



Daysland Digest



Wednesday, October 13, 2021

Volume 2021-22, Issue 3

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School Photographs

We have contracted with *Smart Photography* to take the students' photographs again this year. All Kindergarten to Grade 12 students will have their individual portraits and group photos taken Thursday, October 21st.

Principal's Corner

We would like to thank those families that were able to touch base with their child's teacher during parent teacher interviews, which were held over the past couple of weeks. If you have any questions or concerns about your child's progress, you can always contact our staff to assist you.

PowerSchool is our new student information system that will be up and running in the near future. This is replacing Maplewood and you will be able to access your child's marks and attendance through any device. BRSD is still working with schools to finalize the setup. Once it is up and running, we will let you know. In the meantime, your child can ask their teacher any questions they may have about their mark or their progress in any of their classes.

With Fall upon us, the weather is starting to get quite cool. Please ensure your child is dressing appropriately for the weather, especially if they are going out for recess. Our morning recess especially can be quite chilly!

As always, if you have any questions, please do not hesitate to reach out. You can contact me at 780-374-3676 or wwilson@brsd.ab.ca

Scholastic Virtual Book Fair

We will be hosting our first ever Virtual Scholastic Book Fair October 18th to 22nd.

A percentage of total sales will be used to purchase new library books for all students to enjoy.

All orders will be consolidated and sent to the school to be distributed. There will be no shipping charged. I will send them home with your student or arrange for you to pick them up, if they are gifts. Here is the link to our school's Virtual Book Fair...happy shopping!

<https://Virtualbookfairs.scholastic.ca/pages/5164835>

Mrs. McCarroll



2021-2022 School Fees

School fees are now due. You can pay your fees on-line by visiting the school website. If you do not have access to on-line payments, the school does accept cash or cheque. For any questions or to arrange payment options, please contact the school office.

Little Caesar's Pizza is Back!

Grade 9 to 12 students are selling Little Caesar's Pizza Kits to help raise money for Students' Union.

Be sure to ask one of our students, or order online at PizzaKit.ca and use ID# 395357.

Deadline for orders is Friday, November 5th.

Pizza will be delivered to customers, Tuesday, November 23rd.



Mini Slammers

We are still looking for Mini Slammers Coaches for Grades 5 and 6 volleyball practice. If you have any interest in helping out, please contact the school.

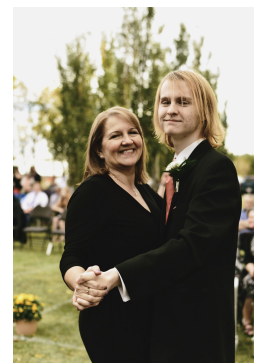
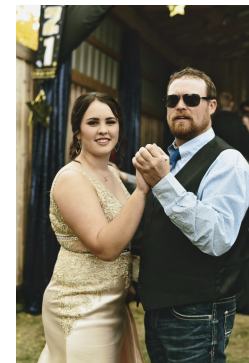
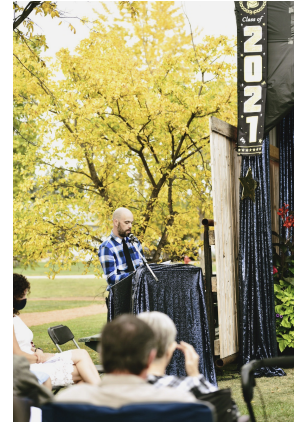
Virtual School Council Meeting

Wednesday, October 20th 7:00pm

***If you would like to be a part of the meeting, please email Kirby at kirbyheather@mac.com**

Graduation 2021

Congratulations to our 2021 Graduating Class, who were able to celebrate with an outdoor ceremony on September 25th! Although the school year and the celebration looked a little different this year, we wish you all the best!



Virtual Book Fair Countdown!

Dear families,

Our school’s **Scholastic Virtual Book Fair** starts next week! It will be open from **October 18-October 22**.

Let’s continue to give our students access to the books they want to read! We are excited to provide this opportunity for families to shop together, from the comfort of home.

Your investment in your reader also helps our whole school. All purchases earn Rewards that can be redeemed for books and Education Resources for our school’s classrooms and library.

