



H.E. Bourgoin Middle School

Bear Facts

Newsletter September 2nd-5th

A.P.P.L.E SCHOOLS

HEB is pleased to once again be part of the A.P.P.L.E.

Schools initiative for the 2025–2026 school year.

Apple Schools is an acronym that stands for:

A **P**roject **P**romoting **H**ealthy **L**iving for **E**veryone
in schools.



A.P.P.L.E Schools promotes more nutritional food options in school.

Meet Your Teacher Event

FRIDAY, AUGUST 29TH
11:00 AM-12:00PM

On Thursday, August 28th all families will receive an email via messenger that identifies what teacher your child will have this year. If you also want to come in and meet your teacher and our awesome staff in person feel free to drop by on Friday 11-12. Please come in through our main doors. We welcome you to the Bear Den for another awesome year! See you soon!

Welcome Back Bears!



At H.E.B. we believe that every student is a success story waiting to be told. The middle school years are the best years! Parents, guardians, students and staff, let's have a year we will always remember as one where we all connected to create the best experience for our middle schoolers!

Let's build a school we all love!

I hope to meet you all at the Color Run on September 17th and at our School Council Meeting at 6pm on September 25th. Thank you for sharing your children with us this year. We can't wait for the joy we will create in "Our House" together! H.E.B. ROKS! We are looking forward to a year of shared Respect, Opportunity, Kindness and Safety!

Sincerely,

Mrs. Casselman



Extra Curriculars at H.E. Bourgoin

We are excited to get the ball rolling on athletics for the 2025–2026 school year! Beginning with Cross Country, Volleyball, and Mountain Biking! If you are interested in volunteering to help support any of these teams, please contact Mrs. Alysha Ferbey (Ms. Coates got married!!) at alysha.coates@nlsd.ab.ca. Student sign-up will begin at our Open House this Friday, August 29 from 11:00–12:00. Volleyball and Cross Country practice begin Week 1, and we can't wait to see you then!

Athletics

Volleyball Practices: ***

Tues & Thurs

3:30 – 4:30 Jr Boys

4:30 – 6:00 Sr Boys

Mon & Weds

3:30 – 4:30 Jr Girls

4:30 – 6:00 Sr Girls



Cross Country Running Practices

Tues, Weds & Friday 3:30–4:30

(Volleyball players are welcome to attend the days they do not have practice)

Upcoming Events

August 29th– Meet Your Teacher Event 11–12

September 2nd– First Day Of School

September 17th– Colour Run

September 22nd– Class Photo Day

September 23rd– Terry Fox Run

September 25th– School Council Meeting

September 25th– Mountain Biking

September 26th– Observing National Day For Truth and Reconciliation– Please wear orange or your ribbon skirts

September 29th– No School

October 2nd– Cross Country

R.O.K.s is a guiding principle that promotes a positive and supportive environment. It is an acronym that stands for:

Respect : Treating yourself and others with dignity, valuing differences, and listening to different perspectives.

Opportunities : Creating chances for growth, learning, and success for everyone.

Kindness : Acting with compassion, empathy, and care in all interactions.

Safety: Making sure all staff and students are safe and feel welcome.

Embracing **R.O.K.s** means choosing to be a positive force, whether in a school, a workplace, or at home.





H.E.B Electives

H.E. Bourgoin School's elective program gives students the chance to explore their interests outside of core subjects. The courses are tailored to different grade levels and cover a wide range of topics, fostering creativity and practical skills. Here are some of the different electives we offer. In Grades 5 and 6 students rotate through and experience all three elective over the course of the year.

Grade 5 Foods – Ms. Carlin: In Foods class, students will develop practical cooking and baking skills while exploring a variety of delicious recipes. They will learn how to read and follow recipes, measure ingredients accurately, and prepare mouthwatering dishes and treats to share with friends and family.

Grade 5 STEAM– Miss.Deal: In STEAM (Science, Technology, Engineering, Art and Mathematics, students will work on growing their minds through hands on as well as computer based digital activities. Students will be engaged in various activities including typing, coding, building and art projects.

Grade 5 Community Engagement– Miss.Tienhaara: In community engagement students will plan school wide events, and take opportunities to go into the community to learn and explore. This elective will focus on becoming an important part of the community.

Grade 6 Media Studies–Miss. Rosko: Media now comes in more forms than ever before (social media, film, websites, printed media, podcasts, advertising, etc.) and we are interacting with it more and in different ways. What exactly is media, what is it for, and how can we tell if something is true or not? In this course, we talk about all this, and experiment with creating different types of media ourselves. After learning many different skills, students get to complete a choice project to show their understanding through a medium of their choice.

