

H. E. BOURGOIN
MIDDLE SCHOOL
SCHOOL PARENT
COUNCIL

Upcoming meetings are the 2nd Wednesday of each month. Jan. 16, Mar. 13, April 10, May 8, June 12

All Parents welcome to attend.

- Parent Council raised over \$3000 from the gift card fundraiser!
- School Council is paying for all transportation fees to Kinsoo Ridge in January!!
THANK YOU SCHOOL COUNCIL!



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ISSUE 3 NOV. & DEC. 2018

Spotlight ...

RYAN LAIRD: Bigger Than That! By Evan S.

On November 22 at 9am Ryan Laird sang several delightful songs for the students here at HEB. Amid the performance he also shared numerous meaningful and important messages. "Never stop working towards your dreams!" he told his crowd during his story of how he'd succeeded in country music. He taught the values of kindness, resiliency—never giving up—and to always be true to yourself and include everyone. "You can succeed if you never let negativity stand in your way!"



**ANNUAL HEB CHRISTMAS PLAY:
THURSDAY Dec. 20 7:00 p.m.**

Everyone is welcome to attend! Enter our door prize and win a frozen turkey. Enjoy performances by grade 5 music students, 5/6 band, 7/8 band, 5/6 Choir along with the cast and crew for 7/8 Exploratories.

Lifelong Learning ...

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.

In November HEB Students learn about Rainbow Lunch. Eating Well with Canada's Food Guide uses a rainbow to represent the four food groups.

Green arc: Fruit and vegetables – Eat at least one dark green and one orange vegetable each day, and consume them more often than fruit juice. Enjoy them with little or no added fat, sugar, or salt.¹

Yellow arc: Grain products – At least half of your daily consumed grains should be whole grains. Choose grain products that are low in fat, sugar and salt.¹

Blue arc: Milk and alternatives – Choose lower fat milk and alternatives, such as soy or almond milk.¹

Red arc: Meat and alternatives – Eat meat alternatives often, like beans, lentils, and tofu. Eat at least two food guide servings of fish each week. Select lean meat and alternatives that are prepared in little or no added fat or salt.

Check your family meals. Do you have a rainbow lunch? What about breakfast and dinner?



*Wishing everyone
a safe and festive season
filled with love, laughter
and friendship.*



Student Achievement ...

WE SCARE HUNGER -

and have Halloween Fun - Sydney P.

In the month of October H.E. Bourgoin middle school did an activity called "We Scare Hunger". This activity is all about children who are in need of food. H. E. B. had a contest for how many non-perishable food items each class could bring in for the food bank. This was called "We Scare Hunger" because it was going on around Halloween and H.E.Bourgoin is trying to help kids that are hungry by bringing in food items for them.

Throughout the whole school, whichever class

brought in the most non-perishable food items won a prize, movie day and PJ day. The competition was real. The winners were 5N, 6C, 7A and 8W. In total H. E. Bourgoin brought in 1117 non-perishable food items! We all helped the community become a better place.

On Halloween (October 31st), everyone wore their costumes and walked in a parade around the halls. There were also fun little activities around the school, organized by the grade 8 students.



DECEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Day 4	4 Day 5	5 Day 1	6 Day 5	7 NO SCHOOL Family Friday	8
9	10 Day 3	11 Day 4	12 Day 5	13 Day 1	14 Day 2	15
16	17 Day 3 Gr. 5/6 AR Goal Dead- line	18 Day 4	19 Day 5	20 Day 1 Christmas Concert 7 pm	21 Day 2	22
23	24 NO SCHOOL Christmas Break	25 NO SCHOOL Christmas Break	26 NO SCHOOL Christmas Break	27 NO SCHOOL Christmas Break	28 NO SCHOOL Christmas Break	29
30	31 NO SCHOOL Christmas Break					

JANUARY 2019!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 NO SCHOOL Christmas Break	2 NO SCHOOL Christmas Break	3 NO SCHOOL Christmas Break	4 NO SCHOOL Christmas Break	5
6	7 Day 3	8 Day 4	9 Day 5	10 Day 1 7/8 Kinosoo Ski Trip	11 Day 2 5/6 Kinosoo Ski Trip	12
13	14 Day 3	15 Day 5	16 Day 5	17 Day 1	18 NO SCHOOL Family Friday	19
20	21 Day 2	22 Day 3 Ukrainian Baking	23 Day 4	24 Day 5	25 Day 1 Feast of Jprdan	26
27	28 Day 2	29 Day 3	30 Day 4	31 Day 5		

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:
Nisd.heb
Password:
cool

www.learnalberta.ca
Username: LA41
Password: 8088
Click
On-line Reference Center for access to great resources including **encyclopaedias**

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 alternate weeks Taco Salad YUM!	<u>Express Pizza:</u> Baked Spaghetti with a fruit cup alternate weeks Baked Lasagna with a fruit cup	<u>Burger Baron</u> Cheese Burger with carrots and Ranch dip on the side alternate weeks Grilled Cheese with broccoli and Ranch dip on the side

BREAKFAST CLUB VOLUNTEES NEEDED

One of the most popular and requested program from our student survey results needs your help... If you have 1 hour in the morning, from 8 a.m. (ish) to 9 a.m. (ish) on Tuesdays or Thursdays we would LOVE to have your assistance! Just give your name and contact # to Mrs. Edwards in the library.