

FEBRUARY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Day 3 Winter Wellness Carnival	2 Day 4	3 FAMILY FRIDAY	4
5	6 Day 1	7 Day 2	8 FLEX	9 Day 3	10 Day 4 7/8 Kinosoo Ski Trip	11
12	13 Day 1	14 Day 2 Valentine Spirit Day Wear red, pink & white	15 FLEX Art Morning! 12 pm Early Dismissal	16 TEACHER CONFERENCE NO SCHOOL	17 TEACHER CONFERENCE NO SCHOOL	18
19	20 PROVINCIAL FAMILY DAY	21 Day 1 Parent Fundraising Committee Meeting 6:30-7:00 "Frisbee Rob" Parent Presentation 7:00 pm	22 Day 2 Pancake Lunch \$2 donation	23 Day 3	24 Day 4 5/6 Kinosoo Ski Trip	25 7/8 Basketball
26	27 Day 1 Book Fair 9-4	28 Day 2 Book Fair 9-4				

MARCH 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			FLEX Book Fair 9-4	2 Day 3 Book Fair 9-8 Student Led Conference 5-8	3 Day 4 Book Fair 9-4	4
5	6 Day 1	7 Day 2	8 Day 3	9 Day 4	10 FAMILY FRIDAY	11

BASKETBALL SEASON

Junior girls: Practice M/W 3:30-4:30 (Monday games)

- ◆ Mrs. Farrer (parent)
- ◆ Mrs. Kozicky (parent)
- ◆ Mr. Ryll (parent)

Junior boys: Practice T/Th 3:30-4:30 (Monday games)

- ◆ Mr. West
- ◆ Mrs. Conrad

Senior girls: Practice M/W 4:30-6:00 Thursday games)

- ◆ Ms. Elock and Mr. Ryll (parent)

Senior boys: Practice T/Th 4:30-6:00 (Thursday games)

- ◆ Mr. Gibbons

***Note:** Practices are closed practices and the school cannot supervise siblings waiting in the school hallways for the practices to end. Therefore, we ask that you please make alternate arrangements for your child(ren) who are waiting for their siblings to complete their sports practices.

HEART & STROKE FOUNDATION

Mrs. Ference and Mrs. Conrad were proud to present a \$3500 cheque from H. E. Bourgoin School to the Alberta Heart and Stroke Foundation.

Thank you to our HEB families!



BREAKFAST CLUB VOLUNTEERS NEEDED

One of the most popular and requested program from our student survey results needs your help...

Please consider volunteering for our BREAKFAST PROGRAM

Tuesday (toast), Thursday (bagels), or Friday (fruit) mornings 8:00-9:00 am

To be added to our HEB Breakfast Volunteers REMIND notice on your cellular device:

Enter this number: **(587)333-8694**
Text this message: **@hebbreak**

This allows you to sign up to help with breakfast and to let you know which mornings we are short volunteers. A weekly commitment is not necessary; sign up whenever your schedule allows.

Please contact Mrs. Ellis (amanda.ellis@nlsd.ab.ca) for more information.

SCHOOL CASH ONLINE

School Cash Online is an easy to use and safe way to pay for your children's school fees. With a few clicks you can pay for your child's hot lunches, class trips and so much more. Visit <http://hebschool.ca/> for the link or to create your account now.

HOMWORK ROOM

Tuesdays
*except first Tuesday of each month &
Wednesdays
3:30-4:30 pm
Computer Lab
Snacks Available!

SEWING CLUB

Thursdays
3:30-4:30 pm
All students welcome!

EXAM BANK

Username:
nlsd
Password:
nlsd69

www.edc.gov.ab.ca

Click on 'students' or
Click on 'student homework help' or
Click on right hand box titled 'Learn Alberta'
Username: LA41
Password: 8088

H. E. BOURGOIN MIDDLE SCHOOL



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ISSUE 6 FEBRUARY 2017

SCHOOL COUNCIL

Our **SIXTH** meeting of 2016-2017 will be on **TUESDAY, February 21st** 7:00 pm

Please contact our School Council Chair, Mr. Lorne Kaban, **TWO WEEKS** prior to meeting date to add to our agenda:

Visit our FaceBook for an updated list of Agenda items.

February's Meeting is an evening presentation with "Frisbee Rob" McLeod.

