

# >>> NEWSLETTER <<< THE MOUNTAINEER

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



## A MESSAGE FROM THE PRINCIPAL FAREWELL FROM MRS. KRESS

As I prepare to turn the page to a new chapter in my journey, I want to extend my deepest gratitude to this incredible school community.

Over the past 13 years, I've had the privilege of serving in both teaching and administrative roles, and it has truly been an honour to work alongside such dedicated staff, inspiring students, and supportive families. Together, we've celebrated milestones, faced challenges, and built a school culture grounded in care, respect, and connection.

To the students—thank you for your energy, your curiosity, and for reminding me every day why this work matters.  
To the staff—your passion and commitment make this a special place to learn and grow.  
To our WRPS leadership team—thank you for your guidance, trust, and encouragement throughout the years.

This community holds a special place in my heart, and while it's hard to say goodbye, I do so with immense gratitude and excitement for what lies ahead. I will carry with me countless memories and a deep appreciation for all we've shared.

Thank you all—from the bottom of my heart—for being part of this incredible chapter.

With warmest wishes,  
Mrs. Kress

# FINAL REPORT CARDS NOW AVAILABLE

2

We are pleased to share that final report cards for Semester 2 are now ready to be generated. Parents and students can access the report card—including teacher comments and an overview of academic progress—through the PowerSchool portal.

Please note that while the PowerSchool app provides access to grades, we recommend using the full online portal to generate the complete report. This ensures you see your student's performance across all Semester 2 and Quarter 4 courses, including any full-year classes.

Important Reminder: After reviewing Semester 2 grades and comments, be sure to reset your date filter in the app to "Y1" or "S2" to view cumulative grades for yearlong, semester, or quarter-based courses.

To explore how individual assignments contribute to the final grade, simply click on the grade shown in the "Grades" section for a detailed breakdown.

If you need help accessing the report card or have any questions, please don't hesitate to contact us by phone or email. We're happy to assist!

## RESOURCES FOR SUPPORT, COUNSELLING, CRISIS INTERVENTION FOR YOUTH AND FAMILIES OVER THE SUMMER

### Mental Health Helpline 1-855-242-3310

The Alberta Health Services Mental Health Help Line is a 24 hour, 7 day a week, 365 days a year, confidential service that provides support, information and referrals to Albertans experiencing mental health concerns. The line is staffed by a multidisciplinary team comprised of nurses, psychiatric nurses, social workers, occupational therapists, and psychologists.

The service provides: crisis support, mental health or addiction screening and assessment over the phone, general information about a mental health or addiction topic, information about local service options for addiction or mental health and how to access them, strategies people can use at home to support their emotional well-being!

### Kids Help Phone 1-800-668-6868

Canada's only 24/7 e-mental health service offering free, multilingual and confidential support to help all young people. Kids Help Phone also offers a mental health website with over 400 resources including videos, games and tools to help young people learn about their well-being.

<https://kidshelpphone.ca/>

Kickstand- provides free therapy and support for mental health, substance use, and more, tailored to young people aged 11-25 across Alberta. Services include: Mental Health Support, Substance Use Support, Peer Support, Groups and Workshops, Family and Caregiver Support, Indigenous Services

<https://mykickstand.ca/>

Anam Rural Youth Association 403-318-7690 – offers mobile, non-traditional mental health support service for youth and adults ages 13-25. It offers person-centered, non-clinical, one-on one support with suicidal ideation, mental health, self-harm, trauma, exploitation, parental conflict, high conflict divorce and substance use.

<https://anamruralyouth.com/>

Hope for Wellness - The Hope for Wellness Helpline is available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online 'chat' 24 hours a day, 7 days a week. Both telephone and online chat services are available in English and French. Telephone support is also available upon request in Cree.

<https://www.hopeforwellness.ca/>

Noojimo Health – an Indigenous-owned organization that provides culturally safe and timely virtual mental health services, delivered by an Indigenous care provider for Indigenous people.

