

HOME BASED SCHOOL

November 2024

R E M E M B R A N C E D A Y



LEST
WE
FORGET



A Message from Principal Holbrow

I started playing a musical instrument when I was 8 years old. I wanted to be a trombone player, but my arms were still too short, so they put me on the euphonium, a small tuba. This was in the

Regina Police Junior Band. I also played in the university bands and then I became a band teacher and I still play in a community band in Edmonton. Because I grew up playing music in a military style band, we were always asked to be part of Remembrance Day ceremonies. And as an adult, I have continued to contribute to ceremonies that honour our veterans.



For three years, I taught in a small community in Saskatchewan that did not have an adult group, but I joined up with others in the area to play music for Remembrance Day and other tributes to veterans. I organized all the school ceremonies in Thorsby and in Leduc Comp and regularly contribute to local ceremonies as well.

Remembrance Day is one of the most important days in the year. We will find a way to pay tribute to our veterans with our students this year, but I want to encourage you and your family to find a ceremony on November 11. These ceremonies are not long, but they are important. Let the women and men who serve our country, who serve our community, who risk so much for us know that you appreciate them. I know that I will be.

dates to Remember

Put This On Your Calendar...

- November 1 - PD DAY - No school for students
 - November 3 - Daylight Savings Time (Turn your clocks back)
 - November 11 - NO SCHOOL - Remembrance Day
 - November 12 - 15 - NO SCHOOL - Fall Break
 - November 18 - Classes Resume
 - November 28 - HBS Special Event (Needle Felting) 1:00-2:30pm
-

Remember... No school Nov 11-15 for FALL BREAK



Fall Break

NO SCHOOL!



In November - We Remember

November Activities

Remembrance Day is a memorial day observed by Canadians and other members of the Commonwealth since the end of the First World War in order to remember all those who have

fought and died in the line of duty to keep us free. Every year on November 11, Canadians pause in a moment of silence to honour and remember more than 2 million Canadians who have served, and continue to serve, Canada during times of war, conflict, and peace. If we do not remember, their sacrifice is meaningless.

Looking for ways to participate in the Act of Remembrance?

The Legion's [website](#) can help you:

- Watch the National Ceremony live
- Find a Local Ceremony
- Wear your poppy
- Observe 2 minute of silence
- Veterans' Week Learning Resources (free) [link](#)

Included below are a few videos about Remembrance Day. Try to draw your BEST poppies by watching the video and then maybe you will want to enter the Poster Contest? All info is included below!

What is Remembrance Day for Kids?

Remembrance

Day

for Kids

How To Draw Poppies

how to draw



poppies

HBS Special Events!

Our first Special Event of STEM Lego by Young Engineers was a huge success! Students had the opportunity to build and test their very own catapult! It was AWESOME! Check out some of the pictures below. Don't forget to sign up for our next Special Event, Needle Felting below.

Needle Felted Alberta Landscape

Thursday, November 28 1 PM- 2:30 PM

MAX 15 participants - Sign Up Required

Needle felting is a process in which wool fibres are locked together using a special felting needle. Felting needles have angled barbs along their length that grab and bind fibres together. Students will learn the basic theory of two-dimensional needle felting to create a lovely wool landscape inspired by Alberta.

Note: This event is **geared for students in Grade 3 and up**, but younger students are welcome to attend as well.

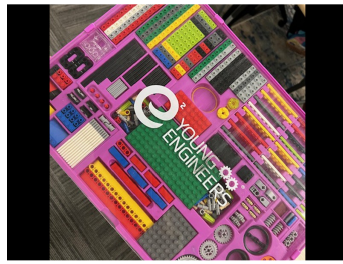
We look forward to seeing the amazing landscapes our students will create!



HBS November Event

Please mark the event you have signed up for on your calendar to save the date. If your child(ren) is/are unable to make it to an event, please give us at least 48 hours notice. This advance notice allows us the opportunity to fill vacant spots and accommodate other participants. Providing a late notice or simply not showing up not only disrupts our planning but also affects those students who want to participate. Thank you for your understanding!

