

THE MOUNTAINEER

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



TOP NEWS

PHYSICS FIELD TRIPS <<<

Mr. Moore and Physics 20 students traveled to West Edmonton Mall to calculate forces, energy and acceleration of real world physics at Galaxy Land!



>>> TRACK UPDATE!

Congratulations to Talia Cross winning the hurdles in a thrilling come from behind win! Our other Mustang track athletes Maya Willows, Ashton Maude and Nash Loewen competed hard, placed well and were excellent representatives of BMC at Track Areas in Camrose.

STUDENTS UNION FREE SWIM <<<

Students will depart Buck Mountain at 12:00 p.m. on June 19th, 2024 for a free afternoon of swimming at the Drayton Valley Pool! Students will be back in time for regular buses. Please pack a bagged lunch. Permission forms are on PowerSchool.



MESSAGE FROM THE PRINCIPAL

MAY

By Mrs. Nicole Kress

As we approach the end of another school year, I want to take a moment to reflect on the incredible journey we've shared and look ahead to the exciting opportunities that await us in the coming year.

First and foremost, I want to express my heartfelt gratitude to each and every one of you – students, parents, teachers, staff, and administrators – for your unwavering dedication, resilience, and support throughout this challenging yet rewarding school year. We are not quite done yet, however final exams will be upon us shortly and we ask for a final push of effort and commitment as we prepare to close this school year out.

As we bid farewell to the current school year, let us celebrate the countless achievements, milestones, and memories that have enriched our lives. From academic accomplishments to artistic endeavors, athletic triumphs to acts of kindness, each success, big or small, has contributed to the vibrant tapestry of our school community.

Looking ahead to the next school year, I am filled with optimism and enthusiasm for the opportunities that lie ahead. We have been eagerly planning for next year, which will include some staffing changes. Mr. York has accepted a position at Ponoka Secondary Campus as Assistant Principal; we wish him all the best and thank him for his years of service at Buck Mountain. Mr. Chad Schenk will be joining the BMC team as Vice Principal in addition to having a significant teaching load. As we plan for the future, we remain committed to providing our students with the highest quality education, resources, and support they need to thrive academically, socially, and emotionally.

This week at BMC we have been celebrating our graduating class. To the class of 2024: as you prepare to embark on the next chapter of your journey, know that you carry with you the knowledge, skills, and values that will guide you towards success and fulfillment. As you step into the world beyond our school walls, remember that you are capable of achieving greatness, and that we will always be here to support and cheer you on every step of the way.

As we approach the end of the school year, I want to extend my best wishes to all our students as they prepare for their final exams. I know that each and every one of you has worked tirelessly throughout the year, and I have every confidence that you will approach your exams with focus, determination, and confidence. Remember to take care of yourselves, prioritize self-care and well-being, and reach out for support if you need it. You've got this!

To the staff at BMC: Thank you once again for your extraordinary dedication and commitment to our school community. Your hard work, passion, and unwavering dedication have made all the difference, and I am deeply grateful for everything you do.

Please enjoy this newsletter as we celebrate the final weeks of our school year together; there are many exciting days and events ahead of us.

