

MARCH 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Day 2	2
3	4 Day 3	5 Day 4	6 Day 5	7 Day 1 Gr. 8 Jasper Ski trip NO hmwk Rm.	8 No School Family Friday	9
10	11 Day 2 7/8 AR Goal 100%	12 Day 3	13 Day 4 Parent Council 7pm	14 Day 5 Pi Day Gr. 6 Fundraiser \$2 per slice of pie	15 Day 1	16
17	18 Day 2 Book Fair 9-4	19 Day 3 Book Fair 9-4	20 Day 4 Book Fair 9-4	21 Day 5 Student Led Conference 3:30-8:30 Family Wellness Night 6-9 Book Fair 9-9 NO hmwk Rm.	22 No School In Lieu of Student Led Conference	23
24 / 31	25 Day 1	26 Day 2 Cold Lake Music Festival NO hmwk Rm	27 Day 2	28 Day 4 Spring Photos	29 Day 5 Assembly & 7/8 Awards 11: 15	30

APRIL 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Day 1	2 Day 2 Gr. 6 Field trips	3 Day 3	4 Day 4	5 Day 5	6
7	8 Day 1	9 Day 2 Last day 5/6 exploratories	10 Day 3 Spring play 7 p.m.	11 Day 4 STEAM challenge	12 Day 5 5/6 AR Goal 100%	13
14	15 No School Easter Break	16 No School Easter Break	17 No School Easter Break	18 No School Easter Break	19 No School Good Friday	20
21	22 No School Easter Monday	23 Day 1 AGM	24 Day 2 Parent Social Media night	25 Day 3	26 Day 4	27
28	29 Day 5	30 Day 1 NO hmwk Rm.				

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

BREAKFAST CLUB VOLUNTEES WELCOMED!

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) we would LOVE to have your assistance! Many Hands lighten the load! Just give your name and contact # to Mrs. Edwards in the library.

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.heb
Password:
cool

www.learnalberta.ca

Username: LA41
Password: 8088
Click
On-line Reference Center for access to great resources including
encyclopaedias

H. E. BOURGOIN MIDDLE SCHOOL

SCHOOL PARENT COUNCIL

UPDATES

April 23: AGM for Duclos/HEB Foundation Fundraising Committee @ 8pm, Duclos School.

April 24: Parent Social Media Night in lieu of a meeting, 7-9 pm. There will be presentations from our Peace Officer and our Student Advocacy Counsellor.



ALL PARENTS ENCOURAGED TO ATTEND!



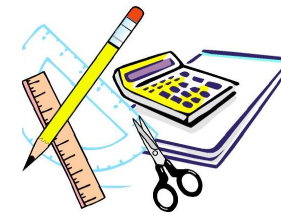
H.E.B. News

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ISSUE 6 MARCH 2019

Spotlight ...



Student Led Conference

Thursday, March 21, 3:30-8:30 p.m.

Each classroom is open, with an activity for you and your child. Let them teach you what they can do!

Family Wellness Night



Please visit, explore and win prizes! HEB and our Community Partners are here to share activities and knowledge to promote family wellness! It's all connected! Let start with an act of kindness and bring a **non-perishable food item** for the **Food Bank**.

- S.W.A.T. is hosting Taste Tests, and providing healthy recipes in the Home Ec. Room
- Our gym will be filled with exercise opportunities and demonstrations from the AB. Lacrosse Assn.
 - Skip over to the stage, to experience Zumba for Kids, and Skipping
- Explore your artistic side: painting in the computer lab and pottery in the pottery room.
- Tour the shop with Ms. Shyry and shop at the Book Fair in the library

Learn about local resources, and improve your wellness.

~ Apple Schools ~ AB. Mental Health: A to Zzz's ~ Change Committee: Color Run ~
~ Duclos/HEB Fundraising ~ Dragonfly ~ Friendship Centre ~ Lakeland Yellow Jackets ~
~ Meet Maizi, the wellness dog ~ Public Library

And SO MUCH MORE! Kick-off at 6:00 p.m. First 25minute session starts at 6:20.
Win prizes, have fun, and take home a truckload of information and inspiration.

**Thursday,
March 21,
6-9 p.m.**

May 22: Last Parent School Council meeting of the year. You don't want to miss all the information regarding plans for next year.

All Parents welcome to attend.



GET UP' GET ACTIVE By Amber B.

Thursday, March 21, H.E. Bourgoin Middle School will be hosting a Family Wellness Night. The event will be starting at 6:00 in the evening and end at 9:00 p.m. Before we send everyone off to enjoy many fun and exciting activities with family and friends, there will be a kickoff at 6:00 p.m. in the gymnasium. The reason for this Wellness Night is to help students and parents recognize the importance of healthy living. All the events during the evening will be incorporated with physical activity, healthy eating, and mental health.

Some of the activities that will be happening during these event hours will be lacrosse, art, pottery, Zumba, skipping, dance, and possibly yoga.

Various exhibitor booths will also be there, including RCMP and Alberta Health Services, to help the community have a healthy and safe lifestyle. The activities will be taking place on the stage, gym, computer lab, music room, home economics room, and pottery room. If anyone gets lost or doesn't know their way around, there will be a schedule and a map at the front entrance.

Each activity will be twenty-five minutes long except for the pottery and art which will be one hour. Lastly, there will be one or two easy and affordable snack recipes to take home and make. There will be a taste test where everyone can try a variety of fruits and vegetables. Everyone is welcome and don't forget your exercise clothes!

