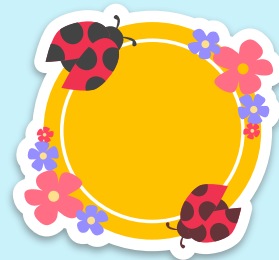


Good News

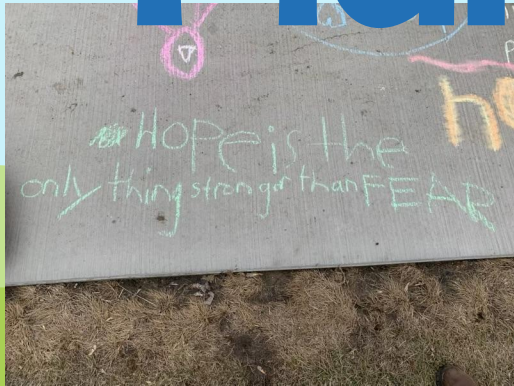
MENTAL HEALTH

May 11, 2022



Ecole

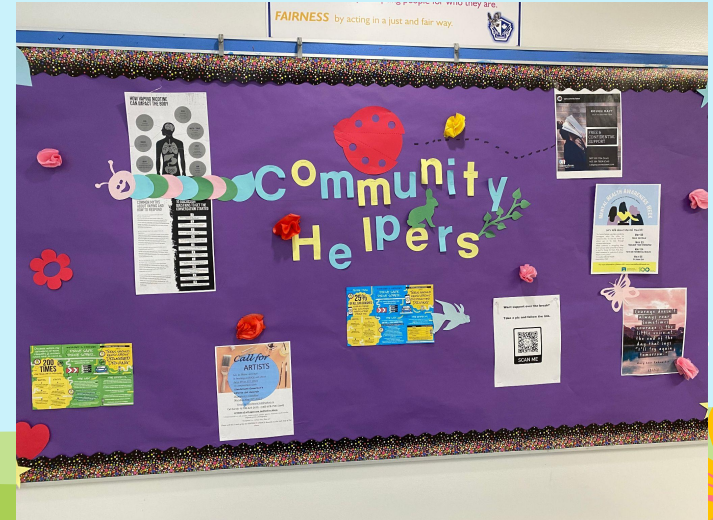
Plamondon



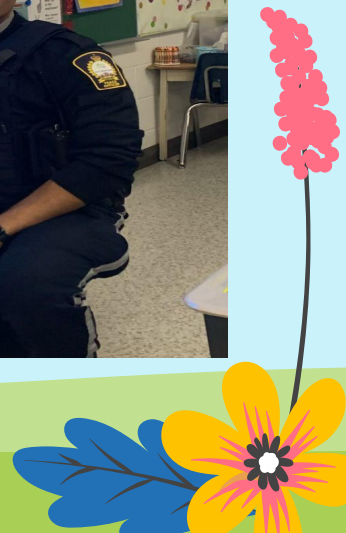
Community Helpers

EPS Community Helpers were working hard during Mental Health Week to provide activities and resources for our school community on mental health support.

A big thank you goes out to Ms. Patti (Student Advocacy Counsellor), Ms. Jessica, and our Grade 7/8 Community Helpers.



Big Brothers/Big Sisters and Officer Farouque with our Gr.3 Boys Group and Girls Group



J. A. Williams High School



MENTAL HEALTH AT JAWS!

May 6 Staff PD was devoted to our school goals of mental health and numeracy, with a heavy focus on the mental health of our students. In order to have a mentally strong school, staff also need to be taken care of and have time for bonding, collaboration and professional and personal growth. We found a balance of fun and learning that made the day very beneficial. The collaboration started earlier in the week and it helped springboard staff into new ideas and sharing that are continuing in our next Tuesday PD session.

Thanks for the opportunity to have this full day of learning and fun!



SCHEDULE:

8:30 Parent Council provided breakfast for Teacher Appreciation Week.