2024 June Exam Prep and Exam Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	3 Assembly	4 Exam PREP Math 7 - 169 Science 8 - 145 Math 9 - 144 Social 10-11/10-2 - 143 Chem 20 - 141 Bio 30 - 165	5 National Indigenous People's Day Celebration	6 Exam PREP Science 7 - 169 Social 8 - 144 ELA 9 - 141 Math 10C - 165 Math 10-3 - 123 ELA 20-1 - 145 Social 30-18/30-2 - 143	7 No School PLC Day	
	10 Exam PREP ELA 7 - 169 Math 8 - 144 Science 9 - 144 Math 10C - 165 Math 10-3 - 123 ELA 20-2 - 145 Physics 20 - 170 Social 30-18/30-2 - 143	11 Exam PREP Math 7 - 169 Science 8 - 145 Math 9 - 144 Social 10-11/10-2 - 143 Chem 20 - 141 Bio 30 - 165	12 Exams: Social 30-18/30-2 - 143 ELA 9 Part B - 144 Exam PREP: Science 7 - 169 Math 8 - 144 Social 10-1 - 165 ELA 20-2 - 145 Physics 20 - 170	13 Exams: Math 9 PAT(P/A) - 165 Exam PREP ELA 7 - 169 ELA 8 - 144 Social 10-2 - 143 ELA 20-1 - 145 Bio 30 - 165	14 Exam PREP Math 7 - 169 ELA 8 - 145 Science 9 - 144 Math 10C - 165 Math 10-3 - 123 ELA 20-1 & 20-2 - 145 Social 30-1 & 30-2 - 143	
	17 Exams: ELA 20-1 & 20-2 - 145 Math 10C - 165 Math 10-3 & 10-4 - 123 Exam PREP: Science 7 - 169 ELA 8 - 144 Math 9 - 141	18 Exams: Math 9 PAT (pt.B) - 165 Social 10-18/10-2 - 143 Science 24 - 156 Exam PREP: ELA 7 - 169 Math 8 - 144	19 Exams: Social 30-18 30-2 - 143 Exam PREP: Math 7 - 169 ELA 8 - 144 Science 9 - 141 <i>Student Council Afternoon Site Activity</i>	20 Exams: Biology 30 - 165 Science 9 PAT - 144 Physics 20 - 141 ELA 8 - 145 Exam PREP Science 7 - 169	21 National Indigenous People's Day - No Exams scheduled. Exam PREP ELA 7 - 169 Math 8 - 145 Exam make up gr 9-144	
	24 Exams: 9 AM Chem 20 - 141 ELA 7 - 145 Math 8 - 169 Exams: 1 PM Math 7 - 169	25 Exams: 9 AM Science 7 - 169 Science 8 - 144 Exams: 1 PM Social 8 - 145	26 Exams: 9 AM Exam make-up day for all non-PAT/Diplomas - make arrangements at the office.	27 No School Staff Only	No School School Closed	
Exams & study time only. No regular classes scheduled						
<p>High School Exam Week, Grades 10-12: Monday, June 17th - Tuesday, June 25th. Students only attend for their exams - no regular classes will be in session for these grades. Junior High, Grades 7 & 8 Exam Week: Thursday, June 20th - Tuesday, June 25th. Students will write their exams during the designated times and then return to regular classes.</p> <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. Arrangements will be made on a case by case basis with their teacher. Please review: BMC Final EXAM POLICY 						

FAREWELL

By Mr. Michael York

While the word has already begun to spread (as these things do), I wanted to take a moment to formally announce my departure from BMC at the end of this school year. I have had the extreme pleasure of being welcomed into the Buck Lake community twice in my career, first as a teacher in 2015, and second as a vice principal in 2021. Each time, staff, students, and families have allowed me to experience all the wonderful things that this small community has to offer. Beginning in August, I will begin my role as an assistant principal at Ponoka Secondary Campus, which is within sight of my own home. While I am looking forward to work without a commute, and more time with my family, I will surely miss all the relationships I have built here at BMC. The heart and soul of this area is matched in strength only by the beautiful nature that surrounds the school-- where else will I be able to view a lake from the football field?

Thank you to everyone who has taken the time to grant me your trust and community, and for all those who have allowed me to grow as a professional.

CLASS REGISTRATION REQUESTS

2024-2025

Students have been eagerly selecting their courses for next school year through the online PowerSchool Portal. Mrs. Kress has made it through roughly half of BMC students and will complete the rest of the classes soon.

Parents are encouraged to ask their child to show them how the system on PowerSchool works and can encourage students to take options that interest and excite them.

The following are a few scheduling notes:

- Students who are registering in Summer School need to select courses as if they have not registered in Summer School - this is because the online program will not recognize that course until it is complete, which will happen in July. Adjustments to students' schedules in this instance will take place in August on an individual basis.
- Senior High Core:
 - Due to declining enrollment, we are beginning to cycle senior high science courses. In 2024-2025, Students in grade 11 will have an opportunity to complete physics 20 and physics 30. Physics 30 will not be offered in the classroom for the 2025-2026 school year at BMC.
- New Course Offerings:
 - Agriculture: This course is in development and will be offered at the junior high and senior high level.
 - In Junior High the course will cover a combination of the following: Environment and Sustainability, Plants and Plant Health; Animals and Animal Welfare, Food and Agricultural Commodities, Food Security and Economies of Food Production and Technologies.
 - In Senior High the course will begin with Agriculture Safety (a prerequisite for most courses in this content area) and will be followed by modules that the students in the class indicate are in their interest area. This course is under development and is being modeled after those taught in our sister school, Pigeon Lake Regional.
 - In junior high - students will have the option to choose from PE Plus (and extension of grade level physical education courses, with an emphasis on experiences beyond the walls of BMC) and Tundra Sports which is an outdoor, activity based option. If there is enough interest, these courses will return to BMC's schedule in 2024-2025
 - In senior high - Based on the level of interest it generates, we hope to offer a Sports Performance class, which is a CTS course that is focused on sports and recreation for students who successfully have earned 5 credits in PE 10. We will also continue to offer Computers Media and Computers Science, which is home to the Drones learning opportunity.

