



MHCB Vegreville

May 2026



Welcome to May! May is MHCB's favorite month because it has *Mental Health Awareness Week* and our summer programming registration opens

May 19th.

Mental Health Awareness Week is the first week of May and the theme this year is "Come Together Canada," the

Canadian Mental Health Association has lots of great resources and activities you can check out if you wish.

Each school will also have their own set of activities going on all week for students to engage in.

Additionally, Wednesday May 6th is *Hats on for Mental Health*.

MHCB has some old favorite programs coming back and some exciting new programs starting for summer. All our summer programs are free to join and we have programs for all ages. For more information on the programs or to register the information will be posted on our Facebook pg. @MHCBVeg and website @ www.mhcbvegreville.com on May 19th.

Lastly, we are hiring for a summer assistant, to help us with our summer programming. If you are interested you can apply or find out more information through the eips.ca website under careers.

AL Horton:

Happy spring to all. With the return of green buds and winter in the rearview mirror we have tons of new beginnings. Last month we started both the Kimochis and Worry Woos programs with grade one classes after finishing off our Slumberkins curriculum. We also are sad to be approaching the end of our Friend Den program in partnership with Kalyna FRN but we are so happy to have seen everyone's smiling faces as all of us made new friends. Upcoming this month is Mental Health Week from May 4th to 8th, so look out for daily announcements and some lunch time activities. Newspaper club put out another fantastic edition for their April issue, Kindness Club has been working hard at making a kindness chain and random acts of kindness nomination boxes for the grade 4 classes. Our Safe Space club has been focused on identity exploration and have been able to share games from everyone's different cultures. It's looking like a great month ahead.

-Mr. Vadnais

MHCB IS **HIRING**

FOR A SUMMER ASSISTANT FOR JULY AND AUGUST
TO HELP WITH SUMMER PROGRAMMING

If you are interested in mental health programming and working with children and youth check out www.eips.ca under careers



Vegreville Composite:

Happy May. In April we started the “spare time” programs in block 4 (thanks to the rural mental health grant.) We had a session called “Glow Up,” where we talked about self care and a session called “Brunch Barista” where the Veg-Al drug society joined us. In May we will have a paint session and a session with the dietician where you get to make your own charcuterie board. If you are senior high and are interested in joining you can sign up in the wellness corner. For Mental Health week we will have activities in the wellness corner everyday at lunch, listen to the announcements and come join us for crafts, snacks and fun.

-Ms. McSween

St. Martin’s:

Hello everyone! Another great month at St. Martin’s, time flies. This month, we’ve talked a lot about feelings, how important it is to name them, and understand how they feel in our bodies. Another big theme this month has been our mindset. Our mindset is how we think, so we really need to work towards keeping things positive. We can do this in many ways, including affirmations, positive self-talk, and by expressing gratitude for the people around us.

Kindness club’s latest activity included making kindness bookmarks that we then hid in random books in the library. Who doesn’t love an unexpected surprise to brighten their day?

Looking ahead to May, we look forward to Mental Health Week activities. Stay tuned and have a great month.



St. Mary’s:

Hello St. Mary’s! The highlight for this month has been the Vegreville Cares Coalition/Rural Mental Health sessions that have started to take place Tuesdays after school. So far we’ve had our Brunch Talk session, where we made brunch food and then came together to chat about what to do in the face of peer pressure and how to take care of our mental health. It was a wonderful afternoon of yummy food and great conversation. Stay tuned for highlights from our 3 remaining sessions in our next newsletter.

Have a great month and enjoy the (mostly) warm weather.

Mundare:

Hello, this month at Mundare we have continued a lot of great programming. In our discussions about positive self-talk and the use of affirmations, the grade 3 and 4 class loved to make their affirmation bookmarks. Furthermore, we’ve discussed perspective-taking and other conflict resolution strategies. I look forward to the discussions we’ll have in May and for different Mental Health Week activities. Have a great month.

-Ms. Maida

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