

BACS BULLETIN December 2022

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

IMPORTANT DATES

December 5: PD day (No classes)

December 8: Hot Lunch Dairy Queen (KT)

December 14: Hot Lunch BaKed Pasta (KM)

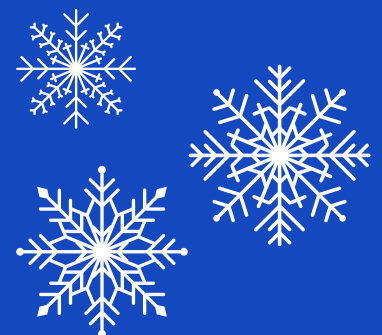
December 19-23: Holiday Spirit Week (stay tuned for special theme days and events)

December 22nd:
Christmas Concert
9:30am and 7:00pm

December 23rd: Last Day of classes

December 24-Jan 8:
Christmas Break

January 9, 2023: Classes Resume



from the principal

"Today is the best day! I got to make cookies and spend time with people I love"

-Grade 3, Harper C

Dear Bon Accord Community School Families,

I am so grateful I work in a place where there is something that makes me laugh or smile multiple times a day. Your children are such joys and make our school a wonderful place to be. When I get to ask our staff "what was the best part of your day", they always answer with an example of student success, pride, or being kind. It reminds me that so much of the work we do in schools goes beyond literacy and numeracy.

This November was a busy month! Remembrance Day, Fall Break, Métis week, participating in the Glass Art workshop, hosting Book Fair and Parent Teacher Interviews, then handing out our Holiday Fundraiser, our school was an exciting place to be. Thank you to all our parent volunteers this month for all your involvement both in and out of the classrooms. We could do this without you!

I was so proud of the learning our students engaged in during Métis week. Learning to jig with Mr. Chabot, reading stories by Métis authors like "Métis Christmas Mittens" and "The Giving Tree", learning about the beading on moccasins, and learning about the Métis sash are just a few examples of how our staff made learning relevant to our students' lives and shared in celebrating Métis culture. I know that Mr. Chabot was beyond proud to share his culture and family stories with our students.

We also tried our first Hybrid School Council and PSS meeting. For future meetings, if you are unable to attend School Council and PSS meetings in person, you will be able to join us virtually. We have very exciting things planned - including a playground revitalization - and we are going to be asking for parent and community input. As well, we are going to be offering various ways for parents and guardians to stay connected with student learning even if you are unable to volunteer during the day. Part of this will be sharing common language and teaching we are doing at the school through Ms. Hall, our Mental Health and Wellness coach. Check out her page of information in the newsletter on the Kimochi's program we are implementing at BACS.

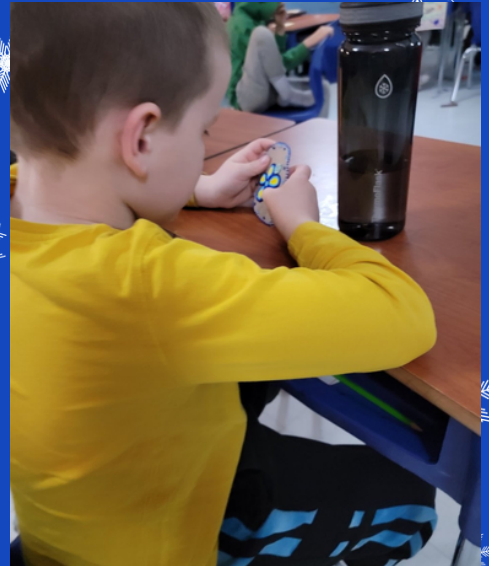
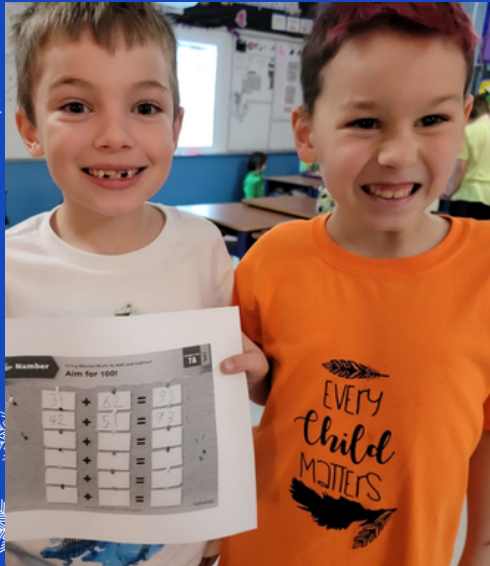
I am also including the Sturgeon Public Trustee Talk for November. Here you will find updates from our Board of Trustees to stay informed about our School Division. I encourage you to reach out if you have any questions to either myself or our School Trustee: Cindy Briggs.

