



# MHCB Vegreville

## February 2025



MHCB (*Mental Health Capacity Building*) is grant funded by Alberta Health Services and our team provides services to EIPS and EICS schools in the Vegreville area. We are focused on mental health prevention and promotion and our goal is to promote positive mental health in children, youth, families, and the community. We collaborate with school staff to facilitate mental health programming in the classrooms, small group programs, and we also provide programming in the community. If you have any questions about MHCB, please reach out to [larissa.regnier@eips.ca](mailto:larissa.regnier@eips.ca).

February is a month of kindness! Random Acts of Kindness Week is February 10-14 and Pink Shirt Day is on February 26. MHCB is also planning spring break programming in partnership with community organizations, so stay tuned for details! Spring Break programs will be announced on our Facebook page.

### Roots Of Empathy

Our Roots of Empathy babies, Bristol and Brixtin, are still visiting their classrooms, showing off all their new skills as they learn and grow. The students are so excited to see how much they change every month between sessions.



### AL Horton:

MHCB in-class programs are back in full swing at A. L. Horton. The grade 1 and 2 classes are taking a little break to fit in the kindergarten and grade 6 classes. Kindergartens will learn about emotions using the Little Spot program and grade 6 classes are starting Open Parachute with the topic being "Learning Challenges, Motivation and Overcoming Trauma". Mrs. Palamarek's grade 3 class is engaged in seeing

our Roots of Empathy Tiny Teacher- Brixtin and all her new skills every visit! Kindness Collective has started preparing kindness posters to display around the school for Random Acts of Kindness Week. There will be an after-school program starting for grades 4-6 called Resilience Group. We will do activities and crafts as an opportunity to express ourselves, practice mindfulness, self-care and positive coping strategies. – Mrs. Folk

#### **Mundare:**

The MindUp! program has been very interesting with the students now learning how to be in tune with their body's physical response to stress, and learning how mindfulness is used to take control of negative feelings. Lunch time programs will switch to include different grade groups. Grade 2 students will be able to attend Movies, Mood and Food, and grade 5/6 can come to Zen Zone. Small groups are still practicing and increasing their relationship building skills and self-management skills. – Mrs. Folk

#### **Vegreville Composite:**

Happy February! January was a slower month for programs, as classes were wrapping up and students were writing exams. Students took advantage of the Exam Survival Kits, which included a study tip sheet, a snack, a pencil, a fidget, a mint, and a bottle of water. Students were also able to use the Wellness Corner for a quiet place to study or if they needed a break from studying to do some mindfulness activities. Students participated in a Bell Let's Talk photo booth while sharing what they do to prioritize their mental health. – Mrs. Regnier

#### **St. Mary's**

January was lots of preparation and exam taking for students. MHCB prepared "Exam Survival Kits" for students taking exams, which included a water bottle, snack, mint, pencil, and mini pop-it fidget. Limited supplies made it first come first serve. Bell Let's Talk Day was January 22nd. The grade 7 class was given a presentation about this awareness day, which highlighted what mental health means, why stigma is damaging, and what we can do to stop the negative assumptions made regarding mental health. Open Parachute continues on for grade 9 and grade 7! – Mrs. Folk

#### **St. Martin's**

Hello February! MHCB continues to deliver some in-class programming and is facilitating some small groups that target self-esteem, confidence, anxiety, relationships, and the importance of having a growth mindset. Did you know that Open Parachute provides free online video resources for caregivers to continue these conversations at home?

This month we will be celebrating Random Acts of Kindness Week February 10th through 14th and Pink Shirt Day on February 26th. MHCB is also offering two new clubs! Lunchtime Lounge is open to grade 3 students. In this club students engage in activities that promote mindfulness and relaxation: mindful eating, yoga, mindfulness walks, Buddha Board art, self-massage, and sensory play. Culture Connect is an afterschool club for grades 4 to 6 and their parents. This club explores and celebrates the unique customs, traditions, and histories of the different cultures within our school and community. Some activities will include cultural storytelling, international food tasting, "show and tell" presentations,

learning traditional dances, and creating a Global Rhythms song playlist! The club will conclude with a cross-cultural potluck meal for students and their caregivers (date and time TBD).—Mrs. Scripture

**Online Resources for Parents & Caregivers**

Open Parachute provides you with **free access** to an online library of **video-based lessons** that teach skills on how to support your child's wellbeing at home.

The topics available are listed below:

**CHILDREN'S TOPICS**

- Building Resilience
- Teaching Empathy & Accountability
- Healthy Habits with Social Media
- Teaching Your Child to Say No

**PRE-TEEN'S TOPICS**


- Coping with Bullying
- Supporting Your Child Through Trauma
- When Your Child Acts Out
- Building Self-Esteem

**TEEN'S TOPICS**

- Supporting Mental Health at Home
- Addictive Patterns
- Teaching about Boundaries & Consent
- Coping with Anxiety & Depression

openparachute®

Click the Link or Scan the QR Code to Access



optfamily/CA

Modules are video based!

# Culture Connect

Celebrating Our Differences

**AN AFTER SCHOOL CLUB FOR STUDENTS AND PARENTS!  
STARTING IN FEBRUARY  
...STAY TUNED!**



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