

THE MOUNTAINEER

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



TOP NEWS

PARENTS VS STUDENTS BADMINTON ««

Our badminton students challenged parents in friendly badminton matches last week! It was an amazing event with tons of competition and skill. We love to see our school gym filled with events such as this and would like to thank Mr. Stewart and Ms. Spiller for hosting this fun night.



SOARING SESSIONS SCHEDULE

April 29 <small>Open to 30 students</small>	Break-Out BMC 3:30PM - 5:00PM JOIN US AFTER SCHOOL TO EXPERIENCE AN ESCAPE ROOM IN YOUR SCHOOL! HARKEN YOURSELF IN THE UNFOLDING MYSTERY AS YOU WORK TOGETHER TO SOLVE CREATIVE PUZZLES, UNCOVER CLUES AND DECIPHER RIDDLES TO HELP THE MYSTERIOUS "JJ FITZPATRICK" FIND HIS FAMILY FORTUNE.
May 6 & 13 <small>Open to 8 students</small>	Pottery @ The Mercantile 3:30PM - TBD HEAD TO THE MERCANTILE AFTER SCHOOL AND TRY YOUR HAND AT POTTERY. STUDENTS WILL BE GIVEN THE OPPORTUNITY TO WORK WITH CLAY AND THEN GLAZE AND FIRE THEIR CREATION. <small>NOTE: DUE TO THE SIZE OF THE SPACE, THIS SESSION IS LIMITED TO 8 REGISTRATIONS. FIRST COME FIRST SERVE. STUDENTS MUST COME TO BOTH SESSIONS TO FINISH THEIR PIECE.</small>
May 27 June 3 <small>Open to 20 students per session</small>	BOLD Outdoors 3:30PM - 5:30PM JOIN RECREATION THERAPIST JACKIE GREENLEE AS YOU GET OUTDOORS AND EXPLORE THE LOCAL AREA. STUDENTS WILL GET TO EXPERIENCE A VARIETY OF ACTIVITIES THAT CAN INCLUDE THINGS LIKE SWIFTER BUILDING, FIRE BURNING ETC. (SUBJECT TO LOCAL GUIDELINES) <small>NOTE: LIMITED TO 30 REGISTRATIONS EACH DATE. STUDENTS ONLY NEED TO REGISTER FOR ONE SESSION.</small>

Sessions are open to local youth ages 10-18. To register for a session please visit <https://forms.gle/7M6Xy45ATyZAM87> or use this QR Code to access registration.

Registrations are accepted on a first come first serve basis.

Sessions are organized by a local youth committee, and are generally paid for through the development of grants for after-school activities provided by "Buck" (county) grant, and also sponsored by County or Washington FCSS.

»» SOARING SESSIONS

Please check out the attached poster for details on the following after school sessions available to youth in the Buck Lake area:

- April 29th - Break-Out BMC - an escape room!
- May 6 & 13th - Pottery @ the Mercantile
- May 27 & June 3 - BOLD Outdoor Sessions

Please use this link: <https://forms.gle/4VAXeFsXMPw3VULH7> to sign up to our afterschool programs - which are fast approaching. They are FREE and only require students to have a ride home at the end of the session!

Please forward us any follow up questions you have - sessions do have limits so be sure to sign up early!

MESSAGE FROM THE PRINCIPAL

APRIL

By Mrs. Nicole Kress

Spring has sprung! Trees are budding, grass is growing, and beyond likely having a few more overnight snowfalls it is the time of year that we get to enjoy new life and new energy all around us. Life at BMC is no exception.

We have a busy two months ahead. We are not anticipating any new staffing changes for the remainder of the year, beyond the ones we just experienced: my return to being your Principal has shifted Mr. York back to the Vice Principal role and Mrs. Klein has returned to Wetaskiwin Composite.

