

# Home Based School

Summer 2026

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## A Message from Principal Holbrow

The Outreach and Home-Based Ospreys are now on summer vacation, relaxing, sightseeing and rejuvenating for the fall. We hope that you, too, get a well-deserved break from school life. For our students, we hope you spend more time with friends and family and get to work on the things that you love, rather than school assignments. For parents, we hope that you enjoy the time of not reminding your child to get their work done, the break from email reminders. For our graduates, we hope that you get to enjoy the accomplishments you've earned as you get set to start the next journey.

We open our doors again starting August 27. We look forward to meeting with you again and helping you complete more of your goals.



Mr. Holbrow  
Principal

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# dates

## to Remember

### Put This On Your Calendar...

2026-2027 School Year

School re-opens Aug. 27



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### *Meet the staff BBQ*

Tuesday, September 15 from 4:00 - 6:00

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### *Home Based Events*

We want to thank all those who participated in the school events, and look forward to seeing you next year for some more monthly fun together.

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### *Fun Fact!*

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- The Eiffel Tower grows taller: Due to a neat science trick called thermal expansion, the iron in the tower expands when hot, making it grow up to 6 inches taller during the summer.
- Watermelon is technically a vegetable: While enjoyed as a sweet summer fruit, watermelons actually belong to the cucumber and squash family, making them a vegetable!
- The Midnight Sun: In the Arctic Circle, students living in the far north experience 24-hour sunlight, meaning the sun never sets during the peak of summer.
- Days are at their longest: The first day of summer—the summer solstice—features the most hours of sunlight of the entire year.

- July is Ice Cream Month: This official US designation was established by President Ronald Reagan in 1984 to celebrate America's favorite hot-weather treat.
- Sunlight boosts happiness: Safe sun exposure helps your brain release serotonin, which is a natural hormone that boosts your mood and makes you feel euphoric.
- The "Dog Days" of Summer: These are typically the hottest days of the year (late July to early August), named after Sirius, the Dog Star, which lines up with the sun during this time.
- Thunderstorms are more common: Warm air rising quickly during the summer heat creates the perfect environment for large thunderstorm clouds to form.
- Ice pops were an accidental invention: In 1905, an 11-year-old boy accidentally left a cup of soda with a stirring stick outside on a cold night, inventing the first frozen pop.
- Ancient Greek school calendars: Schools in ancient Greece gave kids the summer off so they could help their families with the agricultural harvest!

### Teen Skill Building Programs

## STELLARA THERAPY CO.

Small group virtual programs designed to help teens (13-17 years of age) build emotional regulation, confidence, and practical coping skills for every day life and school challenges.

#### Program Details:

- Format: Virtual small group sessions
- Group size: Min. 4 and max. 8
- Program length: 6 weeks
- Session time: 60 minutes

#### Stellara Teen Skills Lab

A 6 week skills program helping teens understand emotions and develop tools to manage anxiety, stress, and relationships.

#### Teens will learn:

- Understanding emotions and stress responses
- Skills for managing anxiety and overwhelm
- Challenging negative self talk
- Healthy communication and boundaries
- Confidence and self-compassion skills
- Practical coping tools for everyday stress

#### Ideal for teens who:

- Feel anxious or overwhelmed
- Struggle with confidence or self-criticism
- Have difficulty managing emotions
- Want stronger coping skills for stress and relationships



**About the facilitator:**  
Alyssa Cole, MACP  
Alyssa works with teens experiencing anxiety, ADHD, ASD, BPD, trauma, and emotional regulation challenges. Her approach is trauma-informed and focused on helping teens develop coping skills and confidence.

STELLARA  
THERAPY  
CO.



#### Stellara Executive Function Lab

A 6 week skills program focused on helping teens develop focus, organization, and planning strategies.

