



**ELK ISLAND
CATHOLIC
SCHOOLS**

Seeing Christ in Everyone

MHCB Vegreville

June 2026



Welcome to our last newsletter of the school year. MHCB cannot believe it is June already, this school year has flown by and we want to thank all the schools for letting us program in the classes. We have enjoyed seeing new and familiar faces and hope to see some familiar faces at our programs this summer. We want to invite everyone to come join us in the summer for some fun and free summer programming. More information and to register can be found on our website at www.mhcbvegreville.com.

MHCB SUMMER PROGRAMS

Mindful Art July 6-9th

Join us while we use our senses to create some cool art projects each day.
Ages 5-8 from 10:00-11:15
Ages 9-12 from 1:00-2:30



Bird Brains July 14-16

Let's go birding! No experience required. Join us to see some cool birds, go on nature walks, and create some art
Ages 9-12 from 10:00-12:30

Hey Warrior! July 20-23

This program is focused on reducing anxiety & learning about creative coping skills, while focusing on our strengths.
Ages 7-10 from 10:00-11:30

Mindful Music August 10-13th

Discover the connection between music and the brain through mindful practices
Ages 7-10 from 10:00-12:00

Movement for Mental Health

Come get some energy out & join us for some movement games.
Ages 5-8 on July 14 & 28 from 1:30-2:30
Ages 9-12 on July 21 & Aug 11 from 1:30-2:45

Sensory Shenanigans

Come make some sensory crafts & fidgets
Families with kids under 4: July 22: 12:30-1:15
Ages 5-9: July 29th from 1:00-2:00
Ages 10-16: August 12th from 1:00-2:15

Hero's Journey: Dungeons & Dragons

In partnership with Vegreville Library join us on Thursdays from 1:00-3:00 for a D&D adventure. This is a drop in program open to anyone ages 10-16

To Register email:

kirstin.mcsween@eips.ca

All our programs are FREE and will take place at AL Horton Gym



Questions: 780-218-5844 or kirstin.mcsween@eips.ca
For more information on each program check out www.mhcbvegreville.com



Vegreville Composite:

May was a busy month at the Composite. We had mental health awareness week which included many activities but the big one was the "Mental Health Awareness, Come Together Assembly," where each grade competed against each other in fun team building activities with the goal to win a pizza party. It was great seeing the school come together and enjoy themselves, shout out to the grade 12's who won the pizza party.

In May we also wrapped up our last "Spare Time" sessions thanks to the Rural Mental Health Grant and The Vegreville Cares Coalition. Our last two sessions were a "Paint Night" where we painted a beautiful sunset scene and learned about "getting into flow" and then we had a "Charcuterie Board," session while talking about healthy and intuitive eating. In June we are winding down for the school year. I hope to see some of the students in the summer in our programs for Jr/Sr high, like our *Hero's Journey: Dungeons and Dragons* program and at our *Sensory Shenanigans* program.

-Ms. McSween

St. Martin's:

One more month, can you believe it? I cannot believe how fast this year has flown by. This especially happens when we have months so jam packed like this May has been. This month included Mental Health Awareness week, which was very memorable for St. Martin's as we all came together for activities, spreading kindness, and learning. We had a collaborative coloring lunch recess, the kindness club handed out iced tea to spread "positivitea" to everyone, and we all worked together as a school to complete a project named the "connections caterpillar", where we heard from students what they think of community, connection, and inclusion. Finally, we ended the week with a wellness day where I participated in running the rock painting station. Such a good day filled with mindfulness activities.

On May 5th we recognized Red Dress Day, a day to honor the lives of missing and murdered Indigenous women and girls (MMIWG) who are disproportionately affected by violence. The grade 5 and 6 classes listened to a presentation on Red Dress Day, the meaning behind it, and how we can work together to bring awareness to the MMIWG movement. We also worked together on a visual project which outlines who these women and girls were, how they contributed to their communities, and how these communities are impacted every single day.

Coming up in June, we will wrap up programming on emotions, friendships, and strengths and there will be a special lesson for National Indigenous History Month. Happy June!



St. Mary's:

Hello everyone! I hope you're all enjoying the lovely weather; summer is upon us. This month was pretty eventful here at St. Mary's. We had our last Vegreville Cares Coalition session which was called Glow Up, where we learned about skincare products, how to do nails, and how this can tie into self-care.

For Mental Health Week, we did stress ball making at lunch.

Additionally, I also visited the Grade 7s to talk about emotional intelligence, and how being able to recognize our emotions is so important for our regulation and our relationships with others.

There is one more month left of this school year and I cannot believe it. I am excited to see what June has in store. Goodbye for now.

Ms. Maida

AL Horton:

Happy June, all! We are celebrating the end of the school year, and while I am sad to say goodbye to everyone, it has been lovely to reflect on all we have accomplished together.

The Grade Two classes have already finished the MindUp program. They have learned three parts of the brain (the amygdala, hippocampus, and prefrontal cortex), what they do, and how mindfulness practices can keep them all working together. Grades Three, Four, and Five also finished Open Parachute, now boasting skills for anger management, resilience, and coping with worries, big or small. The Kimochis program is also wrapping up for Mrs. Kozac’s and Mrs. Miller’s classes and it’s been wonderful to see how many students are putting their new friendship skills into practice. Finally, Mr. Barkwell’s Grade Six class got to get a peek into the MindUp program following Open Parachute to send them off to their new schools next year.

It’s been a wonderful year, and I am so thankful to all of the students and teachers who have welcomed me into their classrooms. But! This is just the beginning of a new season for MHCB as we ramp up to get started with our summer programming, and I’m so excited for what we have in store.

Mr. Vadnais

Mundare:

Hello! I hope everyone is having a great start to the summer season. One month left to go of the school year. For Mental Health Week this month, Mundare really stuck to the theme this year which was: Come Together, Canada, and collaborated on a wonderful school-wide project! We also recognized Hats on for Mental



Health, which is an event where we wear hats to show our support for mental health awareness. Everyone decorated a hat and we made a display in the front of the school. Awesome job everyone.

We are looking ahead to wrapping up our programs, finalizing our conversations about emotional regulation, strengths, and healthy relationships. Thanks everyone, and take care.

Ms. Maida

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