

H. E. BOURGOIN
MIDDLE SCHOOL

SCHOOL PARENT COUNCIL

Welcome to our HEB
Team! Our newly elected
School Council Executive:

Chair- Angel Gamache,
Vice-chair-
Mandy Watters,

Secretary: Ruth Snyder,

Next meeting:

November 14th @ 7pm

- Review of Provincial Achievement Results.
- Input to H.E.B. 3-Year Education Plan

Coming soon, Hamel's
gift card fundraiser



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ISSUE 2

OCTOBER 2018

Spotlight ...

TERRY FOX ... by Carter H.

On September 22nd, Mrs. Ellis challenged students to raise two thousand dollars for the Terry Fox Run. If the students succeeded then they could tape Mrs. Ellis to the wall with duct tape!

On Oct. 1 the Terry Fox Run took place with students running and walking down the set path to Jesse Lake and back to the school. After the run, students had to wait for others to finish before going back inside as a sign of sportsmanship.

Once the final tally came in for money raised, we blew the goal out of the water with \$2600! At lunch time on Oct. 4, students were called to the gym to tape up their principal to the wall and later watched Mrs. Sharun feed Mrs. Ellis chocolate pudding while blindfolded!



Safe and Caring ...

THANK YOU ... Staff and students at HEB, would like to give a huge heartfelt thank you to our whole Bonnyville community. When we needed it, your support came in abundance.

Every gesture from hugs, cards, food, flowers, or to just check in on our well being was gratefully received. Support came from individuals, fellow schools, community groups and our Division.

Together we are stronger. Again, Thank you.



Student Learning Opportunities ...

SUPER SCIENCE ... by Morgan G.

The Telus World of Science brought learning to our gym, on September 26th, 27th, and the 28th. Our school was lucky enough to have one employee from the Science Center, come to teach each grade a topic or two for their grade level of science.

The grade fives were taught 'Weather Works' and 'For the Love of Chemistry!' Many grade 5 students agreed that the fire experiments were pretty cool. In grade six the students learned all about flight and did some 'Bite Sized Science'. Calvin S. stated, "I enjoyed learning about flight and a bunch of other cool things!" When the Science center employees come to our school, they try to get the students involved. They do so by choosing volunteers to help do the experiments. Students are also engaged by doing countdowns and cheering for the experiment to work. The grade 7's got to do cryogenics! Talia W. explained that cryogenics are science about cold or freezing temperatures. One experiment the grade 7s did was, to freeze a carnation. "I really liked the experiment," Talia replied. The grade 8 classes got to learn about the topic 'Use the Force' They did many cool experiments like making rockets and a ping pong ball cannon! Amber B. described her favorite experiment, "I liked when the ping pong ball got shot out of the cannon; it was cool to see the force and to see it can actually happen".

Our school has approximately 390 students. Every student had the opportunity to participate; that's a lot of kids! H. E. Bourgoin would like to thank the Telus World of Science in Edmonton for coming to our school!



Participating in a broad program of studies including fine arts, career, technology, and health and physical education.



Providing ACCESSIBLE EFFECTIVE and EFFICIENT programs and services for students

Student Achievement ...

MOUNTAIN BIKE RACE

On Thursday, September 27th our Mountain Bike athletes attended the annual Mountain Bike Race at Muriel Lake, hosted by the LSAA. (Lakeland Schools Athletic Association). The course was 7 km through the forest, up and down hills, and over creeks.

H.E. Bourgoin was represented by 10 athletes, from grades 5-8. We brought home 2nd and 10th in the Intermediate Boys,

and a 3rd in Novice Girls. We look forward to growing this sport as fun was had by all!





Developing the attitudes and behaviors to be successful at school and work.

Modeling the characteristics of active citizenship.

The World of Work & Citizenship...

ORANGE SHIRT DAY ...by Kali C

All students participated in many different activities to recognize Orange Shirt Day. Some classes read stories about residential schools and some made different crafts.

All grade 8 students were able to do the Kairos Blanket Exercise with their homeroom teacher and Mrs. Ellis.