Providing
ACCESSIBLE
EFFECTIVE and
EFFICIENT
programs and
services for
students.

Student Achievement ...

SENIOR BASKETBALL SEASON By Maddison M

The girls and boys senior basketball teams had a great season! The senior girls Team 1 took home gold and the boys took home silver in wards. I'm happy to say they both made it to districts.

Unfortunately neither team took home the gold but they played hard and tried their best. As a teammate of the senior girls A team, I am very proud of the season we played and can't wait until next year. Kali H. said "I had a very fun season!". Amber B. added "Districts was eventful and gave everyone an idea of how basketball can be hard at times against opposing teams. It was an amazing season with a great team. All of us worked together and worked hard each game." I couldn't agree more with her!

Senior boys team 1 and 2 combined for wards and Districts. The team finished with a bronze at Wards and really grew as a team.

I would like to thank Jeff Ryll (coach), Travis Symon (coach), Gina Elock (coach) and Mrs. Ellis (coach) for taking the time to teach 2019's senior basketball teams and wish the best for them in future years. Thank you as well, to our high school referees.

JUNIOR BASKETBALL SEASON

By Taylor B.

Our Grade 5 /6 basketball season was a success with very few losses at home. The girls played a tournament in Cold Lake placing third. They were in a three way tie for first but suffered a loss to Frog Lake. They only lost one game throughout the season. The boys also played in the tournament placing second with a loss to Holy Cross 30-6, a win to Dr. Brosseau 32-28 and a win against Art Smith 24-15.

Players and coaches were asked their thoughts on the season:

"Great coaches and a fun time"- Logan M.

"Really good teamwork. The coaches and refs were fair."- Shelby C.

"It was a great season! The girls played their hearts out and learned a lot about basketball and teamwork. It was a lot of fun and I hope they all come out and play again next year." -Ms. Angell

"The tournament was fun, we got to play a lot of teams."- Ryley K.

Thank you to our junior coaches: Mrs. Chick, Ms. Angell, Mrs. Gibbons, Mrs. Farrer, Mrs. Rudolph, Mrs. Blaine and Mrs. Conrad who helped with refereeing and travelled with the teams.



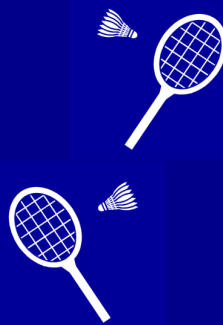
BADMINTON: POLICY OF PRACTISE by Coach Shankowski

Badminton Tryouts start Monday, March 11 (Junior/Intermediate/Senior) and Tuesday, March 12 (Tyro/Novice). Sign-up sheets are outside the gym.

You must attend **at least 2 of 4** tryouts to be considered for the team.

- Tyro, (born in 2008 or after) will try-out/practice on Tuesdays and Thursdays from 3:30-4:30,
- Novice, (born in 2007) will try-out/practice on Tuesdays and Thursdays from 4:30-5:30.
- Junior, (born in 2006) will try-out/practice on Mondays and Wednesdays from 3:30-4:30,
- Intermediate and Seniors, (born 2005 or prior) will try-out/practice on Mondays and Wednesdays from 4:30-5:30.

Please bring your own racquet to practice.



Demonstrating the
knowledge, skills and
attitudes necessary
for lifelong learning.



Lifelong Learning ...

FEAST OF JORDAN By McKenzie P.

The Feast of Jordan tea was a breathtaking event. This celebration was originally created to mark the baptism of Christ in the River Jordan.

At H.E.B on January 25th, 11:00 a.m. you could hear the sweet melody of Ukrainian Christmas carols all through the halls. Friends and family of the students were gathered in a classroom all joined together for a feast where kutia, hroosteke, and pampushka were sampled. Kolach was split by the students to share with the ones they love. It was truly a memorable moment.

Before we all ate Father Peter came around and sung a prayer. After, he picked up a golden bucket and to bless us and our food with the holy water within. Tears fell over this significant occasion, for there was a lot of hard work and memories put in events like this, but there was not an unhappy soul in the room.

TAKE ACTION By Naomi S.

A few of the HEB students in Take Action, have decided to take on a toy drive for the Ronald McDonald House in Edmonton. The Ronald McDonald House provides a home away from home for families with children receiving medical care in the hospital. As an essential part of a family-centered care approach to healthcare, Ronald McDonald Houses help minimize interruption to daily family life, alleviate the financial burden families with sick children face, and lower anxiety for both parents and children. There will be boxes set up at the school to put any donations in till April 11th. These donations may consist of **brand new** packaged toys, infant clothing, slippers, books, blankets, or anything a preemie to 18 year old child would make use of.



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.

This month, students are learning about supporting their mental health through a campaign called **The Power of Positivity**. Here is a summary of the learnings and how you can support your child's health.

The Body Mind Connection

Caring for your health includes caring for your mind. Enjoying physical activity, eating healthy foods, practicing gratitude, and having fun are all small steps that can improve your mental health and reduce stress! So much of our day-to-day involves things we cannot

control, but maintaining a positive attitude and feeling grateful helps to manage daily mental health.

Good-Mood Food

Some foods are rumored to increase your serotonin level! Serotonin is a "happy hormone" in your body that can put you in a good mood. Eggs, cheese, tofu, and pineapples are just a few examples!



Book Fair in the Library:

Monday March 18-20, 9-4 p.m.

Thursday, March 21, 9-9 p.m.!

Every purchase benefits our school

