September 2024

# THE MOUNTAINEER CONTAINEER

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



#### **TOP NEWS**

#### BACK TO SCHOOL BBQ **<** Sponsored by secure energy!

Please join us for our Back To School BBQ and Awards Night sponsored by Secure Waste Management Wednesday, September 18th, 2024 Meet the Staff and Lawn Games 4 - 5PM Community BBQ 5-6PM Awards 6PM Parent Association Meeting to Follow!



#### >>> THANK YOU

Thank you to the Evergreen Co-Op for making a very kind donation to Buck Mountain Central School breakfast program. Our students are really enjoying it!

# MESSAGE FROM THE PRINCIPAL

As we move into a new school year, I want to take a moment to reflect on the kind of community we aspire to be. Our school is more than just a place where learning happens; it is a vibrant community where every student, parent, and staff member plays a crucial role in shaping our collective experience.

Creating the school community we want involves a shared commitment to fostering an environment where every individual feels valued, supported, and inspired to achieve their best. Make no mistake, this is a collective responsibility and requires the support of our parents and community as a whole. Now that we are in the full swing of things, lets focus on:

- Nurturing Respect and Kindness
- Encouraging Open Communication
- Supporting Growth and Development
- Promoting Inclusivity and Equity
- Building Strong Relationships

This year, let's all commit to making our school a place where every individual feels a sense of belonging and purpose. Together, we can create a community that reflects our shared values and aspirations, making our school a place of growth, joy, and success for all.

Thank you for your ongoing support and dedication. Here's to a fantastic year ahead! Warm regards,

Mrs. Kress Your Principal

#### **INTRODUCING MR. SCHENK**

Parents, guardians and school community,

Hello, my name is Chad Schenk. I have been in the community my whole life. Coming back to Buck Mountain Central School I have taken the role of Vice Principal, Teacher and Athletic Director.

As Athletic Director it is my goal to get students into sports and be active. At Buck Mountain we offer cross country, football, volleyball, basketball, badminton and track and field. I will be helping with getting these teams started and promoting sports in our school. The athletic opportunities happening now are:

- Volleyball we have interest in 2 Jr Girls teams, 1 Sr Girls team, and 1 Sr Boys team. I am the teacher lead and first point of contact for all things Volleyball!
- Football Fridays Mr. Wolney is getting students back on the football field in hopes of building the program. Fridays junior high students are invited to come learn about the game and participate in fun games and drills to test out the sport.
- Cross Country Mr. Stewart is putting together teams for the annual Rod Drebert Cross Country Race on September 18th, and a cross country meet in Wetaskiwin on October 2nd. Students are also practicing hard for our upcoming Terry Fox Run (September 25th).

As a teacher I will be teaching social and agriculture studies. Taking history in university and being a farmer my whole life I am excited to share my knowledge and experiences and offer them to the kids attending Buck Mountain.

The last role will be Vice Principal where I am excited to help serve people in the community and work to make Buck Mountain a great school to learn both in and out of school.

Thank you all for the warm welcome to BMC!

Mr. Schenk

### **INDIGENOUS SUPPORT PROGRAM**

Tansi,

Tawaw ay-ahci kihci askiwin Buck Lake minihik kiskinwahamakewikamik. Wayne Caron nitsiyikason ekwa niya oskayi Kayas Ohci natamakewin. Minihik ohci niya pihcayihk ostesimawasinahikan nikotwasik nehiyawaskiy.

Hello, welcome to another great year at Buck Lake School. My name is Wayne Caron and I am the Indigenous Support Worker from Buck Lake in the Treaty Six territory.

I have been supporting and advocating for Indigenous families, youth and children for 25+ years through my education, work and volunteering. My role as the Indigenous Support Worker for the last 6 years with WRPS at Falun, Lakedell, Winfield, Alder Flats and Buck Mountain Schools has been to support and nurture First Nations, Metis and Inuit students to succeed in learning by building a safe space/environment, positive male role modeling and relationship building. I am also responsible for building positive relationships with ALL students and families while having support in place that can easily be accessed by the families as well as advocating for them and their children whenever necessary.

As a Nehiyaw (Cree Person), I practice and teach the Cree Value System of Wahkotowin (Kinship), Sakitowin (Loving), Kitimakeyitowin (Caring), Iyisahowin (Patience), Kisewatisiwin (Compassion), and Iyanowpimatisowin (Indigenous Life and Values). I want to reassure you that every effort is being made to introduce quality cultural programming to the school that will bring awareness of histories and experiences of Indigenous people, culture, perspectives and traditions as well as expand on the programming that is already in place. If you have any questions or concerns, please feel free to contact me by phone, e-mail or text message.

Kinanaskomitin (I am grateful to you)

Wayne P. Caron, BA/NS ⊲⁺っし≥▷' Indigenous Support Worker BMC, Alder Flats & Winfield Schools Phone: 780-312-4893



#### FAMILY SCHOOL LIAISON

Welcome back!!! My name is Kandice Wynia and I will be the FSL at BMC. I have been an FSL with the school district for 12 years and am excited to be located at all 3 schools in the west area. This will give me an opportunity to provide continued support to students and families throughout their school career.

As the Family School Liaison, my main focus is to provide social and emotional support, crisis intervention and referral to community resources.

