



MHCB Vegreville



ELK ISLAND
CATHOLIC
SCHOOLS
Seeing Christ in Everyone

November 2025

Welcome to November. MHCB has two new staff: Maida and Dylan and they are both excited to join the MHCB team and get to know the kiddos in the schools.

In October we partnered with the library on their early dismissal day program to do some *Mindful Art*. We concentrated on mindful seeing, the kids made colorful tiles and calm down jars. We will be partnering with the library again at the end of November for some more mindful art. *Mom's in Motion* also started in October and will run every Monday until December 8th. It is a program for Mom's and their babies to be able to connect and workout. This program is made possible through the Vegreville Cares Coalition and the Rural Mental Health Grant.

November has a lot of impactful awareness days such as: *Bullying awareness week*, *Addiction awareness week* and is also *Family Violence prevention month*. We will be hosting activities from November 17-21 for *Bullying Awareness week* in the schools, so stay tuned to your schools announcements. Over fall break we are partnering with the Town of Vegreville, FCSS, Library and the FRN to run the "Move It" program which will take place on November 12th in the library gym. We will also be contributing to the *Fall Break Family Activity kits*. For more information see the posters below

Fall Break Pick Up Your Kits
Pick up November 10th At the Vegreville Centennial Library
COMPLETELY FREE FOR ALL AGES
25 kits available register here:
[Fall Break Kits](#)

Aquatic & Fitness Centre: Aquatic and fitness recreation passes	CALS: Literacy activities for the family
MHCB: Creative craft activity for everyone	FCSS: A Fall Joke Teller
Kalya FRN: A games booklet	The Base: Budget friendly, fall themed recipe booklet

More surprises from the Library and Primary Care Alberta inside

MOVE IT! FALL BREAK
KIDS TIME 10:15-11:00 | **YOUTH TIME** 1:00-2:15
AGE GROUP: 5-9 | AGE GROUP: 9+
Games, Sports and Active Stations
Located in the Library Gymnasium
Registration available online!
For More Information, contact us:
hello@vegrevillelibrary.ab.ca | **780-632-3491**
vegrevillelibrary.ab.ca | 4709 - 50 St Vegreville, AB T9C 1R1
Parents/Caregivers/Guardians for Age Group 5-9 are asked to stay on-site
Coffee Lounge will be set-up in the Board Meeting Room!
NOVEMBER 12
Partnered with:
TOWN OF VEGREVILLE
Vegreville Recreation Centre
4509 48 St, Vegreville, AB T9C 1K8
(780) 632-6403

St. Martin's & St.Mary's:

Hello everyone! My name is Ms. Maida and I'm one of the new MHCB Wellness Coaches. I will be working at St. Martins and at St. Mary's. I will be at St.Mary's on Thursday's this year. I am very excited to start meeting you all and to join the community. Here is what to expect in the next couple of weeks: In the classrooms, we will be focusing on topics like emotions, mindfulness, and an overall promotion for positive mental health. I am also very excited to help in the offering of Power Up, an afterschool program that combines mindfulness with movement and nutrition. Most of all, I am very eager to hear from all of you, there are so many opportunities for you to express what kind of programs or clubs you would like to see based on your passions, interests, or favorite ways to spend your time, and I am ready to listen to any and all suggestions.

I am looking forward to what this school year will bring, and keeping you in the loop along the way. Please feel free to reach out if you have any questions.

Best, Ms. Maida

Vegreville Composite:

Hello November, it will be a busy month. The Composite will be having lots of events at lunch for Bullying Awareness week such as; friendship bracelet making, mental health stations with different activities and trivia. Stay tuned to announcements for specific details. Now that students are back Ms. McSween will be getting back into the health classes and continue on with programming until winter break. Some programs to look forward to are healthy youth relationships and mental wellness.

Ms. McSween

AL Horton:

Hi all and nice to meet you. I am so excited to be joining the MHCB team as the new Wellness Coach for A. L. Horton this year. I will be at the school Tuesday, Wednesday and Thursday.

We have lots of exciting programs planned like Power Up, a program combining mindfulness, movement, and food, as well as offering classroom favorites like Slumberkins and Go Zen. I'll be reaching out to teachers for quick classroom introductions and to get programs started as we head into November, but until then I am wishing a warm welcome back to students and educators.

I look forward to getting to know all of you.

Mr. Vadnais



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