On Friday, April 19th Parents and Guardians received an update that included information regarding report cards and a review of school expectations, including some a recent inquiry into the school's policy regarding bandanas. A survey was included for our community to share their point of view on the school asking students to refrain from wearing bandanas and included a poll to determine if our school community would like the policy to continue or to change. We are committed to being responsive to our school community and will be changing the policy as a strong voice from our student and parent community expressed the desire for change. Effective May 1, students will no longer be asked to remove bandanas at school. School staff will still enforce a policy on school appropriate attire that includes expecting students to dress in a manner that reflects a welcoming, respectful, inclusive, safe, and healthy learning environment. Our updated school policy has been included in this newsletter.

After working with parents and guardians on this issue it became apparent that many of our caregivers want to know how best they can advocate for students in their learning and their school experience. Our best advice is always to reach out to the staff member who would have the most information for your query. For example, if you want to know about a deadline for an assignment or a grade in PowerSchool, your student's teacher is the best point of contact. If you want to ask about a school policy or make a suggestion, then your Principal and Vice Principal are the person to speak with. We always also try to include students in these discussions as we would hope to teach them the skill of self-advocacy too; what a great learning opportunity for our young people.

If you are advocating for a student who is experiencing a challenge or has a concern and you feel you have exhausted your efforts with the person you are communicating with, please reach out to me via email or phone and I will work with you directly, that includes connecting you with our WRPS Central Office team if they become your next best point of contact. Just remember, we want to address challenges and concerns as they arise, before they become large obstacles for students. Please don't assume that someone at the school already knows about it if you have not made direct contact - often I hear parents say they wish they would have called me sooner. We are all in this together and have a lot of common ground, as we all want students to be successful at school.

The reason we all work tirelessly to support our students is that we want to see them reach their potential as they work toward high school graduation and beyond. BMC's Convocation Ceremony will be on May 31st, with a list of eligible students determined in the next few days. I will be personally meeting with any student and parents who may be ineligible for convocation. I will also be having a meeting with students on Monday, May 13th to discuss BMC's convocation to make sure everything is on track for our celebration. Please reach out to me with any questions. Our parent group is also hosting a banquet for students and families following the ceremony. If you need any more information on this, please reach out and I will connect you with the best person to answer you questions.

As we plan for convocation, we are also planning for students to transition into the next year of their education. In the coming weeks students will be required to select courses for next year. Parents will also have access to see what students have selected and to make any changes, through the PowerSchool Parent/Student Portal. Stay tuned as more information about this comes out via our website, social media, and email communication.

Lastly, please note that WRPS Summer School registration is now open and closes on May 31st, 2024. All students grades 9 - 11 who were in attendance were presented with available courses and given information on how to register from the Principal of WRPS Summer School, Mr Willmott on April 29th. Please visit the website for more details and reach out to myself or Mr. Willmott with your questions.

Thank you to all students, community members, and staff for their warm welcome back to BMC as I transitioned back into my role. I love this school and feel honoured to, once again, serve this community as your Principal!

SCHOOL ATTIRE EXPECTATIONS (DRESS CODE)

Students are expected to dress in a manner that reflects a welcoming, respectful, inclusive, safe, and healthy learning environment. School expectations for student attire take into account a student's right to fairness, dignity and respect. The learning atmosphere should be considered comparable to a business atmosphere.

Student safety and wellbeing are our highest priorities. Students are expected to refrain from wearing, carrying, or displaying any clothing or accessories which pose a safety hazard. Note that some classes have specific requirements for attire, for example CTS courses and Physical Education.

- **Coats** are to be removed when in class.
- Students are expected to have a second pair of clean indoor **shoes** to be worn in the school and in the gym. Outside shoes are to be removed at the entrance door when conditions are wet or muddy.
- **Gym Clothes:** It is preferred that students have a separate change of clothes and shoes for Physical Education class. Shorts, T-shirts, and sweat suits are all suitable attire. When indoors, students are expected to wear clean, non-marking, shoes for gym classes. Students are expected to come prepared for outdoor activities for gym classes as well.
- **Hoods:** All students, staff, and guests to schools in Wetaskiwin Regional Public Schools will be asked to remove their hoods when entering the building.