When it’s time to shop, visit our school’s **Virtual Book Fair** site using this link:

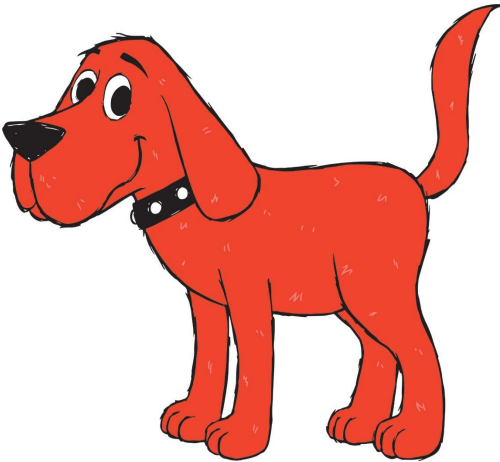
<https://Virtualbookfairs.scholastic.ca/pages/5164835>

Before our Fair begins, click the link to:

- **SAVE** it to your browser
- **WATCH** videos of popular new titles
- **PREVIEW** our Featured Books

Watch for news leading up to our **Scholastic Virtual Book Fair!**

Happy reading!
Mrs. McCarroll







Career Counselling

October 2021 Newsletter

Grade 11 & 12 students using the myBlueprint tool for Rutherford Scholarship calculations, Graduation Indicator & Pathway Eligibility need to enter past completed courses & marks (from myPass) because they did not roll-over with the shift from ConnectedED (Maplewood) to PowerSchool.



More Virtual Events	Our New Team Member!!	Your Application
<p>Missed the ELAA post-secondary events? The world is changing and how we connect to potential post-secondary institutions is changing too.</p>  <p>Post-secondary virtual events, advisor meets and online presentations are available! By connecting, you will be able to ask questions about admission requirements, program choices, scholarships, residence, campus amenities, athletics and more.</p> <p>Look for these opportunities on the institute's website under headings such as <i>Open House, Events, Information Sessions, Advising, Campus Tours, Scholarships and Registration.</i></p> <p>Find links on BRSD's <i>Events to Support Planning for Life After High School</i> calendar (on the homepage of the <i>High School Plus</i> website).</p>	<p>WELCOME!</p> <p>The Career Counselling Team is very excited to welcome our newest member, Theresa Kruchten. Mrs. Kruchten brings her enthusiasm for working with youth and will now be able to share her solid grounding in career development with BRSD students in addition to her half time teaching assignment.</p>  <p>"I was the academic and career counsellor at Bawlf School from 2013-2017. Planning adulthood can be a daunting task, and I am excited to work one on one and with classes as students' plan their futures."</p> <p>👋 Welcome Mrs. Kruchten! 🎓</p>	<p>Keep in mind that most post-secondary institutions start accepting applications around October 1st (a few even before!!). Some programs are not competitive with a first qualified, first applied, first accepted process so applying early matters! Other applications are accepted because of academic standing or the quality of an interview or portfolio.</p>  <p>Alberta post-secondary applications require a myAlberta Digital ID account before registering in the ApplyAlberta site.</p>  <p>Additionally, applications may require a Career Investigation, volunteer hours, or an interview or portfolio. Be sure to check for non-academic requirements so you are prepared.</p>

Have you joined your HS+ Google Classroom?

Find the latest information about career & post-secondary & access to your career counsellor's online appointment calendar

Your BRSD Career Counsellors - Lynda Kope, Theresa Kruchten & Carla Praticante careercounselling@brsd.ab.ca

AN OPEN HOUSE THAT IS ALL ABOUT YOU.

**OPEN HOUSE
OCTOBER 16, 10AM - 2PM**

YOU ARE UNIQUE. DISCOVER YOUR PERSONALIZED EDUCATION AT C.U.E. SMALL CLASS SIZES. PROFESSORS WHO REALLY KNOW YOU. AND A CAREER GUARANTEE LIKE NOWHERE ELSE.

PLAN YOUR VISIT AT [CONCORDIA.AB.CA/OPENHOUSE](https://concordia.ab.ca/openhouse)



CONCORDIA
UNIVERSITY
OF EDMONTON

APPLICATION FEE IS WAIVED • ATTENDEES HAVE A CHANCE TO WIN ONE OF 2 TUITION CREDITS \$2,500 AND \$1,000



UNIVERSITY
OF ALBERTA

Pre-registration is required for this event! Visit the HS+ website - Events to Support HS+ Calendar, or the Uof A site for a link to register.

Virtual Open House

Join us at Virtual Open House 2021!

Saturday, October 16, 2021 from 9 a.m. - 4 p.m.

It's the most exciting day to explore the U of A!

Join us virtually on Saturday, October 16, 2021 from 9 a.m. - 4 p.m. to learn about our 200+ program options, explore student opportunities, and meet and ask questions of our U of A community.



Virtual Booth Fair



Presentations



Interactive Tours
and Workshops



Live Q & A

VIRTUAL OPEN HOUSE 2021

Date/time:

Saturday, October 30, 2021
9:00 am - 4:00 pm MDT

**Pre-registration is
required!**

nait.ca/OH

Explore over 100 booths featuring NAIT programs and services, chat with instructors and students, attend virtual presentations and more! Register to reserve your spot at nait.ca/OH

Addiction & Mental Health News

October 2021

Understanding Emotions

Emotions are a normal and important part of life. Emotions aren't right or wrong or good or bad, they only tell you how you feel. You can control your actions and behaviours, even when your emotions feel strong.

