



MHCB Vegreville

October 2026



ELK ISLAND
CATHOLIC
SCHOOLS
Seeing Christ in Everyone

Welcome to October. October will be busy month of getting back into programming, *World Mental Health* day activities, and practicing gratitude. The theme for *World Mental Health* day this year on October 10th is “*Lived Experiences heard: real voices, real change,*” each school will be hosting a variety of activities for that day.

AL Horton:

Hello all, and what a fantastic return to the school year. It's been so wonderful to see everyone's faces again. September was full of fun back to school activities and getting to know this year's classes. Coming up this month, we are starting our classroom programs back up, including favorite's like A Little Spot and GoStrengths!, as well as some new programs like Emotions Aquarium. I am so excited to see what this school year brings.

-Mr. Vadnais

Vegreville Composite:

For October at the Composite we have some exciting lunch time activities starting. The mindful art lunch program will be starting once a week, where we will have a new art activity each week that students can partake in. Stop by the wellness corner for dates and a list of activities. On October 9th we will also be having stations at lunch time for world mental health day that students can check out. Ms. McSween is also going to start going into junior high wellness classes starting this month as well.

-Ms. McSween

St. Martin's and St. Mary's:

Mrs. Regnier is back October 1st and is excited to be getting back into the swing of things at St. Martin's and St. Mary's where she will be starting programming. She will be at St. Mary's on Friday's this year and St. Martin's Monday-Thursday. Stay tuned for her update next newsletter.

Kirstin McSween: Program Manager/VCHS

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

Larissa Regnier: St. Martin's, St. Mary's

Larissa.regnier@eips.ca

Dylan Vadnais: AL Horton

Dylan.vadnais@eips.ca

Facebook: @MHCBVeg

Website: www.MHCBVegreville.com