School administration reserves the right to determine what is/is not acceptable attire.

FAMILY SCHOOL LIAISON

UPDATE

By Lesley Cropper

Through our partnership with county, we are excited to get in one more round of the Equine Empowerment program in before the school year comes to an end. Equine Empowerment is a program that partners students and horses to develop social skills and emotional regulation. Learners practice specific objectives like, trust, confidence, communication and team building using horses as their teacher. Watching our students learn and grow through this program has been an amazing thing to see. I am very hopeful that we will be able to continue this program next year.



INCLUSION UPDATE

UPDATE

By Mr. Michael York

With the weather turning, both students and adults may start to put off studies and work in order to enjoy the fresh air! While it is healthy and enjoyable to be outdoors, we certainly don't want to forget about the important work we need to do to be successful. With this in mind, our inclusion update is a list of time management strategies that will help teens find balance-- let's enjoy life while also being successful with school!

TIME MANAGEMENT FOR TEENS from asvabprogram.com

Here are five time management skills for high school students to help crush your objectives and make quick work of school assignments.

TIP #1: SET GOALS

Setting goals is crucial to achieving your objectives. According to Forbes, those who vividly describe or picture their goals are significantly more likely to be successful. Goal setting focuses your ambitions and develops self-discipline. Both of which are critical to effective time management.

Goals don't necessarily have to be related to school. Many people set goals related to fitness or hobbies. You decide your priorities, then align them to your goals and how you want to use your time.

TIP #2: MAKE A SCHEDULE

Making a daily schedule is one of the most effective ways to manage your time, especially if you have already reflected on what you want to accomplish. By planning your day, you are actively thinking about your responsibilities, priorities, and how much time you can dedicate to each.

As you plan your schedule, incorporate time for fun. Doing activities you enjoy helps you be more productive and reduces stress. No matter how lofty your goals are, you should dedicate time to relax and recharge.

An effective daily plan is one you can stick to and is realistic, so don't try to cram everything in! Here's an example of a good schedule for teens that you can easily adjust to fit your goals and daily routines.

Consider getting a fun daily planner, printing your schedule, or putting it on your phone. Easy access to your daily plan will help you stay organized and on target.

TIP #3: LIMIT DISTRACTIONS

Time management isn't just about planning your time. It's also about making good use of your time. Distractions can ruin your best attempts, so it's essential to limit them to maintain your focus on schoolwork or other goals.

Many smartphones have a Do Not Disturb mode. Use this feature every time you study, sleep or need to focus. This will help limit digital distractions, but what about your pesky roommates, also known as your family?

Tell others in your house that you need time to yourself. Put a sign on your door or send everyone a text message announcing you need quiet time and cannot be interrupted.

INCLUSION CONTINUED

UPDATE

By Mr. Michael York

TIP #4: NEVER PUT OFF UNTIL TOMORROW WHAT YOU CAN DO TODAY

Yes, this is your grandma's advice, but she was 100 percent right!

Procrastination is the enemy of time management. If you've ever started a term paper or project the night before it's due, you probably already know that procrastination leads to more stress and worse outcomes.

Instead, plan out your long-term assignments and projects and "chunk" them into smaller, more manageable tasks. Dedicate time to getting them done early and working on these subsets of the big project daily or weekly, so it's not one overwhelming assignment due all at once.

What happens if you meticulously plan your schedule and there are not enough hours in the day to do it all? You might try waking up earlier.

If your school starts very early, this may not be realistic during the week. But your weekend wake-up time is probably a bit later. Try moving your weekend wake-up time earlier. You'll be surprised how much you can get done by starting your day sooner!

TIP #5: SET UP YOUR SPACE

Setting up a designated area to get work done accomplishes several things. First, your mind will learn to associate that space with focus and productivity. Second, creating a space where you enjoy working makes it more pleasurable. It also keeps distractions from other members of your household and media more manageable.

