

BHS NEWS

June 2025

Keep up to date with the
BHS Events calendar on
our website

June 2025

We almost made it, another school year just about in the books. We have a busy month ahead, check out the calendar below to see what is happening.

- We will be having 3 Hot lunch days this month. Breton Family Dining, Farmhouse Grind and Domino's Pizza. The order forms are attached and the fee has been added to School Cash if you'd like to pay online. You can always bring in cash or cheque with your order form to the office
- Jr. Track in Rocky Mountain House on June 3rd Leave Breton Elem at 7:30am
- Year-end Band Concert will be held on June 4th at 6:45 PM at Breton Elementary. It will be held outside, weather permitting! Everyone is welcome
- Grade 7 Cultural Camp in Rocky Mountain House on June 5th
- Bus forms are due June 5. If you do not bring your form back, transportation will assume you will no longer require busing in the fall. Any changes occurring during the summer must be phoned in to the Transportation Department 403-845-3376
- The last PAC meeting for this school year will be held on June 9 @ 7:00pm at Breton Elementary School
- We will be holding our annual award ceremony on June 13th at 2:00 pm followed by Volunteer appreciation at 3:00pm. Award recipients will be emailed an invitation but everyone is invited to celebrate their accomplishments with us. We appreciate each and every volunteer we have. You will receive an invitation to join us so we can celebrate you! Without our volunteers, we would not be able to do what we do for the students.
- Grade 7 & 8 Slow Pitch in Buck Mountain on June 18th
- Jr. High to Covenant Bay on June 23rd
- An exam schedule has been added to the calendar of events below
- Check out the link for the Village of Breton FCSS summer programming
- Last but not least **GRAD!** Please join us on June 26th at 1:00 in the Breton Community Centre for our 2025 Grad Ceremony.

Please clean out your lockers before you leave for the summer.

Check lost and found for any of your items. Anything left behind over summer will be donated.

Lets make life a little easier for Mrs. Trzaska and have all textbooks, Chromebooks, chargers, calculators and library books returned by June 19th or earlier if you no longer need them.

BHS NEWS

Many thanks to Baby Sophie and the grade 7 class, we had a successful Roots of Empathy program. We would love to run it again next year and are looking for Mom and baby volunteers. If anyone knows of a baby who will be 2 months old by October 2025, they can reach out to Mrs. Olson-Ross here at the school.

Please see the following write up, submitted by Mrs. Olson-Ross.

Pack your bags and join the Travel Club 2027

We will have a meeting when we get back to school in Sept/Oct 2025. Bring some ideas of where you'd like to go and what you'd like to do.

Check out [EF Tours](#) website for different itineraries.

From The Village of Breton FCSS...

We have the final details of our Summer Youth Program. We won't be taking registrations until June 4th, but parents can start looking at what is available through the program catalog at this link - <https://heyzine.com/flip-book/2cdc5f9f37.html>
If they prefer a paper registration, please have them stop by our office for one.

June 2025

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Jr. Track in Rocky	4 Breton Family Dining Lunch Orders Due Jr/Sr. Band Outdoor Concert @ Breton Elementary School - 6:45PM	5 Gr. 7 Cultural Camp	6 PD Day Sr. High Track Provincials in Calgary
9 Farmhouse Grind Lunch orders Due PAC Meeting @ 7:00 pm	10 English 30 DIP (Part A) Domino's Pizza - Lunch orders due	11 Social 30 DIP (Part A) Breton Family Dining Lunch	12	13 Sr. High last day of classes Farmhouse Grind Lunch Awards 2pm & Volunteer Appreciation @3pm
16 Social 8 Final Math 9 Part A PAT Math 10C Final Social 20	17 LA 8 Final Eng 9 Part A PAT Math 30 DIP Domino's Pizza Hot lunch	18 Math 9 Part B PAT English 30 DIP (Part B) Biology 30 Class Final Grades 7 & 8 Baseball in Buck Mountain	19 LA 7 Final Math 8 Final Science 9 PAT Social 30 DIP (Part B)	20 Math 7 Final Science 8 Final Eng 9 Part B PAT Biology 30 DIP
23 Chemistry 30 DIP Jr's @ Covenant Bay	24 Physics 30 DIP	25 Last Day for students SCIENCE 30 DIP	26 Last Day for staff Graduation @ 1:00	27

What Your Children Learned in Roots of Empathy This Year

Theme 1- Meeting our Baby- Introducing the concept of empathy, how love grows brains, temperament traits, and how babies learn through their senses. Students will learn the "Hello" and "Goodbye" songs to sing to our baby when she visits. Students learn about how babies see and make a black and white pattern book as a gift for our baby.