Grade 6 Foods–Ms.German: Our Grade 6 Food Class will encompass hands–on cooking, food safety, food preparation, meal planning, and budgeting. Our students will have the opportunity to research, plan, budget, shop, and create their own healthy meals and snacks. Let’s get cooking!

Grade 6 Outdoor Ed– Mrs.Sartain: Outdoor Education is an activities based course that provides opportunities for in–depth practical studies and experiences.

By building foundational knowledge through outdoor core, personal and group development and environmental core, students will be provided with opportunities to explore through outdoor settings and environmental investigations. Students will have the opportunity to participate in outdoor skills development including: knot tying, shelter building, archery, compass–reading, meal planning (dehydrating), and more!

In Grade 7 students rotate through and experience all three elective over the course of the year.

Grade 7 Careers–Ms. Galambos: Students will explore possible occupations that they may want to pursue in the future. Students will learn to compose a professional email, as well as to create a resume and cover letter to apply to potential jobs. Students will also learn about basic budgeting, and finances to prepare them for these tasks later in life.

Grade 7 Industrial Arts (Shop): Mr.Tyner: In Industrial Arts, students will learn the fundamentals of woodworking, emphasizing hands–on experience with tools, materials, and safety practices. Through building projects, students develop practical skills in measurement, cutting, joining, and finishing wood.

Grade 7 Cultural Cooking–Mrs.Hayward: Discover how to prepare dishes infused with cultural flair, along with the rich traditions that inspire them. Master the proper techniques while creating delectable meals.



H.E.B Electives

In Grade 8 students rotate through and experience all three of these electives over the course of the year with their homeroom classes:

Grade 8 STEAM— Mrs.Cromwell: STEAM is a project—based course that integrates **Science, Technology, Engineering, Arts, and Mathematics** to solve real—world problems. It's designed to be a departure from traditional, single—subject classes, focusing instead on hands—on, collaborative, and creative learning. The "A" for Arts is key, as it brings in elements of design, creativity, and communication, which are crucial for innovation.

Grade 8 Foods — Mrs. Jacob: In foods class, students will learn to cook a variety of easy meals and desserts. The goal will be to learn skills like how to follow a recipe, accurately measure ingredients and make food for themselves and their families at home!

Grade 8 Onstage Workshop — Ms. Young: This project—based elective invites students to explore a variety of onstage skills. Through hands—on activities, students will develop confidence in public speaking, engage in script study, practice storytelling, and experience improvisational theatre, all while building their overall stage presence and performance abilities.

Students will be able to choose the following 7/8 electives so please discuss this with your children. There may be some costs for electives such as foods or band. More info to come!

Grade 7/ 8 Makers Market— Mrs.Hayward: Discover how to transform your passions and hobbies into a thriving business. You will be guided through the steps of establishing a business while gaining insights on how material costs and availability impact your profits. Create unique products and take part in a market where you can sell your goods, with proceeds benefiting a charity at the end of the term.

Grade 7/8 Performing Arts — Ms.Young: Grade 8 Drama / Performing Arts
This elective explores various aspects of drama and the performing arts. Students will get to dabble in script study, storytelling, improv, musical theatre as well as other forms of performances.

Grade 7/8 Life Skills and Personal Finance—Mrs. Cromwell: This course will provide students with the essential knowledge and practical skills needed to navigate the world of personal finance Through engaging real world scenarios and hands on projects, students will learn to make informed financial decisions and empower them to become responsible consumers and savers.

Grade 7/ 8 Journalism—Ms. Galambos: Students will learn interview structure and techniques, and will learn how to compose informative articles for different issues and topics. Students in this elective will have the opportunity to interview school staff and other students. Students will also collaborate to create bulletin boards for the school focusing on a range of themes.

Grade 7/ 8 Band— Mrs.Wakulchyk: In Band, students will learn how to play an instrument, read music, and perform together as an ensemble. Through rehearsals and performances, students will develop their musical skills, build confidence, and have fun!

Grade 7/8 Outdoor Ed— Mrs.Ferbey: Outdoor Education is an activities based course that provides opportunities for in—depth practical studies and experiences.

By building foundational knowledge through outdoor core, personal and group development and environmental core, students will be provided with opportunities to explore through outdoor settings and environmental investigations. Students will have the opportunity to participate in outdoor skills development including: knot tying, shelter building, archery, compass—reading, meal planning (dehydrating), and more!