



ELK ISLAND
CATHOLIC
SCHOOLS

Seeing Christ in Everyone

MHCB Vegreville

May 2024



Welcome to Mental Health Month. This is an exciting month for MHCB because mental health week is May 5th to 12th and we will be hosting some fun and educational activities at all the schools. Additionally many of our school programs start to wrap up in May and our **summer programming will be open for registration on May 22nd.** For more information on summer programs pay attention to our Facebook page @MHCBVeg or our website www.mhcbvegreville.com. Lastly, Ms. McSween will be going on maternity leave in the middle of May, which will be bitter sweet for her as she will miss the staff and students but the program will be in excellent hands with Mrs. Regnier covering as Program Manager for the next year. We are also hiring for a part time position for next year. This individual will start in July with summer programming and then be working out of St. Martin's for the school year.

AL Horton

April has been a busy month at A.L. Horton. The Slumberkins program in grade 1 and 2 has ended, and Kimochis has begun. This program helps students understand keys of communication such as tone of voice, facial expression and body language and how we use them to solve problems and express feelings positively. Go strengths in grade 3 is also coming to an end with our next steps to be determined. Grade 4's Building Mental Wellness program has also just wrapped up with students now having an understanding of many topics related to positive mental health and emotional wellbeing including health and stress, mindset, healthy communication, conflict resolution, and self care to name a few. Grade 5's and 6's are continuing learning about healthy conflict resolution and problem solving strategies and how that affects resilience. We are also three sessions into Boy's Group, we've done a variety of activities both physically active and creative. Our topics have centered around mental health, self-esteem and hygiene. Mrs. Folk is looking forward to May.

Vegreville Composite

Ms. McSween only has a few weeks left at the Comp and she is wrapping up programs and helping Mrs. Regnier transition to the role. In April Ms. McSween went to AL Horton to help the grade 6's practice locker locks as that is normally one of the biggest stressors students have coming into grade 7. In May we have so many activities planned for mental health week. We have smoothies for the topic of nutrition, a mindful relay race where the students can use their senses to beat the teacher team in challenges and a mental health station set up at lunch in front of the office that will have different resources and activities. The dates and times will be in announcements and on the TV's. Ms. McSween wishes all the grade 12's a wonderful graduation and hopes everyone has a great June and rest of the school year.

St Martin's

In April, Grade 3S, 3/4C, 4B, and 5D all started a program called Building Mental Wellness. This program teaches about the connection between mental wellness and physical wellness, the importance of sleep, water, and nutrition for mental wellness, parts of the brain responsible for the stress response, mindfulness, and more. Grade 6S has been working on transitioning to Grade 7. They submitted questions to a question box and I took the box to St Mary's and asked the Grade 7 students to answer the questions. The questions included, "What options can I choose from?", "Will it be hard for me to find my way around the school?", "What can I buy from the canteen at lunch?", etc. We will also be practicing how to use a combination lock to get them prepared to use them next year. The Grade 3-6 classes are also getting a chance to do a session of Brain Smoothies, which is a mindfulness activity. Grade 1/2Y and Kindergarten continued to do the Slumberkins program, learning about authenticity, creativity, emotional courage, stress relief, and more. Kindness Club for Grade 5 and 6 has continued throughout April and will continue into May, same with the friendship groups and social skills groups. In April we also started an after school program called Move Your Mood, which combines mindfulness, physical activity, and healthy eating. For Mental Health Week in May, students will participate in an emoji bingo. All programs and groups will wrap up before the end of May.



St Mary's

The Grade 7 class started a program called Building Mental Wellness. They have been creating posters showcasing the most common mental health disorders amongst teens and young adults. Once their posters are complete, they will work in groups to present their posters to the class and then these posters will be hung around the school for Mental Health Week in May. The Grade 8 classes are on their last unit of Second Step, which talks about managing relationships and social conflict. Students will be able to participate in Mental Health Trivia for Mental Health Week in May and we will be doing Brain Smoothies for Flex Day that week, as well.

Mundare

Welcome to May. The Grade 1 and 2 classes continued the Slumberkin program, discussing authenticity, creativity and emotional courage. The Grade 3-8 classes continued the Building Mental Wellness program. This program teaches about the connection between mental wellness and physical wellness, the importance of sleep, water, and nutrition for mental wellness, parts of the brain responsible for the stress response, mindfulness, and more. The Grade 7 and 8s are working on mental health presentations in the form of a poster or video, and these will be displayed for Mental Health Week. The topics include mental health resources, mindfulness, stigma, gratitude and more. All classes will also participate in emoji bingo for Mental Health Week. Kindness Club continued in April and will continue in May which gives students the opportunity to connect and spread kindness.

Kirstin McSween: Program Manager/Composite

780-218-5844 Kirstin.mcsween@eips.ca

Larissa Regnier: EICS Wellness Coach & Mundare

Krissy Folk: ALH Wellness Coach

Facebook: @MHCBVeg

Website: www.MHCBVegreville.com