Pictures of our STEM Lego October Event!



Teacher Directed Learning

HOME LEARNING

Teacher Directed Moodle Classroom

We will be utilizing our Moodle Capacity this year. Students and parents are required to watch the Moodle Tutorial video below. Please familiarize yourself with the video. The Moodle Site can only be access with the student's Blackgold account. It is the same log-in credentials that you use to check your Blackgold email (same username and password). You can access all of your materials digitally, watch video tutorials, and scan in your work all by using Moodle.

Website <https://moodle.blackgold.ca/> . We will also be requesting that work submitted digitally (scanned or pdfs) be uploaded through the Moodle dropboxes. Instructions are found in each Moodle course. Please don't hesitate to ask for help!

How to use Moodle to Submit your Assignments.

First, download a free version of Adobe Scan free from the App Store.

Watch a quick tutorial here: [Adobe Scan Tutorial](#)

Then, go to your Black Gold Moodle at: <https://moodle.blackgold.ca/>

Log in with your BGSD login and password.

Here is a quick tutorial to watch: [Moodle Video](#)

Remember, we have already added you to your classes. If you are missing a class, email Mrs. Melnyk at : tracy.melnyk@gshare.blackgold.ca

You will be looking for the “Dropboxes” in the menu. That is where you will upload your assignments.

For example, “**Assignment 1A**” goes in the “**Assignment 1A Dropbox**”.

PLEASE MAKE SURE YOU ARE UPLOADING THE CORRECT ASSIGNMENT IN THE CORRECT DROPBOX

Please note Mrs. Melnyk will enroll you in the courses - you are NOT required to self enroll - ignore that part in the video.

Parent Directed Home Education



Homeschooling

Parent Directed Program Plan Meetings


Parent Directed Home Ed Program Plan Meetings can be scheduled now. Please email Mrs. Melnyk to set them up tracy.melnyk@gshare.blackgold.ca

Parent Directed - Home Education Reimbursement Information

Are you enrolled in the Parent Directed Home Education Program with us? We have included an easy checklist for your Home Education Reimbursements. The PDF below is attached. The reimbursements are for this school year only. Receipts must be dated for August 2024 - May 2025. Deadline to submit reimbursements June 1, 2025. For all other information, check out our website here: <https://hbs.blackgold.ca/parents/standards-for-home-education-reimbursement/>



Mental Health & Wellness



Your
Mental
Wellness
Matters

I am
loved.

I am
safe.

I am
enough.

What can we do to improve our Mental Health?

1. Maintain a good sleep schedule

Surprise, surprise – sleep is important! The body’s production of melatonin – a hormone that helps us prepare for sleep – is suppressed by sunlight. But during the winter, when it gets dark earlier and the morning light isn’t as bright, our melatonin levels are thrown off. Our bodies want to go to sleep earlier, and it’s harder to wake up. Resisting the temptation to alter your sleep in the winter is key. Avoid bright lights at night (*cough* cellphones *cough*), don’t hit “snooze”, and open a window when you wake up to let the sunlight in.

2. Get fresh air

Going outside can seem counter-intuitive (and much less appealing) when the temperature is below freezing. However, spending time outdoors is just as important in the winter as it is in the warmer months. Bonus: getting fresh air during the day will increase your melatonin levels and help you sleep better...it’s all connected!

3. Enjoy some good comfort drinks

Is there anything more comforting than curling up with a warm beverage in hand when it’s cold outside? While I wouldn’t necessarily suggest making a Starbucks run every day (especially on a student budget!), it’s important to treat yourself to a good comfort drink every now and then. Personally, I enjoy having a mug of tea every night before bed. When it’s been a long day, comfort foods like soup and lasagna are also great. And of course, remember to stay hydrated – carrying a reusable water bottle is an easy way to do this!

