



MHCB Vegreville

April 2026



ELK ISLAND
CATHOLIC
SCHOOLS

Seeing Christ in Everyone

Welcome to spring. We want to thank all the kids who joined us over spring break in our Home Alone Safely course and to our wonderful partner organizations. We also have a waitlist so we will be offering it again in the summer. Stay tuned to our Facebook to find out the exact dates. Speaking of summer, MHCB will be finalizing our summer programs this month. Registration for our summer programs opens up mid may and is FREE to join. We will be having some programs from previous years as well as some new and exciting programs. The programs will all be posted on our website www.mhcbveg.com which will also have the link to register.



AL Horton:

Hi all, and welcome back from spring break! I hope it was restful and rejuvenating for all as we get into the last bit of the school year. Last month we had our grade 2s and one grade 3 class start the MindUp program where we've been learning all about the brain and the different ways, we can use mindfulness to help our prefrontal cortex and amygdala work together. The Newspaper Club published their second issue of the year, with many more on the way. Ms. Jodi and I have been working hard keeping up with our weekly mindful moments that students may have seen in classrooms, or parents may have seen on the ALH newsletter. It's been a lot of fun. We also ran our Home Alone program over the break, where it was wonderful to see some familiar faces. Next month will be busy with all of our programs and our partner program Friend Den with FRN starting on the 7th at ALH. I look forward to seeing everyone there.

- Mr. Vadnais

Vegreville Composite:

Welcome to April, this month we have a couple new programs starting at the Comp. Thanks to the Rural Mental Health Grant and in partnership with the Vegreville Cares Coalition we will be offering a “Spare Time!” program open to students who have a spare in block 4. We will be bringing in community guest speakers and talking about a variety of topics including self care, healthy eating, healthy relationships and more. Crystal from the BASE will also be coming in on April 9th and April 23rd at lunch and will be in the wellness corner with some cool crafts for the kids to drop in and try and for any students who would like more information on the BASE, youth drop in center in town. MHCB will be providing some hot chocolate as well for the students who stop by.

- Ms. McSween

St. Martin's:

Hello everyone, spring is in the air. I cannot believe how fast the school year is flying by. This month we really focused on thoughts. Thoughts dictate how we feel about things and how we behave, so they are really impactful in our life. Since we are the only ones who can listen to our thoughts, we have to make sure we are paying close attention to what they are telling us. Programs like GoStrengths and MindUp show us what we need to do to change unhelpful thought patterns. Our Friend Den afterschool program came to a close. We made new friends, had fun activities, and learned how to be a true friend. The month ended with a fun surprise from the Kindness Club leprechaun, hiding little prizes in each classroom. That's all for now, I look forward to April (and good weather)!

St. Mary's:

Happy spring St. Mary's, we kicked off the season with a fun flex block, filled with team-building activities. I also visited the grade 7 health class and we had a good conversation about health, what that means to us, and how it may look for different people. In April we can look forward to other presentations, flex blocks, and a new community programs. Stay tuned, and have a good month.

Mundare:

Hello Mundare and happy spring. This month we have utilized programs like GoStrengths, Open Parachute, and Building Mental Wellness to talk about thoughts and how impactful they are in our life. They dictate how we feel and how we react so we need to have positive self-talk to help keep our thoughts positive. We have also been talking about Kelso's choices and how we have the strength to deal with small problems ourselves. Kelso has even brought in some friends to tell their stories about how they have dealt with small problems. It was a great month and I look forward to sharing more helpful mindfulness strategies in April.

- Ms. Maida

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