

BACS BULLETIN OCTOBER 2022

HWY 28 RR 240, Bon Accord, AB T0A 0K0
www.bonaccordschool.ca T: (780) 921-3559

IMPORTANT DATES

October 3
No Pre-K Classes
Grade 2 Field trip

October 4
No Pre-K Classes
Grade 4 Rec Academy Starts

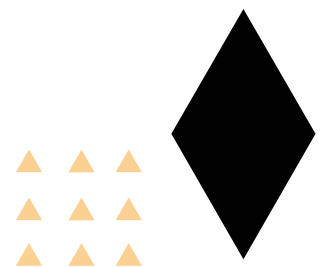
October 10
Thanksgiving - No Classes

October 11
PD Day - No classes

October 13
Picture Retakes

October 25
School Council and PSS Meetings

October 31
Halloween!





from the principal

"I'm just so happy! I love school!"
- David, Grade 1 student

Dear Bon Accord Community School Families,

It is my absolute privilege to serve you and your children for a second year at BACS. This September has blown by and I cannot believe that it is already October. I have such gratitude for our school and community and am already so impressed with the learning that is happening in our building.

There are some new things for our students to look forward to this year! Our Learning Commons is now complete with our MakerSpace. Students will have an opportunity to create, build, collaborate, problem solve and explore using various tools and technology to enhance their learning. Our Grade 4 Rec Academy starts on October 4th and we are excited to be offering different opportunities for students to get active. We will also be offering various clubs throughout the year; ukulele club, coding club, and art club!

Academically, to support the implementation of the new curriculum, our school will be using the Words Their Way program as well as Mathology. Teachers in grades 2 and 3 completed the provincial assessments with students to inform instruction. As we go through implementing the new curriculum, teachers remain focussed on supporting all areas of student development; intellectual, physical and emotional.

Parent Portal, assessments and reporting will look different than it has in previous years as we are reporting on different learner outcomes. You may see fewer summative assessments and different categories and weightings. As we are in the beginning stages of implementation, we are determining how the curriculum will be assessed and reported on. The curriculum is designed to have students achieve competency in the learner outcomes by the end of the year and we are navigating how best to report growth and progress. Please don't hesitate to reach out to your child's teacher if you have any questions about where your child is at in their learning journey. We are all on the same team, working towards student engagement and success at school. If you have not logged into Parent Portal yet or are having trouble accessing your login, please call our front office and we will be happy to assist you.

A couple information items for new families (or reminders for returning families):

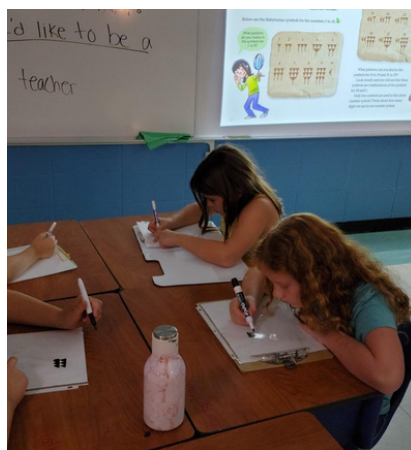
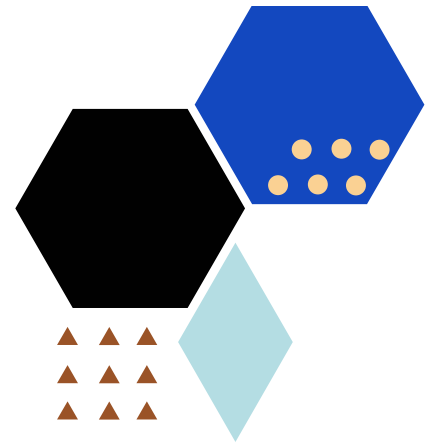
- School Council Meetings and Program Support Society Meetings are the 4th Tuesday of each month at 6:30 at the school and online. Please join us!
- During drop off and pick up times, please make sure to keep the flow of traffic moving smoothly in our parking lot. If you are getting out of your vehicle to drop off/pick up students, please park in the designated spots and not the pick up lane.
- Please pick up students in the designated parent pick up zone (by the benches outside the gate of the parking lot) and not by school doors at the end of the day. Our staff ensure that students are going to the appropriate people and places and we don't want anyone getting lost in the shuffle of our busy bus lanes and sidewalks.
- Please follow us on Facebook, Instagram and TikTok to watch for all the exciting things we are doing at school. There is also lots of information on our website, as well as a complete calendar of events (www.bonaccordschool.ca).