2016-2017 Standing Agenda Items

March

- * Feedback: Student-Led Conferencing

April

- * How H.E.B. prepares class lists
- * Review of H.E.B.'s student behavior expectations

May

- * School Council Year Plans/Goals
- * Review of Policy 17: School Fees

The Duclos-HEB Support Group Foundation is looking for parent support to lead and support fundraising events at HEB!

If you are interested in helping with fundraising, call the front desk so we can pass on your contact information to the fundraising committee.

OR

Join us at our next fundraising committee meeting on **Tuesday, February 21st** 6:30-7:00 pm at H.E.B. School - right before the "Frisbee Rob" presentation

In the Spotlight...

SCHOOL-WIDE PRESENTATION

&

PARENT EVENING PRESENTATION

Tuesday, February 21, 2017

"Frisbee Rob" McLeod is a motivational speaker and Frisbee ambassador and holds 6 Guinness World Records and 10 World Championships in Frisbee.

He will be visiting our school on to speak with our students about resiliency, getting unplugged, determination and practice. As well, he will be offering a Frisbee demonstration to our students.



His "Resiliency" presentation includes messages about **kindness, passion, acceptance and determination.**

His "Unplugged" presentation focuses on getting students **off of devices**, teaches them about the **10,000 hour rule** and discusses **determination and practice.**

PARENT EVENING PRESENTATION

At 7:00 pm on February 21st, Frisbee Rob will speak to parents about topics that were requested by parents at a recent School Council meeting. His presentation will include parent education on:

- ⇒ chat-rooms
- ⇒ various social media apps
- ⇒ how to monitor your child's use of technology
- ⇒ digital footprints
- ⇒ cyber bullying and how to deal with it

NOTE: This presentation replaces our monthly School Council meeting for February and is an exciting opportunity for parents and guardians! PLEASE JOIN US!

We welcome all parents from our local community schools!

For more information visit: <https://www.youtube.com/watch?v=E2Z4TaQeas> and <https://www.youtube.com/watch?v=2u-ZM5kbuQ> (Frisbee workshops at Webber Academy)

FaceBook: HEB School
Twitter: @hebschool

Caring and Respecting Others

UPDATE

Our monthly "H.E.B. News" is no longer being printed and distributed school-wide.

Rather, it is distributed via e-mail or you can subscribe for a copy through our school's website.

If you wish to receive a paper copy, stop by the front desk where we will have copies made available, or call the office to get on H.E.B.'s mailing list.

Participating in a broad program of studies including fine arts, career, technology, and health and physical education.

Providing ACCESSIBLE EFFECTIVE and EFFICIENT programs and services for students

Safe and Caring

Meet Milo!
Milo has already made a few visits to HEB and is in training to become an animal therapy dog who will be working with Mrs. Turchyn, our Student Advocacy Counsellor.

During H.E.B.'s Wellness Carnival, Milo was here to give a brief introduction to students on what pet therapy was all about. This provided Milo a valuable learning opportunity in conjunction

with his training. Milo is working towards his certification through PALS (Pet Access League Society) and will have to meet their evaluation standards before becoming a fully certified therapy dog.

Prior to this Milo, has met students individually, but this time he meet with groups throughout the day. As the students sat in a circle, he gently greeted each student.

Animal therapy has many benefits as it helps improve mental, physical, social and emotional well being and provide calmness, comfort and communication.

Animal therapy can be particularly helpful for individuals who have difficulty accessing their emotions or expressing themselves.



As Milo's training progresses, he will be in our school more often. Welcome, Milo!

Student Learning Opportunities

NATIONAL FAMILY READING DAY Celebrated at H.E.B.

The week-long "Book Tasting" event in the library to celebrate National Family Reading Day was insightful for Mrs. Edwards as well as the students! Students were exposed to 18 different genres of books and their favorites were as diverse as the students themselves.



New books in our Library! Where it all began...

The seven grandsons from the bestselling Seven (the Series) and the Seven Sequels return in the Seven Prequels, along with their daredevil grandfather, David McLean. In these thrilling origin stories Eric Walters, John Wilson, Ted Staunton, Richard Scrimger, Norah McClintock, Sigmund Brouwer and Shane Peacock and their signature writing styles take readers from the heat of the jungles of Central America to the mysterious streets of Stockholm to one very dangerous kayaking trip in Florida. Visit the book trailer and decide where you want to start your adventure. <https://youtu.be/eVZCE7ctOoc>

Student Achievement

REMEMBRANCE DAY Poster Contest

Congratulations to four H.E.B. students who won the local Legion poster contest. Comrad Gamblin, Service Officer and Poppy Coordinator of the Branch #183, Bonnyville Legion presented the students with a cash prize for their efforts.