December is going to be another fun and full month with all our holiday festivities! I am sure looking forward to my first IN PERSON BACS Christmas Concert - I have heard there is nothing like it!

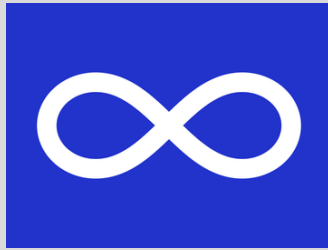
Stay warm and healthy,

Ms. Brenneis

November Highlights



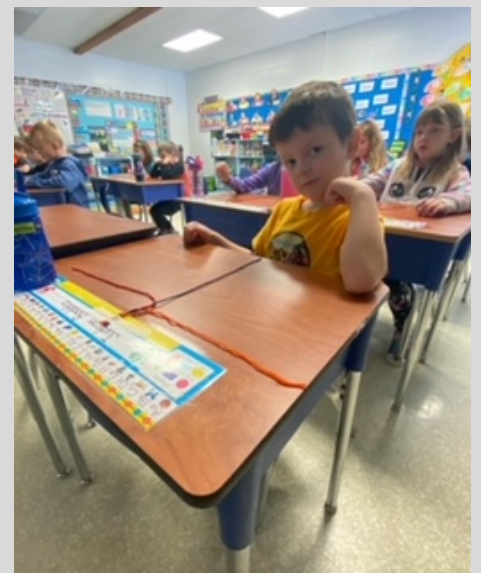
Metis Week



Métis Week is a week-long celebration of Métis culture, traditions, and history. It is a week designated to honour the contributions of the Métis Nation and its citizens. Louis Riel, the great leader of the Métis Nation, was killed on November 16, 1885. In Alberta, the week surrounding November 16th is designated as Métis Week.

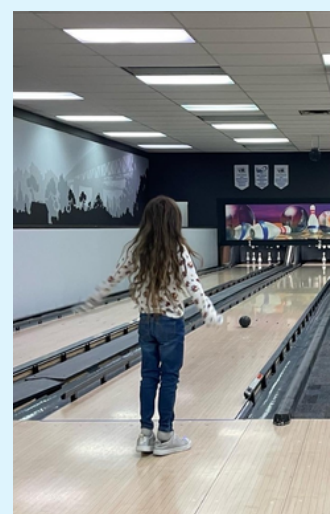
At our school, students read a variety of books by Métis author and illustrators, participated in learning how to braid and made their own version of a Métis sash, learned about beading and Mr. Chabot taught all our students how to jig.

[Watch the video here.](#)



Grade 4 Rec Academy!

Bowling and Indigenous Games





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 LOVEY DOVE!

The Kimochis character Lovey Dove teaches about the feelings proud, kind and friendly. Lovey is the character who is sweet and nurturing. She is very wise and calm. She likes to cuddle and make everyone feel better when they are upset. But sometimes Lovey Dove worries!

Children who have a temperament like Lovey Dove can benefit from staying compassionate and learning to worry less. Lovey teaches how important it is to greet people using their name and a “Friendly Signal”. Friendly signals are communication tools, such as a smile, wave, head nod, or saying hello. Being friendly is a rewarding habit that children can learn to develop and use throughout their lifetime. Friendly faces create friendly spaces!