I can provide counseling and support students with:

- emotional regulation, such as, anger, frustration, worry, anxiety, sadness, fear
- stress management
- coping strategies
- experiencing grief/loss
- changes within the family ie. separation/divorce, illness, family stress
- bullying
- conflict resolution/friendship challenges
- mental wellbeing

Suicide Risk Assessments and Violent Threat Risk Assessments are also the FSL responsibility.

I will be working closely with the BMC Student Support Team to assist students by identifying their strengths and building resilience so they may reach their full potential this school year.

I am also available to parents/guardians. If you have any questions/concerns regarding your child/family well-being, parenting strategies or are seeking a referral to community resources, please give me a call at the school or contact me by email.

This year I am available at school on Day 1s and Day 4s. All Family School Liaison services are confidential.

Kandice Wynia - FSL, RPC, MPCC, CT kandice.wynia@wrps11.ca

# SUCCESS COACH

I am looking forward to another great year at BMC. My role at the school is success coach.

The success coach is the individual who works with students to build their individual path to graduation and beyond. This role includes helping students to plan their high school timetable, exploring off campus educational opportunities such as work experience, RAP, Green certificate, and outreach programming. I also help students to explore and evaluate post secondary programs and create a plan for post graduation.

As the success coach, I am committed to ensuring students complete high school, advocating for student needs and providing one to one or small group academic support. Part of my role includes working collaboratively with the student support team and teachers.

As always I am excited to be a member of Buck Mountain's learning team and am looking forward to the upcoming year. Please feel free to contact me at the school or send me an email at judy.miller@wrps11.ca.

# INCLUSION COACH

My name is Linda Kwirant, or as the students call me; Miss K. I am going into my 25th year here at BMC and while most of it has been spent classroom teaching, for a large portion of it, I have held the position of Inclusion Coach.

What does this mean you ask? Well it means several things. First and foremost, I am part of a larger student support team that discusses the needs of students. From there, we create an individual plan best suited to that student. Whether that is helping them get caught up on some work, helping a student study for an exam, or being in the classroom to directly help teach a concept, my role is flexible and based on the needs of the school community and as directed by administration.

I don't just support students, I also help teachers! Whether this is helping to find strategies and resources or as a partner for teachers to talk to when it comes to planning for student needs. My role encompasses students and staff.

This also means I am highly involved in creating IPP's (Individualized Program Plans) BSP's (Behaviour Support Plans), coordinating outside services such as OT (Occupational Therapy), SLP (Speech and Language), PT (Physical Therapy), Psychologists, etc.. So when I am not in the classroom, I am completing paperwork and communicating with families and services.

Please feel free to contact me with any questions or concerns you might have. linda.kwirant@wrps11.ca or 780-388-3900

#### **ONE SCHOOL, ONE BOOK:** CONVUS SHOUTING AT THE RAIN, LYNDA MULLALY

We are reading our One School, One Book generously donated by Cenovus Energy so that each individual student can take a copy of this book home to keep. Staff took time to make a note to students in their copies welcoming back to BMC and offering kind, encouraging words of support.

We are doing all reading during Directed Learning, the first period of the day to limit disruptions to learning in other classes. Students follow along as teachers read to them, a proven strategy to support students of all reading levels.

At BMC we have many struggling readers who have difficulty connecting with books that engage them and bring them joy. We hope through this collective experience we can help at least some of our students have a positive experience because we are all reading it together! When our reading is complete, we will resume more literacy and numeracy focused learning activities that respond to students needs during Directed Learning.

### **COMMUNITY HELPERS PROGRAM**

We are thrilled to share some exciting news that will enhance the educational experience for our Grade 10 and 11 students. This year, we are piloting the Community Helpers Program designed by Alberta Health Services.

The Community Helpers Program is a comprehensive initiative aimed at providing our students with additional opportunities for personal growth which will enrich their academic experience. Here's what you can expect:

- 1. Core Learning Modules: A core part of the training focuses on skills and ideas related to listening, helping, referring, mental health and suicide. A workbook accompanies these core parts. All grade 10 and 11 students will complete the core modules for this program. The CHP training teaches the skills, knowledge and attitudes you will need to better: look after yourself and your own wellbeing; help friends and peers with their concerns; connect friends and peers with services and programs that can help them.
- 2. Additional Modules: The rest of the CHP training covers topics that youth and young adults are concerned about, such as relationships, substance use, social media and conflict. Students will be given a choice about continuing their learning in these modules
- 3. Enhanced Academic Enrichment: Students will have an opportunity to earn credits toward high school graduation through completion of these modules, active participation in the learning activities, and upon completing some additional assessments. Additionally, students can earn a Community Helpers Program Certificate which can be added to their resumes.
- 4. Delivery Method: The program will be taught by Miss Peyton, Buck Mountain's Wellness coach (who is at the school once per week). The program will take place during Directed Learning on Day 3s and is intended to be complete by December.

We are confident that the Community Helpers Program will provide our Grade 10 and 11 students with valuable experiences and skills that will serve them well beyond their time at our school. We encourage students and parents to learn more about the program and take full advantage of the opportunities it offers.

For more information, please contact Miss Peyton at peyton.schnieder@wrps11.ca

## **UPCOMING DATES**

September 18 - Welcome Back BBQ and Awards (see attached poster) September 18 - Rod Drebert Run September 25 - Terry Fox Run September 23 - 27 - National Week for Truth and Reconciliation September 27 - Orange Shirt Day September 30 - No School, National Day for Truth and Reconciliation



FOLLOWING AWARDS - 7PM