

SPRING EDITION

THE MOUNTAINEER

At Buck Mountain Central School, we passionately engage our diverse students every day by genuinely connecting and supporting them on their learning journey towards high school completion and life beyond our doors.



MESSAGE FROM THE PRINCIPAL

Mr. Jonathan Meyers

Spring is just around the corner and with it, the hope of better weather. As we did lose a number of days of classes due to buses not running, students need to ensure they use their FLEX time wisely to stay caught up and catch up on any material they may have missed. If students have missed instruction, this is a great opportunity for them to catch up and get themselves back on track.

Information will be coming home for course registration (options for junior high and all courses for senior high) soon. Please keep an eye out for this and return forms as soon as possible to ensure you receive preference for the courses you'd like. If you are unsure, please book an appointment with Mrs. Miller to see which courses are right for you.

Report Cards are right around the corner! They will be sent home with student the end of April. (though marks are always available online) Parent - Teacher Interviews will take place Wednesday, April 24 (4:00 - 9:00), but please feel free to make alternate arrangements if necessary.

Have a restful Spring Break! See you back at school April 1st.

WHAT'S INSIDE THIS ISSUE:

INDIGENOUS FAMILIES
MEETINGS AND GATHERINGS

PROUD, PRACTICAL PARENTING

CREE CROSSWORD

REGISTRATION
2019-2020 SCHOOL YEAR

CROSS COUNTRY SKI GRANT
RECEIVED BY BUCK MOUNTAIN
CENTRAL SCHOOL

SPORTS

MARK YOUR CALENDARS

INDIGENOUS FAMILIES MEETINGS AND GATHERINGS

Ms. Nicole Townsend

We have gathered with our Indigenous families several times in the past few months. These evenings gatherings are planned with purpose of creating a space for families to offer feedback about what is going well at the school, to gain an understanding of different things that may be impacting student learning and attendance, and, of the greatest importance, to create and cultivate relationships.

We have also been having Indigenous students meetings during FLEX and intend to do so more regularly moving forward.


Our conversations have been dominated by discussions of how best WRPS can support Indigenous programs at our site, as well as Alder Flats Elementary, which has led us to discuss smudging practices at BMC. For anyone who does not know, we have a dedicated space for smudging, which is a relevant Indigenous practice, used, in our building primarily as a way to commence a new day. The smudge is lit and the resulting smoke is regarded as a purifying agent for the mind, body, and spirit. Individuals practice smudging voluntarily and understand what a smudge is and why it is done.

We understand that the inclusion of relevant cultural, spiritual, and traditional knowledge and practices in schools can positively impact student success. Students who participate in smudging in the mornings, must verbally communicate this to their first period teachers.

Student who would like to smudge outside of the scheduled time, must come to the office to communicate this and we will help facilitate this request. A smudge is lead by a person who has understanding of what a smudge is and why it is done. That person may be an elder or cultural teacher; it may be a knowledgeable staff member; it may be a family member of guardian; it may be a student.

At BMC Mrs. Leslee Kress and Mrs. Heidi Plotts will guide students through this learning, as needed. All students, staff, and visitors are invited to participate in smudging with the understanding that smudging is a sacred practice that is honoring of culture. Anyone who smudges has a duty to be informed. At BMC we embrace and encourage this learning dialogue.

Currently, our dedicated smudging space and the location of the Indigenous Resource Room is under review. We will be determining how best to move forward this spring and intend to communicate this at our next WRPS Indigenous Family Gathering, on April 17th at 5 PM. Supper will be provided and families are also invited to come to tea prior to this gathering to visit with school staff. Family tea was a tradition held at BMC for sometime that was unfortunately discontinued with change over of staff. We have heard that this is an important part of our school and are committed to reigniting the practice.



THANK YOU TO THE INDIVIDUALS AND FAMILIES WHO CONTINUE TO JOIN US AT SCHOOL GATHERINGS; WE ARE EXCITED TO HEAR WHAT YOU HAVE TO SAY -- IT RESULTS IN SUCH IMPORTANT WORK FOR OUR KIDS! IF YOU HAVE NOT YET HAD THE OPPORTUNITY TO JOIN US, PLEASE CONSIDER MAKING ARRANGEMENTS TO COME ON APRIL 17TH.

PROUD, PRACTICAL PARENTING

Ms. Nicole Townsend

Here are some practical tips and informational items that may help you at home with your teenager!

