

BOBKAT BULLETIN



October Events

September 27 - Pizza Lunch

September 28 - Helping Hands Awards

September 29 - Orange Shirt Day
(National Day for Truth and Reconciliation)

September 30 - NO SCHOOL
(National Day for Truth and Reconciliation)

October 1- No Kinder/PreK; Classes continue for the remaining grades 1-6

October 4 - 8 - Read in Week; Collect food for the Food Bank

October 4 - Pizza Lunch

October 7 - Picture Day; BK Spiritwear orders close: [ORDER](#)

October 8 - Thanksgiving Liturgy

October 11 - NO SCHOOL - Thanksgiving

October 18 - 29 - Virtual Scholastic Book Fair

October 19 - Parent Teacher Interviews; Grade 6 Immunization

October 20 - Parent Teacher Interviews

October 21 - School Council

October 22 - NO SCHOOL - PD DAY

October 25 - Pizza Lunch

October 26 - Helping Hands Awards; Kinder/PreK Halloween dress-up

October 29 - No Kinder/PreK; Halloween dress-up



Admin Message

Happy Fall!! We have had a buzz and flurry of excitement as the students returned to classes to see friends and new teachers. A school is not a school without the positive vibe of students!

As we head into the 2021/2022 school year, we encompass our school faith theme wholeheartedly: Arise: Get Going!

"Arise, I have appointed you as a witness of what you have seen" (Acts 26, 16). As Pope Francis has written in his message to the young people around the world in the Christus Vivit - "Putting all else aside, I now wish to speak to young people about what is essential, the one thing we should never be quiet about. It is a message containing 3 truths: You are LOVED, you are SAVED, Jesus is ALIVE."

As we celebrate our young people this year, we are reminded that now more than ever we need to engage our students through hope and service. We were blessed to have been able to celebrate our Opening Liturgy last Friday. We had a beautiful ceremony with special guests Father Ed and Rebecca from St. Albert Parish. Our grade 4s have received their bibles; thank you to the Knights of Columbus for sponsoring these beautiful bibles.



Orange Shirt Day

On Wednesday, Sept. 29th, we will recognize the National Day of Truth and Reconciliation. Staff and students are encouraged to wear orange shirts that day. Students will participate in a variety of reconciliation activities.

PreK donations?

The PreK team is looking for donations of lightly used baby doll items (dolls, clothing, strollers, bottles, etc).

Chaplain in Residence

BK is excited to welcome Doug Kramer, GSACRD Chaplain, as a chaplain in residence on October 4 & 5. Doug will spread the good news to each of our classes and will engage students in a fun and lively way with lessons surrounding our faith theme: ARISE: GET GOING!

FOBK Food Bank fundraiser

The Friends of BK are hosting their first fundraiser to support those in need, but also to support our school. Please consider [purchasing](#) a \$10 farm to table veg package that will be delivered directly to the food bank. Orders available until Oct. 6.

Picture Day

Don't forget Picture Day on October 7th! Retakes on Nov. 2.

BK was blessed to welcome Hazel McKennitt (Indigenous Knowledge Keeper) and Archie Arcand (Metis Elder) to smudge our Peace Garden. Hazel and Archie did a wonderful job teaching our grade 1 and 2 students the purpose behind smudging and instilling the idea that smudging protects and cherishes the mind, body, and spirit. As a Catholic community, we were able to pray together and smudge together as one.

We have already practiced one Emergency Evacuation this month and will endeavor to have 2 more practice evacuation drills before the end of October.

Our Terry Fox run was a huge success. Thank you to all students who participated and who donated money towards the Terry Fox Foundation. As a school community, we were able to raise \$431.50 for this worthy cause. **As Thanksgiving draws closer, I would like to give you a heads up that we will be collecting food for the Food Bank for the week of Oct. 4 - 8.**

As the month of September closes, our last major event is just around the corner. Orange Shirt Day for National Truth and Reconciliation will take place on Wednesday, September 29th. Please encourage your student to wear an orange shirt on this day. We will not have classes on Thursday, September 30th, but classes resume for grades 1 - 6 on Friday, October 1st (there is no Kinder or PreK on Oct. 1).

God Bless,

Nicole Baker
Principal

Josie Cancian
Vice Principal



Nourish the BobKat

We are temporarily postponing our Nourish the BobKat snack program until restrictions have lifted, as the purpose of this program is to promote healthy eating through the provision of a snack using fresh foods. Since we cannot provide unpackaged foods at this time, we will revisit this program once we can carry forward properly.

BK Spiritwear

Spiritwear is available for purchase until Oct. 4. Please visit this [LINK](#) to purchase.




Sacraments

The sacraments for first reconciliation and first communion (gr.2 and up) and the sacrament of confirmation (gr. 6) will begin this month. It is not too late to sign up! Email Rebecca.Sakowich@caedm.ca to register. Mrs. Cancian and Mrs. Baker will be teaching the Thursday sessions for all sacraments, so if you would like a familiar face, please join us!

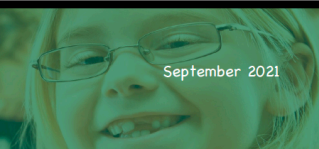
SAP News

St. Albert Parish releases a bulletin each week. Stay informed by clicking on this [LINK](#)

Counsellor Message



Counsellor's Corner



September 2021


Welcome Back!

Helping Your Child Cope with Back-to-School Anxiety
For most students, returning to school or starting school for the first time is a very exciting time! It's another sign that they are growing and gaining maturity. Their excitement should be honored and celebrated! However, some children find returning to school challenging.

According to [Anxiety BC](#) "anxious feelings are normal and expected during times of transition", which includes going back to school or starting school for the first time! Your worried child may cling, cry, have temper tantrums, complain of head or stomach aches, or become irritable.