Help your child identify and manage strong emotions with these calming strategies.

Notice and name emotions. Help kids learn how to deal with and talk about their feelings. Use the Emotion Wheel link below to help name emotions. Ask your child how their body feels when they are angry, sad, happy etc. This is a helpful way to make the emotions less intense and improves their ability to respond rather than react during stressful moments. Teens may enjoy journaling about feelings or expressing their feelings through art or music.

Tense and release

Tensing and releasing all the muscles of your body, one body part at a time can help reduce tension in your body and calm the mind. This is a great way to end the day with your child.

- Find a quiet comfortable place to sit or lie down.
- Focus on your feet and legs. Take a slow, deep breath in as you tighten those muscles, hold for 5 seconds, and exhale and release those muscles.
- Inhale, squeeze your fingers, shrug your shoulders to your ears and tighten the muscles in your abdomen, hold for five seconds. Exhale and release those muscles.
- Scrunch up your face as you inhale, hold for 5 seconds and exhale to release.
- Take a breath in, tighten the muscles of your whole body and as you exhale, let your whole body relax.
- Notice how you feel now. Repeat as needed.

Self-care

As a parent, being a positive role model all the time can be hard.

Find healthy ways to express your own emotions and cope with stress. Be sure to take time for yourself to recharge. Some ideas include:

- Going outside for a walk
- Learning something new
- Listening to music
- Talking with a friend or family member
- Watching a funny show
- The ideas are only limited to your imagination!

What do you like to do to recharge?

Gratitude

Being grateful improves our ability to cope with stress and improves our overall mood.

- Take a few minutes to talk about what you're grateful for each day.
- Savor the small everyday experiences by noticing how they made you feel
- Say "thank you" when someone does something nice for you.
- Use a journal to write down things you're grateful for each day or write them on a slip of paper and add them to a gratitude jar and watch it fill up. Each month read together all of the things your family has been grateful for.
- The key is to practice daily!

MORE RESOURCES

<http://anxietycanada.com/wp-content/uploads/2019/02/anxiety-bc- coping-strategies-v3-4.pdf>
<https://feelingswheel.com/>

Information on mental health, community supports, programs and services in your area:




MyHealthAlberta.ca

Addiction Services Help Line
1-866-332-2322
Mental Health Help Line
1-877-303-2642

 **811 Health Link**
Health Advice 24/7

 **Alberta Health
Services**

Community News & Events



Flagstaff Christmas Sharing 2021

A project of the Flagstaff Food Bank
Box 352
Killam, AB T0B 2L0

TO: Flagstaff County Citizens, Churches, Schools and Community Organizations

RE: FLAGSTAFF CHRISTMAS SHARING PROGRAM

Once again, the Flagstaff Food Bank will be co-ordinating the annual Christmas Sharing Program in the Flagstaff region. As we shift in our changing world, we will provide coupons to clients to purchase their own food and gifts at participating grocery, drug, gift stores and hardware locations throughout Flagstaff.

We would appreciate monetary donations between **November 1st and December 17th, 2021. Donations can be dropped off at the Flagstaff Family and Community Services building at 4809 49th Avenue in Killam or mailed to Flagstaff Foodbank Christmas Sharing program at Box 352, Killam AB T0B 2L0.** Please contact FFCS at 780-385-3976 if you have any questions about our program.

As the "Adopt a Family Program" was such a great success in past years, we will be running this program once again with some changes. Anyone interested in adopting a family, please call 780-385-3976 before November 12th. From this date forward when you adopt a family, we are asking for a monetary donation to cover the needs of the family payable to Flagstaff Christmas Sharing. These funds will be converted to coupons for distribution to your adopted family.

If you are aware of families in need, with their permission, please feel free to call and submit their name, telephone number and family size. All contacts will be handled with the strictest confidence. Please submit all requests by November 19th, 2021.

Thank you for your co-operation and support

Flagstaff Christmas Sharing Program
Box 352
Killam, AB, T0B 2L0

Canadian Library Month 2021

October 1 - 31



Find the ticket



Get entered to win!



prl.ab.ca



GOLDEN PRAIRIE 4-H CLUB

**NEW MEMBERS WELCOME:
OCT. 13, 2021 @ 7PM - FORESTBURG CURLING
RINK**

Registration Packages and Fees
are due October 20. No late
registrations will be accepted!



Questions? Contact
Alisa Glasier
alisaprehn@hotmail.com
or (403) 740-2850

