



# H.E Bourgoin Middle School

## Bears Facts

Newsletter March 31st-April 4th

### H.E.Bourgoin Mission Statement:

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

**HEB ROKS**

## Quality Teaching– Literacy

Sending out a huge thank you to all Grade 7 parents and guardians for completing the assurance survey before March 28.

We as a school value your input and look forward to continuing to improve our school. The parents and guardians at HEB ROK! See you all at the Duclos & HEB foundation AGM on April 7th– in our HEB Learning Commons.



Thank you to our Grade 8 families for donating pies.  
We made \$166 towards our year end celebrations!

The Grade 8 Farewell will happen on June 25th @ 12:30pm.

## Quality Teaching– Numeracy

Math Centres in 5TY!



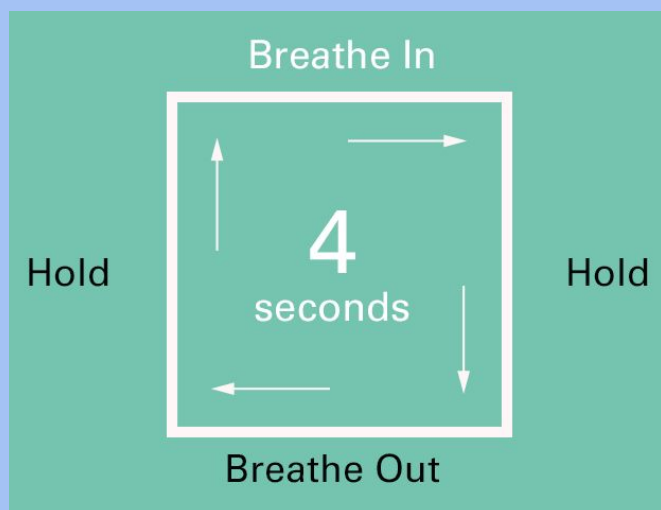
# Supports & Services

We are supporting our Grade 8 students as they prepare for the transition from middle school to high school! On April 2nd, we are excited to welcome the BCHS Road Runners to our den, where they'll meet with our Grade 8s and share insights about high school life.



## ROK TALK

This week, we explored worry and anxiety—how they affect us, the role of our fight, flight, and freeze response, and practical ways to switch off this survival mode when it's not needed. We also discussed effective coping strategies, such as grounding techniques and the power of box breathing! Next week we are exploring neurotype autism, self-care, and exercise.



ROK Tickets are back! Staff will give a student a ROK Ticket when they show **Respect, Opportunity, Kindness, and Safety**. Each ticket will be entered into a grade-level bin for a chance to win a prize or even go swimming. Keep up the great work and start earning those tickets!

The **ROK is Right** game show is happening next week! This month, we're diving into **Self-Care, Exercise, and Neurotypes** in a fun and engaging way. Stay tuned for all the excitement!





# HOT LUNCH

Tuesday– Boston Pizza  
Bugs & Cheese

Wednesday– Express Pizza  
Baked Lasagna

Thursday– Chopped Leaf  
Chicken Quesadilla

[CLICK HERE](#)

Friday– Grade 6 Hot Lunch Pizza  
[PIZZA ORDER HERE](#)

# Upcoming Events

March 31st– Lego Club 3:25 – 4:30  
April 1st– NO CLUBS TODAY – Staff Meeting  
April 2nd– Art & Origami Club 3:25 – 4:30  
April 3rd– Running/Wellness Club 3:25 – 4:30  
April 4th– Board Games 3:25– 4:30  
April 2nd– BCHS Grade 8 Visit  
April 7th– Annual General Meeting  
April 10th– School Council Meeting  
April 11th– Spring “Break”fast  
April 14th–20th– Spring Break No School  
April 21st– HAPPY EASTER No School  
May 1st– Community Kindness Breakfast  
May 29th– BeetleJuice The Musical

## Safe & Caring Spirit Days Are Back!



We're excited to bring back Spirit Days every other Friday, just like last year!

On each Spirit Day, we'll be collecting non-perishable food items to support those in need.

The class that collects the most items by the end of the school year will win an awesome prize—so let's make it a fun competition while giving back to our community!

Let's show our spirit and make a difference!

## School Council

Join us for our Next Meeting:

Thursday, April 10th at 6:30 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



## HEB Student

I am a grade 7 student and I've been in H.E.Bourgoin middle school for 3 school years. I love how H.E.Bourgoin has multiple choices of after school activities, such as bear clubs, sports and some other events like the color run. H.E.Bourgoin is a great and fun school to be in and to go to!

– 7G Student

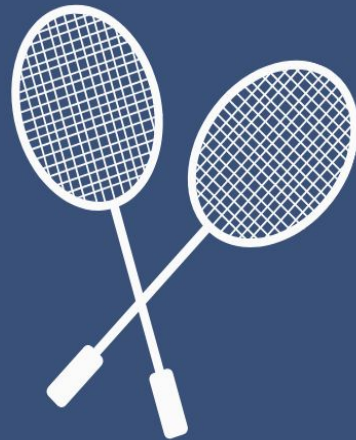


# BADMINTON

## Schedule

BY

AGE



**TYRO**-(2014)

PRACTICE MON AND WED 3:30-4:30

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**NOVICE**-(2013)

PRACTICE MON AND WED 3:30- 4:30

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**JUNIOR**-(2012)

PRACTICE MON & WED 4:30-5:30

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**INTERMEDIATE**-(2011)

PRACTICE MON AND WED 4:30-5:30



# VOLUNTEER! ★

Duclos H.E. Bourgoin

Support Group Foundation

★ Annual General Meeting

COME AND JOIN US FOR AN  
OPPORTUNITY TO LEARN HOW TO HELP  
OUR SCHOOLS GROW

April 7, 2025 @ 6:00 PM  
HEB School Library

COME AND LEARN ABOUT THE BENEFITS OF  
VOLUNTEERING AND HOW YOU  
CAN MAKE A DIFFERENCE.

More info  
here!



[Or click here for more info!](#)