#### Teens will learn:

- How the ADHD and executive functioning brain works
- Strategies to start tasks and reduce procrastination
- Time awareness and planning tools
- Emotional regulation during academic stress
- Creating a personal focus and organization system

#### Ideal for teens who:

- Struggle with organization or missed assignments
- Procrastinate on school work
- Feel overwhelmed with academic demand
- Have ADHD or executive functioning challenges

### REGISTRATION & INFORMATION

**Email:** [info@stellaratherapy.com](mailto:info@stellaratherapy.com)

**Website:** [stellaratherapyco.ca](http://stellaratherapyco.ca)

**Registration form link:**

<https://form.jotform.com/260634994531059>

**Program Costs:** \$240 with options to upgrade



# PROJECT GLOW

# STELLARA THERAPY CO.

A 6-WEEK GROUP PROGRAM DESIGNED TO HELP TEEN GIRLS BUILD CONFIDENCE, EMOTIONAL SKILLS, AND SELF-WORTH IN A NURTURING & SUPPORTIVE ENVIRONMENT.



STELLARA  
THERAPY  
CO.  
— ✨ —



#### PROGRAM DETAILS:

- FORMAT: VIRTUAL SMALL GROUPS
- GROUP SIZE: MIN. 4 AND MAX. 8
- PROGRAM LENGTH: 6 WEEKS
- SESSION TIME: 60 MINUTES
- AGE: FOR 13 TO 17 YEAR OLDS

#### PROJECT GLOW SUPPORTS WITH:

- BUILDING CONFIDENCE AND POSITIVE SELF-IMAGE
- DEVELOPING HEALTHY BOUNDARIES & RELATIONSHIPS
- MANAGING STRESS, COMPARISON, AND PEER PRESSURE
- IDENTITY EXPLORATION & INNER STRENGTH
- LEARNING COPING TOOLS FOR EVERYDAY CHALLENGES

#### REGISTRATION & INFORMATION:

Email: [info@stellaratherapy.com](mailto:info@stellaratherapy.com)

Website: [stellaratherapyco.ca](http://stellaratherapyco.ca)

Registration form link:

<https://form.jotform.com/260634994531059>

Program Cost: \$240

## *New Resource to Consider!*



[CanadianHomeEducation.com](http://CanadianHomeEducation.com)

*What's new at CHER?*

**Lots and lots and lots!**

Looking for the newest homeschool curriculum from our exceptional suppliers? Hoping to find fresh resources that elevate your educational journey? At CHER we have been busy gathering exciting options for you to peruse.

We are proud to offer the largest variety of homeschool resources in Canada. Our goal is to provide this extensive selection with the intention of supporting and enriching your learning experience in every way that we can.

Visit our website to see what new-to-CHER resources we have recently added to support you and your family. Is there a product that we don't carry but you think we should? Let us know! We would love to share your favorite resource with others in the homeschooling community.

*Check this out!*

## Your School's Digital Library

School's Out? Reading is IN!  
How much can YOU read?



### How to find Digital Resources?

On the Library homepage, use the dropdown to select preferred format



Search by title, author or topic, and embark on your digital reading adventure!

### Did you know...

- You can borrow any ebook or audiobook using any device **ANYTIME, 24/7**. Just log in with your student account!
- There are 5000 different ebooks to choose from, and 1412 different audiobooks!
- Ebooks and audiobooks will **NEVER** be late! Automatic returns on item due dates.
- Ebooks will have this icon 
- Audiobooks will have this icon 

Ask your **librarian** for help!  
Visit [destiny.blackgold.ca](http://destiny.blackgold.ca) for access!



## LESSONS FOR KIDS

Whether your child is into sports, science, drama, dance, gymnastics, nature, or technology, there is an extracurricular option in Edmonton & Area to fit their unique interests! We are hunting for the BEST Lessons and classes for Kids to add to our list and share with your family. Our goal is to help keep your kids active and engaged throughout the school year by trying something new or getting back to a beloved activity!

