

H.E Bourgoin Middle School

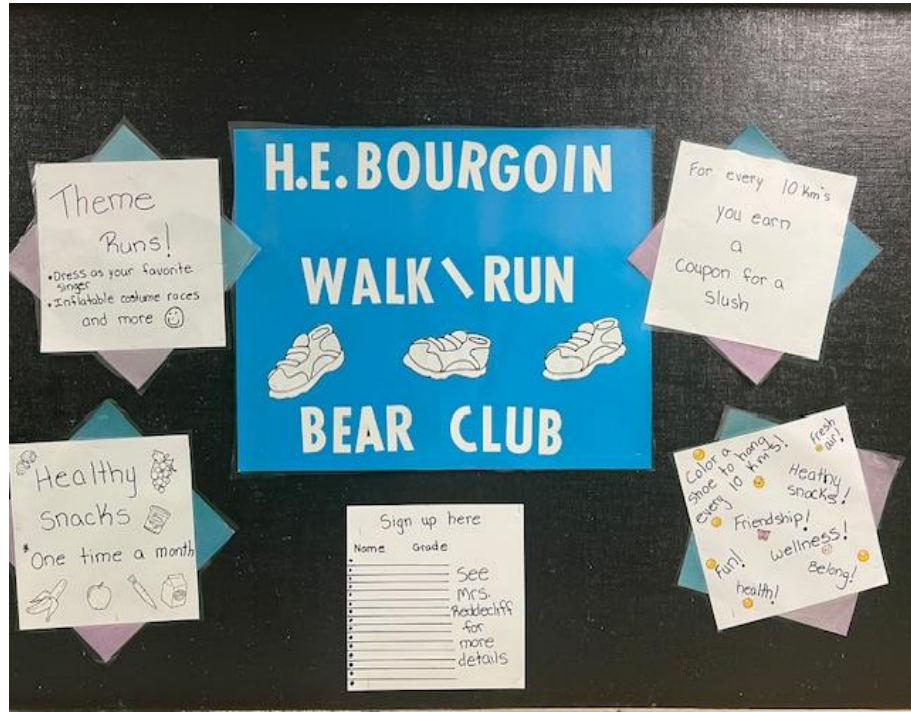


Bears Facts

Newsletter Oct 14th-Oct 18th

Safe and Caring

This year, we're thrilled to be participating in **Socktober**, a wonderful initiative to support those in need as we head into the colder months. From **October 21st to 31st**, we'll be collecting **socks, mittens, toques, and toiletries** for our local food bank, ensuring that those who are struggling can stay warm and comfortable. To kick things off, we're hosting a **Silly Sock Day on October 18th!** Join us in wearing your wildest, most creative socks and show your support for this important cause. It's all about fun, but it's also about helping those in need!



HEB School Mission Statement

We create opportunities to develop confident, achieving, continual learners who are caring community members through integrity, respect, excellence, empathy, and safety.

HEB ROKS

Respect – Opportunity – Kindness – Safety



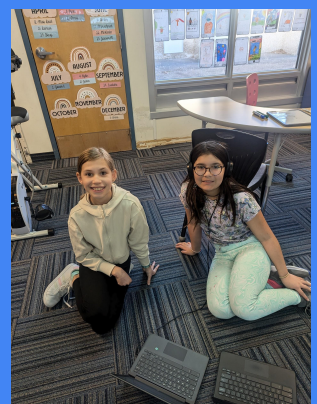
Quality Teaching– Numeracy

5Ty students using whiteboards to show the mystery number on a number line.



