



H.E Bourgoin Middle School

# Bear Facts

Newsletter September 15th-19th

**Wednesday, September 17th**

**4:00pm-5:30pm**

**Colour Run & Welcome Back**

Join us with your families for Colour run fun.

Meet Our Staff!



Apple schools has some amazing material to help with mental health.

Check out this link for some great at home or in classroom ideas for breathing and reflection activities. [Click Here](#)

**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!*

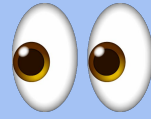
**Community Helpers will be returning! Please stay tuned for more information.**

5D students building the tallest tower with spaghetti and marshmallows in STEAM elective.





**We want to acknowledge and show the incredible respect and kindness our students show each day in our school. Here is a sneak peek of what the tickets will look like.**



**\*\* Jr Girls 5/6 Volleyball needs one more parent volunteer to help coach \*\***

**October. Please ensure your student has a lunch\*\***



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**