<https://noojimohealth.ca/>

# 2025-2026 BELL SCHEDULE

<b>Warning Bell   8:40 AM</b>
<b>Directed Learning   8:43 - 8:55 am</b>
<b>Period 1   8:55 - 9:35 am</b>
<b>Period 2   9:35 - 10:15 am</b>
<b>Break   10:15 -10:20 am</b>
<b>Period 3   10:20 - 11:00 am</b>
<b>Period 4   11:00 - 11:40 am</b>
<b>Lunch Break   11:40 am - 12:10 pm</b>
<b>Period 5   12:10 - 12:50 pm</b>
<b>Period 6   12:50 - 1:30 pm</b>
<b>Break   1:30 - 1:35 pm</b>
<b>Period 7   1:35 - 2:15 pm</b>
<b>Period 8   2:15 - 2:55 pm</b>
<b>Bus Pick Up   3:00 pm</b>

While our office hours will remain the same (8:00 AM – 4:00 PM), there are a few important changes to next year’s bell schedule.

Directed Learning and lunch time will be reduced in order to meet the new earlier end-of-day time while still fulfilling the required instructional hours.

More detailed information about the daily student routine will be shared at the beginning of the school year.

For now, please note:

Drop-off time stays the same

End-of-day is earlier

Jr. High Lunch will begin at 11:25 for 15 minutes eating in class then 30 minute recess break.

Thanks for staying informed — we’re excited for the year ahead!

# STAFFING UPDATE

## FAREWELL AND BEST WISHES

As we close out the school year, we'd like to take a moment to extend our heartfelt thanks and best wishes to several members of our school community who are moving on to new adventures.

We say farewell to Ms. de Bruin, a dedicated teacher whose care and commitment have left a lasting impact on our students.

We also wish all the best to our incredible Educational Assistants: Mrs. Moisan, Mrs. Olsvik, Ms. Thompson, and Mrs. Hilstad. Their support, encouragement, and care have made a difference in so many young lives.

Finally, we offer our deep appreciation and warmest farewell to Mrs. Kress, our Principal, whose leadership and vision have guided our school community with strength and compassion.

Each of these individuals has contributed so much to our school, and they will be greatly missed. We thank them for everything and wish them continued success in all that lies ahead!

## WELCOMING NEW FACES AND CELEBRATING NEW ROLES

As we look ahead to the 2025–2026 school year, we're excited to welcome some new members—and celebrate some familiar ones in new roles—within our school community.

Please join us in warmly welcoming Mr. Gardner as our new Principal. We're also excited to welcome Mr. Granger, who will be joining us as Vice Principal. Both bring a wealth of experience and a strong commitment to supporting students, staff, and families. Mr. Schenk will be transitioning from administration back into the classroom this year. We know his passion for teaching and connecting with students will continue to shine in this new role.

Here's to a year of new beginnings and continued growth—we can't wait to get started!

# BACK-TO-SCHOOL INFORMATION - FALL 2025

We're looking forward to welcoming students back for the 2025–2026 school year!

### Student Registration & School Start-Up:

Students are invited to visit the school on August 28 and 29, from 9:00 a.m. to 3:00 p.m. During this time, they can:

- Drop off materials in their lockers
- Pick up class schedules
- Request transition meetings with our school support team
- New students can take a guided tour of the school

Please note: Staff will not be available on August 27, so we encourage families to plan accordingly.

### Supply Lists Now Available Online:

Supply lists for the upcoming school year are posted on our school website. Be sure to check them in advance to ensure your student is ready for the first day.

We can't wait to see everyone soon!

**BUCK MOUNTAIN CENTRAL SCHOOL**

# School Registration

2025-2026 ACADEMIC YEAR

**Grade 7 - Grade 12**  
**August 28<sup>th</sup> & 29<sup>th</sup>, 2025**  
**9:00 - 3:00 P.M.**



780-388-3900  
 @ bm@wrps11.ca

**Registration Information**  
 Welcome! We look forward to having your child(ren) join our school community.  
 wrps11.ca

**OR ONLINE HERE**  
<https://www.wrps11.ca/parents/new-registration>