



MHCB Vegreville

November 2019



November is filled with lots of great community programming over fall break as well as our regular school programs. Over fall break MHCB is teaming up with the library to host two sessions: *Test your Senses* a take on mindfulness and trusting our five senses and *Ignition*, a digital citizenship course for grades 6-9. On top of our partnership with the library we will also be hosting our *Home Alone Safely* course with the help of the RCMP and fire department. To register for any of these course come talk to the wellness coach in your school. November is also domestic violence awareness month as well as bullying awareness week. All the schools will be receiving resources around all topics and the Town of Vegreville will be hosting a kindness challenge for the month of November.

Ignition
Digital Wellness & Safety
Grades 6-9
Please bring your own device, if possible.

MHCB Vegreville
Vegreville Centennial Library

Email McKenna.Makoweki@eips.ca to register.
Limited spaces available.

Topics of Discussion:
Connections and Community,
Safety and Privacy,
Screen Time vs. Offline Time,
Technology and Data,
Rights and Literacy,
and Evaluating Content.

November 12th
12:00-3:30pm
Sunshine Club

Step right up to...

TEST YOUR SENSES

WEDNESDAY,
NOVEMBER 13,
10-11:30 AM

OPEN TO
AGES 9-17

Join us at the library to see
how "sense"-ible you are!

REGISTER AT VEGREVILLE
CENTENNIAL LIBRARY.

MHCB Vegreville
Vegreville Centennial Library

Greetings from AL Horton!

It has been a wonderful month full of relationship building. Several small groups are up and running, working on building healthy relationships, social skills and self-regulation strategies. It has been awesome to watch the students' tool belts being filled with great skills and then watching them being put to use. Here is a picture of some boys in one of the groups working together to build Lego. In this group, the students take turns being the 'builder', 'engineer' and 'sorter'.

I started Staff Yoga on Thursdays after school, giving the teachers a much deserved break from their busy days.

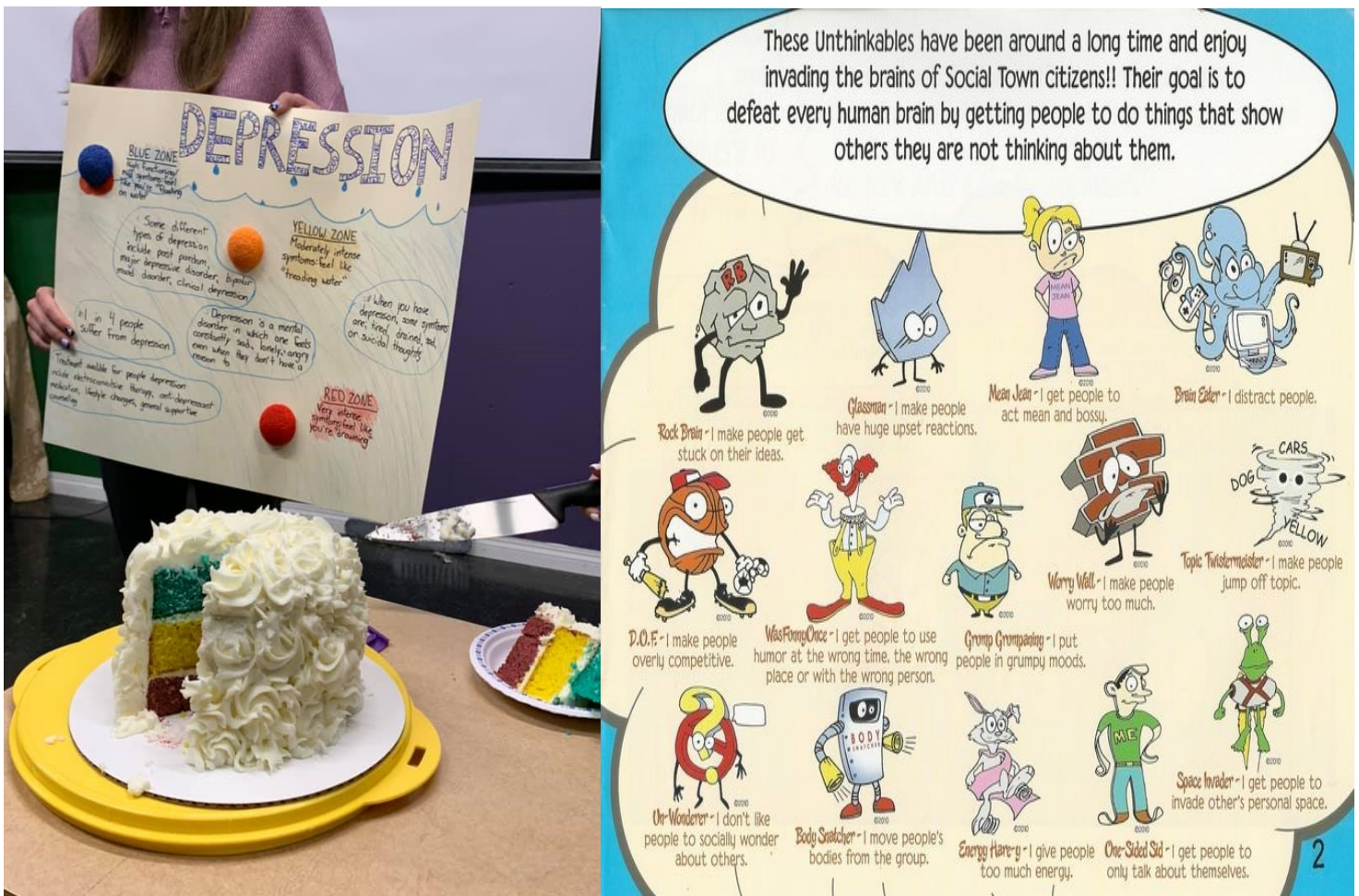
During November we will continue to focus on Wellness and Healthy Relationships.