9:15 Department Meetings with guided focus

11:30 Wellness Cook-off (staff collaboratively cooking in department teams)

12:15 Lunch

1:00 Session to review and discuss student feedback focusing on Cultural Awareness/Sense of Belonging Conversations by FNMI Grad Coach, relating to Mental Health and Wellness

2:00 Tea and Bannock Break

2:15 Break-out learning sessions

- Disc Golf,
- Painting,
- Indigenous Protocol and Games,
- Mindfulness Exercises



Duclos School



The week was filled with some fun activities and the students got so involved!
The events during Mental Health Week promoted a positive self-awareness
and were such a hit with the kids!



Planting Seeds in 3LG

2022 MENTAL HEALTH AWARENESS WEEK
Mar 2-6, 2022

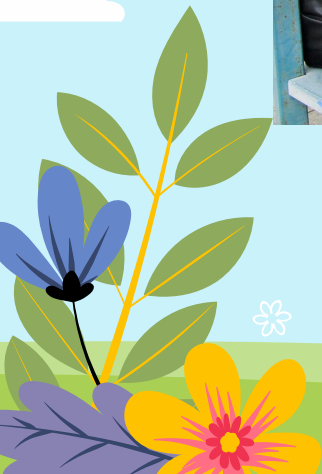

Mellow Monday: Wear your PJ'S to relieve stress and lower your Cortisol levels.

Twin Tuesday: Team up against stress!! Dress like a friend because you're not alone.

Wear a Hat Wednesday: Hats on for Mental Health! Wear a hat for mental health awareness.

Chalk the Walk Thursday: Colors can represent a wide range of emotions. It's okay to express them!

Duos Fun-Friday: WEAR YOUR SPIRIT GEAR to show your support of our Duos Family!!

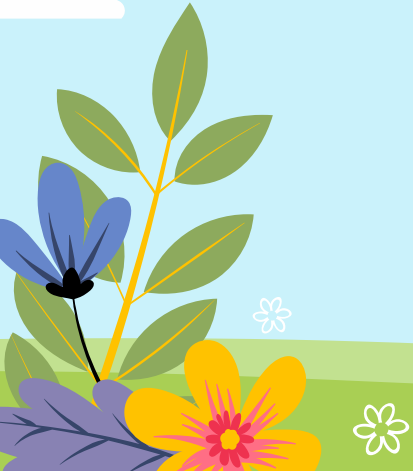




Twin Tuesday



Conga Line during
Daily Dance Break



H.E. Bourgoin Middle School



We hosted our first ever live band concert and invited students and families in!
The Blooming Sounds Concert was a huge success.
A portion of the proceeds went to mental health initiatives in our area.



We acknowledged Red Dress Day and celebrated our student leaders in our GSA.

We wrote positive messages on our sidewalks with chalk
and we talked about empathy on our announcements daily.

We had our first whole school assembly in the gym as an HEB family!



We hosted a pancake and sausage breakfast for HEB staff on the Friday PD Day.

Our Elder Peggy joined us too!

Thank to Board Chair Karen Packard and Nicole Garner for helping admin flip pancakes.

