



H.E Bourgoin Middle School

Bear Facts

Newsletter September 8th-12th

Thursday, September 17th

4:00pm-5:30pm

Colour Run & Welcome Back

Join us with your families for Colour run fun.

Meet Our Staff!



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

Schools initiative for the 2025–2026 school year.

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

Please know that water is our drink of choice at HEB. Please ensure that water bottles are filled with water only. Please do not send caffeinated drinks or energy drinks to school.

Thank you!

ROKstar Day!

Wednesday, Sept 10

Dress like a rock star on this first spirit day of the year!

Students have told us they want to have more spirit days and we agree! Thank you to Miss T's Grade 5 Community Engagement Elective Students for planning these awesome days! You ROK!

Respect–Opportunity–Kindness

**** Jr Girls 5/6 Volleyball needs one more parent volunteer to help coach ****
You don't need to know how to coach!

We are looking for donations of new and gently used baseball gloves for our students. If you have any extras you are willing to donate please send them to school with your child or drop off at the office.



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

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

**** Our Concession will not be open up until October. Please ensure your student has a lunch ****

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.



Friday, Sept 26 we are having an assembly from 11:00–12:00 pm. Parents you are more than welcome to join if you like. Please call the office and let us know if you would like to attend and we will save you a seat!

Wear orange and ribbon skirts on Sept 26 to observe National Day for Truth and Reconciliation.

Dancing the Red Path includes various pow wow dance styles and their histories. 5 dancers share their dance styles with the traditional stories of each dance being shared.

The performance finale is a spectacular Hoop Dance!



*Keweenaw
Native
Dance
Theatre*

Dancing the Red Path

**INCLUDES VARIOUS POWWOW DANCE
STYLES & THEIR HISTORIES**