

# »»» NEWSLETTER ««« THE MOUNTAINEER

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



## TOP NEWS

### NEW TITLES IN THE LIBRARY «««

Earlier this year the office staff partnered with Yellowhead Regional Library to complete a much needed weeding of outdated and damaged books, we are now working hard to add exciting new titles like the ones pictured.



### »»» HOCKEY HOOKY

Students took part in the Oil Kings Hockey Hooky! It was an exciting day and game with the Oil Kings scoring to win with only 9 seconds left on the clock.

### TEAM BOHNING! «««

Congratulations to Sophia Bohning and her team for capturing silver and the Alberta Winter Games inCurling!

What an amazing accomplishment.



# MESSAGE FROM THE PRINCIPAL

## JANUARY

By Mr. Michael York

February seems to have come and gone in a heartbeat, which seems to be a fitting analogy given the month. We have been very fortunate to have mild weather and a few school outings to keep our students busy. Students' Union made a trip to Hope Mission to try and give back for all they do for our school lunch program. This group also organized a Candy Gram sale for Valentine's Day, encouraging kindness amongst all students. The Oil Kings hockey game was a smash hit with students, who lucked out and were on the glass for the game! In the same week, we were able to finally have our annual hockey and skate day, which saw students from grades 7-12 spending the afternoon at the Winfield arena. And, with the month not yet over, we are also looking forward to the Ben Stelter fundraiser event against Pigeon Lake Regional School. A very exciting time at BMC!

Moving into March, we are seeing a bit of a slower pace but we continue to push towards great opportunities for students. Lately, we have been working with the Mental Health Capacity Building team to create a Calm Corner for our library. This space will include activities and resources to help students who may be struggling with emotional regulation. By keeping the space separate from the office, students won't need to fear they are in trouble when they need a safe place to work through their emotions and challenges. We look forward to seeing this space utilized by students soon. The MHCB team has also been integrated into classrooms every Wednesday, and students are engaged in all sorts of activities to help with the stresses of life.

Spring break will soon be upon us and March is sure to fly by just as fast as February. Here's hoping spring greets us just as quickly.

# JR BOYS BASKETBALL

## UPDATE

By Teacher Coach Bailey Harden.

Junior boys basketball this season has been a success so far. With a full roster of dedicated athletes it is evident that these boys are natural winners no matter what the final scores turn out to be. As a group they are fostering a sense of belonging, and pride both on and off the court for our school. Throughout the season the group has really worked together, and received compliments from opposing teams on sportsmanship, as well as clean, competitive game play. During our season it has been great to see the family and friends that have come to support our mustangs and make running the team possible. Namely, Parents, and Co-Coaches Cassie Patterson and Shane Cross.

Overall, keep up the good work junior boys, and on behalf of the junior boys basketball team, thank you to our community and volunteer coaches!



## INFORMATION FOR PARENTS AND GUARDIANS

### Alberta Education Assurance Survey

#### Information for parents and guardians

##### About the survey

Every year, Alberta Education surveys students, their parents and all teachers on behalf of schools and school authorities to assess what is working well and where there is room for improvement. The survey asks students in grades 4, 7 and 10, and their parents, about their thoughts, feelings and experiences in school. The survey will be administered between January and March 2024. In some schools, all students in grades 4 and above and their parents will be surveyed.

Participants will be asked questions on a variety of topics, such as welcoming, caring, respectful and safe learning environments; student learning engagement; and parental involvement. The survey does not ask for names and cannot be used to identify individual participants.



##### Why is the survey needed?

Alberta's Assurance Framework requires school authorities across the province to report their performance according to a number of different measures that provide key information about how the education system is doing. A provincial survey allows all school authorities to be measured on the same things at the same time.

Participation in the survey is voluntary:

- All participants may opt out of taking the survey at any time with no repercussions and/or skip any questions they do not wish to answer.
- All responses are anonymous. The survey does not collect personally identifiable information and Random Access Codes will be used to group responses by survey type, school and authority.
- Only grouped data where there are more than six responses are reported.
- All data collected will be managed in accordance with the *Freedom of Information and Protection of Privacy Act*.
- If you have any questions regarding the survey or your child's participation, please contact your child's school directly.



##### How will I take the survey?

- Parents or guardians are issued a single-use Random Access Code mailed through Canada Post to complete the survey online.
- The code must be used to access the survey and helps Alberta Education group your response as being from a parent/guardian. It is **not** used to identify individuals.
- Monitor your Canada Post mailbox starting late-January 2024 for the survey invitation package from Alberta Education.
- Parents or guardians with more than one student in an eligible grade will receive a separate survey invitation package for each child.
- Paper copies of the survey can also be requested through your school principal once the survey opens.



##### How will students take the survey?

- Students complete the survey at school.
- Before the survey begins, your child's teacher or school staff will explain to the students that the survey is not a test – there are no right or wrong answers. They will also explain that there are no repercussions for opting out of participating and that they may skip questions they do not wish to answer.
- Responses are submitted anonymously. Random Access Codes will be used to group responses by survey type, grade, school and school authority only.