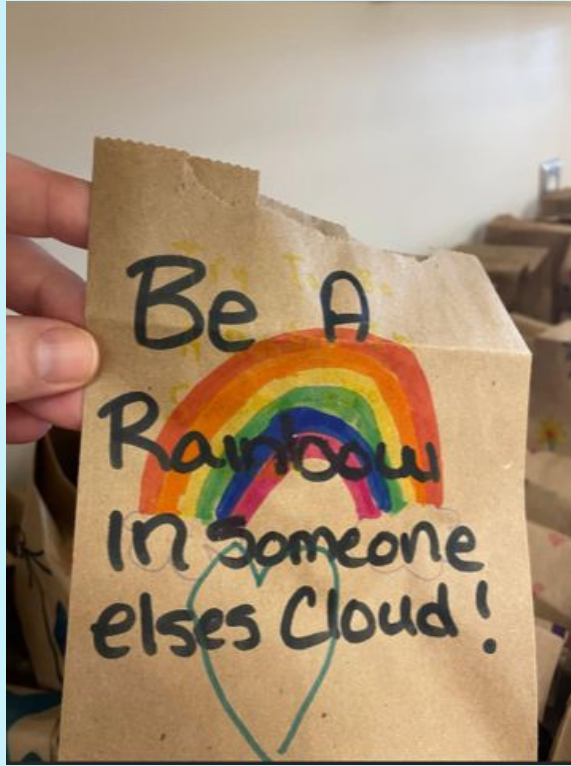


Bonnyville Centralized High School



During Mental Health Week, students participated in a variety of activities... two of which were chalking our walk with positive messages and cookies for kindness. Students got a home-baked treat and a positive message with each cookie.





Cold Lake Elementary



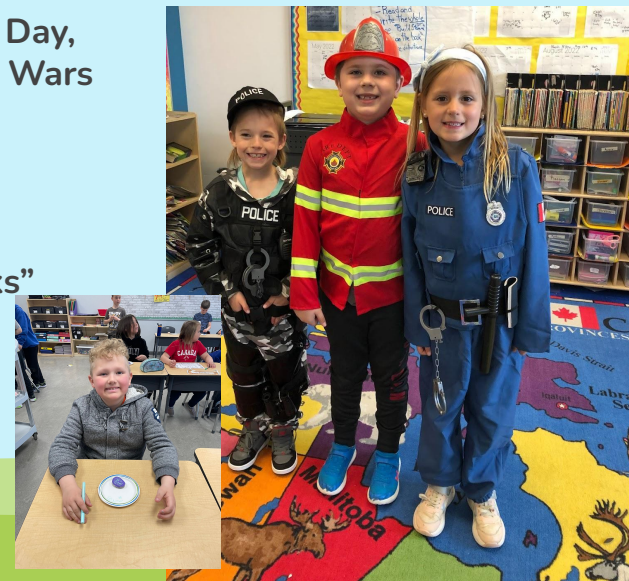




CLES MENTAL HEALTH WEEK

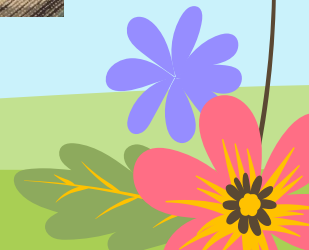


- Dress Up Theme Days! (Hero Day, Hat Day, Inside Out Day, Star Wars Day)
- Rock Painting
- Book Sharing “Kindness Rocks”
- Chalk-The-Walk
- Be Positive Bracelets
- Hope Posters





TWIN Day at CLES!



Battle of the Books

Thank you Mr. Boychuk and Mrs. Walker for helping our students bring back a GOLD and SILVER from the BATTLE of the Books competition in Cold Lake!! We are so proud of our students! Keep reading everyone - it's SO good for your MIND and SOUL!!!!



Nelson Heights Middle School

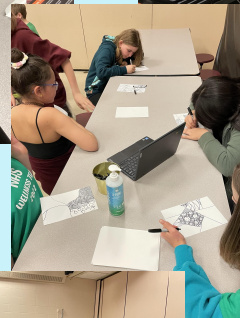
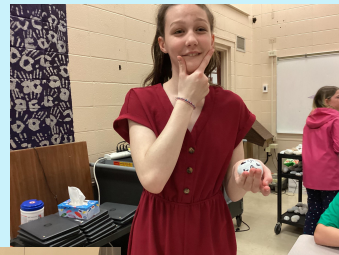