Quality Teaching– Literacy

5D working on peer editing each other's writing

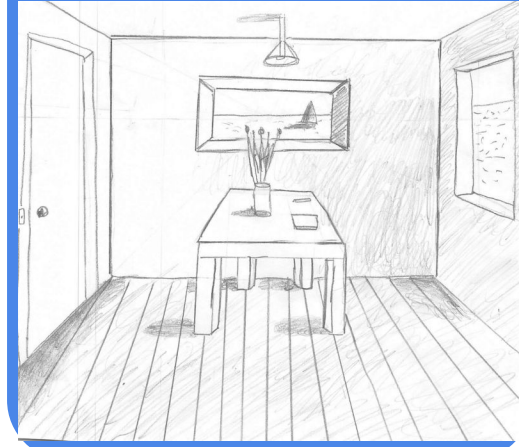


Rok Talk



In honor of World Mental Health Day, we explored what mental health means to each student and how it can look different for everyone. We also discussed simple ways to improve and maintain mental well-being. Be sure to ask your child what they learned and how they plan to take care of their mental health moving forward!

Grade 6 Student's One Line Art



Athletics

Fees are now on SchoolCash!

GAMES:

October 15th– 5/ 6 Volleyball Game 4:00

October 17th– 7/ 8 Volleyball Game 4:00

Grade 5 / 6 Girls volleyball practice
Wednesday 3:30–4:30

Grade 7 / 8 Girls Volleyball practice
Wednesday 4:30–6:00

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

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

Supports & Services

On **October 10th**, we're observing **World Mental Health Day** by raising awareness and supporting mental well-being. To help students access the resources they need, **every student** will receive a **resource bag** with pamphlets from local mental health agencies. Sometimes, the hardest part is knowing where to turn. These resources are here to guide you to the help you deserve.

Thank You

Thank you to everyone who donated to the Terry Fox Foundation. We were able to raise \$517.
Go Bears Go!

Volunteer Opportunities

- **Friends for Lunch Program** – H.E.B. is grateful to be part of The Bonnyville Friendship Center Friends for Lunch Program this year. Every month on the 24th we require a volunteer to pick up a box of lunch items from the Friendship Center – if this is something you would be interested in please contact the school office.
- 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

Community Helper
Parent/Guardian Nomination:
Grade 7 & 8's have the
opportunity to be trained as a
Community Helper! If you would
like to nominate your kiddo please
email Mrs. Malo at
whitney.malo@nlsd.ab.ca

HOT LUNCH

October 15th—Macaroni and Cheese
October 16th — Baked Spaghetti
October 17th— Subway Ham Sub

DUE Friday October 11th by 1:00pm.

<https://nlsd.schoolcashonline.com/Fee/Details/35602/78/False/True>

October 18th— Grade 6 Pizza Fundraiser

<https://nlsd.schoolcashonline.com/Fee/Details/35894/78/False/True>

Upcoming Events

October 14th— NO SCHOOL HAPPY THANKSGIVING

October 15th— 5/ 6 Volleyball Games 4:00pm

October —15th— Art Bear Club With Miss Annalee Casselman

October 16th— Lego Bear Club

October 17th—Running/ Wellness Bear Club

October 17th— 7/ 8 Volleyball Games

October 18th— Board Game Bear Club

October 18th— Grade 6 Pizza Fundraiser

October 18th Silly Sock Day for Socktober

Help At School When You Need It

DOES YOUR CHILD NEED MATH HELP?

Let us know what programming you might be interested in for extra Math help. Please complete this survey so we can plan to support you more:

https://docs.google.com/forms/d/1vpAiDa-HI7FvwPT-B6Mb-obgp9dnPtgCiRHdbuJyZ1M/viewform?ts=66fc476c&edit_requested=true

FlipGive

Starting your seasonal shopping soon?

FlipGive is an easy way to help fundraise for our Bears! All you have to do is click the link below to sign up and start shopping!

<https://www.flipgive.com/c/163506>

A percentage of your purchases will be given back to the H.E.B. Fundraising Foundation

Enhanced Programming Opportunities

7H Science being engineers by creating the Leaning Tower of Pisa with scratch coding.



Mrs. Casselman with our new School Council Chairperson, Kym Lord

