

# H.E Bourgoin Middle School



## Bears Facts

Newsletter Nov 11th- Nov 15th

### 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

**WE NEED YOUR HELP!**

**HEB IS LOOKING FOR MEMBERS TO HELP BEAUTIFY OUR  
OUTDOOR SPACE.**

**IF YOU WOULD LIKE TO BE A PART OF OUR  
OUTDOOR SPACE COMMITTEE PLEASE JOIN OUR MEETING ON  
NOVEMBER 21ST, 2024 @ 6:00PM  
HEB LEARNING COMMONS**



## Quality Teaching– Numeracy

Effective math instruction begins when educators have high expectations of students.

At H.E.Bourgoin we believe that all students have the potential to learn and do math.

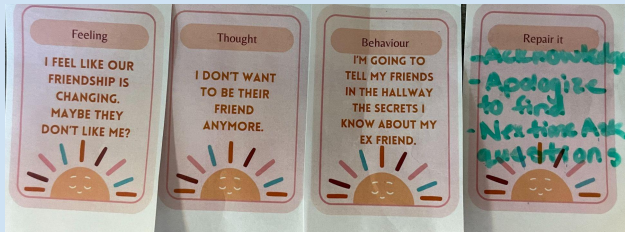
H.E.B... Integrity Respect **Excellence**  
and Empathy

## Quality Teaching– Literacy

To support literacy HEB is implementing the Words Their Way : Word Study for Phonics, Vocabulary, and Spelling instruction program. This program offers a systematic, teacher–directed and child–centered approach to word study.

# ROK TALK

Emotions, thoughts, and behaviors are connected. When we hurt someone, taking responsibility shows respect and fosters growth. Reflecting on our actions helps us understand ourselves and respond better in the future. Repairing relationships requires empathy, a sincere apology, and a commitment to change.



## Athletics

### Practice:

Boys 5/ 6– November 12th 3:30–4:30

Girls 5/ 6– November 13th– 3:30–4:30

Boys 7/ 8– November 12th 4:30– 6:00

Girls 7/ 8 – November 13th 4:30–6:00

### Wards For 7/ 8 Teams

Girls WHITE– Nov 14h 3:30 @ Dr.B

Girls BLUE– Nov 14th 3:30 @ EBL

(Ecole des Beaux Lacs)

Boys– Nov 14th 4:15 @ Iron River School

## Supports & Services

Did you know that our school has a partnership with the Bonnyville Friendship Center and we are participants in their Friends for Lunch Program? If your family could use some assistance with school lunches please reach out to us. We are happy to help! Please call Vonda Worthman at the school or email [vonda.worthman@nlsd.ab.ca](mailto:vonda.worthman@nlsd.ab.ca)

## School Council Fundraisers

Next School Council Meeting: Nov 14th @ 6pm

Purdy's chocolates are back again just in time for the Holidays! Orders are due by November 19 and will be available for pickup at HEB after December 7.

What you'll need to order:

1. Our campaign number: 59876

2. Go to our fundraising website:

<https://fundraising.purdys.com/1988388-121538> 3. Click "Join Campaign"

4. Shop, shop, shop away! Thank you EVERYONE for your support. Even if you can't buy chocolates from us, it would mean the world if you could share this fundraiser link to everyone you know!

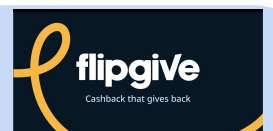
Happy chocolating!

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

Mrs. Jacobs ROK Sport at the outdoor gym!



## Upcoming Events

November 11th— No School

November 12th – Lego Club

November 13th – Origami/Art Club

November 13th— School Wide Assembly 2:00pm

November 14th – Running Club

November 14th— School Council Meeting 6:00 pm

November 15th – Board Games Club

November 25th – Book Fair Starts

November 26th— Report Cards Go Home

November 28th— Parent Teacher Interviews

December 17th— Christmas Concert

## HOT LUNCH

November 12th— Two Piece Chicken strips and fries

November 13th— Chicken Pita

November 14th— McDonald's Snack Wrap Meal

DUE Friday Nov 8th!

[hot lunch link](#)

Friday Nov 15th:

Grade 6 KFC Fundraiser [CLICK HERE](#)

## Help At School When You Need It

Does your child need extra help with school work??  
Please email their homeroom teacher and they can further guide you.

## Safe and Caring

From playgrounds to parliament, our homes to our phones, this Anti-Bullying Week let's 'Choose Respect' and bring an end to bullying which negatively impacts millions of young lives.

We'll empower children to not resort to bullying, even when we disagree and remind adults to lead by example, online and offline.

Imagine a world where respect and kindness thrives — it's not just a dream, it's in the choices we make. Join us this Anti-Bullying Week and commit to 'Choose Respect'.

Read Mrs. Malo's Blog for more resources!



## Grade 6 Fundraiser

The Grade 6 classes are fundraising for their year end field trip! Growing Smiles winter plant fundraiser is open online now! Orders are due by November 25 and will be available to pick up December 11.

<https://hebourgoinschool.growingsmilesfundraising.com/home>





## CASA Mental Health Classrooms Information Sessions

In partnership with the Government of Alberta, community partners and school divisions, CASA Mental Health has committed to delivering mental health care in classrooms. CASA Classrooms address the need for services closer to students by bridging a child's mental health and school needs.

### Interested in learning more about CASA Classrooms?

CASA offers regular information sessions for caregivers and other community members. Sessions are held on the first Tuesday (12 - 1 p.m.) and the third Thursday of each month (4 - 5 p.m.).

### Registration

Scan the below QR codes to register for an upcoming session.



**Tuesday Session**



**Thursday Session**

# Introducing CASA Classrooms

FOR FAMILIES

## What are CASA Classrooms?

CASA Classrooms provide individualized mental health treatment for students in grades four to 12. These students have persistent mental health symptoms impacting their home, peer and school life. Treatment and support includes:

- A treatment plan tailored to the student's needs;
- Education to help students manage their mental health conditions;
- Medication support;
- Individual and group therapy;
- Education and support for caregivers/guardians;
- Referrals to community and social supports; and
- Support for the student to transition back to their usual school and health team.



## Who are CASA Classrooms For?

CASA Classrooms are designed for students in grades four through 12. These students:

- have not responded as expected to previous therapy and continue to have symptoms that impact their home, social and school life;
- are currently under the care of a physician, nurse practitioner or psychiatrist; and
- are willing to participate in individual and group therapy with their family.

Students may come from schools within a CASA Classroom's geographical school area.

## How long will students be in the CASA Classroom?

Students participate in a CASA Classroom for half the school year and then the team supports the student's transition back to their usual school for another half of the school year. Students can start in CASA Classrooms in September or February.

## How do students get into a CASA Classroom?

The student's usual school coordinates a referral package that is submitted to the CASA Classrooms program. The referral package includes a form from the students' school, caregiver/guardian, mental health provider and medical provider.

Once the referral package is received, the CASA Classrooms team will determine if the student is admitted into the program. An orientation will be part of the selection process. Students who are admitted will participate in an assessment of their needs.

## Where are CASA Classrooms?

Visit [casamentalhealth.org/casa-classrooms](https://casamentalhealth.org/casa-classrooms) for the most up-to-date location information.

## How can I find out more about CASA Classrooms?

For more information about CASA Classrooms, please visit [casamentalhealth.org](https://casamentalhealth.org).