Planning



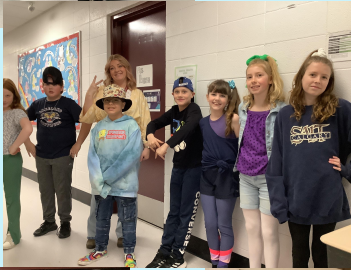
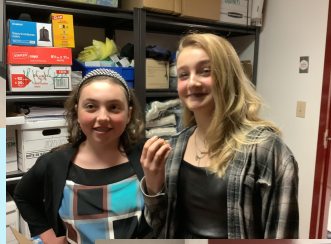
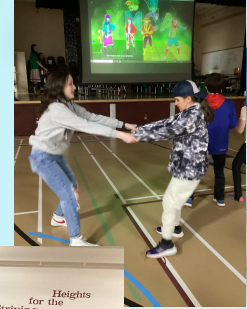
Monday

Art and Mood Color Day



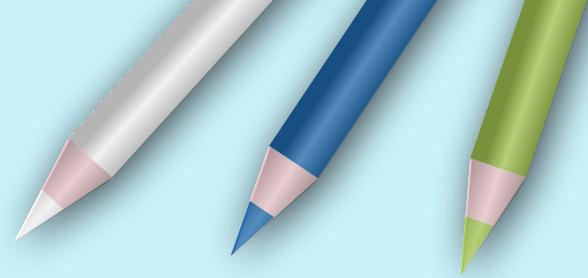
Tuesday

Decades Day and Dance Party



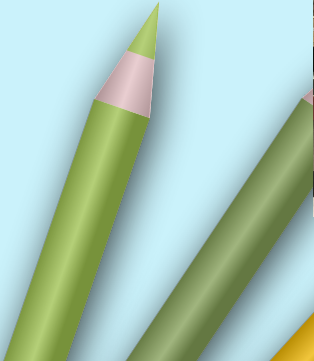
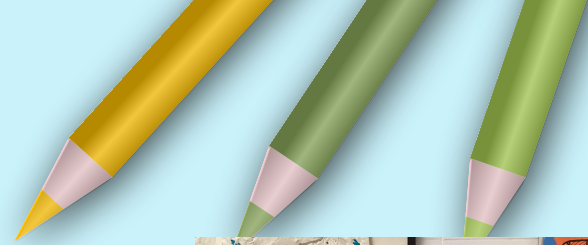
Wednesday

May the 4th Wellness Olympics



Thursday

Comfy Cozy Day



Art Smith Aviation Academy



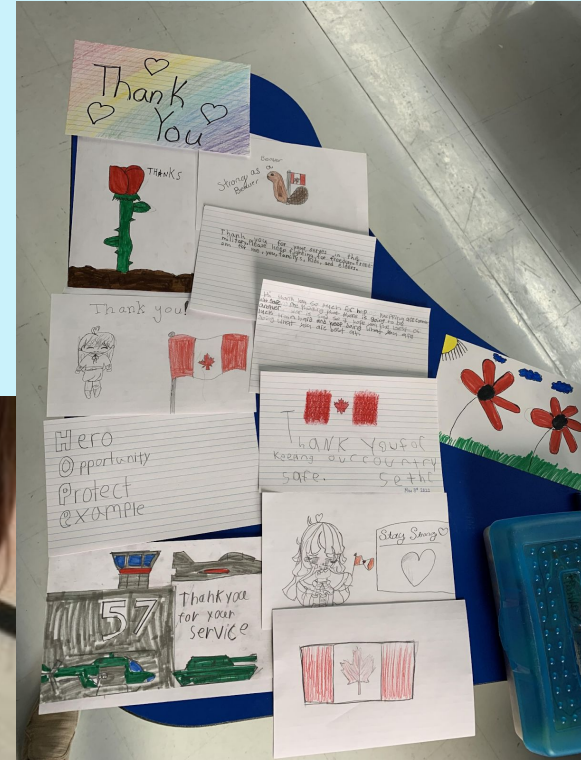
Mental Health Week at ASAA



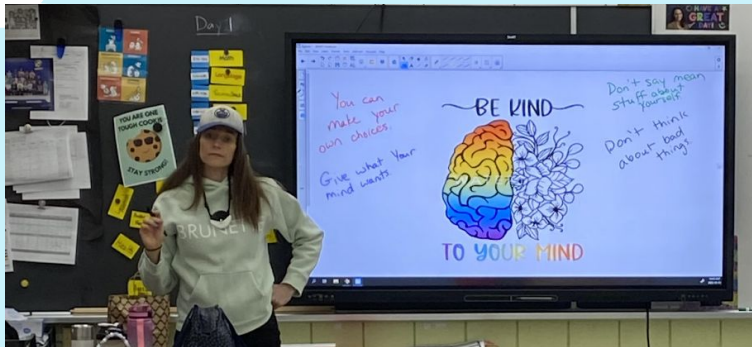
Monday was celebrating our resilience.