As you create your study or workspace, add some favorite artwork and choose appropriate lighting for your task. Maybe even add a scented candle or whimsical string lights. Having an actual desk and a supportive desk chair is also essential. Your bed may be cozy, but it's just too tempting to fall asleep, and it's probably not good for your back and neck health.

This month's focus will be on student's personal growth!

Nominate students who you see focusing on personal growth, students who encourage others to grow or students who are simply working on being the best version of themselves daily.

We are hoping to see 10 nominations per grade level for the month of April & May.

Winners will be drawn at the end of every month and prizes will be awarded to the winners! You can select a book or concession credit!

Please make your nominations in the office.



**MUSTANG OF
THE MONTH**

HEAVY MEDAL HAUL

By Mr. Tim Stewart

Congratulations to the Jr Badminton team for a great season and a heavy medal haul at the Tri County Championship Tournament in Drayton Valley Thursday.

The entire team can be very proud of how well they played and represented BMC and Mustang Athletics.

Highlights include Bronze medals to: Sophia Bohning and Alyla Muhlbach, Brynlee Harden, Brody Cote; Silver medals to Kaleb Gibbions & Jordan Hughes, Dayton Hammond & Sophia Seely, Arden Fleming & Jenaya Robinson-Chorney

Tri-County Champion Gold medalist Shael Stevens, Tanner Purdy & Jaxxon Redman.

14 of the 24 Mustangs participating received medals!

Big thank to assistant coach Ms. Spiller for her work with the team and Ms. Gordon for supervising!



FINE ARTS FUSION DAY CAMP

WRPS is pleased to announce that we are bringing the Fine Arts Fusion Day Camp to all our Grade 7s and 8s across the division. This camp will allow students to be exposed to a variety of activities in the fields of music, drama, and visual arts. This event has been organized by fine arts teachers from around the division and is catered to WRPS students and schools. The intent of this camp is to foster interest and love of the arts in our students so as to encourage them to further explore them in their high school careers.

This event will take place Monday May 27, 2024 and will be held at the 4-H Alberta Centre near Westeros.

Students will be bussed to the Centre after regular arrival at school and shall return in time for regular bus departure at the end of the day.

Please note that this event will occur regardless of weather, so students must dress according to the situation.

Students should bring a bag lunch and water (note there are no available microwaves on site)

Please log in to PowerSchool to fill out this permission form: <https://www.buckmountain.ca/powerschool> - Deadline to complete this form is May 21st, 2024

INDIGENOUS SUPPORT WORKER



By Wayne P. Caron,

Here is an update on Buck Mountain Central School's exciting new program, "Learning From The Land and Rural Skills", which started up in February 2024. The land-based learning & rural skills currently has 4 male students in the group from grade 7 and up while they have been actively engaged in the following projects: wood burning crafts, sweetgrass hoops, harvesting earth medicine, fire-making skills, pow-wow drumming, traditional hand drum/drumstick making, sharing circles, smudging, oskapios (ceremonial helper) training. There are currently 7 female students from grade 7 and up in the land-based learning & rural skills girl's group which have focused on these areas: sweetgrass hoops, moose stew & bannock making, traditional beading, harvesting earth medicine, smudging, oskapios (ceremonial helper) training, sharing circles, traditional rattle-making, traditional ribbon-skirt making.

There has been measurable outcomes in the students since they entered the program; attendance has improved along with academic studies, positive attitudes, self-confidence, self-esteem, learning how to work cooperatively with others, strengthening relationships with group members and peers at school, respect for teachers/staff and the development of leadership skills. Our goal is to help students invest themselves in things that are important and meaningful to them and to provide a safe and supportive environment where they can explore their interests and passions, develop new skills, and find a sense of purpose.

We believe that this program will help students to develop a deep respect for the land, community, and themselves, and thereby reconnect to the school at large. We are confident that this program will provide a unique and valuable learning experience for those students who are selected to participate. Thank you for your support and please feel free to contact us if you have any questions or concerns.



