



Good News Mental Health

April 19, 2023



Duclos School




Big Buddies Program! We are proud to be working with BCHS 20/30 phys ed student leaders again this year. They plan special tasks to do with some of our students once a week for 6-8 weeks to help build confidence and positive connections.



Our Kindness Rock - This is one way we share appreciation and recognition of one another. Someone receives this rock at each staff meeting for the great things they do. That person keeps the rock until the next meeting and passes it on.



Our new virtue of the month is Gratitude. We had some students create a display in our hallway. We try to encourage leadership and engagement wherever we can.



H.E. Bourgoin School



Our Student Advocacy Counselor and several staff have Bear Clubs, athletic groups and student advocacy groups active in our school. Each day at lunch there is a different club or activity to attend and each day after school students can attend Bear Clubs with our SAC and librarian in the learning commons. These include:

Community Helpers
ROK Group (Kindness Club)
Mindfulness Lunch
G.S.A.
Principal's Council
3D Printing Bear Club
Crochet Bear Club
Lego Bear Club
Art Bear Club
Board Games Bear Club
Softball Bear Club coming soon!



Nelson Heights School

NHS MENTAL HEALTH WEEK 2021



NHS students have been working hard to plan for their Mental Health Week this year. These students have developed activities, lessons, school-wide challenges, and theme days to promote mental health and the importance of taking care of it. These students are excited for the opportunity to be leaders in the school and to facilitate the activities during the week!

Go KNIGHTS!



Art Smith Aviation Academy

Art Smith has been very focused on mental health this spring:


- A lunch session hosted by Jody Turco from SFSK. Parent volunteers came to provide lunch supervision, so that all staff could attend.
- Students have been creating their DNA profiles to increase relationships within the building.
- Calming meditation, and yoga is being done in classrooms
- Parent evening session hosted about Self Regulation and ADHD with Mrs Farrell and Mrs Greengrass

We had Jody come again on Parent Teacher Conference evenings for Parents to meet with and ask questions. SFSK was nice enough to provide swag and students could introduce their parents.




The logo for Aurora Middle School features the school's name in a clean, sans-serif font. The text is centered and surrounded by a decorative border of colorful, hand-painted style dots in shades of teal, orange, yellow, and pink. The dots are scattered around the text, creating a vibrant and playful atmosphere.


Aurora Middle School





A chance to connect and gain self esteem/confidence through music at AMS



Social connection and self esteem are known to be a major contributing factors to positive mental health. At AMS, one of our strategies to improve student's mental health is to re-establish programming where students have an opportunity to connect with peers and staff in the building and build self esteem. One such program is our band program.



Recently, Ms Shulko took the grade 7/8 Band to Edmonton to work with the Grant MacEwen Conservatory of music and to perform at centre stage at West Edmonton Mall. This was an overnight trip and students were also able to participate in fun experiences that many have never had an opportunity to do. The power of this trip is reflected in comments from students.



Student Quotes

“I wish this day could just repeat again over and over.” Ariana Tremblay (percussion)

“ I liked everything, especially shopping. I like shopping.” Leo Elponoria (percussion)

“ I never knew music could be so breathtaking” Kataryzna Woods (clarinet)

“ I had the best chaperone in the world” Sydney Walgren (clarinet)

“ I spent my money very wisely.” Zoya Ennest (tenor saxophone)

“There’s three different ways to play b flat!” Andy-lee Kaufman (flute)

“When you can’t decide what to eat just eat everything” Daniel Ham (tenor saxophone)

“Don’t fall asleep on the bus” Marley Umble (alto saxophone)

“I finally know how to play clarinet squeak free” Karl Crooker (bass clarinet)

“Edmonton was awesome. As well as performing with the band, now I know how to play the flute in professional style, but the most important thing was everyone having a great time!” June Crooker (flute)











Wandering River School

**Amanda Panda from Hula Hoop Circus visited our school.
She shared her message about perseverance:
Work Hard, Play Hard, Dream Big!**





Our school council organized an Easter Egg Scavenger Hunt. The students worked in their kindness groups and worked towards finding their surprise at the end! I'm not sure if the parents or the students enjoyed it more!





Bonnyville Centralized High School

BCHS students participated in a Unified Baggo celebration hosted by Notre Dame High School. They took part in a cabane a sucre, snow painting, board games, snow shoes, campfire, outdoor games, and, of course, a dance party. BCHS is organizing unified bowling in May and has invited all NLPS high schools to participate.