St. Martin's

Miss Makowecki has been working with many teachers to present to their classrooms. Recently grade 1B invited Miss M in to present on bucket filling, which will take five weeks and allow the students to explore how to fill their friends', families' and teachers' buckets. Superflex in Kindergarten has come to end. The students learned how to be flexible thinkers instead of "rock brain". Students learned to defeat the Unthinkables "RockBrain", "BrainEater", and "Energy Harey". Grade 2B is still learning more Unthinkables that they can defeat.

4D for the next 14 weeks is participating in "The Compassion Project", a program designed by EverFi. Miss Makowecki has started to send home forms informing parents that their children are participating in MHCB programming. Her hope is to engage parents and their students in conversations regarding the programming.



St. Mary's

Grade 7 and 8 students have been learning how they can reduce the stigma of mental health with the TeenMentalHealth.org program Mental Health Literacy. Over the last couple weeks the students have engaged in learnings about different mental illnesses and have created presentations and posters to teach their fellow classmates. This program will continue for six more weeks. Miss M is excited to introduce to staff the program Not Myself Today at the next few staff meetings and to work with the staff on their own mental health.

Vegreville Composite:

Vegreville Composite has had a busy month with the grade 7 and 8 learning strategies participating in the “building mental wellness” program. They are finishing up the first half of the program next week before fall break. On top of that Ms. K has been helping out with junior high collaboration days and every Wednesday hosts a lunch time activity. Next week is Minute to Win It. If any students have any talents they want to show off, they can let me know and then they can teach other students at lunch their talents. Kyler in grade 10 taught students how to make slime last week! Due to requests from students Thursdays after school until 4:30 the wellness room is open to students to come hangout and play some board games or just chat.



Next Step Outreach:

Kirstin will be at the Outreach Tuesday mornings. Next Tuesday is the first day of mentoring with the outreach students and AL Horton LINKS class. They will be working on reading, writing and building relationships. This will be every Tuesday until Christmas break and then after that the students will be working with seniors.



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