



H.E Bourgoin Middle School

Bears Facts

Newsletter April 28th- May 2nd

H.E.Bourgoin Mission Statement:

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

HEB ROKS

The H.E.B. Bears are excited to announce their spring musical: Beetlejuice Jr.

Thursday, May 29, 2025 at 6:30 PM in the H.E.B. Gymnasium.

Tickets are \$10.00 and available to purchase on SchoolCash Online and at the door!

Doors open at 5:30 PM

May 29, 2025 at 6:30PM

H.E.B. Gymnasium

BEETLEJUICE

JR.

**Tickets are available on SchoolCash Online
and at the door for \$10.00**

HOT LUNCH

April 29th—Boston Pizza
Bugs & Cheese

April 30th— Express Pizza
Baked Lasagna

May 1st— Chopped Leaf
Chicken Quesadilla
[Order Link](#)



New at Concession!

Mondays and Fridays we will be selling
Hot Dogs for \$2.00

Hot dogs are made from Chicken and Beef

Upcoming Events

April 28th—Lego Club 3:25 – 4:30

April 29th—Coloring Club 3:25 – 4:30

April 30th—Art & Origami Club 3:25 – 4:30

May 1st—Running/Wellness Club 3:25 – 4:30

May 2nd— No School for students – PD Day Staff

April 24th— Badminton Districts in Lac La Biche

May 1st—Grade 4s from Duclos visits HEB

May 1st— Milestone Staff Assembly @ 1:30pm

May 5th— Red Dress Day

May 8th— Spring Photos

May 16th–19th— NO School

May 23rd— Volunteer Appreciation Day Breakfast

May 29th— Beetlejuice Jr The Musical @ 6:30pm

June 25th— Grade 8 Farewell

ROK TALK

Mental Health Awareness Week
is May 5–9th

This year's theme is:
Unmasking Mental Health

Stay tuned for activities!

School Council

Join us for our Next Meeting:

May 8th @ 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



Students finally
getting to play
Gagaball



Supports & Services

Caregiver Support Group

Lakeland Centre for
FASD
Fetal Alcohol Spectrum Disorder

Caregiver Support Group

In person sessions:

Tuesday, April 29th, 2025

St Paul FASD office
4707 50th ave
11:30-1:00pm

Bonnyville FASD office
2nd floor Centennial Centre
6:30-8:00pm



- Connect with other Caregivers and Parents
- Coffee & tea provided
- For more information or to register please email admin@lcfasd.com or contact your Outreach Coordinator

780-594-9905

lcfasd.com



Lakeland Centre for
FASD
Fetal Alcohol Spectrum Disorder

Caregiver Support Group

In person sessions:

April 28th, 2025

5pm-6pm

**Kehewin Cree Nation
Prevention & Wellness
Building**



Theme

I am a Caregiver for a person with
FASD

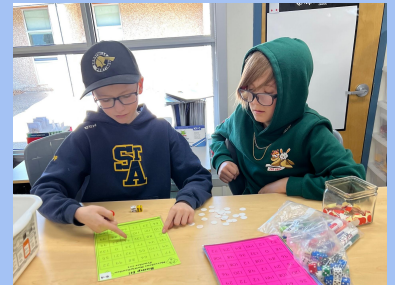
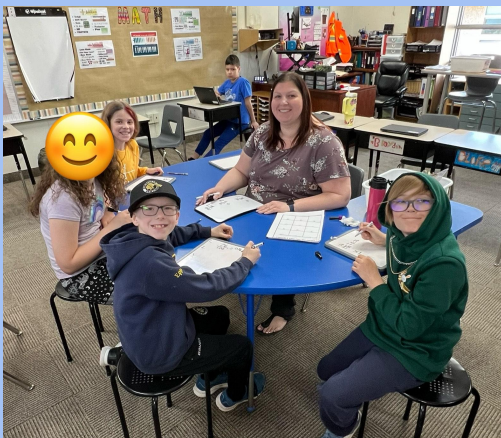
- Connect with other Caregivers and Parents
- Light snacks and refreshments
- For more information or to register please email admin@lcfasd.com or contact your Outreach Coordinator

780-594-9905

lcfasd.com

Quality Teaching– Numeracy

Grade 5 students doing small group instruction for math.



LIFE AFTER HIGH SCHOOL POSSIBILITIES AND PRACTICALITIES

Where: Bonnyville Centralized High School - 4808 49 St, Bonnyville

Workshop Presenters: Kevin Veenstra and Kim Stirling

To register: Register [HERE](#) or via the QR code

****Please register by April 30****

WEDNESDAY, MAY 7 - 6:30PM - 8:30PM

High school is coming to an end before you
know it, so now what?

Join us for an informal evening to explore possibilities; gain practical tips to navigate PDD and AISH, consider options for meaningful employment, and inclusive post-secondary education. Come meet other families in your community and get ready to take on "ADULTING".

We can't wait to meet you - come join the conversation!

PLEASE REGISTER [HERE](#) OR VIA
THE QR CODE



MAY 5 RED DRESS DAY

Red Dress Day was inspired in 2010 by Métis artist Jamie Black, who hung hundreds of empty red dresses in public places. These were hung to represent missing and murdered Indigenous women, girls and two-spirit people.

The day is to bring awareness and the need for education regarding violence towards Indigenous women, girls and two-spirit people.



May 5th is **Red Dress Day** . It is the day to recognize and honour Missing and Murdered Indigenous Women.

Red dresses are used to call the spirits of missing and murdered women and girls back to their loved ones.