Tuesday students wrote letters of hope to the military members in our community



Mental Health Week at ASAA



Wednesday, Hats on for Mental Health



Thursday students cleaned our school yard and created sidewalk messages of hope.

North Star Elementary





**Learning
Together
Anywhere**



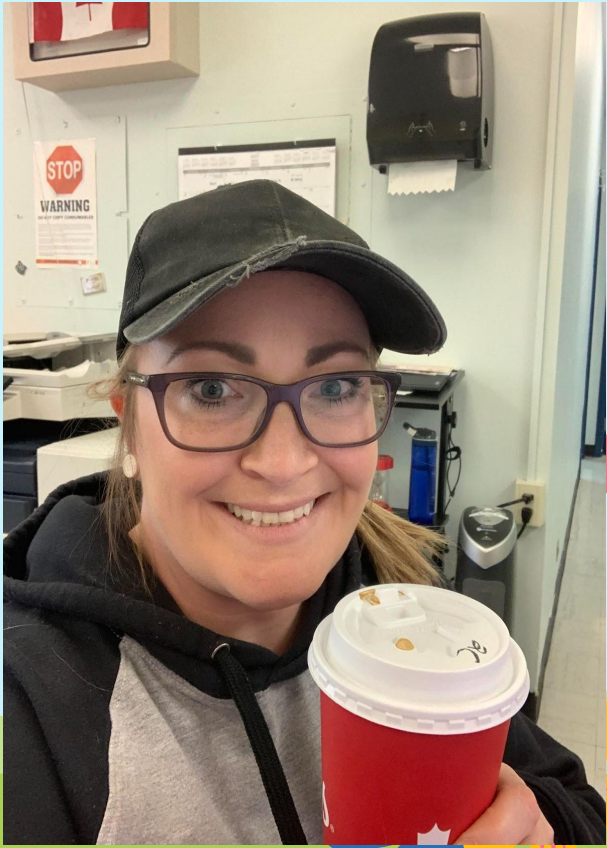
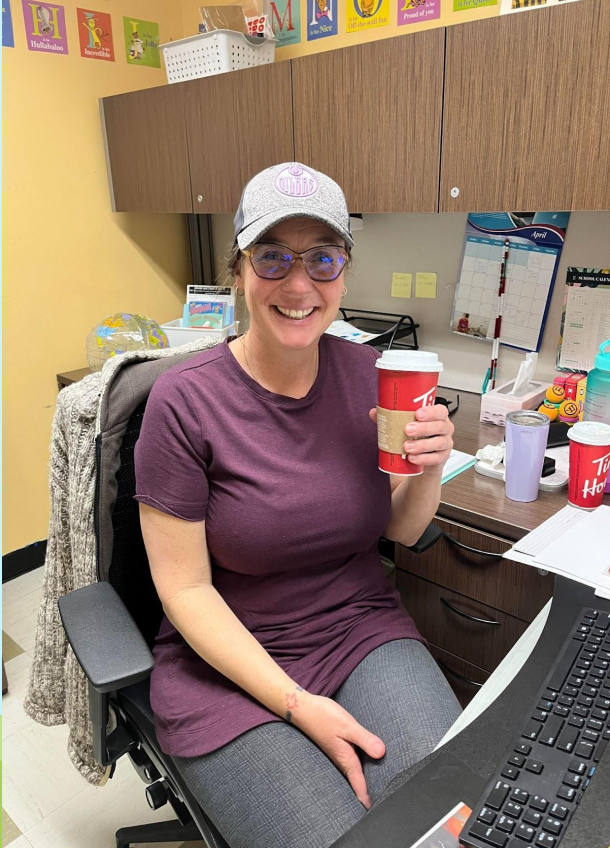
LTA Good News

Mental Health Week

Wilderness Adventure
Solitude & Mindfulness Afternoon



Staff taking a much needed coffee break!!