Please note that all courses, core and complimentary, will be offered based on the interest expressed in the course selections process by students. Course requests are used to determine viability of courses that we intend to schedule.



INCLUSION UPDATE

By Mr. Michael York

Exam season is upon us, and it's time to equip ourselves with the best study strategies to conquer those tests with confidence. Whether you're facing finals, midterms, or any other assessments, these ten study tips are tailored to help teenagers like you excel:

- 1. Start Early, Stay Consistent:** Procrastination is the enemy of effective studying. Begin your exam preparations well in advance, ideally weeks or even months before the exam date. Break down the material into manageable chunks and create a study schedule that allows you to cover everything without feeling overwhelmed. Consistent, daily study sessions spread out over time are more effective than cramming at the last minute.
- 2. Know Your Learning Style:** Understanding how you learn best is essential for efficient studying. Are you a visual learner who benefits from diagrams and charts? An auditory learner who grasps concepts through listening and discussion? Or perhaps a kinesthetic learner who learns by doing and prefers hands-on activities? Identify your preferred learning style and adapt your study techniques accordingly to maximize comprehension and retention.
- 3. Create a Study Schedule:** Organize your study time by creating a detailed schedule that allocates specific blocks of time for each subject or topic. Consider your school timetable, extracurricular activities, and other commitments to ensure you have dedicated study time for each subject. Stick to your schedule as closely as possible to ensure you cover all necessary material without feeling overwhelmed. Use tools like planners or digital calendars to stay organized and track your progress.
- 4. Use Active Study Techniques:** Passive studying, like mindlessly re-reading notes or textbooks, often yields limited results. Instead, engage actively with the material by practicing active study techniques such as summarizing, questioning, and teaching. Break down complex concepts into simpler terms, ask yourself questions to test your understanding, and explain topics as if you were teaching them to someone else. Actively processing information helps solidify your understanding and enhances memory retention.
- 5. Break It Down with the Pomodoro Technique:** Maximize productivity and focus by using the Pomodoro Technique, a time management method that breaks study sessions into manageable intervals. Work in focused intervals of 25 minutes followed by a short break of 5 minutes, then repeat. After completing four consecutive Pomodoro sessions, take a longer break of 15-30 minutes. This structured approach helps prevent burnout, maintains mental sharpness, and boosts productivity by breaking studying into manageable chunks.
- 6. Prioritize Subjects Strategically:** With limited study time available, it's essential to prioritize your efforts strategically. Focus on subjects or topics that you find most challenging or weighted heavily on the exam. Allocate more time to these areas while still reviewing and reinforcing your understanding of all subjects. Consider the exam format and syllabus to determine which topics are most crucial for success. Plan your study schedule accordingly to ensure you cover all necessary material.
- 7. Form or Join a Study Group:** Collaborating with peers in a study group can be incredibly beneficial. Explaining concepts to others reinforces your understanding and helps identify gaps in your knowledge. Hearing different perspectives and explanations from fellow students can deepen comprehension and provide valuable insights. Choose study group members who are committed to studying seriously and staying focused during study sessions. Collaborate on reviewing material, discussing challenging topics, and quizzing each other to enhance learning.
- 8. Stay Positive and Manage Stress:** Maintaining a positive mindset and managing stress levels are crucial for exam success. Avoid negative self-talk and focus on your strengths and accomplishments. Set realistic goals for yourself and celebrate progress along the way. Practice relaxation techniques such as deep breathing, mindfulness, or meditation to calm your mind and reduce stress. Take breaks when needed to recharge and prevent burnout. Remember that exams are just one aspect of your academic journey, and do your best to stay calm, confident, and resilient in the face of challenges.

By incorporating these detailed study tips into your exam preparation routine, you'll be well-prepared to tackle any academic challenge that comes your way. Remember, success is not just about the outcome of the exam, but also the effort and dedication you put into your studies. Stay focused, stay motivated, and you'll achieve great results!

