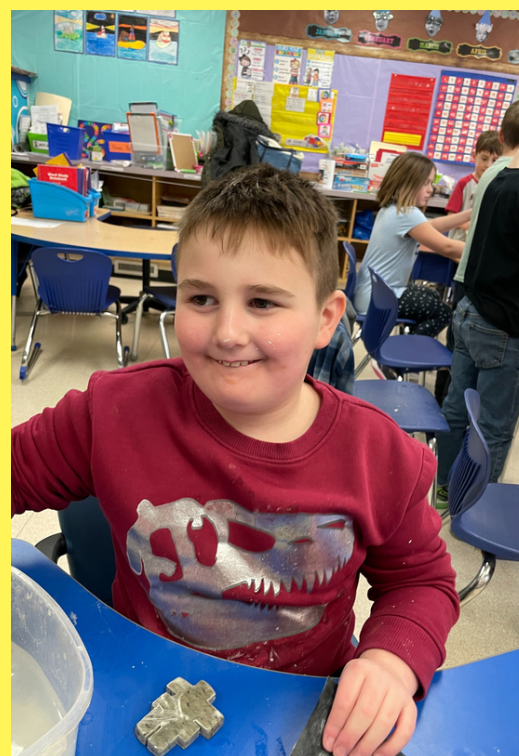
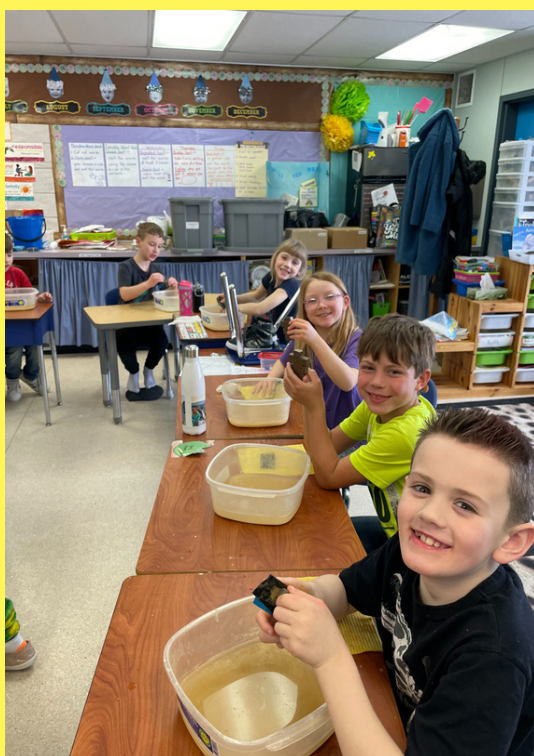
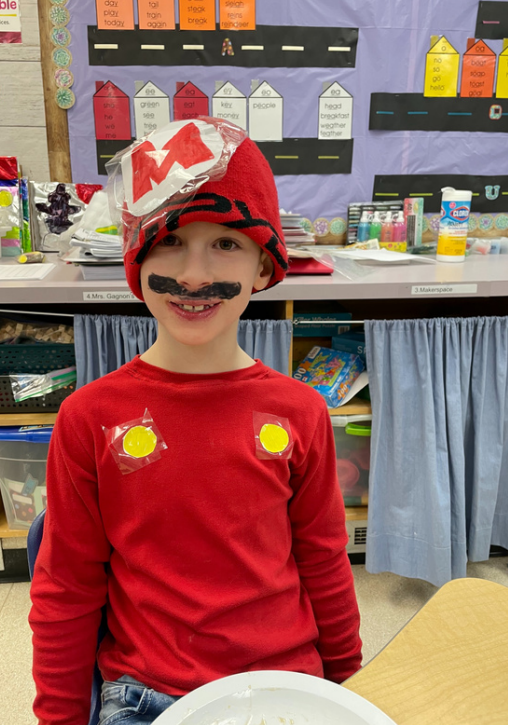
Thank you for your continued support of our students and school!

