



# MHCB Vegreville

## June 2024



ELK ISLAND  
CATHOLIC  
SCHOOLS  
*Seeing Christ in Everyone*

Happy June, only one month left until summer break! **MHCB summer program registration is now open** and information can be found on our website at [www.mhcbvegreville.com](http://www.mhcbvegreville.com) or @MHCBVeg on Facebook. Ms. McSween is now on maternity leave. We will miss her so much, but we cannot wait to hear about the arrival of her little one in just a few short weeks. Mrs. Regnier is now working from Vegreville Composite as Temporary Program Manager.

**MHCB SUMMER PROGRAMMING 2024**

All our programs are FREE

- JULY 8-12** Mindful Art: Ages 5-8 & 9-12  
10:00-11:30 & 12:30-2:30  
We will use our different senses to make different pieces of art and discuss how art can help calm us down.
- JULY 16-18** Movement for Kids: Ages 5-8  
10:00-11:30  
We will try different games in the gym and snacks and discuss how physical activity and food helps support positive mental health.
- JULY 22-26** CALM is a Superpower: Ages 7-10  
10:00-12:00  
We will discuss a different mindfulness strategy each day so we can work on calming down when we have big feelings.
- AUG 7-9** Walk n' Talk: Entire Family  
Drop in no registration required. We will be at the Pyrauka Park with mental health questions on the walking trails. Find us for a prize!
- AUG 12-16** Little Spot: Ages 5-8  
10:00-11:30  
We will be learning about different emotions through the Little Spot books and creating crafts to practice self-regulation.
- Tuesdays** Connect & Cook: Ages 9-14  
1:00-2:30  
For teens and preteens to build relationships with each other while learning about nutrition and cooking fun new recipes.
- Thursdays** Uniquely You: Ages 9-12  
1:30-3:30  
A program for teens and preteens to build friendships and work on self-esteem and social skills.

For More Information or to Register:  
[www.mhcbvegreville.com](http://www.mhcbvegreville.com)  
 Facebook @mhcbveg  
 or email [larissa.regnier@eips.ca](mailto:larissa.regnier@eips.ca)

**MHCB PROGRAMMING**  
Partnership or single day programs  
Summer 2024

- JULY 04** Planting Positively 1:00 PM-3:00 PM  
Join us in planting a plant and talking about self care. Kids get to take home their plant and some self care tips. Ages 7-10
- Monday Afternoons** Sizzilin' Summer with FCSS  
We will be at Sizzilin' Summer from 1:00 PM-3:00 PM on Mondays with a mental health themed activity or craft.
- JULY 31** Family Time 12:30 PM-2:30 PM  
A chance to decorate cookies and bond as a family! Show us, grab a cookie decorating kit, and spend time decorating, but let us handle the clean up! All ages welcome.
- Throughout the Summer** Mindful Meet Ups with Lamont FRN  
We will be in the parks of Vegreville, Lamont, Mundare & Bruderheim with mindful crafts and activities. Wednesdays from 4:00-6:00 PM or Fridays 10:00 AM-12:00 PM. Stay tuned for dates.
- Aug 22** Home Alone 9:30 AM-2:00 PM  
In partnership with the RCMP and Fire Department. Join us on talking about being home alone safely. Ages 10-12

FOR MORE INFORMATION  
[www.mhcbvegreville.com](http://www.mhcbvegreville.com)  
 or email [larissa.regnier@eips.ca](mailto:larissa.regnier@eips.ca)  
 Facebook: @MHCBVeg

### A.L. Horton School

The end of the school year is coming up fast! Programs in regular classes are slowly reaching their end towards the last part of May and beginning of June. The Boy's Group was greatly successful. Lots of fun was had while covering mental health topics, having snacks and playing games! June will be a slower month for school programs as we gear up and prepare for summer programming. This is my first year with summer programming and I am so excited for all the fun activities we have planned! –Mrs. Folk

### Mundare

Classes had their last day with me at the end of May and it was so great getting to work with all the students and staff throughout the year. Mrs. Folk will be the MHCB Wellness Coach for Mundare School for the 2024-2025 school year. Classes participated in Emoji Bingo for Mental Health Week and the Grade 7-8 class did Brain Smoothies. I hope everyone has a great summer break! –Mrs. Regnier

### Vegreville Composite

Ms. McSween is officially on maternity leave, and we are excited for her to transition into her new role as a mom when her little one arrives in June. I, Mrs. Regnier, have now transitioned into the role as Temporary Program Manager and I am excited to meet all the new staff and students. I will primarily be at the Comp throughout June but may be popping in and out to wrap things up at the other schools. I have posted a calendar on the door to the Wellness Corner so students are aware of when the room will be closed.



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

All programs wrapped up in May. The Grade 7s completed Building Mental Wellness and participated in a Mental Health Jeopardy game for Mental Health Week, as well as a Brain Smoothies session to finish off the MHCB programming year. The Grade 8s finished their last unit of Second Step, learning about how our values influence our relationships and friendships, and talked about the importance of perspective taking when it comes to conflict resolution. I will still be around for the last few Flex Days, as the students always love doing Mental Health Jeopardy and other Jeopardy games during this time. Mrs. Folk will be the MHCB Wellness Coach for St. Mary's School for the 2024-2025 school year. I will make sure to bring her around to meet staff and students before the end of June. I will miss everyone dearly, but I will be back when Ms. McSween returns! –Mrs. Regnier

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

May was a busy month with activities for Mental Health Week and with wrapping up programming. Each class participated in Emoji Bingo for Mental Health Week. Grades 3-6 did a class of Brain Smoothies, which is a mindfulness activity that students really enjoy. Grade 6 students also got to practice opening combination locks, as this is often a struggle for students when transitioning to Grade 7. Our after-school program, Move Your Mood, wrapped up at the end of May and participants had so much fun engaging in physical activity, mindfulness activities, and creating healthy snacks. I will miss all the wonderful staff and students at St Martin's School, but I will still be around next year, just in a different capacity, and I will return as the Wellness Coach for St. Martin's when Ms. McSween returns from maternity leave. We are currently hiring for the Wellness Coach position at St. Martin's, so there will be someone new for the 2024-2025 school year. –Mrs. Regnier



**Larissa Regnier: Program Manager & Wellness Coach Vegreville Composite**

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