



# MHCB Vegreville

## January 2026



Welcome to 2026, we hope everyone had a restful break. The MHCB team is excited to get back into the swing of things with school programming continuing and some new community programs starting soon. We will be partnering with the Family Resource Network for their Friend Den program, that will be happening at the start of February at Al Horton school first, if you are interested we will be posting updates on our Facebook page.

Bell Let's Talk is also in January, we will be asking the students in all the schools to "get loud about mental health," and talk about ways to break the stigma.

### **AL Horton:**

Welcome to the new year ALH. I hope the holidays have been restful and rejuvenating for all. Last month held lots of excitement and holiday cheer, in spite of some unfortunate cancellations including several sessions of our Power Up program. Student and staff creativity was on display on spirit days and the school was full of music as classes prepared their Christmas videos in an incredible display of resilience.

Our regular programming as well as Power Up will return after the break, with programs like Kelso's Choices and GoZen! wrapping up this month. We also have some new additions like LEGO social skills groups joining the mix, which focuses on building social skills and communication by working in a team to build Lego kits. Newspaper club is working on their January edition and Kindness Club and Safe Space are just getting started. Ms. Jodi and I hope to start bringing some mindful moments to classrooms starting this year, so be sure to keep an eye out.

Mr. Vadnais

### **Veg Comp:**

It was so nice seeing the students partake in some fun festive lunch activities before the break. If any kids have a craft or activity they want to see or try at lunch come talk to Ms. McSween and maybe we can work something out in the wellness corner for lunch.

In January we will be shifting our focus to "breaking the stigma, around mental health," Ms. McSween is hoping to get into every junior high class to talk about the stigma surrounding mental health and the importance of talking about it and our support systems.

We will also be having additional lunch activities around Bell Lets Talk day, where students can "get loud about mental health."

Ms. McSween

## St. Martin's:

Hello everyone, December came and flew by. I hope you all have a wonderful holiday break filled with happiness and merriment. This month was filled with many activities and lessons. The younger grades continued to explore emotions and mindfulness. We've learned that building up anger can lead to "flipping your lid" and that we must find other ways to calm down and deal with our anger in a healthy way. We did a little science experiment with vinegar, baking soda, and film canisters to demonstrate this concept, the students loved it.

The older grades discussed respect and how we show respect to others and ourselves, including bullying prevention strategies.

We've also talked about how this respect extends to online spaces and what we must change in order to maintain respectful environments when we are online.

Finally, the Gr. 4 Kindness Club completed their first community project which entailed making personalized Christmas cards for St. Michael's Manor retirement home. There were many names (38!), but they were all determined to make a card for every single person and accomplished the task. Such a lovely way to spread holiday cheer around the community.

I look forward to 2026 at St. Martin's and continuing lessons and discussions with the students.

~ Ms. Maida



## St. Mary's:

Hello, I hope everyone has a great and refreshing holiday.

December at St. Mary's included some great discussions with the Gr. 10 students about healthy relationships and effective communication. We've learned to define healthy relationships and how to communicate our expectations and boundaries effectively.

We've also had our first flex block of the year. We did an intro to mindfulness, and learned different ways we can intentionally stay in the present and think about the current moment. This included art-based activities like brain smoothies and zentangles, repetitive pattern activities that allow the mind to have a break.

I look forward to 2026!

~ Ms. Maida

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