

>>> NEWSLETTER <<<< THE MOUNTAINEER

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



TOP NEWS

HUGE SHOUTOUT TO JESSE! <<<<

During the LDAA Cross Country meet, Jesse went above and beyond by assisting Harjot, a student from Parkdale School for nearly 2km after Harjot was injured during their race. Jesse's selflessness and determination not only helped Harjot finish the race, but also showcased the true spirit of sportsmanship. Thank you for representing Buck Mountain so well Jesse.



>>>> VOLUNTEERS IN OUR COMMUNITY

Miss Gordon took some volunteer students from her Senior High Foods Studies class to the Buck Lake Hall to prep food for the Buck Lake Ag Society's Fall dinner and Mrs Kress met another group of volunteers there to help in the kitchen and with cleanup. Thank you to all of the students who helped out! We are grateful to the group of volunteers in our community who run events like these and were happy to lend a hand!

THANK YOU <<<<

Thank you to Doug for volunteering to come and work with our band students. He has been working with our trumpet players specifically and they have seen much improvement from these specialized sessions!



MESSAGE FROM THE PRINCIPAL

OCTOBER

Fall has officially arrived! Classes are in full swing, grade books are updated, and BMC Athletes are showcasing their BMC Pride. We have a lot to celebrate this school year already - we have a fantastic team of staff working with our talented and diverse students.

From the school's office there is a few reminders to parents:

- Please like and follow our social media pages (Facebook and Instagram) as well as WRPS social media pages - this will ensure you hear all the great things happening in our school and across the division.
- Please download the PowerSchool app to your smartphone and monitor your child's progress, in addition to seeing our daily morning announcements (scroll to the bottom).
- Check your online account to see the school fees that have been updated, based on your child's complementary courses (note this is subject to change throughout the year as students change courses/choose to participate in activities).

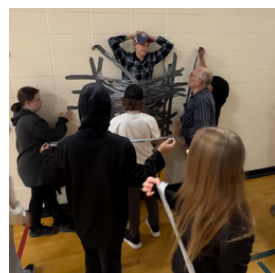
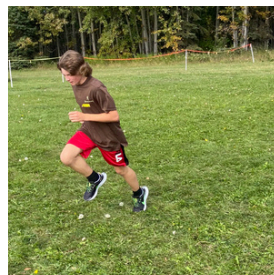
Here is an update on acceptable school behaviour at BMC and suggestions of how parents and students can help!

To be very clear: students at BMC are exhibiting acceptable school behaviour most of the time. There have been many stand out incidents where students have demonstrated strong character traits, doing things like cleaning up a mess that was not theirs, notifying the office of a custodial issue, and even lending staff members a hand (for example unloading groceries in the concession). These things may seem so little, but they are the positive moments that make all the difference in someone else's day.

A few reminders for appropriate school behaviour include speaking to students about **school appropriate language** - we have students who are 11 years old all the way up to 18, school is not a place for swearing or vulgar language. Students have also had a few reminders, particularly in the grade 7 and 8 classes about the **importance of keeping hands to themselves**. School staff should not have to decipher between playful interaction and student conflict - which is happening more than we would like to see. This includes situations that start out 'all in good fun' and then escalate to someone getting upset because it went too far. In these instances, student safety is compromised which is unacceptable. Many student by student conversations are happening in the classrooms with teachers, and a few instances have been referred to the office for administration to deal with. Let's all just take this as a friendly reminder and make a commitment to doing what each individual can in order to make a positive contribution to the school environment each day.

In case you didn't know, one of the WRPS board priorities is engaging "Parents as Partners". At BMC that means we want to be in constant communication, whether that is phone calls, emails, social media updates, or running into you at the gas station! If you are a parent who feels like they are 'not in the know' please reach out first to your child's classroom teacher and then the office if you don't know who to contact. Challenges and concerns can be brought forward straight to administration, however classroom teachers will be the first level of response if it pertains to the classroom.

Thank you to all of the amazing people who support our students outside of the classroom and to all of the fantastic volunteers. If you are interested in getting more involved, please plan to attend the **Parent Meeting on October 22, 2024** (virtual and in person). This meeting will be focused on Junior high students (particularly grade 7 and 8), however all parents are invited to attend. **For any parent who attends, their child's name will be entered into a draw for a \$10 concession card!**



INDIGENOUS SUPPORT PROGRAM

Tansi miyo kisikaw (Hello, it is a good morning),

Orange Shirt Day is an event, created in 2013, designed to educate people and promote awareness in Canada about the Indian residential school system and the impact it has had on Indigenous communities for over a century. An impact that continues today.