Did you know that you can use the "Screen Time" feature on your child iPhone to set a schedule for specific apps and to limit access to smartphone features once a certain amount of time has elapsed? This is an iPhone feature, no download required. There are also apps for other brands of phones that can be used to do the same thing! This may dramatically impact your son or daughter's SnapChat 'streaks', but it may help them get a decent night's sleep.

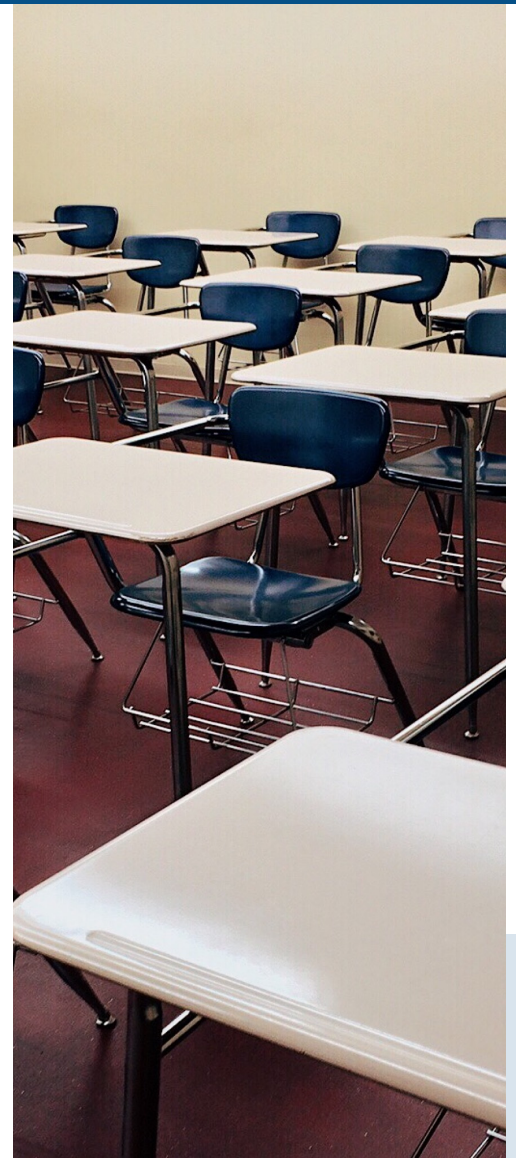
We have resources at the school to parents navigate the challenges of parenting in an online world. Simply request a copy at the office.

Is that a VAPE? The illustrations below are examples of different shapes and sizes of vapes or e-cigarettes. We hope that you are aware of common vapes look like, because teen vaping is on the rise across Canada.

You are encouraged to have conversations with your son or daughter about the dangers associated with vaping. Some key information that we want parents to know is that these products are marketed to teenagers, in some instances are made with the intention of being concealed, and they are not harmless. If you would like more information, please contact the school and we can forward relevant resources.

Note: Students who are caught with vapes or associated products are treated the same as if students

ettes at



PARENTING ISN'T A PRACTICE. IT'S A DAILY LEARNING EXPERIENCE. IF NO ONE HAS TOLD YOU LATELY: YOU'RE DOING GREAT. YOU'RE MAKING A DIFFERENCE. WE VALUE YOUR INVOLVEMENT IN YOUR CHILD'S EDUCATION.

