



MHCB Vegreville

April 2024



**ELK ISLAND
CATHOLIC
SCHOOLS**

Seeing Christ in Everyone

Happy April, MHCB is in full gear planning for summer. We will open up our summer registration in May so stay tuned to our social media. We have lots of cool new summer programs we are planning. MHCB is also part of the Vegreville Cares Coalition and in April they are hosting a community training about “Anti- Oppression,” which is free to all adult community members to register in. See the poster to the right for more information.

**25
April**

Vegreville Cares Coalition Presents
**Anti-Oppression
Training**
9:00-12:00
At the Vegreville Centennial Library

Learn what oppression is and the ways it can take place in your life and work place. Learn how to create an anti-oppressive practice when working with marginalized individuals.

No cost: To Register Scan the QR code:

VEGREVILLE CARES COALITION

**JOHN HUMPHREY CENTRE
for PEACE and HUMAN RIGHTS**

AL Horton:

Welcome Spring. March was a great month and programs are continuing in all grades. The grade one and two classes wrapped up Slumberkins and will move on to a new program after spring break. The after school group “Move Your Mood” also wrapped up on the 19th with participants receiving their certificates of completion, way to go! Grade four kindness club created beautiful suncatchers that will be delivered to Heritage House as a way to spread kindness in the community. In April I will be starting a boys group after school, stay tuned for how to sign up. I hope everyone had a chance to do activities that filled their bucket over Spring Break.



St Martin's:

I hope everyone enjoyed their spring break! Programming continued throughout March. The Grade 5 and 6 after school groups wrapped up before spring break and a new after school program called "Move Your Mood" will begin in April which focuses on how healthy eating and movement is good for our mental health. Small groups will continue in April as well, working on social skills, communication, and friendship. Grade 1/2Y started the Slumberkin program which talks about conflict resolution and self-acceptance. The Kindergarten class will also be starting Slumberkins in April. I have availability in my schedule for any in class programming, please email me if interested.

St Mary's:

In March, the Grade 9 class completed the Building Mental Wellness program. The Grade 7s completed the Second Step program before spring break and will begin Building Mental Wellness. The Grade 8 classes are still working through Second Step and learning how to manage stress and anxiety. We have been doing various mindfulness activities during Flex Day. We have also started a Lego Social Skills group, working on skills such as communication and teamwork.

Mundare:

Happy April! The Grade 1 and 2 classes started the Slumberkin Program, discussing gratitude, self-esteem, and conflict resolution. We will continue this in April. The Grade 3-8 classes started Building Mental Wellness. The Grade 3/4 and 5/6 classes are discussing stress and anxiety and the Grade 7/8 class has been discussing common mental disorders in Canadian youth. The Kindness Club has been running at lunch time, giving the students an opportunity to connect and come up with ideas on how to spread kindness throughout the school.

Vegreville Composite:

In March at the Composite we finished the lessons on emotions with Mrs. Moroz's class. We learned that all emotions are valid and should be talked about as well as positive coping strategies. In April, Ms. McSween will be concentrating on finishing off any programs and groups as she will be going on Maternity leave in mid May. The GSA is also working towards some cool projects for pride week which will be here before we know it. If anyone wants any other programs done before Ms. McSween is off feel free to send an email.

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