

# H.E Bourgoin Middle School

## Bears Facts

Newsletter September 23rd-27th

### Safe and Caring

In honor of Truth and Reconciliation, we are reaching out to our HEB families to offer support in honoring and learning the Indigenous culture and history. If you or your kiddo would like to share your knowledge during Truth and Reconciliation week (Sept 23–27), please reach out to Mrs. Malo at [whitney.malo@nlsd.ab.ca](mailto:whitney.malo@nlsd.ab.ca)



### Quality Teaching– Literacy

At H.E.B. we have dedicated time in every class for reading our favorite books. Students can use a book from classroom libraries, the school library or even bring one from home. This builds fluency, vocabulary and comprehension. Do you have a favorite author/series?



### Quality Teaching– Numeracy

Math helps strengthen reasoning skills and critical thinking. It helps us think analytically about the world and reason logically. The same steps you take to understand a problem, identify the knowns and unknowns and then solve it, can be applied to other areas of your life!

### ROK Talk!–Respect, Opportunities, Kindness

“BE HUMBLE.  
BE HUNGRY.  
AND ALWAYS  
BE THE  
HARDEST  
WORKER IN  
THE ROOM.”

The Rock



5TY kids made wind vanes to see if they could predict the wind direction.

# Parent Input



"In honour of Truth and Reconciliation, do you have any ideas on how we can celebrate cultures more in our school? Please email me with suggestions. [tracy.casselmann@nlsd.ab.ca](mailto:tracy.casselmann@nlsd.ab.ca) Let's grow our school together!"

*-Mrs. Casselman, Principal*

# THANK YOU

For donating pizza and water for our colour run.

Thank you Red Mech Mechanical for donating water for the colour run!



# Athletics

Fees are now on schoolcash!

Grade 5 / 6 Girls volleyball practice  
Mondays and Wednesdays 3:30–4:30

Grade 7 / 8 Girls Volleyball practice Mondays  
and Wednesdays 4:30–6:00

**SR.Girls are invited to join the SR.Boys  
practices Tuesdays & Thursdays  
4:30–6:00 and Fridays 3:45–5:00**

Grade 5/ 6 Boys volleyball practice Tuesday  
and Thursdays 3:30–4:30

Grade 7/ 8 Boys volleyball practice Tuesdays  
and Thursdays 4:30–6:00

# Supports & Services

Check out one of our new Bike Desks in action. Classroom bikes support students with self-regulation, focus, and movement breaks.



# Volunteer Opportunities

- We are in need of a 5/6 Girls Volleyball Coach!
- Each homeroom teacher needs at least one parent to be the class rep on School Council.

Please email your child's teacher if you would like to volunteer!

# Student Opportunities

This year we are looking for Bears to help with:

- Hot Lunch Delivery
- Concession
- Library
- School Council Rep
- Peace Patrol Bears
- Office

If your Bear is interested in applying for a leadership position this year please have them fill out this form:



<https://www.hebschool.ca/home/news/post/heb-bear-leadership-opportunities>

# Upcoming Events

Sept 23rd– Say Cheeeese! Picture Day

Sept 23rd– Lego Bear Club

Sept 24th– Book Club



Sept 25th– Art with Ms.Rosko Club

Sept 26th– Running/Wellness Club

Sept 26th– Mountain Bike Race

Sept 27th– NO School

Sept 30th– NO School

All Bear Clubs will run after school from 3:25 pm–4:25 pm in the learning commons!

# HOT LUNCH

Sept 24th– 26th

Tuesday– Macaroni and Cheese with Veggie bag

Wednesday– Baked Spaghetti

Thursday– Ham Sub from Subway

<https://nlsd.schoolcashonline.com/Fee/Details/35291/78/False/True>

# Help At School When You Need It

Did you know we have a Community Helpers program at HEB for Grade 7s and 8s? Mrs. Malo is sending a survey out to students in the next couple of weeks! Please discuss with your child if you think this is a great leadership opportunity for them.

<https://www.hebschool.ca/programs/citizenship>



# Enhanced Programing Opportunities

## Maker's Market

In this elective students learn how to turn interests and hobbies into a business. They will be taken through the process of creating a business and understand how the cost and availability of materials affect profit. They will create products and participate in a Market to sell goods to benefit a charity at the end of the term.