

>>> NEWSLETTER <<< THE MOUNTAINEER

Updates for the parents, guardians & students of Buck Mountain Central School



TOP NEWS

>>> SCHOOL CONSOLIDATION & RECONFIGURATION MEETING

We invite you to attend and share your thoughts and ideas on the No New Build/New Build scenarios mentioned in the attached letter. Your opinions are important to us, and we welcome your active participation. If you wish to attend the Buck Mountain Central School consultation on January 23 at 6:00 pm, please sign up on the Wetaskiwin Regional Public Schools website. Sign up [Here](#)

A COMMUNITY THANK YOU <<<

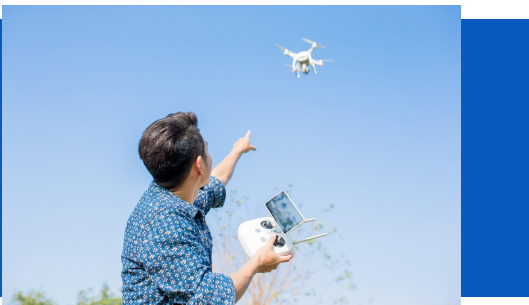
Buck Mountain Central School would like to send a HUGE thank you to our community for supporting our holiday dinner!

We are beyond grateful for your generous donations and the students truly enjoyed the meal.



>>> DRONES AT BMC IN QUARTER 4

We are excited to announce that we will be offering a Sr High Class that will teach students how to operate drones with Mr. Moore.



MESSAGE FROM THE PRINCIPAL

JANUARY

By Mr. Michael York

Exam season is upon us, and semester two will arrive before we know it! Please be sure to check the exam schedule attached to this newsletter to ensure your student attends when they need to, which is especially important for grade nine and twelve students as the dates are set by the province. Please note: our grade eights do not have exams this month because their courses were scheduled for year long.

Entering semester two, course changes begin for all high school classes and some junior high ones. Double check with your students to see if they know their changes, and remind them to check in with the office if they forget. For most junior high students, changes will be primarily for their complementary courses. Any course changes need to be made after the semester begins but within the first week of classes.

We are happy to report that our respiratory illness outbreak ended with the Christmas break and that our attendance numbers have jumped up to usual; however, we encourage all students to look after themselves when they are feeling ill as their health is priority. All sports and extracurriculars have resumed and we it is exciting to see our Sr. Girls and Jr. Boys basketball are finally getting some play time.

With the new semester, we also have a few staffing changes to announce. Mr. Durose has accepted a transfer to Wetaskiwin Composite High School and will be departing us. We wish him all the best and thank him for his time here-- he will be missed. Mrs. Spruyt has also taken a new position in Stettler in the Clearview school division. Although we are sad to see her go, we are excited for her and her family. Finally, Mr. Meuser is returning to us just in time for Construction and Industrial Arts. Mr. Meuser spends half the year at WCHS and half at BMC, so we are glad it is 'our turn' for his expertise.

Semester change over brings in a fresh feel and a chance for students to begin anew. I look forward to seeing the small changes of pace, and the potential that it brings.

Sincerely,

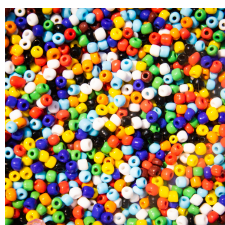
Mr. York

GIRL'S BEADING GROUP

W/ INDIGENOUS SUPPORT WORKER WAYNE CARON

Wahkohtowin Room

The Girl's Beading group will be held in the Wahkohtowin Room where the older students are encouraged to help mentor the younger students. There's something soothing and therapeutic about making art; the way it relaxes you and gets your mind off your troubles. Beading decreases illness-related stress, provides positive coping strategies, restores a sense of self in those coping with serious illness, improves fine motor, visual perceptual and cognitive skills, lowers blood pressure and increases energy levels. Beading is a form of therapy that starts with just one bead and its unique beauty; the process of creating and expressing can elevate you to a higher sense of consciousness. Beading can transform you to a place of healing, peace and creativity. Beading gives us a way to be creative, learn new techniques, and make something that matches our favorite colors and style. It can also give us a sense of accomplishment, and make us feel happier and more self-confident when we receive compliments on our beadwork. Beading can also be beneficial for the young and old! Kids can improve their fine motor skills with increased finger strength and coordination, math skills with counting and making patterns, visual motor skills with hand-eye coordination, and an extended attention span. Just be sure kids are well supervised with age-appropriate materials. The elderly can also benefit from beading in many of the same ways. For them, it keeps their mind active and stimulated, and also exercises their fine motor skills. When done in a group setting, it can be a great way for them to be around other people, be creative, share stories, help each other out, and show off their work. We look forward to this starting February 5th, 2024.