Theme 2- Crying- Students learn that crying is a baby's main form of communication, and that a crying baby isn't a bad baby, but rather a baby with a problem who needs our help. Discuss temperament traits that are associated with crying and risk factors for shaken baby syndrome. Egg demonstration of what happens to a baby's brain if shaken. Discussions around how everyone feels stress and loneliness and everybody cries and how all feelings are okay. Students discuss how these emotions can impact our health and how we can calm ourselves or get help.

Theme 3- Caring and Planning for Baby- To instill in students that being a parent means making responsible decisions around routines and planning such as diapering, feeding and clothing. To raise awareness that parental bonding and secure attachment happens during daily routines such as diapering.

Theme 4- Relationships- Students will learn that we all have feelings and that everyone all over the world share the same feelings-that feelings are universal. Feelings are good to talk about and how to recognize and respond to the feelings of others. Discussion of what bullying is, and how it feels and that we all have a responsibility to step in and help someone if we see it.

Theme 5- Sleep- It is hard for babies to make the transition from being social and with the ones they love to being alone and going to sleep. That babies who struggle with sleep is not a bad baby, but a baby with a problem and that transitional objects can help. Students will learn about putting babies to sleep on their backs helps reduce the risk of Sudden Infant Death Syndrome. Sleep is a universal need and students will examine their own sleep habits and learn the benefits of good sleep routines.

Theme 6-Safety- Safety issues for babies are connected to development and that as they reach new milestones babies face new threats. Parents have a huge responsibility to keep their babies safe, both in and out of the womb. Students will learn about the dangers of alcohol and secondhand smoke and discuss the things their own parents do to help keep them safe.

Theme 7- Communicating- Students learn how babies communicate and that the more parents talk to their babies the more they grow the baby's brain for future communication and language and reading skills. Discussions around body language and that babies

understand much more than they can communicate. Students learn that babies can use sign language to communicate and learn some sign language themselves. This session ends with discussion about the importance of nursery rhymes and students make a book of their favorite nursery rhymes as children and read it to our Roots of Empathy baby.

Theme 8- Who am I- Students learn that we are responsible for ourselves but we also have responsibilities to and for others, and that all babies all over the world deserve to be loved and cared for. In the first year, babies grow very fast and will give cues that they are ready for solid foods. Parents of new babies worry the most about their sleeping and eating habits and students will learn these are areas of autonomy and how to respect baby's cues. They will learn the importance of exposing babies to lots of different foods and to make meal time relaxed and for fun family bonding. Students will also learn about "Altruism" and make a time capsule about what happened the year the Roots of Empathy baby was born to give to her at final family visit.

Theme 9- Goodbye- We celebrate the baby's overall development over the school year. They will reflect on their favourite moments and what they will take away from this experience. Students are given the opportunity to consider what hopes and dreams we have for our baby when she reaches the age of the students, by creating a "Wishing Tree". We think about what things we can do right now to try to create a world like the one they wish for our baby and themselves.



Breton Family Dining Hot Lunch, June 11

Name: _____
Grade: _____

- ☐ Cheese Burger & Fries (\$11)
- ☐ 2 piece Chicken Finger & Fries (\$10)

Date orders are due: June 4th

Pay through School cash online or bring cash or cheque (Made out to Breton High School) to the office.

Farmhouse Grind Hot Lunch - June 13/25

Name: _____
Grade: _____

- ☐ Turkey Sandwich (\$7)
- ☐ Ham Sandwich (\$7)

Each bun comes with margarine, mayo, lettuce, cheese and meat, and mustard on the side.

- ☐ Sprinkle Cookie
- ☐ S'mores Cookie

Special Request: _____

Orders due: June 9th

Pay through School Cash online or bring cash or cheque (made payable to Breton High School) to the office.



Breton High School Grad Fundraiser Lunch on June 17, 2025

Name : _____
Grade: _____

Pasta - \$9.00

10" Pizza - \$10

Cheese _____

Pepperoni _____

Hawaiian _____

Chicken Alfredo _____

Chicken Carbonara _____

Pasta Primavera _____

Italian Sausage Marinara _____

Cash or cheque made out to Breton High School
Bring order form and money to the office **ORDERS DUE June 10**