- Cherrish Larson, 1st place black/white poster
- Olivia Munday, 2nd place color poster
- Monty Nelson, 1st place color poster
- Kali Hilchie, 1st place black/white poster (not pictured)



ISSUES

Lifelong Learning

EXPLORATORIES

Students once again had the opportunity to choose exploratory classes, giving them the opportunity to "EXPLORE their INTERESTS" and "DISCOVER their PASSIONS."

Options ranged from the fine arts, science and technology, physical pursuits, leadership, and the art and

science of home management.

Grade 5/6

- * Arts & Crafts
- * Babysitting
- * Google Story Writing
- * Healthy Foods
- * Jewelry Making
- * Plastic Canvas Art
- * Sewing Machine Basics
- * Spring Play
- * Winter Sports
- * Woodworking

Grade 7/8

- * Card Sharks
- * Chess/Crib/Scrabble
- * Computers
- * Creative Writing
- * Film Study
- * Foods
- * Get Fit
- * Graphic Design
- * Mech 101
- * Pottery
- * Sewing: Pajama Pants
- * Spring Play (Performing)

Demonstrating the knowledge, skills and attitudes necessary for lifelong learning

- * Spring Play (Alterations and Backdrops)
- * Woodworking
- * Yearbook

Developing the attitudes and behaviors to be successful at school and work.

Modeling the characteristics of active citizenship.



The World of Work & Citizenship

UKRAINIAN CHRISTMAS - Feast of Jordan

Students from the Ukrainian Culture and Language classes along with, parents and grandparents, and their teachers Ms. Shyry and Mr. Godziuk, celebrated an important part of H.E.B.'s culture - the arrival of Ukrainian Christmas.

Since November, the students have been preparing for this important day. First, learning about the Ukrainian Christmas traditions. Then, in January, students baked their own personal Kolach (braided Christmas Bread) and committed to a Saturday where the students and parents had the opportunity to participate in a family baking morning, making pampushky (plum and poppyseed filled doughnut

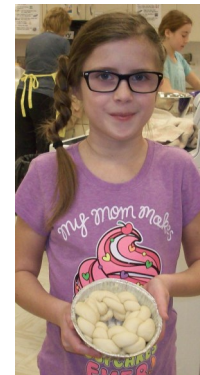


dessert) and khrustyky ("ears" sweet dough dessert) for the Feast of Jordan Tea.

On January 20, Ukrainian students and parents participated in the Feast of Jordan Tea



celebrating the baptism of Jesus in the River Jordan. Students performed five carols for their parents/guests. Students also explained to their guests the various traditions they had learned in class. Father Peter Haugen spoke about the importance of this day, following traditions and blessed all those in attendance. During the Feast of Jordan Tea, students and their guests sampled pampushky, khrustyky, and kutya (honey wheat) and enjoyed their own kolach.



Continuous Improvement

ALBERTA EDUCATION ACCOUNTABILITY PILLAR

In December 2014, HEB changed its format for the monthly Parent Newsletter, H.E.B. NEWS

We are excited about the new look as it parallels the 6 pillars of the Alberta Education Accountability Pillar survey, that is completed by grade 4, 7 and 10 parents, students and all teachers in a school annually

throughout the province during the months of January and February.

The survey is conducted to gather information on the quality of education provided by Alberta school authorities and their schools and to set goals for school and division improvement plans.

The 6 pillars that schools have to report and plan for in their annual Education Plan are:

1. Safe and Caring
2. Student Learning Opportunities
3. Student Achievement
4. Lifelong Learning
5. The World of Work and Citizenship
6. Continuous Improvement

Grade 7 parents: Please complete and mail back your **Accountability Pillar survey** that the Alberta Government mailed out to you.

Your feedback will help us with preparing our annual Education

Providing a Quality Learning Environment

Plan; that is, setting our goals for the 2017-2018 school year. Your child and our teachers are currently completing their surveys.

Grades 5, 6 and 8 students are completing the OurSCHOOL survey which will offer us further data when determining further programs and services to offer at H.E.B.