4. Exercise regularly

It's hard to make a list of self-care tips without exercise being one of them, because it is just so integral to overall well-being. This time of year, excuses are easy to make: does the phrase "It's too cold outside to be active" sound familiar to you? The good news is that there are plenty of ways to be active indoors, and it doesn't need to take up a lot of your time. Good exercise can be as simple as following along to a yoga video on YouTube, or trying out the badminton courts at the rec centre with friends.

5. Make time for family and friends

Spend some good quality time with your loved ones, whether that means enjoying a good meal together, playing board games, blasting music, going shopping, etc. In this crazy world, sometimes we just need to take a step back and remember to focus on what's most important: ourselves and our loved ones.

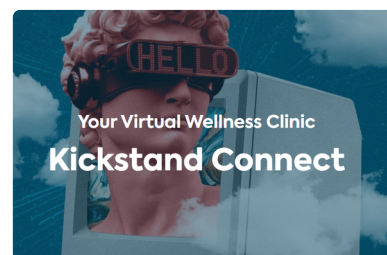
Open Minds / Open Pages at the Leduc Public Library

Good Morning from the Leduc Public Library,

I wanted to bring to your attention to a great mental health wellness program for teens and/or caregivers - Open Minds/Open Pages. Caregivers are welcome to attend on their own. All info and registration can be found at <https://leduclibrary.libcal.com/event/3818808>. It involves professional guest speakers and pizza.

Kickstand

Kickstand Connect is a virtual walk-in clinic for Albertans aged 11-25 (but they said their age range is soft; kids will not be denied if they are older or younger than that). Their services are provided by Alberta-certified providers, and there is NO COST associated with them.



There is NO limit to how many times a kid can access the walk-in services; they will be directed to further support if their needs are more intensive. This program has a TON of connections to other mental health support programs in the province.

<https://mykickstand.ca/connect/>

Electronic Recycling Association (ERA) Poster Contest

Hey kids - We are excited to invite your school district to participate in our 7th Annual Kids Poster Contest, which aims to raise awareness among students about the importance of electronic waste recycling and environmental sustainability.

Contest Overview:

- **Theme:** "Reduce, Reuse, Recycle"
- **Submission Deadline:** December 15, 2024
- **How to Enter:** Entries should be submitted online by teachers. Posters can be hand-drawn or created digitally. [Click HERE](#) to submit entries.

- **Prizes:** For every 1,000 entries, there will be 100 winners, and winning students will receive a refurbished laptop. Their artwork will also be featured on ERA's website and social media.

Judging Process:

- Entries will be judged by public voting, with winning posters showcased on our social media platforms.

For updates, you can follow us on:

- **LinkedIn:** @ElectronicRecyclingAssociation
- **Instagram:** @ElectronicRecyclingAssociation
- **Facebook:** @Electronic.Recycling.Association
- **Twitter:** @DonateRecycleIT



electronic.recycling.association

7TH ANNUAL KIDS POSTER CONTEST

Show us what reducing,
reusing and recycling
electronics looks like to you!



Why Enter the ERA Kids Poster Contest?

- ✓ Show Off Your Students Talent
- ✓ They could Win a Laptop
- ✓ Be Part of a Creative Community



ELECTRONIC RECYCLING ASSOCIATION | 1.877.9EWASTE | WWW.ERA.CA

Upcoming COMMUNITY EVENTS

TUESDAYS @ BELLEVUE

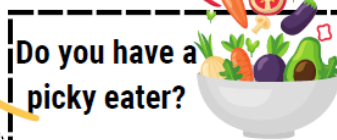
Sept-Dec 2024



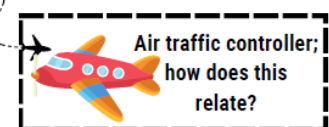
Open to families in
Leduc County

What's Happening at Ecole Bellevue School on Tuesdays?