If you ever have any questions or concerns, please do not hesitate to contact me. I am usually out and about in our school during the day, but you can always call or email me and I will respond as soon as I am able.

Here's to a great year!

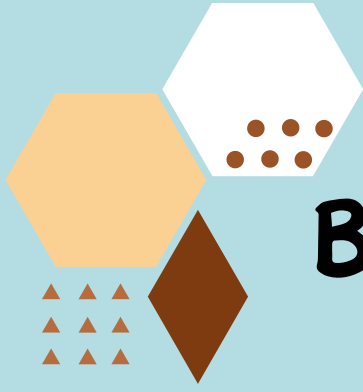
Ms. Brenneis

September Highlights



National Day for Truth and Reconciliation





BACS Staff 2022-2023



Principal

Kessia Brenneis



Vice Principal

Jerome Chabot



Administrative Assistant

Charlene Uchacz



Office Clerk
Educational Assistant (4M)

Lisa SKetchley



Learning Coach
Rec Academy teacher

Mandy McGuire



Nutrition
Coordinator

Lynette Mercer



Custodian

Tracy Longstreet



Library Technician

Megan Twa



Pre-Kindergarten
Teacher

Hailey Oulton



Educational Assistant
(Pre-K)

Samantha
Smith-Andrews



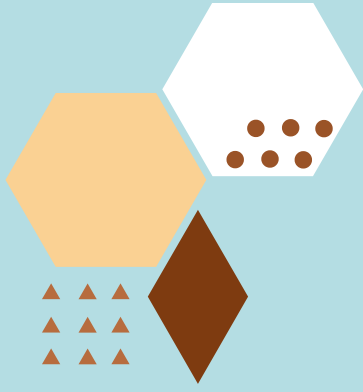
Educational Assistant
(Pre-K)

Kelly Geotting



Educational Assistant
(Pre-K and KG)

Shirley Harvey



BACS Staff 2022-2023



Kindergarten Teacher/ Mental Health and Wellness Coach

Colleen Hall



Kindergarten/Grade 2 Teacher

Brooke Thomson



Educational Assistant (KG)

Crystal Moser



Grade 1 Teacher

Deb McEachren



Grade 1 Teacher

Nicole Roe



Educational Assistant (1R)

Carmen Ironmonger



Grade 2 Teacher

Patricia Gagnon



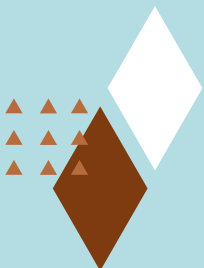
Grade 2 Teacher

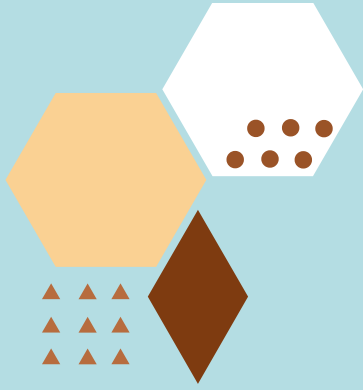
Melodie Tower



Educational Assistant (2T)

Wendy Fairweather





BACS Staff 2022-2023



Grade 3 Teacher

Danielle Gilpin



Grade 3 Teacher

Coleen McNeil



Educational Assistant (3G)

Pam McRobbie



Educational Assistant (3M)

Carrie Rosser



Grade 4 Teacher

Natalie Mueller



Grade 4 Teacher

Taylor Hand



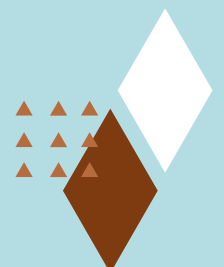
Educational Assistant (4H)

Jocelyn Bostock



Music Teacher/Counsellor

Gregg Sales





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!



BACS NUTRITION PROGRAM

Did you Know....

Every student in our school is able to access our breakfast program every morning - which is 240 students!

Each breakfast includes at least 3 different food groups.

Looking to help out?

If you would like to volunteer and help with breakfast preparation or clean up, please email lynnette.mercer@sturgeon.ab.ca

Want to make a food donation?

We are always in need of:

Granola bars

Fresh fruit

Juice boxes

Eggs

Individual Yogurt

Or you could sponsor a special breakfast!