Ms. Brenneis



March Highlights





Ayîkipîsim- Frog Moon

pronounced- eye-ee-ghee-pee-sim



Together we greet this new moon and welcome the return of miyoskamin(Spring). We have lots to celebrate because Spring is a wonderful time of new beginnings. We find lots of new buds on the trees, and many different baby animals are being born. The weather is getting warmer and we see the water begins to thaw and lakes and rivers flow freely again. After the water is open frogs begin to wake up and sing their mating songs. Did you know that when frogs hibernate during winter their bodies create a natural anti-freeze that keeps them alive despite having frozen bodies? Keeping this amazing fact in mind we acknowledge that frogs offer us the teaching of adaptability. Frogs can survive in the water, on the land, and throughout the winter's freezing temperatures. How can we be adaptable in our own lives? This month's challenge is to go outside and make a list of all the new things you see growing around you. Study them throughout the month and notice the ways they grow as the month goes on.





REGISTRATION IS **NOW OPEN**

FOR THE 2023/24 SCHOOL YEAR




Bon Accord
Community School




Registration for the 2023-2024 school year is now
OPEN!

New and returning K-4 students can register at
<https://www.bonaccordschool.ca/registration>



BACS Supplemental Kindergarten Program

Everyone a Teacher
Everyone a Learner



**"Kid, you'll move
mountains"**

**– Oh the Places You'll Go
Dr. Seuss**



Register today!

Contact our front office to complete your registration
form

(780) 921 3559

baccord@sturgeon.ab.ca

Registrations and deposit (post dated cheque) are due
May 30, 2023

Program Delivery and Activities

Organized activities within a structured play-based environment.

Monthly themes to foster curiosity, innovation and creativity.

Hands on Learning

Outdoor and nature-based programming utilized frequently to foster healthy child development, connections to the land, and active, kinesthetic learning.

Eligibility

Children must be five years old on or before December 31, 2023 and live within the school's attendance area to be eligible for Kindergarten Programs.

Students should be able to independently dress themselves, use the washroom, and listen to directions as no additional supports will be available other than the teacher.

Completed registrations and a post dated cheque for \$350 are due to the school by May 30, 2023.

***Should there not be enough enrollments, deposits will be refunded.**

Funding and requirements

It is important to note that currently, the Alberta Government only funds half time Kindergarten.

This potential full-time option is provided at a cost to parents and comes with no additional supports in the classroom.

Parents who choose to enroll children will be required to pay a fee; maximum **\$350/per month**. Higher enrollment reduces cost.

Parents are encouraged to volunteer at least two afternoons each month.

The program requires a minimum number of registrants (19) to make the program viable and there will also be a cap on enrollment to provide the necessary value to students.

"The importance of exploratory learning cannot be underestimated. Providing opportunities to explore and learn through play is crucial for healthy brain development and social-emotional well-being. As kids follow their curiosity and try new things, they build strong neural connections that will play a key role in learning and behavior throughout life. And, equally important—exploratory learning is kid-driven and profoundly fun."

(Galileo Learning LLC, 2021)



Dear Parents/Guardians,

Mental Health in Schools is a new initiative supported and funded by the Government of Alberta. Positive mental health is a critical component of academic success. Students who experience positive mental health are better able to learn, achieve success and build healthy relationships. The initiative focuses on providing mental health prevention and promotion. As each school and community is unique, services are tailored to address the needs of the student population.

Two designated Mental Health Coaches work in Lilian Schick, Bon Accord Community School and Legal Public School; three days a week, spending half days at each school. Being present in the schools allows students, families and staff to connect with the Mental Health Coaches. Services offered but is not limited include, facilitating social and emotional learning/skill building groups for students, providing students with strategies when they are having difficulty managing their emotions (self-regulation), after school information presentations on various mental health topics for parents and creating partnerships with community agencies. Please note that the Mental Health Coaches do not provide counselling or therapeutic services.

Please feel free to reach out and connect with us via email – Kezia Mensah-Franks

(Kezia.Mensah@sturgeon.ab.ca) and Marnie Kassian (Marnie.Kassian@sturgeon.ab.ca)

We look forward to working with your school communities!

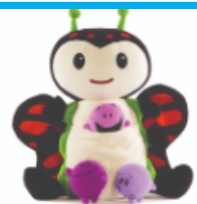
Marnie Kassian, Mental Health Coach



Kezia Mensah – Franks, Mental Health Coach



Kimochi Corner



Kimochi is something you might have heard your child talk about at home, but you might be wondering, what that is? Kimochi means “feelings” in Japanese, and the Curriculum is based on research that tells us that a strong social-emotional learning foundation is essential to academic and life success. Research also shows that teaching social-emotional skills in school increases academic test scores by 11%!