BOY'S DRUMMING GROUP

W/ INDIGENOUS SUPPORT WORKER WAYNE CARON

Wahkohtowin Room



Indigenous Support Worker Mr. Wayne Caron will facilitate the boy's drumming group at Buck Mountain Central. The boys will be taught how to respect the drum from Indigenous teachings while the group supports one another in learning how to drum and sing pow-wow songs. We look forward to this starting February 5th, 2024

Since the beginning of civilization, Drums have been one of the main universal signals for calling people together. The Drums are humanity's common pulse. In other words, Drums do not know about race, racism, jealousy, hate, resentment, greed, language, genders, gender choice, and human diversity. None of those matters, what matters is the sound of one heart beating. It is a proven fact that Drumming circles improve productivity and teamwork while reducing absenteeism; it dramatically reduces stress through a synchronicity of group 'right' action. Disputes are healed, reconnections are made.

Indigenous Peoples have used songs and drums as tools in Traditional Healing since time immemorial. Songs have various purposes in ceremonies, feasts, social events, Rites of Passage, etc. They are sung by Elders, men, women, or children. Singing, frequency, drum rhythms, and vibrations are known to be therapeutically healing. Songs can be used in healing ceremonies for those who are grieving, who are facing an illness or in need of holistic balancing and restoration. Drum songs sung together can strengthen and unite individuals, families, and communities. Singing songs for/with another person can provide spiritual grounding and can hold a safe, therapeutic space.

The Drum as a Healing Tool breaks down social barriers and fosters unity, provides the freedom of self-expression and non-verbal communication. The Drum promotes self-awareness and self esteem and can elevate mood and decrease anxiety and stress. The Drum can help to develop self-control, patience, listening, and cooperation with others while it also boosts the immune system functioning benefiting one's physical health.

WELLNESS

RANDOM ACTS OF KINDNESS

By Peyton Schneider

Hi everyone, my name is Peyton Schneider, and I am the Wellness Coach here at Buck Mountain Central! I work as a Wellness coach at Alder Flats, Lakedell, and Winfield schools as well. My goal as a wellness coach is to promote positive mental health in children and youth! I go into classrooms and provide research-based programming based on social and emotional learning depending on the needs of the class! The first resource we will focus on is called Random Acts of Kindness that has a large focus on respect. I will be working with the Gr. 7, 8, and 9 classes using this program. Please view that attached link for the content that can be covered.

<https://www.randomactsofkindness.org/grade-6-8-lesson-plans>

Winter CLOTHING DRIVE



SCARVES | GLOVES | BOOTS | COATS

This season, let's make a difference by participating in our Winter Clothing Drive event. Donate your gently used clothes and help someone stay warm during the cold winter months



Donation Deadline:
February 5th, 2024



Drop Off Location:
Buck Mountain Central School

WINTER CLOTHING DRIVE

BREAKFAST PROGRAM

UPDATE

By Judy Miller

The breakfast program continues to run 5 days a week and despite the rise in food prices we are hopeful that we will be able to offer the same amount of service for the remainder of this year. We are fortunate to have the support of Hope Mission who supply us with sandwiches for the lunch program as well as fresh fruit and granola bars that supplements our food for students. In an attempt to give back to Hope Mission, a select group of high school students will be going to Hope Mission to serve lunch and make sandwiches on February 6. We are currently accepting donations of gently used warm winter gear; scarves, mitts, toques and jackets to distribute to the less fortunate on that date. Please help us to give back to this wonderful organization, and make a difference in someone's life.

INCLUSION COACH

NEWS

By Sue Klein

Does your child have accommodations during final exams? Any students with IPPs or APPs (accommodation program plan) will continue to access accommodations during final exams. Students with accommodations will be met with to ensure they are aware and taking advantage of what they can access to best meet their learning needs.

Study time is important! All students need practice in studying and it does take planning and preparation. Setting up a monthly calendar that includes all obligations, homework, study time, and exams help to reduce anxiety and ensure purposeful studying.

Here is an example:

JANUARY 2024

TOP PRIORITIES!

- Unit test in math
- Review for English 20-2 Final exam
- Biology 20 project due soon!!!