COMMON LANGUAGE:

Eye Contact: Looking at the eyes of others when listening and speaking

Friendly Signals: Using gestures and words to convey friendliness: eye contact, head nod, smile, wave, high five, pat on the back, “hello”

ACTIVITIES FOR FAMILIES:

Coach Friendly Signals:

- Give children a reminder: “I see kids at the park we don’t know. How about you give them a friendly signal like a smile or wave?”
- Acknowledge children when they are friendly to others: “Your smile and eye contact let people know you’re friendly.”
- Share how you push yourself to be friendly in new situations: “Today at school, I’m going to be friendly to a few parents I have not met yet.” Talk about your experience afterward and how it made you feel.

Ways to Practice:

FIND THE FEELINGS:

We have been learning about proud, kind, and friendly. Build your child(ren)’s emotional vocabulary by

- noticing facial expressions that match these feelings (“That salesperson was friendly with her cheerful voice.”)
- talking about when you have these feelings and how to express them (“I like to do kind things for people. I took in our neighbor’s garbage can today. I bet that will make them happy.”)

SHARE PRIDE FOR WHAT YOU VALUE:

Share your pride when you observe your child(ren) being generous, respectful, responsible, fair, compassionate, patient, kind, resilient, creative.

CREATE A FRIENDLY SIGNALS WEEK:

Decide as a family to pay attention to friendliness this week. At mealtimes or before bed or in the car, talk about ways people have been friendly and how it feels to be around friendly people

Pawâcakinisîsipisim

Pronounced: pah-wa-chug-inah-see-see-pee-sim

Frost Exploding Tree Moon



December has arrived! A new month, and a new moon. This month's moon is called the frost exploding tree moon. This moon got its name from the process of the sap freezing in the trees. When the sap freezes it expands and causes the trees to crack. On a really cold night during this moon, if you listen carefully you can hear this cracking sound.

Traditionally as the weather is colder we spend more time indoors. This is a time to tell stories, pass on traditions, culture and spend time with those who are important to you. Do you have any family traditions or cultural practices you like to pass on during this season?

This month's challenge is to create a new tradition with your friends or family.



❄️ MERRY ❄️
CHRISTMAS



Created by: Indigenous School Counsellor Katie Holubowich



Fundraising and Hot Lunch

Thank you to everyone who purchased through our Holiday Fundraiser and to all our volunteers!
We were able to fundraise over \$6000 for our school and our students.



The BACS Hot Lunch Program is up and running for December 2022 and ordering is officially open!

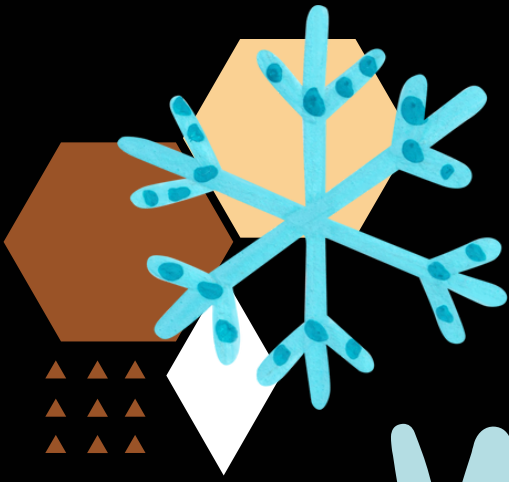
Full instructions of how to register your child on the online ordering system, how to order and pay for lunches, and other information important to the program is located on our website [here](#). Please read through the full instructions before ordering.

Important dates for the December 2022 Hot Lunch program:

Ordering system is open until December 2 at 4 pm – all payments must be received by that time.

Thursday, December 8: Dairy Queen (KT)
Wednesday, December 14: Baked Pasta (KM)

If you have any questions, please email bacslunch@outlook.com.



Winter Reminder

Please ensure your children have proper winter gear to play outside during the day.

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".





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!

