

H.E Bourgoin Middle School



Bears Facts

Newsletter May 5th - 9th

H.E.Bourgoin Mission Statement:

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

HEB ROKS



OPEN HOUSE

Let's Celebrate Together!

FREE CHILI DOGS & POPCORN

Come meet the H.E.B. Staff, tour the building and check out the many opportunities available at H.E. Bourgoin Middle School!

**TUESDAY,
MAY 6TH
4:00-5:30**

Respect. Opportuniy. Kindness

HOT LUNCH

May 6th– Lakeland Grill
Two chicken fingers & fries

May 7th– Express Pizza
Baked Spaghetti

May 8th– Lakeland Grill
Beef Taco Salad

[Order Here](#)



Upcoming Events

May 5th– Red Dress Day please wear your red

May 6th– HEB Open House 4:00–5:30 pm

May 7th – Relocation Safety Drill at 1:45 pm

May 8th– Spring Photos

May 8th– School Council Meeting 6:30pm

May 12th – Track and Field Day

May 16th–19th– NO School

May 23rd– Volunteer Appreciation Day Breakfast

May 26th–30th – BOGO Book Fair

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

June 25th– Grade 8 Farewell

There will be no bear clubs after school!

Safe & Caring

Today we honoured two of our amazing staff, Meghan Fleming and Katrina Yaworski for their years of services and let Mrs. Yadowsky know how much we appreciate her!



School Council

Join us for our Next Meeting:
May 8th @ 6:30pm

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

ROK TALK

As the school year wraps up, it's time
to show what we've learned through
tests and assessments. Feeling a little
test stress? You're not alone!

Check out this link for tips:

[Test Strategies for kids!](#)

Supports & Services

This week is Mental Health Awareness week and we would like to remind you of the **FREE** mental health clinic in our community. Mental health is just as important as our physical health.

Mental Health Services

Walk-In Clinic

**Tuesdays:
1 - 3 p.m.**

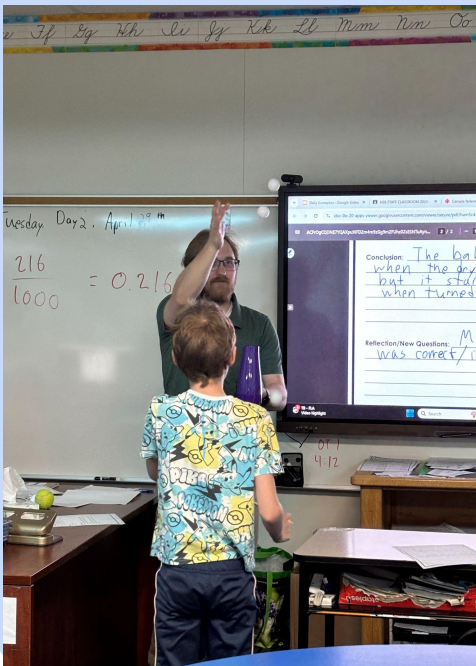
New Park Place, 5201- 44st
Main Floor Bonnyville

Call: 780-826-2404

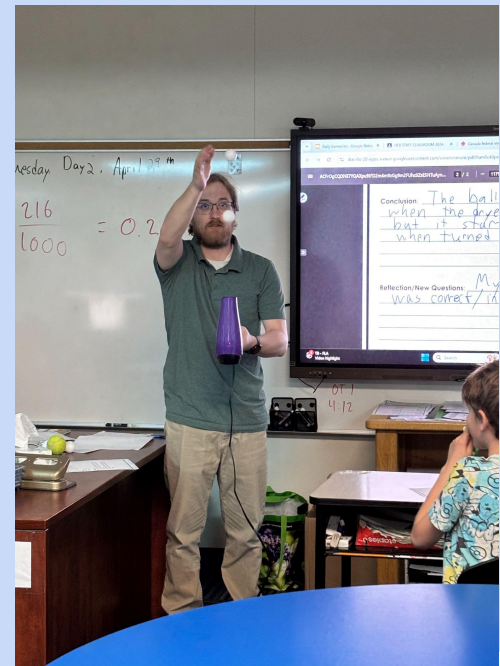
Some of our grade 6 students learning to play to guitar.