SEPT/OCT	
TUE. SEPT 24	Sturdy Foundation- Brain Builder
TUE. OCT 1	Supporting Better Sleep
TUE. OCT 8	Supporting Toilet Training
TUE. OCT 22	Stress and/or Anxiety
TUE. OCT 29	Supporting Picky Eating



NOV/DEC	
TUE. NOV 5	Executive Function ✈️
TUE. NOV 19	FRN- Screen Time
TUE. NOV 26	Holidays on a Budget
TUE. DEC 10	Avoiding Unrealistic Expectations



Plan to Come!
Mornings: 9:00am to 10:00am

📍 Ecole Bellevue School
5103 50th Ave, Beaumont AB



Community Events

[Beaumont Library Calendar](#) - Art Escapes, Book Clubs, Chess, Teen Resume Help
Beaumont Public Library Scavenger Hunt!

Loaner BSRC Family Membership - Want to borrow a family membership for a week? Contact the HBS!

CARC Virtual Webinars ([Link](#)) - Free & online!

Leduc City [Guide](#)

Leduc Fieldhouse [Schedule](#)

[Leduc County Calendar](#) - Family Paint Nights, PD Day Hangouts, Family Fun Sports Days, Grief Support

[Leduc Library Calendar](#)

Telus World of Science Edmonton - <https://telusworldofscienceedmonton.ca/>

Royal Tyrrell Museum - [link](#) for more info



Board Highlights

June 19, 2024

August 2024 Board Highlights

The August 28, 2024 Board Highlights & School News are attached and have been posted to our website at: [News](#). They are also posted to our [Board Highlights](#) website section.

The Board Highlights are a summary of our Board of Trustee meetings to communicate pertinent information to our staff, school councils, parents, students and stakeholders. To be environmentally friendly, paper copies are not provided to the schools and School Council Chairs. The minutes of the regular meeting of the Board of Trustees are also posted to our Division website.

If you cannot access the Board Highlights from the links above, please view them from our website as follows:

- www.blackgold.ca
 - Board of Trustees
 - Board Highlights
 - Board Highlights - August 28, 2024 & School News
-

STAFF DIRECTORY

The HBS Staff Contacts

All general Inquiries, please email: hbs@blackgold.ca

School phone: 780-929-5784

Principal - Mr. David Holbrow - David.Holbrow@gshare.blackgold.ca

Coordinator - Mrs. Tracy Melnyk - tracy.melnyk@gshare.blackgold.ca

Secretary - Mrs. Jennifer Hay - jennifer.hay@gshare.blackgold.ca

Grades 1-6 & Personalized - Mrs. Marla Kniesel - marla.kniesel@gshare.blackgold.ca

Grades 7-9 - Mrs. Kristen Gilchrist - kristen.gilchrist@gshare.blackgold.ca

Curriculum Developer - Mrs. Najibe Kirameddine najibe.kirameddine@gshare.blackgold.ca

↓ Helpful Links ↓

[Come Visit Us](#)

[Home Based School Website](#)

[How to Use Moodle - Tutorial Video](#)

[2024-2025 Division School Calendars](#)

[School Handbook 2024/25](#)

[Home Education Handbook](#)

[Parent Directed Reimbursement Information 2024/25](#)



*I am a
Visible Learner
when I...*

- Show a positive attitude
- Take responsibility for my learning
- Persevere with challenges
- Share what I am learning and why
- Ask questions and seek feedback
- Learn from mistakes
- Understand my next learning step
- Know what to do
when I don't know what to do
- Support others to learn

*The most important thing to know
is that I am always learning*



Black Gold Home-Based School

Our Schools • Your Children • The Future



Mission Statement

Black Gold is a leading school division in creating innovative programming to inspire and create success for students. Black Gold Home-Based School is committed to providing flexible learning options so every student can achieve. Home-Based education choices work in cooperation with students, parents and Black Gold Schools to ensure quality program planning and transition. Home-Based School provides opportunities for Parent-Directed or Teacher-Directed programs and is respectful of parent choice and collaboration. We believe to achieve their full potential, children must be the center of all decisions related to learning and provide course work online or in print in a variety of environments. Home-Based education allows for a personalized learning opportunity for students who require flexibility.



Tracy Melnyk

Tracy is using Smore to create beautiful newsletters