NOTES

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7 Group study for math test
8	9	10 Work on math questions	11 Review math unit	12 Last review of math questions	13 Math unit test	14 Going skiing
15 Work on Bio project	16	17	18 Bio project due	19	20	21 Review poetry unit
22 Review essay writing	23 General review of English notes	24 English final exam	25	26	27	28
29	30	31				

ASK TEACHER FOR MATH HELP

Here are some other useful tips. You will find further elaboration, please visit the following websites:

[Ultimate Study Skis Guide](#)

[34 Essential Study Skills](#)

- Manage distractions
- Use a homework planner
- Have supplies ready and organized
- Set a timer for 20 minutes. Study uninterrupted, then take a 5 minute break.
- Know your learning styles: visual, auditory, kinesthetic
- Learn colourful note taking strategies
- Highlight
- Re-read, read aloud
- Set goals

Best wishes and happy studying!!

JUNIOR BOYS BASKETBALL

UPDATE

By Ms Bailey Harden

I am very excited to be the teacher representative for the junior boys' basketball team this season, joined by coach Shane Cross, and Parent Volunteer Cassie Patterson. Currently, we have entered into the local league, and are looking into participating in a tournament. If we stick to this plan, fees for this season will be \$110.00 Due to the front office by February 15th, 2024. Additional tournaments may incur a further, smaller cost, to players but will be decided upon by the players and coach(s).

Through this letter I hope to inform parents, and reiterate to students that I have high expectations for the individuals who choose to be a part of the team here at BMC. This means representing Buck Mountain Central School well, on and off the court. As the teacher representative of this team, I will be responsible for reporting to our sports director, (the principal Mr. Michael York) of any unsportsmanlike behaviour. Any unsportsmanlike behaviour may result in less, and or, little to no game time for that player.

Team practices will ideally be kept on the same day of the week, however due to high demand for the gym, players will need to be flexible. I will update parents/ guardians to any changes as soon as possible if anything should occur. Please note, our tentative schedule is provided below. Practices may be cancelled with short notice due to weather conditions. With that said, practices will be Tuesdays from 3:30pm to 5:30pm. It is a team rule that unexcused absences from practice will result in loss of game play/time for that player. Either myself, Shane Cross, or Cassie Patterson, needs to be informed of absences from practices or games ahead of time, when reasonable. I hope that you, as a parent/ guardian, will reinforce and support this policy.

Please know that at the end of the season, the school will organise an Athletic Banquet to fundraise for school sports at BMC, and proceeds will go to support costs for Alberta Schools Athletics Association fees, teams participating in provincial play (zones and provincials), banners and trophies, as well as some transportation costs. (This is the fee mentioned above.) Players will be kept up to date on the details about this event throughout the school year. If, however, you find yourselves unable to pay the fee, please reach out to me as we have division resources we may be able to apply for.

Finally, a permission form for players to ride in the school van to games is now available on your student's PowerSchool. Forms and fees can be completed online. I am incredibly excited to support all players this season! If you have any questions or concerns please contact me via phone or email.

Sincerely,

Bailey Harden
Teacher Representative.



UPCOMING DATES

January 23 - Parent Engagement Session, 6pm
January 30 - Grade 7 Pizza Lunch
January 31 - First Day of Semester 2 & Quarter 3
January 31 - School Ski Trip, Canyon Snow Resort
February 6 - Hope Mission Trip, Edmonton
February 7 - Twin a Teacher Day
February 8 - No School, Teachers Convention
February 9 - No School, Teachers Convention
February 16 - Graduation Portrait Day
February 16 - No School, PLC Day
February 19 - No School, Family Day
February 21 - Edmonton Oil Kings Hockey Hooky
February 27 - Ben Stelter Foundation Hockey Hooky



◀◀ SCHOOL SKI TRIP

January 31st, 2024
Canyon Ski Hill

▶▶ GRADUATION PHOTOS

February 16th, 2024

SANTA'S ANONYMOUS PIZZA LUNCH WINNERS

Congratulations to our Grade 7 class who won our Santa's Anonymous challenge this year!

Pizza lunch for the entire class will be on January 30th, 2024.