PINÂSKOWIPISIM

Leaves Falling Moon

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

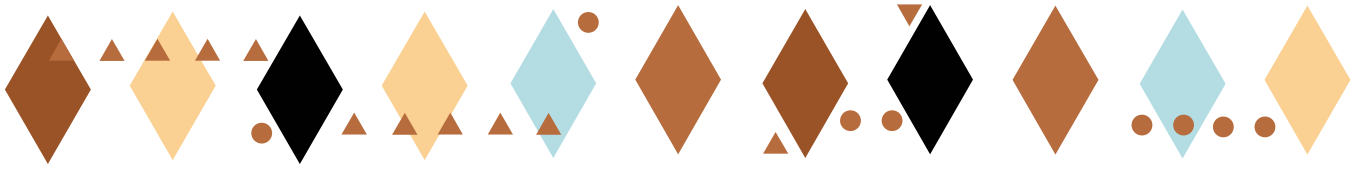
We welcome October, the beautiful autumn month of harvest and changing tones. We have the delight of seeing golden hues, radiant reds and oranges as the leaves change color just before they fall. Some of us harvest our gardens and share with the people we love. Other's will hunt wild game to prepare 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?



We have so much to be thankful for this season. An attitude of gratitude helps us appreciate what we have. Make a list of all of the people, things, and places you are grateful for. Make sure you share your list with your special people.



Created by: Indigenous School Counsellor Katie Holubowich



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.

Caregiver Education Team

Newsletter

October 2022



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.

Caregiver Education Sessions

Parenting Teens in the 21st Century

Respectful Limit Setting with Adolescents

For parents and caregivers of youth in grades 7-12

Part 1:
Wednesday, October 5
12:00 – 1:00 pm

Part 2:
Wednesday, October 12
12:00 – 1:00 pm

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

For parents and caregivers of children and youth in grades K-12

Part 1:
Wednesday, October 19
12:00 – 1:00 pm

Part 2:
Wednesday, October 26
12:00 – 1:00 pm

Adult Education Sessions

Understanding Anxiety Series

For adults supporting their own wellness or supporting the wellness of children and youth.

Part 1:
An Introduction
Tuesday, October 4
12:00 – 1:00 pm

Part 2:
Calming Our Bodies
Tuesday, October 11
12:00 – 1:00 pm

Part 3:
Settling Our Minds
Tuesday, October 18
12:00 – 1:00 pm

Part 4:
Overcoming Avoidance
Tuesday, October 25
12:00 – 1:00 pm

Participant Feedback

"I am so happy this session was available. Many great tools were offered and will be used. Very thankful for the succinct and useful information."

"Great session; appropriate length; helpful videos; great use of chat to engage participants in the discussion."

"The session was very informative, and the speakers were great."

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

October 2022



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.

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 [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parenting Teens in the 21st Century

Respectful Limit Setting with Adolescents

In these Lunch & Learn webinars, we will explore the challenges of being a teenager and the importance of the parent/teen relationship. We will look at ways to increase communication and understanding around healthy boundaries with your teen.

Part 1: Wednesday, October 5, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades 7-12, for adults only.

Part 1: Wednesday, October 12, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades 7-12, for adults only.

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come to this Lunch & Learn session and learn about the signs and symptoms of ADHD, ways that ADHD impacts achievement, self-worth, and relationships in children and youth, and strategies to support success.

Part 1: Wednesday, October 19, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades K-12, for adults only.

Part 1: Wednesday, October 26, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades K-12, for adults only.

Participant Feedback:

"These sessions are very well done and seem to surface when our family needs them most. Thank you!"

"...I appreciate the parent portion sharing of challenges and success. It validates what others are going through and reminds us to also look for the positive."



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Adult Education Sessions

October 2022



These free adult 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 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help participants to identify signs that they or their child/youth may be experiencing anxiety.

Date: Tuesday, October 4, 2022

Time: 12:00 – 1:00 pm

Note: For adults only.

Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers, ways we can start to notice the body's stress responses, and strategies for regulating ourselves, children, and youth.

Date: Tuesday, October 11, 2022

Time: 12:00 – 1:00 pm

Note: For adults only.

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: Tuesday, October 18, 2022

Time: 12:00 – 1:00 pm

Note: For adults only.

Part 4: Overcoming Avoidance

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

Date: Tuesday, October 25, 2022

Time: 12:00 – 1:00 pm

Note: For adults only.

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 [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

"I appreciate that they are scheduled at the time I can usually take a lunch hour break."

"Very professional, great information, super helpful - thank you!"

"I really appreciated it all your seminars, all the things I learned it really helps me to become a better version of myself."



AMH Education Services
Addiction & Mental Health
Edmonton Zone

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