This exercise is about the history of Europeans and Indigenous peoples in Canada (Turtle Island).

It was a great opportunity to learn about how Orange Shirt Day came to be.

When it started everyone was on the blankets but the blankets slowly got folded up to reveal how much the colonization of the land impacted the people who lived here long before settlers arrived.

This activity was very powerful and had a huge impact on many students. I highly recommend you participate in one if you get a chance.



A Bite of Health



As an APPLE School, we strive to build a healthy school community, focusing on improving students' healthy eating, physical activity, and mental health habits.

THE WAY I MOVE TO SCHOOL

This month, students are learning the benefits of walking or wheeling to school through a campaign called **The Way iMove to School**. Here is a summary of the learnings and how you can support your child's health.

Child and adult bodies are designed to move! Active transportation allows our bodies and brains to wake up.

Being active and breathing fresh air will prepare children for a day of learning. Plus, it is one of the easiest ways to be sure they are getting some physical activity in their daily routine. Walking or wheeling to school can sometimes be faster than driving your child to school. Having a routine of making lunches the night before and setting out clothes can help provide extra time to

walk or wheel to school. The benefits go beyond physical activity

- It can be a positive social activity. Having a walking buddy to and from school is safe and gives your child time to socialize.

- It is great for the environment. Walking or wheeling to school reduce air pollution and increases the air quality in your neighborhood.



OCTOBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	15 Day 2	16 Day 3	17 Day 4	18 Day 5	19 Day 1	20
21	22 (No School) Building Relationships Session-Cold Lake	23 Day 2	24 Day 3	25 Day 4	26 Day 5	27
28	29 Day 1	30 Day 2 Parent Session 6:30 pm @ Seniors Hall	31 Day 3 Halloween Carnival			

NOVEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Day 4	2 Day 5	3
4	5 Day 1 C2: 8C ,8S 6G & 6W	6 Day 2	7 Day 3 1 pm Photo Retakes	8 Day 4	9 Day 5 Remembrance day Ceremony 1 pm	10
11 Remembrance Day	12 (No School)	13 Day 1	14 Day 2 Parent School Council 7 pm	15 Day 3	16 Day 3	17

Our Bears' Den ...

HOMEWORK ROOM. Homework Room will be open Monday through Thursday, from 3:30 to 4:30. It is for working on homework or reading quietly. (No playing games on the computer.) Students are expected to be settled in by 3:40 and may bring snacks into the homework room but they must be eaten at the tables and not at the computers.

Students are expected to bring everything they need for their

work as well as their back packs, coats, and outdoor shoes/boots so there is no need to leave the homework room unless a bathroom break is needed. At 4:30 students must gather their



belongings and leave or wait in the front of the school. For those students that are on sports teams, they may go get changed at 4:25.

Students may use their phones to listen to music ONLY. Using a phone for texting or going on Social Media is unacceptable and their phone will be confiscated, and held for parent pick up.

There will be no Homework Room on a Thursday before a No School Friday as well as Staff Meeting Tuesdays.

HOMEWORK ROOM

Mondays, Tuesdays & Wednesdays
3:30-4:30 pm
In the Computer Lab

PLUS

Thursday **IF** there is school Friday

CONCESSION

Now Open

EXAM BANK

Username:
nlsd
Password:
nlsd69

A.P.P.L.E. SCHOOLS: HOT LUNCH MENU

Our Healthy Hot Lunch menu is now available on **School Cash online**. \$5.00/lunch

Tuesdays	Wednesdays	Thursdays
<u>Lakeland Grill:</u> Grilled Chicken Caesar Wrap The name says it all <i>alternate weeks</i> Taco Salad YUM!	<u>Express Pizza:</u> Baked Spaghetti with a fruit cup <i>alternate weeks</i> Baked Lasagna with a fruit cup	<u>Burger Baron</u> Cheese Burger with carrots and Ranch dip on the side <i>alternate weeks</i> Grilled Cheese with broccoli and Ranch dip on the side

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