



MHCB Vegreville



December 2025

ELK ISLAND
CATHOLIC
SCHOOLS
Seeing Christ in Everyone

Welcome to December. November was a busy month with lots of awareness days. All the schools took part in fun educational activities to bring awareness to bullying.

As December starts we are busy programming and a lot of programs are also finishing up. Mom's in Motion is finishing up, a big thank you to all the Mom's who came out and to Pauline for teaching an amazing class.

Power up the after school program is just starting, we still have some space if anyone in Grade 4-6 is interested, please reach out to the Wellness Coach at your school. MHCB joined the library's early dismal program in November again to show the kids some more mindful art techniques. We made playdough and a textured mindful memory picture. In December we are back with cookie decorating on the 17th. To register sign up on the Vegreville Library's website.

With the holidays coming up, it can be an exciting time for many but also a difficult time for some as well. If extra supports are needed please reach out.

Vegreville Composite:

November was bully awareness week and Ms. McSween went into the Grade 7, 8 and 9 classes to do some activities around healthy relationships and a bully awareness escape room. The grade 9's looked at what is and is not a healthy relationship and some myth's and facts.

Additionally, she started the "Building Mental wellness," program with one of the grade 9 classes and this will continue into December.

A huge thank you to Vegreville FCSS and the BASE coming out for our bullying awareness week lunch time activities and talking to the kids about self care. On top of that we also had trivia, friendship bracelet making and stress ball making tables set up.

Ms. McSween's room is open most lunch hours for drop in activities such as games and coloring and is also a safe place to hangout and eat lunch.



AL Horton:

At A. L. Horton we have had a wonderful start to all of our programs. We celebrated bullying awareness week with friendship bracelets and a collaborative poster made by grade 3/4s. Things have been busy as we get into the swing of classroom programs this year. We've got Open Parachute, Kelso's Choices, Slumberkins, GoZen, and A Little Spot all on the go. We also kicked off the first week of Power Up after school in collaboration with many wonderful community leaders. The holiday season is beginning again and so is our Grade Four Kindness Club as well as Safe Space, both will be held at lunch starting the first week of December. For more information come talk to Mr. Vadnais.

St. Martins:

Hello everyone. This month, I have started to settle into St. Martin's and fall into a routine. Regular classroom programming has started and we are talking about mindfulness, dealing with emotions, what to do when we worry, and bullying prevention. Lunch clubs have also started; there are multiple mindful drop-ins and Kindness Club. Stay tuned for Kindness Clubs first Staff of the Month which will be in the December school newsletter.

November we also saw bullying awareness week. St. Martins participated in some related activities including a "rise up against bullying" craft where we colored kites and wrote ways to stop bullying on them. We also had a bracelet making day. The week ended with anti-bullying bingo and a bullying escape room for grades 5 and 6. The goal of this week is to bring awareness to the harmful impacts of bullying and to better understand what to do when we see bullying.

That's all for now, and I am looking forward to all the exciting activities we have planned for December.

St. Mary's:

I've received such a lovely welcome from everyone here at St. Mary's. This month I was able to go to all the classrooms and introduce myself to the students. I also ran my first lunch drop-in where students came in to play games, color, and take a moment to chat with me and their peers.

I am looking forward to December to do my first flex block, and to start some classroom programming and presentations. Most of all, I am looking forward to further connecting with the students and staff here at St. Mary's.

Kirstin McSween: Program Manager/VCHS

Kirstin.mcsween@eips.ca or 780-218-5844

Maida Dinicola: St. Martin's and St. Mary's

Maida.dinicola@eips.ca

Dylan Vadnais AL Horton

Dylan.vadnais@eips.ca

Facebook: @MHCBVeg

Website: www.MHCBVegreville.com