In our school, we will be using the Kimochis® characters, feelings, and lessons to teach character education along with our regular academic curriculum.

The lessons in the Kimochis® Curriculum teach real-life skills, such as communication, self-management, decision-making, problem-solving, resilience, and responsibility. These are the skills that help us all become successful in life and in school. When children learn to communicate their feelings effectively, they build confidence, self-esteem, and strong relationships. Ask your child(ren) about what they've learned in their Kimochi's lessons so far!

BACS SCHOOL CLOTHING IS HERE!

<http://bonaccordcommunityschool.entripyshops.com/>



Shop by item, style, brand, or category!

We have partnered with Entripy.com, Canada's leader in custom apparel, and set up an online spirit wear shop to help students show their school spirit!

Our school's online shop features dozens of items—from t-shirts, to hooded sweatshirts, jackets, toques and even bags from name brands. Shopping is easy and convenient. You can order as few as one item, choose from a selection of pre-approved school logos, and even personalize with your child's name.

Entripy provides a 10% REBATE on Bon Accord Community School shop sales back to our school.

You can order at any time and the clothing is shipped directly to your door!



BON ACCORD COMMUNITY SPORTS

Registration is underway in the community for both soccer and baseball for the spring season, starting May 1.

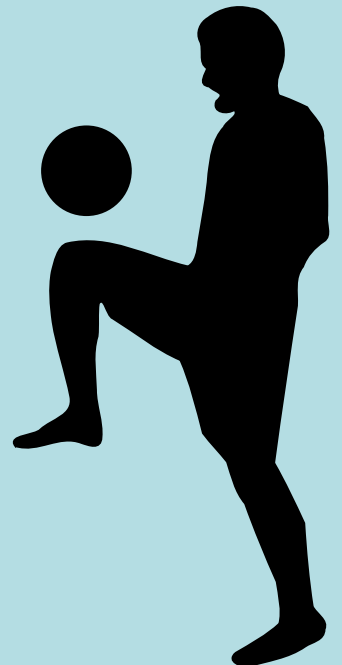
Baseball registration link:

<http://BonAccordBaseball.rampregistrations.com>

Soccer registration link:

<http://BonAccordSoccer.rampregistrations.com>

**Please reach out to
bonaccordsports@gmail.com
to volunteer.**





Wanting to Volunteer?

Get Involved!

- Help out Mrs. Mercer with Community Breakfasts (Next one is April 28)
- Join a committee on our Program Support Society
- Volunteer to help with Hot Lunches
- Volunteer in Classrooms (criminal record check required)
- School council and PSS Meetings held the last Tuesday of every month at 6:30pm.

Contact our front office for more information!

Nutrien[®]
Feeding the Future[™]

**A big thank you to
Nutrien for their
generous donation of
\$4000 to our Nutrition
Program!**

Stay Technology Smart

Resources

The Canadian Pediatric Society recommends:
No screen time for children under two years old, less than one hour of screen time daily for children between the ages of two and four, and less than two hours of screen time per day for older children.

TikTok
Parent's
Guide

Snapchat
Parent's
Guide

Discord
Parent's
Guide

SAFFRON
Presentation
Foundations
of Connection

Instagram
Parent's Guide

MORE THAN 29 MILLION REPORTS OF SUSPECTED CHILD SEXUAL EXPLOITATION ARE RECEIVED BY THE NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN ANNUALLY.

That's over 563,461 reports per week.
www.thorn.org

Stay Informed!

There's always something happening in Sturgeon Public School Division!

SUBSCRIBE TO OUR DIVISION NEWSLETTER

<https://www.sturgeon.ab.ca/>

[See our school Education Plan here](#)

SPS GUIDING PRINCIPLES

Excellence in Teaching

Shared Responsibility

Mutual Respect

Belonging

Learning Choices

Communication

STURGEON PUBLIC SCHOOLS

TRUSTEE TALK

Updates from the Board of Trustees for our Sturgeon Public school community



[Read the March
Trustee Talk Here](#)



[Follow SPS on
Instagram](#)



[Follow SPS on
Facebook](#)



[Follow BACS on
Instagram](#)



[Follow BACS on
Facebook](#)

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.

