



H.E Bourgoin Middle School

Bears Facts

Newsletter Jan 27th - 31st

H.E.Bourgoin Mission Statement:

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

Enhanced Programming Opportunities

ROK Sports students in 8Y and 8J explored the school yard using the new snowshoes, this included racing each other and climbing some snow hills.



Quality Teaching- Literacy

Grade 5 kids did a science writing out hypothesis and conclusions for a liquid race



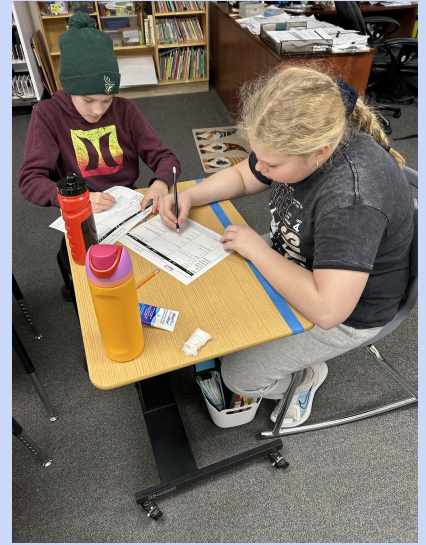
Quality Teaching- Numeracy

We were working on learning how to multiply decimals in small groups. Students were also working in small groups playing games to develop their math fact fluency.



Supports & Services

At HEB universal supports are incorporated into the inclusive learning environment for all learners. Our teaching and support staff provide quality instruction in welcoming, caring, safe and respectful learning environments. Some of the universal supports in our classrooms often look like and include visual schedules, graphic organizers, the use of exemplars and math manipulatives, access to technology as needed, various seating options, and cooperative learning opportunities. These high quality approaches are available to, and benefit each learner in every classroom.



ROK TALK

This week ROK Talk acknowledged BELL Let's Talk day and it's importance to talk about mental health so no one feels scared or embarrassed to ask for help. Just like we take care of our bodies, we need to take care of our minds too. When we support each other, everyone feels stronger and happier! With the use of Bell Let's talk fortune telling students were able to start having the conversation with their peers.

Athletics

Jan 29th– Grade 5/ 6 Boys–GAME @ Dr.B– 4:00

Jan 29th– Grade 5/ 6 Girls– GAME @ Dr.B –4:00

Jan 30th Grade 7/ 8 Girls–GAME @ Home 4:00

Jan 30th Grade 7/ 8 Boys

TEAM BLUE GAME @ 4:00– Iron River

TEAM WHITE GAME@ 4:00– Dr.B

5/ 6 Girls practice – Monday 3:30–4:30

5/ 6 Boys practice Tues 3:30–4:30

7/ 8 Girls Practice –Monday 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

Upcoming Events

Grade 5 kids in music– playing boomwhackers and bongos



January 27th– Family Literacy Day
January 27th – Lego Club 3:25 – 4:30
January 28th– Kindness Club 3:25 – 4:30
January 29th– Art Club 3:25 – 4:30
January 30th– Running Club 3:25 – 4:30
January 30th– All School Assembly – 1:15pm
January 31st – No School for Students
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 28th– Lakeland Grill– Chicken Fingers and Fries

January 29th– Express Pizza– Baked Spaghetti

January 30th– Lakeland Grill– Taco Salad with Beef

[CLICK HERE TO ORDER](#)

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

Saturday, February 1st

10:00–2:00.

(Meet at the school at 10am).



The ROK is RIGHT!

HEB Community Helpers Game Show!

What is the ROK is Right!

The ROK is RIGHT game show is all about helping you take care of your mental health and well-being while you navigate middle school. Throughout the year, we'll learn some awesome tools and strategies to handle things like setting healthy boundaries, staying safe online, dealing with test stress, and so much more! Get ready to level up your skills for a happier, healthier YOU!"

Want to Play?

To become a contestant on the show, teachers will nominate potential students through email, who consistently demonstrate **Respect, Opportunity, Kindness, & Safety** to their peers, adults, themselves, and school. Student then will be selected through a spinning wheel during announcements.

The ROK is RIGHT!

HEB Community Helpers Game Show!

How to Play!

Explore the posters displayed around the school to learn about the featured topics. During an assembly, you'll be paired with a same-grade partner and compete against other grades in a fun and exciting game show format. Answer questions about the featured topics to earn points. The team with the most points at the end gets to choose from some awesome prizes!

Posters:

Featured topics will be displayed on the "ROK is Right!" bulletin boards, be sure to explore all three topics! Topics will change each month!

Lifelines:

Incase you need a little help during the game we have created "lifelines." Your team has the option to use these life lines once throughout the game.

- Call a friend for help
- Call a Staff member for help
- Call a Community Helper/Jr for help



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



feeding hungry minds

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