[Best Lessons for Kids in Edmonton & Area](#)

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# HOMESCHOOLING



# 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. Andersen at [nicole.andersen@blackgold.ca](mailto:nicole.andersen@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 your teacher will enroll you in the courses - you are NOT required to self enroll - ignore that part in the video.

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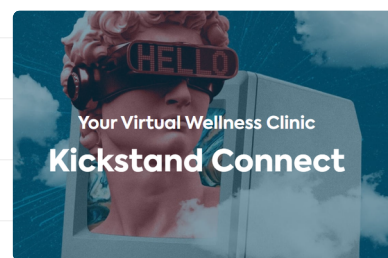
## *Health & Wellness*



# Wellbeing

## 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/>


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## Jack.org

**Jack.org** is a Canadian youth mental health organization dedicated to ensuring young people feel supported throughout their mental health journey. Our work focuses on early intervention, helping prevent crises before they happen by equipping youth and the adults who support them with practical knowledge and skills.



## Community Wellness in Leduc



A well community fosters connection, belonging, and mutual care, ensuring that every member feels supported to thrive.

Share your thoughts and enter to **Win a \$50 Gift Card**



Your feedback will help inform future initiatives and programs related to community wellness.

Tell us about your experiences, concerns and ideas about community well-being, connection and belonging in Leduc.



Complete the survey before August 31, 2025 and be entered for a chance to win a \$50 Walmart gift card.



### Leduc County Family Resource Network (FRN)

Leduc County Family Resource Network (FRN) offers permanent drop-in hours at its two facilities, located in Devon and Thorsby.

All families are welcome to drop in and join FRN staff for:

- coffee and snacks
- resources and referrals
- monthly prize draws
- free Wi-Fi and computer use
- games and crafts
- programs and supports

FRN facility locations

Devon: 5 Jasper Court in the Old Robina Baker School

- Open Mondays from 2 to 8 p.m.

Thorsby: 4711 48 Ave. in the modular building across from the Arctic Spas Recreation Complex

- Open Tuesdays from 2 to 8 p.m.
- Open Thursdays from 9 a.m. to 4 p.m.

*Please note: drop-in hours will be closed when school busses are not running.*

For more information, contact Leduc County FRN at 780-979-2385 or [frn@leduc-county.com](mailto:frn@leduc-county.com)

# INDIGENOUS NEWS

*tânsi | abawashded | wotziye | boozhoo | taanishi | oki*

Please take some time to read the [Newsletter](#) prepared each month by our division Indigenous Coordinator Michael Swampy.

**Cree Word of the Month:  
tapahtêyimowin Humility**

[Words of wisdom shared by Betty Simon, from Maskwacis AB. Translation here](#)

Humility is to know yourself as a sacred part of creation.

We feel humbled when we understand our relationship with creation

Never think that we are more important than anyone

We are not above or below others in the circle of life

Learn from mistakes, change for the better

Work on creating your self esteem

We will lose ourselves when we do not live in humility

It is humbling to be poor

Freedom from pride and arrogance

Not to continually talk of past achievements, you have not done enough if you must

Always be humble and strive for excellence

Humility is to live your life free from arrogance, to not be boastful, and to have a modest sense of your own worth

“We are just a strand in the web of life” and we respect and value life

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# Upcoming COMMUNITY EVENTS

## Community Events

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## Board Highlights

January 24, 2024

2026 Board Highlights can be found here: <https://www.blackgold.ca/board-highlights>

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

- [www.blackgold.ca](http://www.blackgold.ca)
- Board
- Board Highlights



# Board Highlights

May 27, 2026

## 2026-2027 Budget Report

The Board of Trustees approved the 2026-2027 Budget Report for Black Gold School Division, as presented.

The 2026-2027 Budget Report can be found on the Black Gold Website at: <https://www.blackgold.ca/results-plans-results>.