VAPING & E-CIGARETTES

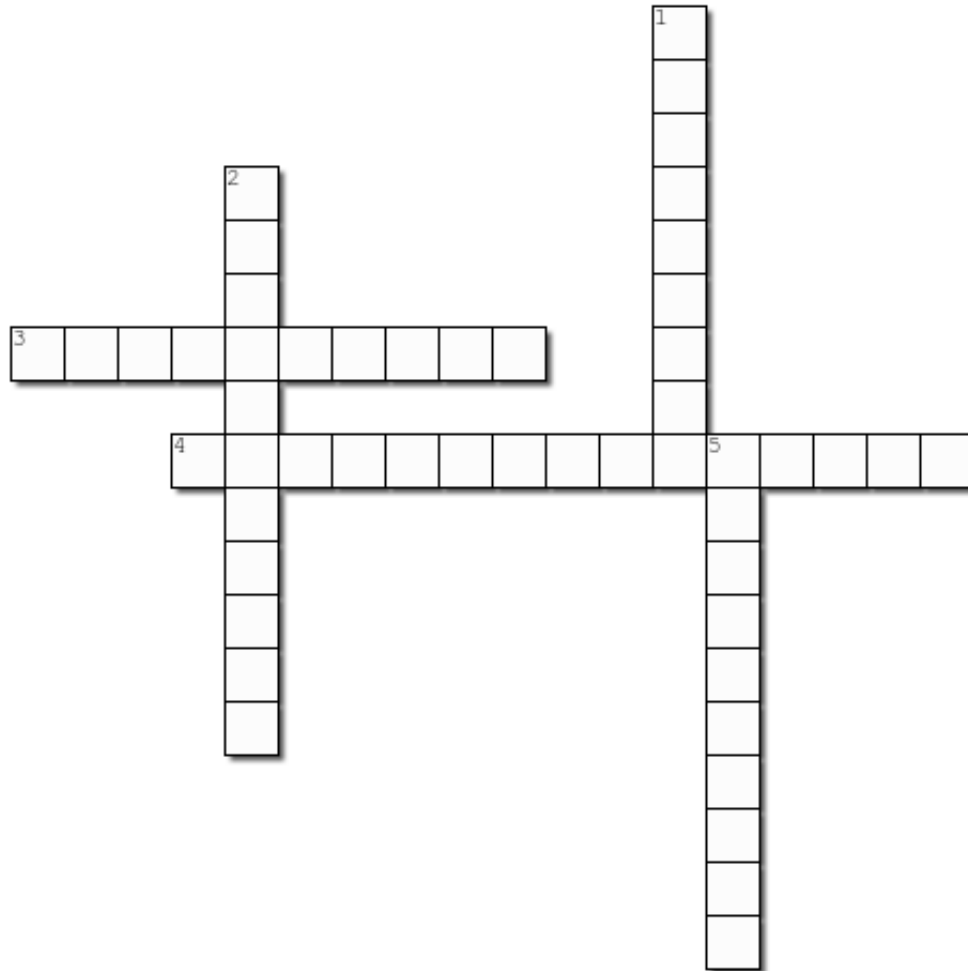
Vaping and E-Cigarette use are on the rise. Buck Mountain Central School would like to provide you with resources to talk about with your teen.

Please visit our website for very helpful links on talking to your teen,

<https://www.buckmountain.ca/home/news/post/vaping>

CREE CROSSWORD

Complete the crossword below



Created using the Crossword Maker on TheTeachersCorner.net

Across

3. Capturing the character of our land.
4. Riding this beats walking to school!

Down

1. Also known as 'The Bear Hills'
2. Head South on hwy 22 and you will be there in about 40 minutes.
5. May also be referred to as kinship.

REGISTRATION FORMS FOR THE 2019-2020 SCHOOL YEAR

The registration verification forms for current students at Buck Mountain Central School students and for the new students from Alder Flats & Winfield were mailed out on February 20, 2019. These forms will serve as a confirmed registration for your child(ren) for the upcoming 2019-2020 school year, as well as an update of student information.

It is important that these forms are reviewed.
Please make any updates as required.
Parent or a legal guardian and Students must sign in all the applicable spots.
Return all the forms to Buck Mountain Central School as soon as possible.

CROSS COUNTRY SKI GRANT RECEIVED BY BUCK MOUNTAIN CENTRAL SCHOOL

Mrs. Randi Tyler

The main driver behind the Ski-at-School program is to allow students to experience the sport of cross-country skiing, because it is a life sport. Cross-country skiing can be enjoyed at many levels of skill and it involves all major muscle groups, balance, endurance and strength.

Soon after Buck Mountain Central School was selected as one of the grant recipients, Physical Education Teacher, Tim Stewart, immediately reached out to our community members for additional funding to match the grant, motivated by providing students and community members the opportunity to experience cross-country skiing at our rural school.

With the funds from the AltaGas Ski-at-School Grant we were able to absorb the cost of 16 cross-country ski kits. A ski kit has the cost of \$365.00 per unit, which includes one set of cross-country skis, poles, bindings and boots. With this great opportunity also comes a financial cost therefore securing additional funds was required. Our long term, three year goal is to have 50 ski kits and the ability to suit up every class in the school independently.

We are extremely grateful for the generous financial support that we have received for this initiative. We would like to extend a special thank you to the Buck Lake Agricultural Society, Alder Flats Agricultural Society, Alder Flats Fitness Centre, Buck Mountain Central School Parent Advisory Committee, and the Wetaskiwin Regional School Division School Board.

