# BACS BULLETIN October 2023

HWY 28 RR 240
Box 300 Bon Accord, AB TOA 0K0
www.bonaccordschool.ca
T: (780) 921-3559

Oct 2: School Assembly 10:00-10:30 National Custodian Day NO PRE-K CLASSES IPP planning day

Oct 3: Grade 4 Academies Start

Oct 2-6: Read In Week

Oct 4-5: Safety on Board presentations for PreK and Kindergarten

Oct 5: World Teachers Day
NO PRE-K CLASSES IPP planning day

Oct 9: Thanksgiving NO SCHOOL

Oct 10: PD Day NO CLASSES

Oct 23-27: Digital Citizenship Week

Oct 25: Picture RetaKes

Oct 26-27: Fearless in the Forest for

Grade 1's and 2's

Oct 31: Halloween











# From the Principal

We have officially completed our first month of the school year! During this first month of school, our dedicated teachers and staff have been hard at work ensuring a safe and nurturing learning environment for your children. We've witnessed remarkable growth and determination in our students as they've settled into their new routines and embraced the challenges of a new academic year.

Thank you for your attendance at our School Council and PSS meetings. We believe in the importance of building a strong school community as well as transparency of communication. I will be sending out summaries of my report and any links available to information after each School Council meeting. Should you have any questions, please do not hesitate to reach out.

Throughout the year, we will be hosting events and activities that promote family involvement. We hope they are as well attended as our Welcome Back Pasta Dinner and Meet the Staff!

Your feedback is invaluable to us. If you have any questions, suggestions, or concerns, please do not hesitate to reach out to our school administration or your child's teacher. We are here to support you and your child's educational journey. Please ensure you have reviewed our <u>School Code of Conduct</u> on our website. If you could also complete this quick google survey asking for feedback on our staggered entry, I would really appreciate it!

Thank you for entrusting us with your child's education. We are excited about the possibilities that lie ahead and look forward to a productive and rewarding school year.

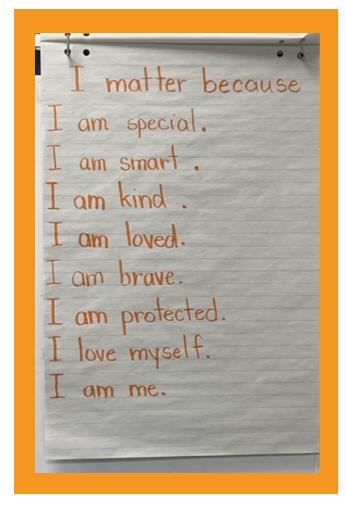


### Truth and Reconciliation Week

Honoring those that did and did not survive residential schools.











# September Highlights













### From the mouths of our students...

"I am thankful that everyone at this school loves me." -Grd 1 Student "Frankie and I get along so well because we have the same amount of Kindness in our hearts to share!"

-Grd 2 Student

"Annie, you and I have been best friends since the first moment we met!"

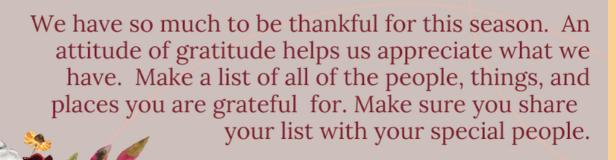
-Grd 2 Student



# PINÂSKOWIPISIM Leaves Falling Moon

Pronounced: pin-ask-oh-wee-pee-sim

We welcome October, the beautiful autumn month of harvest and changing tones. We have the delight of seeing golden hues, radiant reds and oranges as the leaves change color just before they fall. Some of us harvest our gardens and share with the people we love. Other's will hunt wild game to prepare for the winter. As the earth goes into hibernation this season so do many animals. Including: bears, snakes, bumble bees, groundhogs and ground squirrels. How do you prepare for winter?



Created by: Indigenous School Counsellor Katie Holubowich



The focus this month will be harmonies! We will be listening to songs and artists that demonstrate different harmonies throughout the music.