CAREERS

WORK EXPERIENCE

By Mrs. Judy Miller

Any students who have current work experience contracts in place need to have their hours and evaluations into Mrs. Miller by June 20 in order to receive credit in these courses. Grade 11 students who have met with Mrs. Miller and are wanting to gain work experience hours over the summer months need to have contracts in place by June 14th. If you do not have a contract, please make an appointment with Mrs. Miller in the coming days to get this set up.

CLASS OF 2024

CONGRATULATIONS



DECLAN BEGG



BETH DAVIS



SAGE DUNSEITH



BRAEDON ELDER



DANNICA FINKBEINER



LAKEN FLEMING



GAVIN GALBRAITH



RILEY GOMOLCHUK



MORRIGAN GROVER



JALAYNE HAMMOND



ADIN JOHNSON



TWAN JOHNSON



KEISHAI MACKINAW



ARIANNA MELIN



DEVON POMPU



CAIDYN PURDY



PAUL ROGERS



ZACK SIEGEL



TAMEKA STRONG



JAYLAH WOODS

MOOSE HIDE CAMPAIGN DAY & BMC WALK TO END VIOLENCE

On May 15th, BMC staff and students participated in the Moose Hide Campaign and a Walk to End Violence. Due to difficult weather, students were given a choice to participate in the walk or to remain at the school and yet, every single student chose to participate in this worthy cause.

The Moose Hide Campaign is a powerful movement that aims to raise awareness about the issue of violence against women and children and to promote healing, reconciliation, and positive change. Students and staff who chose, were honoured with a moose hide pin to wear proudly as a supporter of the campaign and to represent standing up against violence and advocating for change. By coming together as a school community to participate in this walk, we have demonstrated our collective commitment to creating a safer, more inclusive, and more compassionate society for all.

As we reflect on the success of this event, let us continue to carry forward the spirit of the Moose Hide Campaign in our daily lives. Let us strive to create a culture of respect, empathy, and understanding, where all individuals are treated with dignity and compassion.

Congratulations once again on a successful Moose Hide Campaign and Walk to End Violence, and thank you to all participants for your unwavering commitment to creating positive change in our school community and beyond.



NATIONAL INDIGENOUS PEOPLE'S DAY CELEBRATION

JUNE 5TH, 2024

National Indigenous Peoples Day is an important opportunity to recognize and honor the rich cultures, traditions, and contributions of Indigenous peoples in our country. We are excited to celebrate as Buck Mountain staff and students are excited to be joined by our family of schools: Winfield and Alder Flats staff and students to celebrate as one large community on June 5th for the entirety of the school day.

Our community celebration will include traditional ceremony, drumming, singing, and storytelling, led by local Elders and Knowledge Keepers, and student leaders from our Land Based Learning and Rural Skills program. The day will be filled with interactive activities, crafts, and cultural teachings. Students will need to provide their own lunches, however Bannock will be prepared and served as a snack for staff and students.

A huge thank you goes to Ms. deBruin and Mr. Caron in planning this celebration and for the ongoing support and mentorship that they provide BMC students, including and beyond the Land Based Learning and Rural Skills Program.

The day's celebration will be open to the public for those who wish to come for part of or the entire day and Mrs. Kress will be holding a "Community Tea" to conclude the day at 3:30-4:30 for all Indigenous and non-Indigenous families who would like to engage in open discussions about Buck Mountain's commitment to reconciliation and next steps in planning for the 2024-2025 school year. There will be no set agenda for the tea, rather it is an opportunity for community members to share openly and for Mrs. Kress to listen and ask questions.

UPCOMING DATES

May 31 - Graduation

June 5 - National Indigenous People's Day

June 7 - No School - PLC Day

June 14 - Last Day of Regular Classes Sr High Students

June 19 - Students Union Free Swim

(Permission forms on PowerSchool)


June 14 - Last Day of Regular Classes Jr High Students





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

Community tea to conclude the day from 3:30 - 4:30
for all indigenous and non-indigenous families

JUNE 5TH, 2024

PARENTS, GUARDIANS AND
CAREGIVERS WELCOME TO ATTEND.





Buck Mountain Central School

YEAR END POOL PARTY

June 19th, 2024

FREE

12:00 - 3:00

Drayton Valley Pool

Permission forms by June 14th, 2024



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