Kikino School



At Kikino School we start and end our day with a focus on Mental Health!

- 1. It is visible everywhere*
- 2. We hear it in our morning announcements...we begin our day with our morning song “Waniska” which translates to greeting the morning sun.*
- 3. We celebrate our Very Important People- VIP’s which connects to our school code.*
- 4. We bring the outside in as much as possible! Plants and sunshine!*
- 5. We celebrate our students everyday.*



Sunrise Song with lyrics and English translation

Wâniskâ! pêtâpan ôma!

(ᐱᐢᓂᐢᓴᐱᐢ! ᐱᐢᓂᐢᓴᐱᐢ ᐱᐢᓂᐢᓴᐱᐢ!)

Wake up! The sun is coming

10 WAYS TO SUPPORT YOUR MENTAL WELLNESS

- Breathe** Take a few minutes to get off your busy to-do list and breathe. It's a simple way to reduce stress and anxiety.
- Share Your Feelings** Talking about things you're going through can help you feel better.
- Practice Gratitude** Focus on positive things and experiences that make you feel thankful.
- Challenge Thoughts** When negative thoughts pop into your head, test yourself to see if they're true.
- Spend Time Outside** The right sounds and smells of nature can relieve stress and tension.
- Ask for Help** If you're struggling, ask for help. People may not know what you're going through.
- Use Positive Self-Talk** Speak to yourself as kindly as you'd talk to a friend.
- Limit Screen Time** Too much screen time can be overwhelming. Take breaks.
- Be Realistic** You can't control everything. Focus on things you CAN control, such as thoughts and actions.
- Have Healthy Habits** Eating well, exercising, and getting enough sleep are habits that benefit your mental wellness.

Handwritten notes on a piece of paper:

Students should not be going around during break time.

Handwritten numbers: 3.14.5

Handwritten name: My name is Alex

Handwritten name: My name is Alex



VIP

Congratulations to these Very Important Pupils, Who have distinguished Themselves in various ways. These are the stars Of our future.

April 28
William
makana
Kali
Lava
Alex
4/29 Logan



Glendon School



Glendon School Friendship Stew

Our school staff, students, and bus drivers were treated to a special Friendship Stew on April 28th, prepared and served by our Glendon School Council.

With the help of our families providing the ingredients, everyone was served hot stew, fresh homemade buns, and dessert for lunch!

Once a month our School Council will be serving a hot lunch to staff and students.

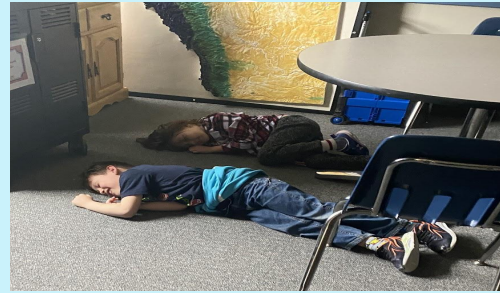


Glendon School

Mindfulness in our Learning Commons

We have added a mental health break to our Learning Commons routine when students come for library class called Mindful Minutes.

Mindful minutes is the practice of taking some time for quiet reflection and “being in the moment” Students lie down or sit quietly, listen to soft music and pay attention to their breath. The idea is to have them not think about anything in particular, to just be. We find that this helps students reset and find the calm during a hectic day. Students have responded well to this practice; if our librarian Mrs. Paton doesn’t have the music playing when they arrive, they ask about “quiet time.”



Thanks!



Do you have any questions?
communications@nlsd.ab.ca

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