From Buck Mountain Central School, we would also like to extend our gratitude to Danny and Dorothy Willows as they are huge supporters of the cross-country ski grant and have allowed us to use their land for additional cross-country skiing ground, as well as will be taking on the responsibility of building and maintaining trails.

ALTHOUGH THE COLD WEATHER HAS PUT A MAJOR DELAY IN OUR PLANS TO KICK START THE CROSS-COUNTRY PROGRAM AT BUCK MOUNTAIN CENTRAL SCHOOL WE ARE EXCITED TO GET STARTED WITH WARMER WEATHER IN THE FORECAST IN THE COMING WEEKS.

THANK-YOU TO THE MURRAY FAMILY WHO CONTINUE TO LET US USE THEIR HILL FOR TOBOGGANING IN OUTDOOR ED. YOU GIVE US AN OPPORTUNITY THAT FEW STUDENTS GET THESE DAYS!





FOOTBALL NEWS

This warmer weather means that the field will be melting soon! Hopefully. Bantam football (grade 7&8) will be starting in April. Grade 9+ are invited to come and play as well, but my focus will be on instructing the bantams. Keep May 4th, 2019 open as this is our big fundraiser, the Highway Cleanup. All players are expected to attend. Parents are welcome to join in the fun too. We already have a few games and jamborees lined up so it should be another successful season. There is not enough interest at the senior high level to have a team for next fall.

Keep your eyes and ears open for further announcements regarding Spring Football. Ask Mr. Wolney if you have any questions!

JR. BOYS BASKETBALL

Congratulations to the Buck Mountain Mustangs Jr. Boys Basketball team for a great season.

The boys won the Wetaskiwin Clear Vista Tournament in December and finished 2nd place after regular season play in the Tri-County League. The boys capped off the season with an amazing 4th quarter come from behind win, showing determination, resiliency and excellent sportsmanship, bringing home gold medals and the Tri-County League league banner!



JR. GIRLS BASKETBALL

The Junior Girls Basketball team did an excellent job this year, and came in third overall. There was a tremendous improvement from all involved and we can't wait to see what they can do next year.





SR. BASKETBALL NEWS

“It is better to shoot an airball, than to not shoot at all for fear of missing” - Tony Alfonso.

The last time the Mustangs came together to form a team at the senior high level was in the 2016/2017 season. Fortunately this season, both the boys and the girls were able to put a team on the court; our grade twelve students really came together to make these teams happen!

Both teams really demonstrated this season that their love of the game was enough to get them started and would carry them through many difficult match-ups and tenuous times due to injuries. It seemed like each time we got on the hardwood a new ankle or knee injury would sentence a player to time on the bench. This added an element to our competition this season that was difficult to overcome.

Thankfully, Mustangs are known for their brute strength and perseverance. Our teams made it through, admittedly below 500, but with many personal and team victories that cannot be measured on the score clock.

Some big moments for me this season include a 3-point shot from Lily Alexander with under a minute left in our final game of the season, versus Calmar. This shot was complemented by a few big points from her teammates and ultimately led to our overtime victory to end the season. Another stand-out moment was watching Fazion Fiddler contest an opposing shooter by stalling the ball against the backboard during the player's lay-up; he was in the air so long, fans could have mistaken him for flying. A big highlight this season was the NBC clinic that happened at the beginning of February where students worked on individual skills, like ball control and shooting, as well as team skills like passing and defensive positioning. Grade 9 players were also invited to take part in the clinic, which means that next year we have that much more talent and skill to build teams upon. We were fortunate to have two NBC coaches come to BMC to host this clinic.

I consider myself lucky to have worked with such committed athletes this season. That being said, I did not have to do it all alone - there were a couple of 'behind the scenes' supporters that deserve recognition and gratitude. Miss Neumann and Miss Kwirant helped supervise when needed, road the bus to away games when I could not, and showed up to support our teams at games, home and away. On behalf of my players and myself, thank you for the time you committed to our season!

As always, thank you to all of our fans for all of your support this season.

To all the players: “Keep practicing. Never let someone tell you that you're too small or too slow.” - Chris Paul

Your coach, 5'3" and still growing,
Nicole Townsend

2019 NASP (NATIONAL ARCHERY IN THE SCHOOLS PROGRAM) PROVINCIAL SHOOT

Mrs. Erin Klatt

The 2019 NASP (National Archery in the Schools Program) Provincial shoot was held March 14-16 at the Expo Centre in Edmonton. Buck Mountain Central was well represented this year! We had 8 students along with 20 from Alder Flats Elementary school shoot on Saturday night. Congratulations to Melissa Schwengler for being our top shooter scoring 269 points of a possible 300; finishing 8th out of 41 grade 11 ladies (31st of 713 girls!)

