

# BACS BULLETIN

## October 2023

HWY 28 RR 240

Box 300 Bon Accord, AB T0A 0K0

[www.bonaccordschool.ca](http://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



# FALL VIBES



# 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 [School Code of Conduct](#) 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.

Ms. Brenneis



# Truth and Reconciliation Week



Honoring those that did and did not survive residential schools.



I matter because  
I am special.  
I am smart.  
I am kind.  
I am loved.  
I am brave.  
I am protected.  
I love myself.  
I am me.



# 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?

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.



# Musicians of the Week

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 Support 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 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!



# Stay Informed!

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

SUBSCRIBE TO OUR DIVISION NEWSLETTER

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

### 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 September Trustee Talk Here](#)



[Follow SPS on Instagram](#)



[Follow SPS on Facebook](#)



[Follow BACS on Instagram](#)



[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 youth 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

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Caregiver Education Sessions

October 2023



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](http://www.cyfcaregivereducation.ca)

## 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.

## 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

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# 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 [HERE](#) or go to:

[www.cyfcaregivereducation.ca](http://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

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