



H.E Bourgoin Middle School

Bears Facts

Newsletter Jan 20th-24th

H.E.Bourgoin Mission Statement:

We develop confident learners who are caring community members through respect, opportunity, kindness and safety.

Enhanced Programming Opportunities

New Science Resources to support & enrich learning in Grades 5 & 6. These resources align with the new 5 & 6 Science Curriculum. We can't wait to start learning!



Quality Teaching– Literacy

In Grade 7, targeted, small group literacy instruction enhances comprehension and accuracy for our students.



Quality Teaching– Numeracy

Grade 5 students had different stations set up to improve their multiplication.



Supports & Services



TLC Counselling is offering kids group therapy starting Thursday January 9th.

Topics covered are:

- Impulse Control
- Working Memory
- Emotional Control
- Attention
- Planning/Prioritization
- Organization
- Frustration Tolerance
- Cognitive Flexibility

Check with your health benefits for coverage or call TLC at 780-815-0239

ROK TALK

Bell Let's Talk Day is a great opportunity to start an open and supportive conversation about mental health with your child. Use this day to share resources, encourage open communication, and let them know it's okay to ask for help whenever they need it.



Athletics

Jan 20th- Grade 5/ 6 Boys-GAME @ HOME 4:00

Jan 20th- Grade 5/ 6 Girls- GAME @ HOME 4:00

Jan Grade 7/ 8 Girls-GAME @ Iron River 4:00

Jan Grade 7/ 8 Boys

TEAM BLUE GAME @ 4:00- Ardmore

TEAM WHITE GAME@ 4:00- Ecole Beaux Lac

5/ 6 Girls practice - Wed 3:30-4:30

5/ 6 Boys practice Tues 3:30-4:30

7/ 8 Girls Practice -Wed 4:30- 6:00

7/ 8 Boys practice -Tues 4:30-6:00

[Athletics Calendar Click Here](#)



SCHOOL COUNCIL MEETING



You are invited to the January School Council Meeting!
Please join us in person in the Learning Commons or online on

JANUARY 23RD AT 6PM



School Council

Next Meeting:
January 23rd at 6:00 pm

School Council Fundraiser

FlipGive is an easy way to help fundraise for our Bears!

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

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

Crochet Club showing off their skills!



Upcoming Events

- January 20th– Lego Club 3:25 – 4:30
- January 21st– Kindness Club 3:25 – 4:30
- January 22nd– Art Club 3:25 – 4:30
- January 23rd– Running Club 3:25 – 4:30
- January 24th– Board Games Club 3:25 – 4:30
- January 23rd– School Council Meeting 6:00 pm
- January 27th – Family Literacy Day
- February 21st– Kinosoo Ski Trip Grade 5
- February 28th–Kinosoo Ski Trip Grade 7/ 8
- March 7th– Kinosoo Ski Trip Grade 6
- March 19th–Phone Call Parent Teacher Interviews
- March 20th– In Person Parent Teacher Interviews

Coming this May/June our drama students will be performing The Musical–BEETLEJUICE. Stay tuned for more info and dates.

Safe & Caring

We are excited to introduce the **Junior Community Helpers** club! Inspired by the enthusiasm shown by our Grade 5/6 students towards the Grade 7/8 Community Helpers Program, we are launching the **Junior Community Helper Bear Club** during lunch recess. This club connected our current Community Helpers with aspiring future leaders, fostering collaboration to support mental health education across our school community.

HOT LUNCH

January 20th– Boston Pizza– Bugs N Cheese

January 21st– Express– Baked Lasagna

January 22nd– Chopped Leaf– Chicken Quesadilla

[ORDER HERE](#)

January 24th– Grade 8 McDonald's Hot Lunch Fundraiser.

[MCDONALD'S ORDER HERE](#)

Grade 8 students going to Jasper will be having a bottle drive.

Saturday, January 18

10:00–2:00.

(Meet at the school at 10am).





Make a pledge as a family to learn ways to be more green.



Learn To Be Green Together!

#FamilyLiteracyDay

Families please join us Monday January 27th, 2025 @9:00am for a Seeding workshop and "Muffin Morning"

Start an indoor garden: Learn about herbs and vegetables while growing your own food and reducing your carbon footprint. With the help of PC Children's Charity: Power Full Kids™. H.E. Bourgoin will be providing every student a kit to start their own indoor garden, kit includes: 1 biodegradable nursery pot with humidity dome, dirt, popsicle stick for identification, choice of herb or vegetable seed.

Muffins and refreshments made possible by Breakfast Club of Canada





Gardening Tips



#FamilyLiteracyDay
January 27th, 2025



Peas don't like too much water
Potatoes don't like Tomatoes or Cucumbers
Potatoes and Cabbage are friends
Do NOT plant Beans with Onions or Beets
Beans love Carrots
Beets love Onion, Cabbage and Potatoes
Tomatoes love Carrots and Peas
Cabbage does not like Radishes
Carrots and Onions do well together
Marigolds can help repel pests