Details about the assurance measures and how to obtain results are available online at [www.alberta.ca/alberta-education-assurance-survey](http://www.alberta.ca/alberta-education-assurance-survey)

If you have questions or concerns about the survey, please contact your school principal.



Hi everyone, my name is Peyton Schneider and I am the Wellness Coach here at BMC! I work as a Wellness coach at Alderflats, 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 in social and emotional learning depending on the needs of the class! I am currently working on how to decrease stress and kindness in classes at BMC. If you have any questions regarding my programs please feel free to email me at [peyton.schneider@wrps11.ca](mailto:peyton.schneider@wrps11.ca)

# EQUINE EMPOWERMENT THERAPY PROGRAM

## UPDATE

By Lesley Cropper

Some of our Buck Mountain students have been participating in the Equine Empowerment Therapy Program in Drayton Valley. They have been covering many topics and the horses have been teaching them many important life skills. The students focus on their body language, sense of self-calming and how they can lead the horses together as an example of confident, assertive and positive leaders. Other topics that are being covered include; Communicating and eliminating obstacles that we can and can't control in our life, using the tools we have to manage pressure and anxiety, reflection on how we talk to other people and communicate when we are not in charge or when it is uncomfortable, talk and tone - How you speak to other people and the foundation for communication and body language.

We started this program last year and so popular with the students that we have two groups going this year. This is a very special program and I am thrilled that BMC is able to participate.



# CAREER COUNCILOR

## UPDATE

By Judy Miller

Graduating students received their credential checklist on Thursday, February 22. This checklist verifies credits completed and those credits that students need to complete in order to qualify for graduation. I went over each checklist and highlighted courses that are necessary for graduation for each student. Students can check their credit count by logging into their Mypass accounts. It is important that graduating students are aware of what classes are vital for graduation.

I am currently working on meeting with Grade 11 students to begin planning for next year and beyond. Students anticipating enrolling in post secondary need to ensure that they are enrolled in the courses necessary to apply to their program of choice and are also meeting the academic requirements. Any students needing information about programming or post secondary opportunities please make an appointment to come and see me. A career fair is planned for April at Red Deer Polytechnic. More information will be provided in March when dates and times are established.

# INCLUSION COACH

## NEWS

By Sue Klein

As we settle into semester two, students are again hard at work. Do you have concerns about your student's ability to focus in class? In the 21st century, there are many distractions at our fingertips. The following tips may be helpful to talk to your student about. If your student needs further support in this area, please reach out to either Mrs. Klein or Ms. Kwirant for assistance.

### Tips for Focusing in the Classroom

1. Get a minimum of 8 hours sleep each night. The brain cannot work if it is exhausted.
2. Eat breakfast. Breakfast is always available to students at Buck Mountain Central.
3. Eat healthy snacks throughout the day. Snacks such as granola bars are available for students at school as well.
4. Drink WATER (not energy drinks or sugar filled drinks) throughout the day. Bring a water bottle to class rather than taking a few sips from the water dispenser.
5. Sit near the front (often the less desired location). Sitting near the front allows the student to focus on the lesson without distractions around them.
6. Body breaks. If you are the type that needs to stand or move periodically, let your teacher know!
7. Participate! If you are participating in class discussions or asking questions, you have a better chance to stay focused and understand what is being taught. It's a circle; the more you understand, the more you focus...the more you focus, the more you understand!
8. Turn off your phone or leave it in your locker. In order to focus with success, the fewer the distractions the better!
9. Use fidgets (properly, not as a distraction to others), chew gum or suck on a sour candy (if allowed), gently snap an elastic band on your wrist if you are losing focus.
10. Make an effort to bring the correct supplies into the classroom with you or ask to keep your supplies in the classroom.

The strategies above can become habits if practiced regularly and with intent. Best wishes!



# HOPE MISSION TRIP

## STUDENTS AT BUCK MOUNTAIN CHOSE TO SPEND THE DAY GIVING BACK TO THE COMMUNITY!

By Randi Tyler

On February 6th, Mrs. Tyler along with Mrs. Miller took a key group of High School students to Edmonton's Hope Mission. While there students made bagged lunches for schools, church groups and other organizations in need. We worked hard to complete the assembly of over 700 sandwiches and lunch bags. Buck Mountain has been lucky enough to be a part of the Hope Mission lunch program and our school has been receiving lunches for over 4 years from this amazing organization.

Once completed students assisted in serving lunch to Edmonton's less fortunate, this was such a rewarding and eye opening experience for students.