CAREERS

UPDATE

By Mrs Judy Miller

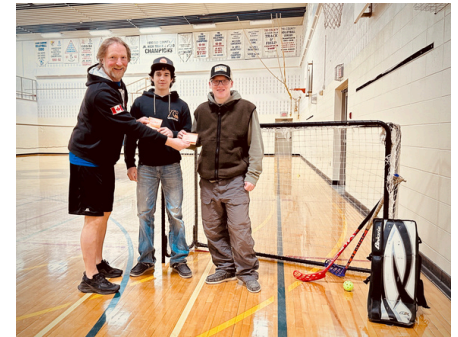
A group of Grade 10 and 11 students attended the Career Expo at Red Deer Polytechnic on April 25th. The students could attend different "try a trade" exhibits where they could test their ability on some skills related to that particular trade. Each faculty of the polytechnic had a booth set up where students could inquire about enrollment or programs. The community also had booths set up where they answered questions about their particular occupation. Some highlights were the RCMP, AHS and Eagle builders. The students enjoyed the day and a huge thank you to Mr. Wolney for driving the bus for us that day.

On Friday, May 24th, I will be taking a group of students who are interested in Nisku to the Precision Drilling training facility. This facility has a fully functional training rig on site and students will have the opportunity to learn about drilling operations, environmental initiatives and career opportunities. Students will be asked to sign up with Mrs. Miller in the near future and more information will be forthcoming.

Any students interested in participating in work experience over the summer must make an appointment with Mrs Miller. Students are required to secure employment, hand in a resume and have a work contract signed and completed by Jun 1, 2024. Students cannot earn work experience credits without a contract in place prior to employment. This is an opportunity for Grade 10 or 11 students who have completed both of their safety courses. If you have any questions or concerns please contact Mrs. Miller at the school.

IN & OUT OF THE CLASSROOM

UPDATE



UPCOMING DATES

- April 29 - BMC Break Out / Escape Room (30 Spots Available)
- May 4 - Highway Clean Up (Volunteers Needed)
- May 6 - Bus Driver Appreciation Pancake Breakfast
- May 6 & 13 - Pottery Sessions at the Mercantile (10 Spots Available)
- May 8 - Hats on for Mental Health
- May 13 - Youth Forum
- May 15 - Moose Hide Campaign
- May 16 - No School, PLC Day
- May 17 - No School
- May 20 - No School
- May 27 - BOLD Outdoor Session #1 (25 Spots Available)
- May 27 - Fine Arts Fusion Camp (Grade 7 & 8)
- May 31 - Graduation

Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5
7	8	9	10	11	12
14	15	16	17	18	19
21	22	23	24	25	26
28	29	30			



**STUDENT + PARENT
VOLUNTEERS
NEEDED**

**FOR HWY
CLEANUP
FUNDRAISER**



Pizza Lunch Provided!

Saturday

May 4th, 2024

9:00 a.m.

1:00 p.m.



We are still in need of 10 Volunteers

**PLEASE CONTACT BM@WRPS11.CA OR
780-388-3900 IF YOU ARE ABLE TO HELP!**

Buck Mountain Presents

Bus Driver Appreciation
PANCAKE
Breakfast



• **MON, MAY 6TH, 2024** •

F R E E

STUDENTS • BUS DRIVERS • STAFF

Wednesday, May 8, 2024



Hats on! for Mental Health



Wear a special hat to school
to raise awareness of the
importance of good
mental health.



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BUCK LAKE FAMILY OF SCHOOLS
PRESENTS

NATIONAL INDIGENOUS PEOPLES DAY CELEBRATION



Traditional arts
and crafts

Engaging cultural activities
and workshops for all ages

Live music and performances
from Aboriginal artists

Fresh
Bannock

JUNE 5TH, 2024

PARENTS, GUARDIANS AND
CAREGIVERS WELCOME TO ATTEND.