Worries are common. Some common worries include "What if my new teacher is mean? Will any of my friends be in my class? Are my clothes ok? What if I miss the bus?" and so on.

"Although it is normal for your child to have worries, it is crucial to make your child attend school. Avoidance of school will only increase and reinforce your child's fears over the long-term and make it increasingly more difficult to attend"



Please visit the [Anxiety BC Website](#) or the [Heart Math Institute](#) for useful strategies and resources! If you have significant concerns, please contact your child's school counsellor (see below).

Have a wonderful start to the school year!

Counsellor Introduction to Bertha Kennedy

Greetings from the Bertha Kennedy's New School Counsellor,

My name is Maria Watkins. I am very pleased to inform you that this year I will be working as the part-time/itinerant School Counsellor at Bertha Kennedy. I have worked as a school counsellor in the district since 2010. In fact, I have worked at most of the Catholic Elementary Schools in St. Albert except your school and JJ Nearing. My school counselling career has now spanned nineteen years. I am very excited to be working at Bertha Kennedy. I look forward to working with the Bertha Kennedy Community.

I have a master's degree in counselling psychology from the University of Alberta. I am registered and certified by the Canada Counselling and Psychotherapy Association (CCC) and the Alberta Counselling Therapist Association (ACTA). I have worked in the public and private sector as a school counsellor and psychotherapist. In my work as a counsellor, I use a competency-based counselling model to assist students to find their own way out of problem situations. Narrative School Counselling is a respectful, non-blaming and collaborative counselling approach. I am trained in asking questions that separate children from problems which opens up space from them to experience agency. In addition, I am skilled at asking questions that connect children with their skills, competencies, beliefs, values, commitments and abilities. This process aligns the child (person) with preferences as well as preferred future possibilities for her (his) life.

I am thrilled to be allocated a .4FTE with Bertha Kennedy. I have arranged my schedule to be at BK four half days a week. I will be here on Monday, Tuesday, Thursday and Friday afternoons between 12:00 until 3:30.

Please feel free to contact me if you have any questions and / or concerns. E-mail is often the best way to contact me, as phone calls cannot be received during sessions and I not in the school all day, every day. My email address is mwatkins@gsacrd.ab.ca.

Maria Watkins, M.Ed. in Counselling Psychology

Psychotherapist & School Counsellor

Canada Certified Counsellor (CCC)

Alberta Counselling Therapists Association (ACTA)

School Council

We are recruiting!

We need helping hands in planning the outdoor spaces and are recruiting members for our Playground Replacement and Outdoor Space Development Committee. Let us know if you are interested in being a part of the committee by emailing School Council. Keep an eye on your email for the next meeting announcement.

We are also looking for additional parents to help out with School Council Committees. Let us know if you are interested in helping out with any of the following committees:

- Nourish the BobKats
- Spirit Committee
- Compassion Committee
- Yearbook Committee
- Playground Committee
- School Council Engagement Task Force
- Birthday Book Club
- Staff Appreciation Committee
- Garden Committee

Birthday Book Club

The first batch of Birthday Book Club forms will be going out next Thursday.

Join Us!

Our next School Council meeting will take place virtually on October 21 at 6:30 pm. Agenda suggestions for the next meeting will be accepted until October 18.

Keep an eye on your emails for the agenda and meeting details/zoom link.

BK Face Masks are available for purchase. View mask options and order here: <https://form.jotform.com/202236978057260>

Keep up to date and in touch with School council by heading over to our Facebook page (<https://www.facebook.com/bkbobkats>) and give us a like and follow!

BK School Council



Friends of BK

Friends of BK Fundraising Scoop

🎉 Congratulations to the newly voted in 2021/2022 FOBK Executive and a FOBK Friendly Welcome and Thank You to everyone for popping into our AGM last month! The Minutes will be emailed to all our present members. We look forward to serving our BK Council and School Community to raise funds this year for the Playground Project.

Fundraising Update: We have \$5k raised towards our \$30k goal - so every campaign or event brings us one step closer to our goal - A big Thank You to you and your friends & family for your support!

👋 Many hands make light work! If you would like to be a helping hand in any way, please message us or take a look at the volunteer Council/FOBK Jotform found in the link below.

📅 Pizza Monday's are underway! A quick reminder to finalize your online order by Midnight Wednesdays with the following link.

🍕 Little Cesar Pizza Kits Fundraiser will be on sale Starting October 4 - check back packs that week so can you have your order just in time for some Halloween Fun!

The last day to order your Pizza and Crazy Bread Kits is Oct 20 and curbside pick up is at BK on Oct 27 at 3:30 (Sigis Families can pick up kits later at Sigis Door) Make room in your freezer for some quick week day meals or to host a crazy bread party with family!

Pizza Pizza Spread the word!

🥬 Our Harvest Veggie Bundles for the Food Bank are still available until midnight Oct 6. Our generous giving will put healthy fresh vegetables on tables in need this fall while raising funds for the Nourish the BobKat Snack program.

🎲 Thank you to the Jennings Family who donated Amazing Elks Tickets for Auction! Yvette Page was the lucky bidder and was blown away with the experience! If you missed out on this flash auction don't forget to follow our Facebook Page to be in the loop!

Here is the infamous LINK to keep our Friends in the loop with all our events and campaigns and fundraisers:



<https://linktr.ee/FOBK>

This link is your one stop shop so bookmark and share! Please follow on Facebook and become an official member and to stay connected!



Thank you for being a Friend from the 2021/2022 Executives:

Lorrianne P, Melinda W, Deanna M, Courtney H, and Rebecca G

FriendsofBerthaKennedy@gmail.com