



H.E Bourgoin Middle School

Bears Facts

Newsletter Jan 13th-17th

H.E.Bourgoin Mission Statement:

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

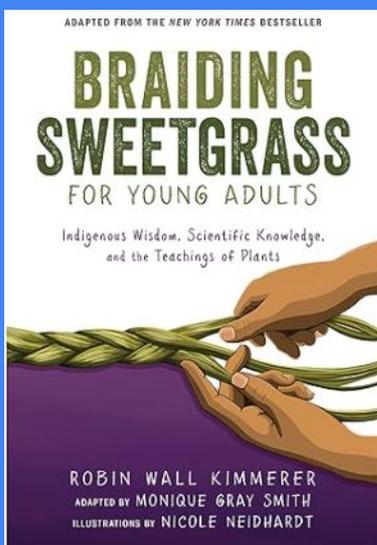
Enhanced Programming Opportunities

We have some exciting clubs happening at lunchtime recess for all students. Some of our clubs are...

- Crochet and Colouring— learn to crochet or do simple coloring/art projects
- Karaoke/Games Club— Students get to hang out with friends in the learning commons..
- Polar Bear Club— Students get to go outside.
- Try A Trade For 7/ 8's— Students get to build a table, basketball games, making dog tags, working with sheet metal, making leather bags with your names on them, making copper picture frames, making zen gardens, etc

Quality Teaching— Literacy

Many of our students enjoy hearing novels read aloud to them by staff. Students in 8Y are currently studying Braiding Sweetgrass and learning about how all living things provide us with gifts and lessons every day.



Quality Teaching— Numeracy

All of our staff is trained in small group instruction and intervention to help support students in Math. As a team we know it is important to have high expectations for fact fluency with our students.

Did you know that all of our middle school students should have all of the multiplication tables up to 12 X 12 memorized? Our staff is working hard to meet the needs of each student and help them reach this goal before the end of the year.

Please practice these at home as well.

Supports & Services



TLC Counselling is offering kids group therapy starting Thursday January 9th.

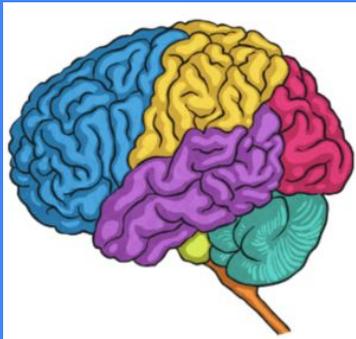
Topics covered are:

- Impulse Control
- Working Memory
- Emotional Control
- Attention
- Planning/Prioritization
- Organization
- Frustration Tolerance
- Cognitive Flexibility

Check with your health benefits for coverage or call TLC at 780-815-0239

ROK TALK

After winter break, it can take some time for our minds to readjust to our routines, so next week, we'll dive into an exciting exploration of the brain's different parts and their roles in mental health.



Athletics

Jan 13th Grade 5/ 6 Boys-GAME @ DR.B-4:00pm

Jan 13th Grade 5/ 6 Girls- GAME @ DR.B- 4:00pm

Jan 16th Grade 7/ 8 Girls-GAME @ HOME-4:00pm

Jan 16th Grade 7/ 8 Boys

TEAM BLUE GAME @ 5:00- HOME

TEAM WHITE GAME@ 4:00- DR.B

5/ 6 Girls practice - Wed 3:30-4:30

5/ 6 Boys practice Tues 3:30-4:30

7/ 8 Girls Practice -Wed 4:30- 6:00

7/ 8 Boys practice -Tues 4:30-6:00



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

Family Literacy Day

January 27, 2025

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



Being green together is a fun way to learn as a family while being kind to the environment.

Find fun family activities at:
FamilyLiteracyDay.ca



Upcoming Events

January 13th– Lego Club 3:25 – 4:30

January 14th– Kindness Club 3:25 – 4:30

January 15th– Art Club 3:25 – 4:30

January 16th– Running Club 3:25 – 4:30

January 17th– Board Games Club 3:25 – 4:30

January 23rd– School Council Meeting 6:00 pm

January 27th – Family Literacy Day

February 21st– Kinosoo Ski Trip Grade 5

February 28th–Kinosoo Ski Trip Grade 7/ 8

March 7th– Kinosoo Ski Trip Grade 6

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 14th– Lakeland Grill Chicken Strips

We have a Gluten Free Option

January 15th–Pita Pit Chicken

January 16th– McDonalds Chicken Wrap Meal

[CLICK HERE TO ORDER](#)

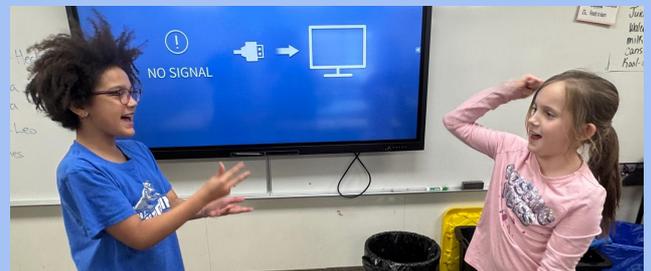
January 17th– Grade 7 Pizza Hot Lunch Fundraiser.

[PIZZA ORDER HERE](#)

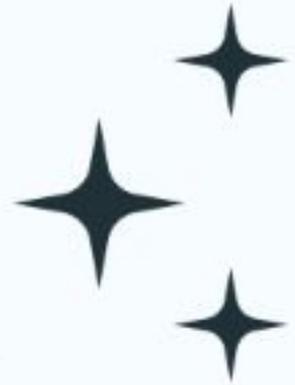
MATH IS FUN

5C learned a new math game called, "I love math."

It is a great game to practice multiplication fact fluency!



Digital Safety



Navigating the digital world as a parent can be challenging, but it's also an opportunity to connect with your child while helping them build healthy habits online. Here are a few resources to help parents in managing the digital landscape:

Parental Control Apps

Bark: Monitors texts, emails, and social media for potential risks.

Qustodio: Provides time limits, content filtering, and detailed reports.

Google Family Link: Helps parents manage their child's Android or Chromebook devices.

www.Protectchildren.ca

www.Cybertip.ca

www.KidsHelpPhone.ca

www.stopbullying.gov

www.kidshealth.org

