



MHCB Vegreville

February 2020



Welcome to February! January was a great month. We helped host the annual “Bell Let’s Talk Hockey Game” which had around 100 people attend and was successful.

The month of February will be busy as it highlights Random Acts of Kindness week- February 11th-18th and Pink Shirt day on February 26. We also have some MHCB partnership events coming up such as the “Inspire and You,” program February 12th which aims to “empower, engage and encourage a future with endless possibilities for females gr 4-8.” We also start our Skating to Wellness program in February and coming up March 21st is the Vegreville Cares Coalition’s Rural Woman’s Mental Health Conference, “Our Nature to Nurture,” tickets are available.

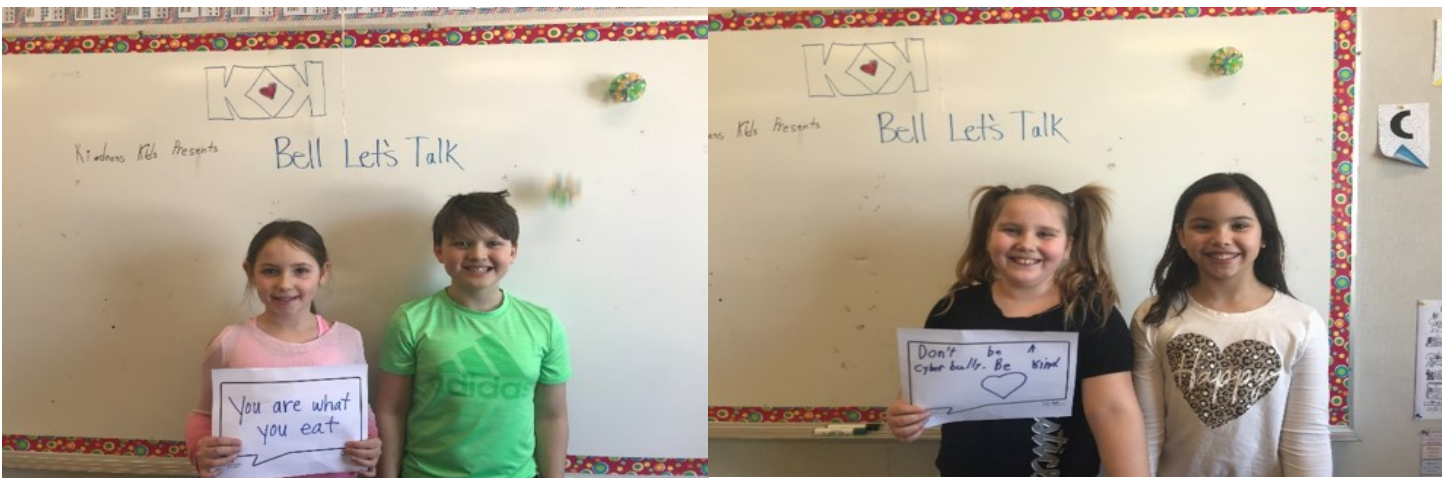
A.L. Horton:

We are keeping the Winter Blues at bay with lots of activity and programming at AL! This month we have introduced **Mind Up** into the Grade 3S class, **Go Zen** in the Grade 3/4 P class, **Digital Citizenship** in the Grade 4S Class and **Health Relationships/Second Step** in the Grade 5W class. These are all universal and evidence-based programs that cover relevant topics in the health curriculum. The added bonus is that the programs are all interactive and we have a lot of fun doing them together!

Staff yoga continues on Thursdays afterschool, giving teachers and staff a much needed pause and relax to the end of their week.

Our Kindness Club has been busy preparing for Bell Let’s Talk Day with informative videos about how we can improve our mental health. Here are some of them posing by their signs.

Looking forward to what February brings... except for -50 weather. I think we have had enough of that for one year!



St. Mary's

This month was full of excitement with -45 days and rain, but we made it through it all!

During January Miss McKenna offered after-school activities and wants to remind teachers and other staff that it is the responsibility of the kids to sign up at the office for these events. If no one signs up, Miss M may plan to be out of the office to prep other activities. Grade 7 and 8's were presented to teaching on topics such as time management and also healthy and unhealthy coping strategies. During the week of Bell Let's Talk staff engaged in sharing with students that "You Are Not Alone" and that we as staff are here for them.

Coming up in February we have Skating to Wellness starting and also activities based on self love! Stay tuned for activities that students can sign up for that will explore self-compassion and self care.

St. Martin's

Kindness Club has kicked off and the students are very excited. Their first video was in support of Bell Let's Talk where they want other students to know that it is okay to talk about our small or big emotions. Their next video will be live on Feb 18th where they will spread kindness tips and lead the school assembly! Both grade 6 classes are actively participating in the "Inside out program" where they watch and self reflect on the movie. The movie has amazing tips and tricks on how to cope with life changes.



Vegreville Composite:

This month the Composite focused on what can we do take care of our mental health and how we can help others. We did this through Bell Let's Talk activities in the junior high classes. On Bell Let's Talk day all the students who participated could come and get a tea or hot chocolate. We also had lots of activities Wednesdays at lunch and Thursday drop ins. With the new semester starting in February I am looking forward to starting some new programs and groups around mentoring.

Next Step Outreach:

Outreach took a break from programming in January to concentrate on exams but the last week they did a bell lets talk activity to show their support for mental health and in February they are starting their mentoring with the Century Park Seniors home.

MHCB Program Manager: Composite/Outreach:
Kirstin.mcsween@eips.ca

St. Mary's/St. Martin's: Mckenna.makowecki@eips.ca

A.L Horton: Shelane.williams@eips.ca