

February is a exciting month at MHCB as we have Random Acts of Kindness week (February 16th to 20th) and Pink Shirt Day (February 25) that means that all the schools will have events and activities around kindness. Stay tuned to your school's announcements to learn how to participate. In January we finished up the Power Up program and we want to thank all the kiddos that came out and participated. We also had lots of cool lunch time activities for Bell Lets Talk where students talked about what they did to take care of their mental health and received some hot chocolate.

Home Alone Safely which is a highly requested program for ages 10-12 year olds will be happening on March 26th during spring break. This program teaches students how to stay home alone safely. Registration will open in a couple weeks, as we are just confirming community partners. For updates on registration or any new

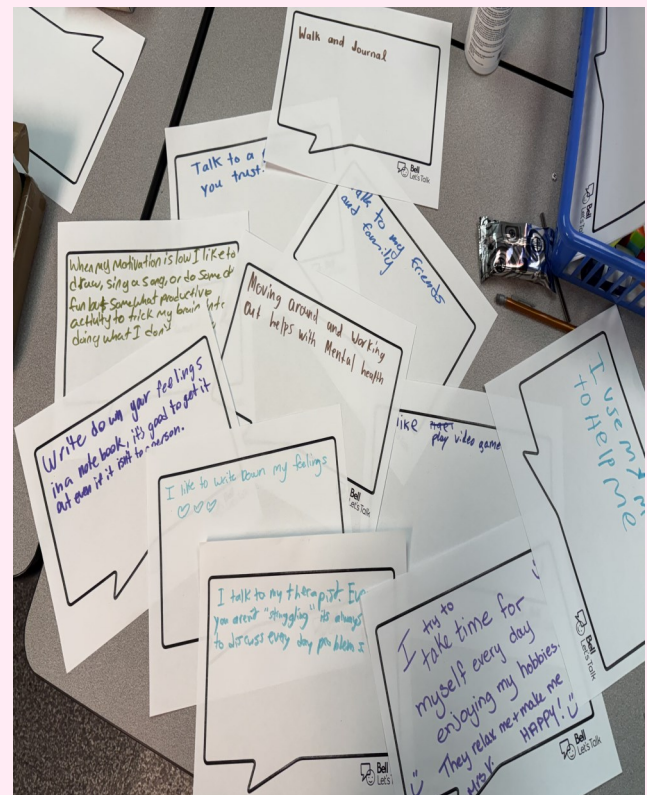
program announcements you can follow our Facebook page
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Vegreville Composite:

Students finished up semester one in January, we discussed what we do to take care of our mental health and why talking about mental health is important for bell lets talk day. With Semester 2 starting so will some new programs. Ms. McSween will be doing some mindful crafts at lunch on Mondays in semester 2 which will be drop in, so everyone is welcome. The Wellness corner is open most days at lunch and students are always welcome to come play some games, eat lunch and relax. There will also be a bunch of activities planned for random acts of kindness week and pink shirt day, so stay tuned. As semester 2 starts students who have a spare are always free to come relax and study in the Wellness Corner as well.

-Ms. McSween



AL Horton:

We have been busy here at ALH with programs like Kelso's Choices in grade 2, GoZen in grade 3, and our afterschool program Power Up wrapping up. We celebrated Bell Let's Talk Day with the help of our Kindness Club and brave grade 5 volunteers and gave free hot chocolate to the whole school. Each cup had a kind message about mental health written by our Kindness Club. Coming up this month we have Random Acts of Kindness week as well as Pink Shirt Day. Our Lego groups have been building both our Lego kits and also showing off their patience and how well they can share. Our Kinders are still learning about emotions through the Little Spot program, and grades 4, 5, 6 are flying through topics like facing friendship challenges, goal setting, and perseverance.

-Mr. Vadnais

St. Martin's:

In January at MHCB for programming we were talking about having a growth mindset, being resilient, and dealing with our feelings in a healthy way. A favorite activity for this month has been feelings freeze dance, where I call out a feeling when the music stops and the students have to show using their bodies and facial expressions what that feeling looks like. This skill helps us build emotional intelligence and understand what feelings look and feel like. A highlight of this month has been Bell Let's Talk Day on January 21. This is a day to open up the conversation about mental health and to work towards ending the stigma. The St. Martin's Kindness Club did just that with their lunch time mental health workshop with multiple stations including a craft, a storybook reading, an information presentation, and a breathing techniques demonstration. Students were invited during lunch hour to partake in the festivities and learn all about mental health and what we can do to talk about it more in our communities. A great afternoon all in all.

St. Mary's:

In January we have continued to talk about healthy relationships with the grade 10 students. More specifically, we've talked about how to help others when they are struggling and dealing with conflict management. We've had yet another flex block where we did some fun painting with watercolors. Our highlight of the month was Bell Let's Talk day. This included some mental health presentations with a trivia game, and there was also free hot chocolate at lunch with mindful mandala coloring. I had some good conversations with students about what mental health really means and what we can do to take care of ourselves. Great work St. Mary's. As the first semester ends, I look forward to new opportunities to engage with students and implement some new programs.

- Ms. Maida

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