Quality Teaching— Science



5C science has been learning about forces of air, in particular Lift. Here is Mr. Tyner demonstrating lift using a ping pong ball and a hair dryer.



May 29, 2025

6:30PM

BEETLEJUICE

JR.

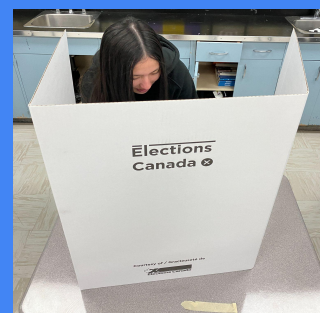
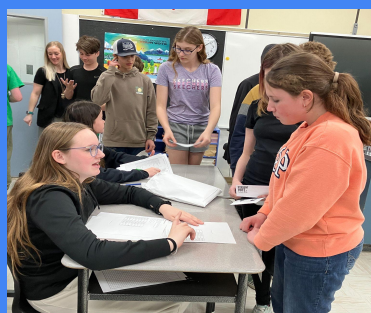
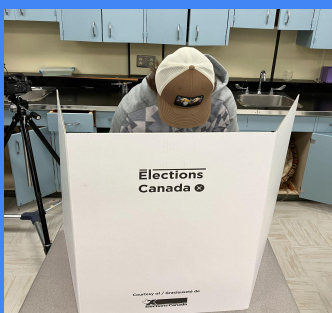
in the H.E.B. Gymnasium

Tickets will be available on SchoolCash Online and at the Doors

[Beetlejuice Jr Tickets Link](#)

Quality Teaching– Literacy

Student Vote Canada is an opportunity for students across Canada to participate in any federal or provincial election. Students take on an immersive experience by researching candidates and platforms, making an informed decision and casting a ballot just like in the adult election. Results are tallied and shared with students the next day. Ask you child today who they voted for and why!



Quarter Wars!

We would like to welcome Quarter Wars to HEB this year! Quarter wars is to help raise awareness and support mental health initiatives in our community. The money raised will go to The Bonnyville Health Foundation for a mental health support room in the Bonnyville hospital. We ask students and families that are able, to donate to help raise money!



The Rules:

Each class has a milk jug to drop quarters in between 5/5-5/12 (HINT: You can send ANY coins or bills for this challenge). Every 25 cents is worth a point, whichever class has the most points by May 12th wins!

THE CLASS THAT HAS THE MOST POINTS WILL WIN A CLASS PIZZA & ICE CREAM PARTY!



Mental HEALTH

WEEK MAY 5TH - 9TH

MONDAY:

May 5th is National Day of Awareness for Missing and Murdered Indigenous Women and Girls (MMIWG2S), also known as **Red Dress Day**. Please **wear red** to help bring awareness and honor the MMIWG2S.

Activity: coloring red dresses and hanging the papers up across the school.



TUESDAY:

This year's theme is Unmasking Mental Health, it's time to break the stigma by taking off the mask and showing our true selves. Together, we can create a space where it's safe to talk, share, and support one another.

Activity: decorating masks on the inside and out to express our true feelings



WEDNESDAY:

Today is HATS on for MENTAL HEALTH! Be sure to wear your hat to help bring awareness about the importance of mental health. Activity: Mini ROK is RIGHT Game show based on mental health to help end the stigma.

THURSDAY:

Self-care is a key part of maintaining positive mental health. It helps us recharge our energy, manage stress, and release some of the challenges we can't control.



Activity: Coloring, journaling, bingo cards, puzzles, and board games.



FRIDAY:

Eating well and staying active helps your brain and body feel their best. Good food fuels your focus, and exercise boosts your mood, lowers stress, and helps you sleep better. Activity: Yoga and healthy snacks

Activities will be held in the art room during lunch hour. Limited spots available, to sign up please see Mrs. Malo.



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.



On May 5th please wear red as it 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.