October 2-6:

Tim Mcgraw - Humble and Kind

October 9-13:

Kansas - Carry on my wayward son

October 16- 20:

Mumford and Sons - I will wait

October 23 - 27:

Beach boys - I get around

October 30 - November 3:

The Chordettes' - Mr. Sandman



# \*\* What's new with \*\*, School Council and PSS

# School Council Executive Members

Chair - Jared Thompson
Vice Chair - Carmen Siemens
Secretary - Katelyn Fleury
Officers - Christy Condin and Jessica
Kampjes

## Program Suppot Society Executive Members

Chair - Carly Rigler
Vice Chair - Jared Thompson
Secretary - Brittany Zilinski
Treasurer - Kirsten Sorrell
Fundraising - Carmen Siemens and
Jessica Kampjes
Directors: Suzanne Bielert, Stephanie
Dawson and Christy Condin



#### PSS NEEDS YOU!

We are looking for letters of support as we apply for grants to fund a new playground.

Should you be willing, sample letters of support are available. Contact the school for more information.

Meetings are the 4th Tuesday of every month starting at 6:30pm.

All our Meeting Agendas and Minutes can be found here.

## 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 itemsfrom 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!

# Stay Informed!

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

SUBSCRIBE TO OUR DIVISION NEWSLETTER <a href="https://www.sturgeon.ab.ca/">https://www.sturgeon.ab.ca/</a>

SPS GUIDING PRINCIPLES

**Excellence in Teaching** 

**Mutual Respect** 

**Learning Choices** 

**Shared Responsibility** 

Belonging

Communication

TRUSTEE TALK

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

Read the September Trustee Talk Here



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Bon Accord Community School

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Bon Accord Community School
595 followers • 19 following

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Follow BACS on Facebook

### Caregiver Education Team Newsletter

October 2023



Alberta Health Services is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

### Adult Education Sessions

### Understanding Anxiety Series

For adults supporting their own wellness or the wellness of others.

Part 3: Settling Our Minds Wednesday, October 4 12:00 – 1:00 pm

Part 4: Overcoming Avoidance Wednesday, October 11 12:00 – 1:00 pm

### Caregiver Education Sessions

#### Keeping Scattered Kids on Track

Supporting Children and Youth with ADHD

For parents and caregivers of children and youth in grades K-12 Wednesday, October 18 6:00 – 7:30 pm

#### **Understanding Self-Injury**

For parents and caregivers of vouth in grades 7-12

Wednesday, October 25 12:00 – 1:00 pm

#### Participant Feedback

"Thank you very much for all you do. I hope more and more people will find and access these opportunities!"

"I thought the way the webinar was set up was great. Even though we could not view the participants there was enough interaction with the speakers."

### Sessions at a Glance



AMH Education Services Addiction & Mental Health Edmonton Zone

## **Caregiver Education Sessions**



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

# Keeping Scattered Kids on Track Supporting Children and Adolescents with ADHD

In this 90-minute session, we will discuss common signs and symptoms of attention deficit hyperactivity disorder (ADHD) and strategies for supporting success in children and youth with ADHD.

Date: Wednesday, October 18, 2023

Time: 6:00 – 7:30 pm

For caregivers of children/youth in grades K-12; for adults only.

#### **Understanding Self-Injury**

In this Lunch & Learn session, we will explore various motivations in youth who are intentionally harming themselves and factors behind self-injurious behaviour. Strategies to support youth who may be engaging in self-injury will be discussed.

Date: Wednesday, October 25, 2023

Time: 12:00 - 1:00 pm

For caregivers of youth in grades 7-12; for adults only.

October 2023

#### Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click <u>HERE</u> or go to:

www.cyfcaregivereducation.ca

#### Participant Feedback

"It was very well presented and look forward to receiving the info...was extremely interesting and useful."

"Positive, engaging presenters. Good choices for the videos."



AMH Education Services Addiction & Mental Health Edmonton Zone

### **Adult Education Sessions**

October 2023



These free sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all. When topics are presented as a series, participants can attend one or all sessions.

### **Understanding Anxiety Series**

#### Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thoughts and thinking traps that can hold us back. Strategies for encouraging more realistic thinking will be discussed.

Date: Wednesday, October 4, 2023

Time: 12:00 - 1:00 pm

For adults supporting their own wellness or the wellness of

others.

#### Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our stress response over time. We will look at ways to manage stressful situations in manageable steps and with effective coping skills.

Date: Wednesday, October 11, 2023

Time: 12:00 - 1:00 pm

For adults supporting their own wellness or the wellness of

others.

#### Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click <u>HERE</u> or go to:

www.cyfcaregivereducation.ca

#### Participant Feedback

"I appreciated the flow of the presentation, moving between participants responses, watching videos, and teaching format. You packed a lot in an hour! Thank you!"

"Thank you for putting these series on."



AMH Education Services Addiction & Mental Health Edmonton Zone