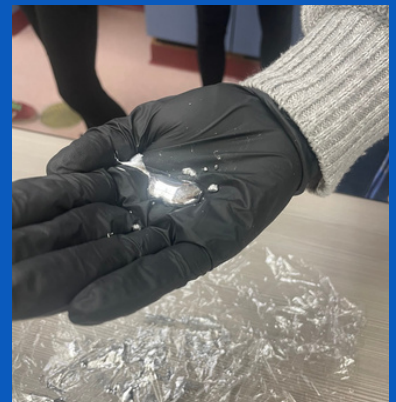
Students had also completed a winter clothing drive that was very successful. Students showed pride while dropping off all we had gathered for the less fortunate during the winter months.

This was an amazing day that we look forward to making this an annual event!



## STUDENTS GETTING HANDS ON WITH SCIENCE!

Grade 11's were exploring the properties of different kinds of metals, including gallium which has a very low melting point.



# SR. GIRLS BASKETBALL

## SEASON UPDATE

By Mr. Michael York

The senior girls basketball team had a phenomenal 2023-2024 season. While the team fluctuated between 5 and 6 players, they managed to hold their own! Every game was fought with tenacity and perseverance, and more than once a different team was heard cheering for BMC because we were outnumbered on the bench. With  $\frac{1}{3}$  of our team being grade 9 students, we saw a huge amount of growth and the girls really learned how to support each other. Overall, we played 7 league games and attended 2 tournaments in Fox Creek and Ponoka. Coach Shane Cross and I couldn't be more proud of them, and we know that they have the potential for a big competitive edge next year!



# LET'S GO RURAL! NURSING CAREERS

Date: Wednesday, Feb. 28, 2024

Time: 6 p.m. – 8 p.m.

Who: Rural High School students – Gr. 9-12 and their supports (academic advisors/career counselors/parents)

Where: Zoom (link to be sent to attendees prior to the event)

Details: Join faculty and current students from post-secondary institutions near your home community to learn about the pathway to rural practice in our second of a three-part series on nursing careers! Missed the first one? No problem! We will have a brief recap of “why rural?” and each session can be stand-alone. Participating institutions include Lethbridge College, Medicine Hat College, and Red Deer Polytechnic.

Register here: [https://www.eventbrite.ca/e/how-do-i-get-there-nursing-post-secondary-pathways-registration-827476092267?aff=oddtcreator&fbclid=IwAR1uJiwmBsE7B8QQhLdQVt20j1mTD4vGzayU\\_yzH42ywsWQYS1vfHv6CXA](https://www.eventbrite.ca/e/how-do-i-get-there-nursing-post-secondary-pathways-registration-827476092267?aff=oddtcreator&fbclid=IwAR1uJiwmBsE7B8QQhLdQVt20j1mTD4vGzayU_yzH42ywsWQYS1vfHv6CXA)

LET'S GO RURAL!



How Do I Get There?

NURSING CAREERS -  
POST-SECONDARY PATHWAYS

Open to  
high school  
students  
(grade 9-12)  
in rural Alberta  
interested in  
Nursing.

WEDNESDAY, FEBRUARY 28  
6:00 - 8:00 PM

Join us for the second in a three-part webinar series to learn more about a career in rural nursing after high school. In this session, discover post-secondary pathways to nursing. Hear firsthand experiences that will inspire you to take the next step towards your dream career.



Scan to register.

RhPAP.ca | [info@rhpap.ca](mailto:info@rhpap.ca)

This free interactive Zoom session is available only to rural Alberta high school students  
\*Financial contribution for RhPAP has been provided through Alberta Health



Alberta's Rural Health  
Professions Action Plan

# SCHOOL SKI TRIP

UPDATE



## UPCOMING DATES

- February 28 - Pink Shirt Day
- March 1 - Ben Stelter Foundation Hockey Hooky
- March 8 - School Dance (Poster attached)
- March 22 - April 1 - Spring Break, No School







**CKNW KIDS' FUND  
PINK SHIRT DAY**

PRESENTED BY



**BUCK MOUNTAIN CENTRAL SCHOOL**

**Wednesday, February 28, 2024**

**#PINKSHIRTDAY**

BUCK MOUNTAIN CENTRAL SCHOOL

P R E S E N T S

*Spring*  
*Formal*  
D A N C E

**MARCH 8TH**

**7:00 – 10:00 P.M.**

**Presale Tickets**

**February 26 – March 7**

**\$8.00**

*tickets at the door* **\$12.00**

BUCK MOUNTAIN CENTRAL SCHOOL & P.L.A.C.E

# HOCKEY HOOKY



## FOR BEN



IN SUPPORT OF



BEN  
STELTER  
FOUNDATION

PLAYERS + SPECTATORS WELCOME WITH DONATION

**FRIDAY, MARCH 1ST 2024**

SR. HIGH GAME @ 10:30 **FALUN, AB**

JR. HIGH GAME @ 12:30



SCAN THE QR CODE TO DONATE ONLINE OR  
MAKE A DONATION IN PERSON AT THE OFFICE

BAGGED LUNCH ENCOURAGED

PERMISSION FORMS ON POWERSCHOOL DUE FEBRUARY 23RD. 2024

**THANK YOU FOR YOUR SUPPORT!**