MHCB Vegreville November 2026

Welcome to November. November is always one of MHCB's busier and exciting months as there are many wellness initiatives in the month of November.

Bullying Awareness week takes place November 16th to 20th this year. This week focuses on promoting awareness and understanding of bullying and it's impacts. There are a variety of activities that take place at each school. Additionally, Addiction Awareness week lands on that same week. The Vegreville Cares Coalition is hosting a FREE pancake breakfast for National Addictions Awareness Week.

Fall break is also coming up soon and MHCB is partnering with the library for some *Artful Minds*, our 5-9 age group is full but we still have a few spots in ages 10 plus.

For more information on either event please see the posters below.





Vegreville Composite:

We have some exciting activities planned in November. For Bullying awareness week we will have lunch activities Monday to Thursday. Many of those activities will pull from minute to win it games where students can practice teamwork, working together and kindness. We will also have trivia for the classes to participate in and Ms.McSween will be connecting with teachers for additional resources and activities. Additionally, Veg-Al drug society is coming in one lunch to host some activities for addiction awareness week as well.

-Ms.McSween

AL Horton:

Welcome to November all! We are back into the swing of things and are already approaching the fall break. We have a bunch of fantastic new and classic programs going on, with our Grade 1's working through the Emotions Aquarium program, meeting all of the sea creatures and their associated feelings, like Optimistic Octopus and Anxious Axolotl. Our Grade 4's and 5's are working through the Open Parachute program, building skills around managing worries and self-esteem through video interviews with other students going through similar challenges in their lives. Our Grade 5⁄6 Safe Space group had a library scavenger hunt where they each found a book they related to and shared a few words about why it spoke to them. The Grade 4 Kindness Club has been hard at work planning activities for the school this year, and the Art Club has stepped up to have different students lead different art tutorials every other week, as well as learning new art techniques like sculpting and leaf collaging. I'm excited to see what they come up with next.
-Mr. Vadnais

St Martin's:

Hello! I am back from maternity leave and have had the month of October to settle back into my role and get programs up and running. Grade 2V has started the Worry Woo's program, Grade 1H is doing the Emotions Aquarium program combined with the Little Spot program, and Grade 4D, the Grade 5s, and the Grade 6s are all doing units in the Second Step Program. I am also super excited to announce that we will be doing the Roots of Empathy program again this year at St Martin's school in Mrs Deal's Grade 4 class. Stay tuned for an update about Roots of Empathy and an introduction to the volunteer family and baby. I will be at St Martin's school Monday-Thursday every week. I will also begin planning lunch time programs and an after school program to begin after November break. If you would like to discuss programming for your class, please reach out to me at larissa.regnier@eics.ab.ca.

St Mary's:

Hello! I am super excited to be back at St Mary's school after returning from maternity leave. I will be at St Mary's school on Fridays this year. Grade 7-1 and 7-2 have started the MindUp program, learning about the key players in our brain (the prefrontal cortex, the amygdala, and the hippocampus) and mind skills. Students will also get the chance to join me on Flex Days (one Friday a month) to do various activities with a mental health tie. If you would like to discuss programming for your class, please reach out to me at larissa.regnier@eips.ca.
-Mrs.Regnier

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Mental Health Capacity Building