At Buck Mountain Central we acknowledged the importance of Orange Shirt Day on Friday, September 27 in lieu of the official Truth and Reconciliation Day on Monday, September 30 which was a federally recognized holiday to encourage people to have time to reflect on this dark chapter in Canadian history. At BMC, we held a school wide event, 'Walk in Reconciliation' from the school to the campgrounds at Buck Lake and back. During the walk, we drummed and sang sacred songs acknowledging this day while we gathered at the campgrounds at the lake. We then had a Smudging Ceremony followed by a Water Ceremony with tobacco being offered to the lake by those that wanted to participate with water representing 'healing' and tobacco as an offering of 'prayers' for all the children that never made it home as well as for the survivors and their families.

Kinanaskomitin (I am grateful for all of you)

Wayne P. Caron, BA/NS

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Indigenous Support Worker

SUCCESS COACH

MRS. MILLER

October is a busy month for students. Post secondary applications opened on October 1st. Grade 12 students have started to create a My Alberta ID account so they can begin the application process. High school students are also invited to attend open houses in the month of October and November, the list of dates was emailed out to all students. I will be meeting with students to answer any questions about applications and to solidify graduation plans.

Students experiencing difficulty in core classes or who have fallen behind can come for help period 7/8 daily. Please contact me if you need help to be successful.

INCLUSION COACH

MS. KWIRANT

Wow, I can't believe that we are already almost 2 months into the school year. Time flies when you are having fun. Well, that and having a bunch of paperwork to do makes time go by quickly!

At this point, all IPPs (Individual Program Plans) are completed which means that I am in the process of contacting parents/guardians to discuss the goals and get a signature on the document. Some people prefer an in-person meeting, while others are fine with the document being sent home. Either way, if you know that your child has an IPP, look for an email or phone call in the upcoming weeks to discuss an option that best works for you.

I encourage all parents/guardians to contact the school at any time if they have any questions about their child's education. This can be done through a phone call or email. I know that for me, my preferred method is through email as it provides a "sticky note" that reminds me to respond. Call it old age, but I do love my sticky notes! As well with the phone, it is sometimes difficult to respond to a phone call during the day because I am teaching.

Have a HAPPY HALLOWEEN!



FSL UPDATE

MS. KANDICE

As students settle into school routines, homework, deadlines, activities etc, it is important that they prioritize self-care. This will help with managing stress, promote balance and well-being. Following is the Self-Care Wheel. If you have any questions or concerns please contact me at the school on Day 1 & 4, or email me at kandice.wynia@wrps11.ca

SELF-CARE Wheel

Self-care is an essential survival skill. Self-care refers to things we practice or engage in regularly to reduce stress and maintain or enhance our physical and mental well-being. Self-care is anything you do for yourself that makes yourself feel better or cared for can be considered self-care.
This self-care wheel identifies various aspects of self-care that offer a simple action plan to manage stress and help you lead a more balanced everyday life.



PARENTS' ASSOCIATION UPDATE

The BMC Parents' Association is a committee of dedicated individuals who organize and execute fundraising events to support BMC programs and opportunities for students. The group prioritizes key areas that require financial support to remain feasible, like BMC Band, Sports Teams, and Student Council events. They support all students at BMC by keeping student participation fees low and by purchasing resources and equipment that further increase learning opportunities for students. We are currently fundraising through hosting concessions at BMC home games. Our next fundraising event is hosting a casino in early January, which we are in need of volunteers for.

We are in need of additional volunteers, specifically to contribute to the association's executive. Currently we are without a chairperson and several other members are reaching the term of their commitment (and their child is graduating). We will be nominating and electing members for the executive and director positions at the next meeting.

Our next meeting will be October 22, 2024 - in person at the school or online if that is more accessible for you to attend. The meeting will be at the same time as the BMC Parent Advisory Committee Meeting at 6:30, which is led by Mrs. Kress and will have a focus on information for parents of current grade 7 and 8 caregivers. Typically, Parents' Association volunteers attend PAC meetings, which are followed by our association meetings.

We look forward to having you at our next meeting. Please reach out to the school at bm@wrps11.ca for your individual invitation to the next meeting. The link to attend virtually will be in this invitation.



UPCOMING DATES

October 10 - Pjyama Day

October 11 - No School PLC Day

October 12 - No School, Happy Thanksgiving

October 17 - School Photo Re-take Day

October 22 - Parent Advisory Committee Meeting (6:30) - In person and online