Buck Mountain Central School Exam Schedule January 2024

Wednesday, Jan 10	9:00 am	ELA 30-1 - Part A Diploma	Room 145
	9:00 am	ELA 30-2 - Part A Diploma	Room 145
	<i>Regular classes continue for all other classes & regular classes resume in the afternoon for students writing these exams.</i>		
Monday, Jan 22	9:00 am	Math 30-1 Diploma	Room 141
<i>Last day of classes for Grade 12 Students</i>	9:00 am	Math 30-2 Diploma	Room 141
	9:00 am	Math 30-3 Final	Room 123
	<i>Regular classes continue for all other classes & regular classes resume in the afternoon for students writing these exams.</i>		
Tuesday, Jan 23	9:00 am	ELA 30-1 Part B Diploma	Room 145
<i>Last day of classes for Grade 10 & 11 Students</i>	9:00 am	ELA 30-2 Part B Diploma	Room 145
	<i>Regular classes continue for all other classes & regular classes resume in the afternoon for students writing these exams.</i>		
<hr/> <p>High School Exam Week, Grades 10-12: Wednesday, January 24th - Monday, January 29th <i>Students only attend for their exams - no regular classes will be in session for these grades.</i></p> <p>Junior High, Grades 7-9, Regular Classes are running during this week. <i>Students will write their exams during the designated times and then return to regular classes.</i></p> <hr/>			
Wednesday, Jan 24	9:00 am	Math 20-1 Final	Room 141
	9:00 am	Math 20-2 Final	Room 141
	9:00 am	Math 20-3 Final	Room 156
Thursday, Jan 25	9:00 am	Bio 20	Room 165
	9:00 am	ELA 10-1 Final	Room 145
	9:00 am	ELA 10-2 Final	Room 145
Friday, Jan 26	9:00 am	Chemistry 30 Diploma	Room 141
	9:00 am	Science 10	Room 165
	9:00 am	Science 14	Room 165

	9:00 am	Social Studies 20-1 Final	Room 169
	9:00 am	Social Studies 20-2 Final	Room 169
Monday, Jan 29	9:00 am	School exam make-up day for all students, 10 and 11, who were unable to write their exams during the schedule above.	Office/Library
Tuesday, Jan 30	9:00 am	Social 9 PAT	Room 143
	9:00 am	Social 7 Final	Room 144
<i>January 31st School-wide Ski Trip - Canyon Ski Resort</i>			
<ul style="list-style-type: none"> ✓ Students can be picked up by parents following exams (regular Bus drop-off and pick-up) ✓ All students leaving the building following their exam are expected to inform the office. ✓ Parents of students who are unable to attend final exams must contact the office. <p>Arrangements will be made on a case by case basis with their teacher. Please review: BMC Final EXAM POLICY</p>			



December 15, 2023

Dear Parents, Guardians, and Caregivers,

On December 7, 2023, a letter was sent informing parents, guardians, and caregivers that the board has approved three motions to initiate a consultation process regarding school consolidation and reconfiguration. The scenarios will include the possibility of establishing new schools upon Provincial Capital funding approval within the Wetaskiwin Regional Public Schools jurisdiction.

The information below provides potential scenarios that may take place in the City of Wetaskiwin and the County of Wetaskiwin.

City of Wetaskiwin	
No Build	New Build
<ul style="list-style-type: none">• Consideration of consolidation and reconfiguration of existing K-6 and K-8 Schools	<ul style="list-style-type: none">• New School - Norwood Site K-8• Consolidation and Reconfiguration of existing K-6 and K-8 Schools

County of Wetaskiwin	
No Build	New Build
<ul style="list-style-type: none">• Consideration of consolidation and reconfiguration of existing K-6 and K-8 Schools	<ul style="list-style-type: none">• New School - Buck Lake K-12• Consolidation of existing K-6 and 7-12 Schools

We invite you to attend and share your thoughts and ideas on the No New Build/New Build scenarios mentioned above. Your opinions are important to us, and we welcome your active participation. If you wish to attend the Buck Mountain Central School consultation on January 23 at 6:00 pm, please sign up on the Wetaskiwin Regional Public Schools website.

Warm Regards,

Mike Wake
Superintendent of Schools
Wetaskiwin Regional Public Schools

BUCK MOUNTAIN CENTRAL SCHOOL

CANYON SKI TRIP

ENJOY THE DAY WITH US



WEDNESDAY, JANUARY 31ST, 2024

Forms must be completed online & full payment or alternate arrangement must be made prior to January 23rd, 2024

SIGN UP TODAY

**QUESTIONS OR CONCERNS
CONTACT BM@WRPS11.CA OR
CALL 780-388-3900.**



A Year to Remember

Get excited. Get inspired.
Get ready for grad pictures.

Prestige
Photography by Lifetouch

You only graduate once, your grad pictures matter.

As a part of the Lifetouch + Shutterfly family, Prestige Photography by Lifetouch is excited to help you celebrate this once-in-a-lifetime event!



Step 1

Review your photo session options here and select your favourite.



Step 2

Visit prestigeportraits.ca to schedule the session that is right for you.



Step 3

Come prepared! Be sure to bring multiple outfits and props to your session.

BOOK YOUR APPOINTMENT:

High School: Buck Mountain Central School

Portrait Sitzings: February 16, 2024

Location: Gym

Notes: Please come to your session 5 minutes prior to start time.

prestigeportraits.ca

If you have any questions regarding booking an appointment or what to expect please contact us:

780-437-2431