## Annual Education Plan

The Board of Trustees accepted the Black Gold School Division 2026-2029 Education Plan as presented, for submission to Alberta Education & Childcare, May 31, 2026.

The full plan can be viewed on the Black Gold website at: <https://www.blackgold.ca/results-plans-results>

## Facilities Joint Use Agreement – Town of Devon

The Board of Trustees approved the Facilities Joint Use Agreement with the Town of Devon, as presented.

The agreement can be found attached to the Regular Board, May 27, 2026 Agenda at: <https://blackgold.civicweb.net/Portal/>

## School Reserve Planning and Allocation Agreement - Town of Devon

The Board of Trustees approved the Joint Use and Planning Agreement with the Town of Devon, as presented.

The agreement can be found attached to the Regular Board, May 27, 2026 Agenda at: <https://blackgold.civicweb.net/Portal/>

## École Secondaire Beaumont Composite High School Student Excursion

The Board of Trustees gives approval in principle for students and Black Gold employee supervisors from École Secondaire Beaumont Composite High School to travel to Germany, the Netherlands, Belgium and France from June 30, 2027, to July 9, 2027 (inclusive).

## Board Evaluation

The Board of Trustees approved the 2025-2026 Board Evaluation Summary, as presented.

Notes from the evaluation can be found attached to the Regular Board, May 27, 2026 Agenda at: <https://blackgold.civicweb.net/Portal/>

## Honouring Spirit Nominees

The Board of Trustees were pleased to host the Black Gold student Nominees for the Alberta School Board's Association's Honouring Spirit Award.

Cody Crier, Corbin Carwell, Noah Bernard, Hazel Smith, Vienna Swampy and Marissa Stassen were presented with certificates from the Board of Trustees and Alberta School Boards' Association and a framed print by Nakoda Artist, Keevin Rider. The nominees and their accompanying guests were then invited to stay for lunch as guests of the Board.



# STAFF DIRECTORY

## The HBS Staff Contacts

All general Inquiries, please email: [hbs@blackgold.ca](mailto:hbs@blackgold.ca)

School phone: 780-929-5784

Principal - Mr. David Holbrow - [David.Holbrow@gshare.blackgold.ca](mailto:David.Holbrow@gshare.blackgold.ca)

Assistant Principal - Mrs. Nicole Andersen - [nicole.andersen@gshare.blackgold.ca](mailto:nicole.andersen@gshare.blackgold.ca)

Secretary - Mrs. Jennifer Hay - [jennifer.hay@gshare.blackgold.ca](mailto:jennifer.hay@gshare.blackgold.ca)

Grades 1-6 & Personalized - Mrs. Marla Kniesel - [marla.kniesel@gshare.blackgold.ca](mailto:marla.kniesel@gshare.blackgold.ca)

Grades 7-9 - Mrs. Kristen Gilchrist - [kristen.gilchrist@gshare.blackgold.ca](mailto:kristen.gilchrist@gshare.blackgold.ca)

Curriculum Developer, Grades 7- 9 Social & ELA - Ms. Andrea Collins - [andrea.collins@gshare.blackgold.ca](mailto:andrea.collins@gshare.blackgold.ca)

Curriculum Developer, Grades 7- 9 Social & ELA - Mrs. Danielle Manchak-Conroy - [danielle.manchak@gshare.blackgold.ca](mailto:danielle.manchak@gshare.blackgold.ca)

Educational Assistant - Mrs. Kiran Shaikh [kiran.shaikh@gshare.blackgold.ca](mailto:kiran.shaikh@gshare.blackgold.ca)

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# ↓ Helpful Links ↓

[Come Visit Us](#)

[Home Based School Website](#)

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

[Division School Calendars](#)

[School Handbook](#)

[Home Education Handbook](#)

[Parent Directed Reimbursement Information](#)

[Virtual Open House](#)

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# *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**



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.



**Nicole Andersen**

Nicole is using Smore to create beautiful newsletters