Congratulations to Tristen Narkaus who scored 262 points in his debut competition (12th out of 36 grade 11 gentlemen); Morgan Schwengler also scored 262 points finishing 16th of 119 in his grade. Also rocking the competition were Jordan Hopfe in her final year of competition, Noah Schwengler, Quinn Woods, Devyn Malka and Jaden Williams. Thank-you so much to all the parents that came to support our archery club!



ARCHERY CLUB

Continued.

For the past two months, many of our students have been going to Alder Flats Elementary school to participate in the Archery Club. A special Thank-you to Adam Schwengler for leading this opportunity for our students. Wishing all those students shooting at the NASP Provincial Archery shoot March 16th all the best!

WELCOME

Buck Mountain Central School would like to welcome Bailey Wassing, who will be filling in for Mrs. Walker as she will be on maternity leave soon. Ms. Wassing has a passion for English and Social Studies. Welcome Ms. Wassing!

SCHOOL DANCE

Mrs. Erin Klatt

I would like to send out a huge Thank-you to all the parents and teachers that chaperoned our dance last month.....Shout out to: Deanna Reynolds, Laura Frere, Heidi Plotts, Shannon Nelson, and Jacquie Patten as well as Mr. Wolney, Miss Seimens and Mrs. Corra. This dance would not have been possible without you giving up your Friday night! Another 'tip of the hat' to Melissa Schafer for DJing; Emily Clarkson for setting up the sound system & Christian Akins-Nelson for taking care of decorations and set up. We truly appreciate your efforts and commitment to our school atmosphere.

DRAMA PROGRAM

Mr. Adam Durose

Our high school dram class will be competing in the One Act Festival in Westlock. It runs April 25 to 28. We're hoping to take the stage on April 26 or 27. Our play is called Dark Road and it is by Laura Lundgren Smith. Our director is Jordan Hopfe.

IF YOU HAVE BEEN
DESIGNING A
GRADUATION
HOODIE, NEW
SCHOOL T-SHIRT OR
ANYTHING FOR THAT
MATTER, NOW IS
THE TIME TO ORDER!
YOU CAN SAVE 15%
FOR THE MONTH OF
MARCH WITH THE
CODE MADMARCH

PLEASE VISIT OUR
WEBSITE TO ORDER

MARCH MADNESS
15% off
ON ALL PRODUCTS

Use Code
MADMARCH

Offer valid from March 1st - March 31st 2019

MARK YOUR CALENDARS

March

March 20 - Last Day of School for Students Before Spring Break

March 21 - Job-Embedded Staff Development Day

March 22 - Day in Lieu of PTI (No School)

April

April 1-9 - Diploma Rewrites

April 3 - Indigenous Family Meeting (5:00 - 7:00)

April 12 - Job-Embedded Staff Development Day

April 17 - Passion Projects

April 17 - Indigenous Parent Gathering (5:00 - 7:00)

April 19 - Good Friday (No School)

April 22 - Easter Monday (No School)

April 23 - Quarter 4 Begins

April 24 - Report Cards Distributed (End of Q3)

April 24 - Parent-Teacher Interviews (4:00-9:00)

April 26 - Tri-County Jr. Badminton - Drayton Valley



KEEP IN TOUCH.

PLEASE FOLLOW BUCK MOUNTAIN CENTRAL SCHOOL

Stay connected through Facebook,
Instagram, or Our Website.

 @buckmountaincentralschool

 buck.mountain

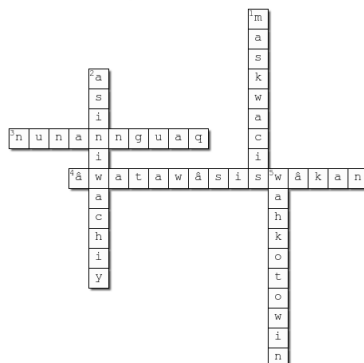
www.buckmountain.ca



Name: _____

Cree Crossword

Complete the crossword below



Across

1. Capturing the character of our land. (#unannuagq)
1. Riding this beats walking to school!
(#watawatsiwakan)

Down

1. Also known as 'The Bear Hills' (#askwacis)
2. Head South on Hwy 22 and you will be there in about 40 minutes. (#ashiwachty)
5. May also be referred to as kinship. (#ahkotowin)