STURGEON PUBLIC SCHOOLS

TRUSTEE TALK

Updates from the Board of Trustees for our Sturgeon Public school community
November 2022



SPS Receives a Second Mental Health and Wellness Pilot Grant

October 2022, Sturgeon Public Schools made an application to participate in the Alberta Government's *Mental Health in Schools Pilot Program*—a two-year project that will assist school authorities and organizations to further support student mental health and well-being. Building on the success of the Wellness Hub and Helping Young People Excel (HYPE) team in Redwater, Sturgeon Public Schools proposed to use this additional funding to improve the mental health and wellness of all students in the communities of Gibbons and Bon Accord.

Sturgeon Public Schools has now received confirmation that the application has been approved for funding in the amount of \$617,000.00. This grant agreement allows for two years of pilot implementation.

Annual Education Results Report (AERR) 2021-2022

The Annual Education Results Report (AERR) for 2021-2022 has been approved and is now available for viewing. Click [here](#) to view the AERR.

The Division's Education Plan articulates the Board's approved outcomes, measures and strategies to meet Board priorities. Using key insights from the Annual Education Results Report (AERR), the Division's Education plan directs the work in schools and at the system level.

The Division's Annual Education Results Report (AERR) provides information on results for all required provincial measures and Sturgeon Public Schools' local measures. Division results for 2019/2020 and 2020/2021 Provincial Achievement Tests and Diploma exams are not available to report and the Diploma Exam results for 2021/2022 only include June results, as no Diplomas were written in January.

Subscribe to our Division Newsletter!

For updates, stories, upcoming events and more, subscribe to the Sturgeon Public School Division Newsletter.



2021-2022 Audited Financial Statements

At the November 23, 2022, Public Board Meeting, the Board of Trustees approved the 2021-2022 Audited Financial Statements for the year ending August 31, 2022. The Sturgeon Public School Division ended the fiscal year with an operating surplus of \$3,239,894, before allocations to Tangible Capital Assets (1,595,072) and Reserve (\$750,000), or a net increase to unrestricted surplus of \$1,154,555. Revenue for the year was \$76,672,050 while operating expenses were \$73,432,156. Click [here](#) to view the 2021-2022 Audited Financial Statements.



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

December 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.

Lunch & Learn Sessions

Mindfulness

Benefits for the Whole Family

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

Part 1:
Tuesday, December 6
12:00 – 1:00 pm

Part 2:
Tuesday, December 13
12:00 – 1:00 pm

Evening Education Sessions

Understanding Autism

For parents and caregivers supporting youth in grades K-12

Wednesday,
December 14
6:00 – 7:30 pm

Participant Feedback

"Love the ease of online sessions! Thank you."

"These sessions are so helpful. I'm grateful that they are put together and available...the time your team has put into these sessions has resulted in excellent, useful content. Thank you."

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Sessions

December 2022



These free sessions are intended to provide parents, caregivers, and community members with information 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.

Mindfulness

Benefits for the Whole Family

In these sessions, we will explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in our families.

Part 1: Tuesday, December 6, 2022

Time: 12:00 – 1:00 pm

For adults, and parents and caregivers of children and youth grades K-12; ~~for adults only.~~

Part 2: Tuesday, December 13, 2022

Time: 12:00 – 1:00 pm

For adults, and parents and caregivers of children and youth grades K-12; 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:

"Great session. Lots of info and helpful tips."

"I have attended many of these sessions so far! I have been able to use what I have learned at home.... Also, as a health care professional in my career, helping and using the strategies that I have learned to support the families and children that I work with."

"Lunch hour worked well for me."



AMH Education Services
Addiction & Mental Health
Edmonton Zone

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Evening Education Sessions

December 2022



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www.cyfcaregivereducation.ca

Understanding Autism

In this introduction to Autism Spectrum Disorder (ASD), participants will learn how ASD affects the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

Date: Wednesday, December 14, 2022

Time: 6:00 – 7:30 pm

For parents and caregivers of children and youth grades K-9; for adults only.

Participant Feedback:

"This was a great session. It helped my family talk and understand each other's point of view."

"Thank you for putting this session on."

"All good and helpful, we truly appreciate this."



AMH Education Services
Addiction & Mental Health
Edmonton Zone

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