Lilian Schick School RPA is excited to announce our Spring Fundraiser, and nothing says spring more than Flowers and Plants!

They have partnered with Growing Smiles and are selling some amazing flowers, plants, and accessories.

What you need to know:

Fundraiser will launch March 23, 2023

Last day to order will be April 21, 2023

Orders are accepted ONLINE at lilianschickschool.growingsmilesfundraising.com

Payments will consist of e-transfer and credit card (details online when you order). If you do need alternate payment arrangements (cheque or cash), please reach out to lssrpa@gmail.com. Delivery date is May 11th (depending on delivery, pick up will be May 11th or 12th at the school).

Right before MOTHERS DAY!!

Pick up is at Lilian Schick School

If you have any questions, please reach out to lssrpa@gmail.com

All funds raised help support the children in the **Lilian Schick School** community!



Lilian Schick RPA SPRING Fundraiser!

Questions:

Please email



lssrpa@gmail.com

**Delivery Date
May 11th**













(subject to change)

**Just in time for
Mothers Day**





Order online at: lilianschickschool.growingsmilesfundraising.com

 <p>\$38</p> <p>12 Premium Hanging Baskets Our improved flower mixes are sure to be a big hit! These hanging baskets can be exposed to full sun with the best flowering and trailing plants. Come in a variety of mixes/colours.</p>	 <p>\$38</p> <p>12 Premium Patio Planters All planters include an assortment of our top performing plant collections. Planters can be exposed to full sun areas. Perfect for creating a Spring patio or backyard paradise.</p>	 <p>\$44</p> <p>2 Gallon Patio Rose Planters Planted in a 2 gallon pot, this perennial will add colour year after year. Floribunda roses are bred for their hardiness and can withstand colder temperatures. Please note that colours cannot be selected. <i>May receive light pink, dark pink, white, or yellow.</i></p>	 <p>\$26</p> <p>16 Strawberry Baskets A kid favourite! Enjoy fresh strawberries all growing season long. Everbearing strawberries with different coloured blossoms in white or pink. Beautiful and delicious!</p>	 <p>\$39</p> <p>10-pack 4 Succulents Fast-growing in popularity, succulents are versatile & low-maintenance. Ideal as house decor and gifts! This 10-pack offers excellent variety and textures from the Echeveria, Sedum, Sedeveria, and Senecio families. <i>Duplicates & substitutions may occur.</i></p>	 <p>\$35 LETT'UCE GARDEN</p> <p>10-pack 4 Herbs An assortment of our finest herbs! Varieties include: -Basil (Sweet) -Mint Mojito -Basil (Thai) -Peppermint -Thyme -Oregano -Chives Onion -Parsley -Chives Garlic -Rosemary <i>Duplicates & substitutions may occur.</i></p>
 <p>\$35 LETT'UCE GARDEN</p> <p>10-pack 4 Veggies Grow your own food this year in a garden or planter box! Varieties include: -Tomatoes (x4) -Cucumber -Zucchini -Peppers (x2) -Kale -Romaine <i>Duplicates and substitutions may occur.</i></p>	 <p>\$39</p> <p>10-pack 4 Zonal Geraniums These easy-to-grow bedding plants add vibrant colour to your garden. Resistant to pests such as deer/rabbits. Colours: Red, White, Pink <i>Colour mix & match colours in a flat.</i></p>	 <p>\$39 wave PETUNIAS</p> <p>10-pack 4 Wave Petunias The popular cascading Wave petunias bring eye-catching colour to gardens, planter boxes, and hanging baskets. Colours: Purple, White, Pink <i>Colour mix & match colours in a flat.</i></p>	 <p>\$32</p> <p>10-pack 4 Marigolds Marigolds add a pop of colour and brightness to enjoy all season. Excellent companion plants for many vegetables! Only available in orange.</p>	 <p>\$15</p> <p>Premium Soil 30 L A bag of organic potting soil, perfect for filling containers. This hearty mix helps plants grow to their full potential. Enriched with: compost, kelp, fish meal, peat moss, glacial rock dust, and rice hulls.</p>	 <p>\$18</p> <p>Fertilizer Shaker 18 kg Enhance your garden with an easy-to-use fertilizer shaker. Made with organic granular kelp, this blend is great for both flowers and veggies.</p>

Duplicates and Substitutions may occur. Availability is based on what is in the greenhouse.