Bonnyville Outreach and BCBS have partnered to help build social skills and transitions between schools for next year. It's called the PEERS program and it's for autistic students. BCBS also recognized Autism Awareness Day by asking students and staff to wear blue.





Learning Together
Anywhere School

There are many ways LTA is able to help with the mental health of staff and students. Every Tuesday, Mrs. Rychlo and Pam Cameron, an SFSK Wellness Coach, facilitate wellness presentations to the entire school. The focus of these presentations always align with the division's Wellness Spotlight every month.



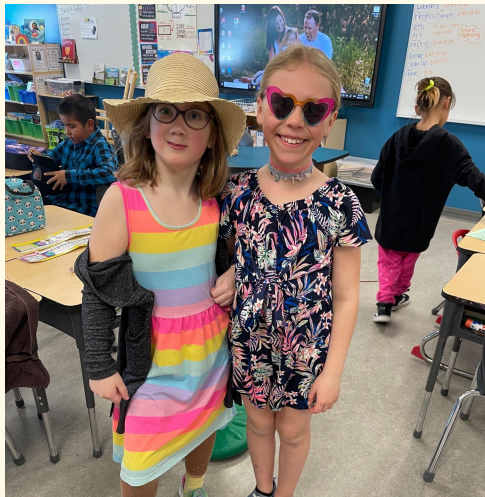


Even though we are a virtual school, we try to provide monthly in-person events to help build friendships and a stronger sense of school community. We find after every get together, students are happier and more engaged. As we know social supports or connection with others is a important part of maintaining mental health and wellness!





Cold Lake
Elementary School



CLES welcomed the warmer weather with a Beach dress-up day before the break - bring on the SUNSHINE!



Students also enjoyed a Hula Hoop Circus presentation by Amanda Panda, an author and performer. Students were thrilled with the performance and learned a lot about perseverance. A special shout out to Mr. Lunde and Ms. Charland for showing us their awesome hula hoop skills!





J.A. Williams
High School

Mental Health at J. A. Williams is greatly supported by our counsellors!

A Huge thank you to our Counsellors

Fyith, Heleme - Student Advocacy Counselor

Gordey, Ashley - Student Advocacy Counselor



Cold Lake Junior High

Mental Health-Community Helpers





Grade 6-9 classes learning about Vaping, Anxiety and Stress. Thanks to Mrs. Jody Turco from SFSK and Miss Ada, our own Wellness EA for giving our kids good life tools.

THE LONG-TERM HEALTH IMPACTS OF VAPING ARE UNKNOWN

CONSIDER THE CONSEQUENCES

Canada.ca/vaping-info

The grade six and sevens have explored how society, professional and social media promote an unrealistic 'ideal' body, and learned strategies to protect and build self-confidence in themselves and others.

What have we learned?

It's not worth trying to match ideals.

Media images are often manipulated.

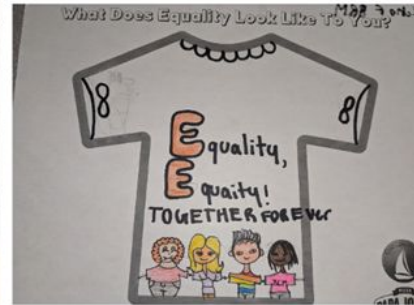
Avoid comparing, value what makes you unique instead.

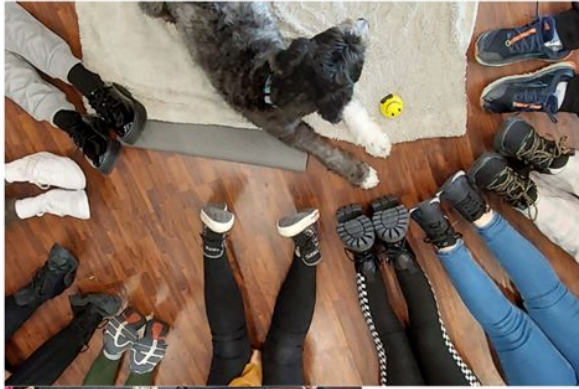
Body talk can make appearance seem too important.





Equality, Equity and Kindness: CLJH
Participated in Cold Lake Prides drawing contest where students drew what equality looks like to them. The best drawing won their class a pizza party! Through class lessons and discussions, they learned about privilege, equity and empathy. We discussed why being kind is so important and impactful.

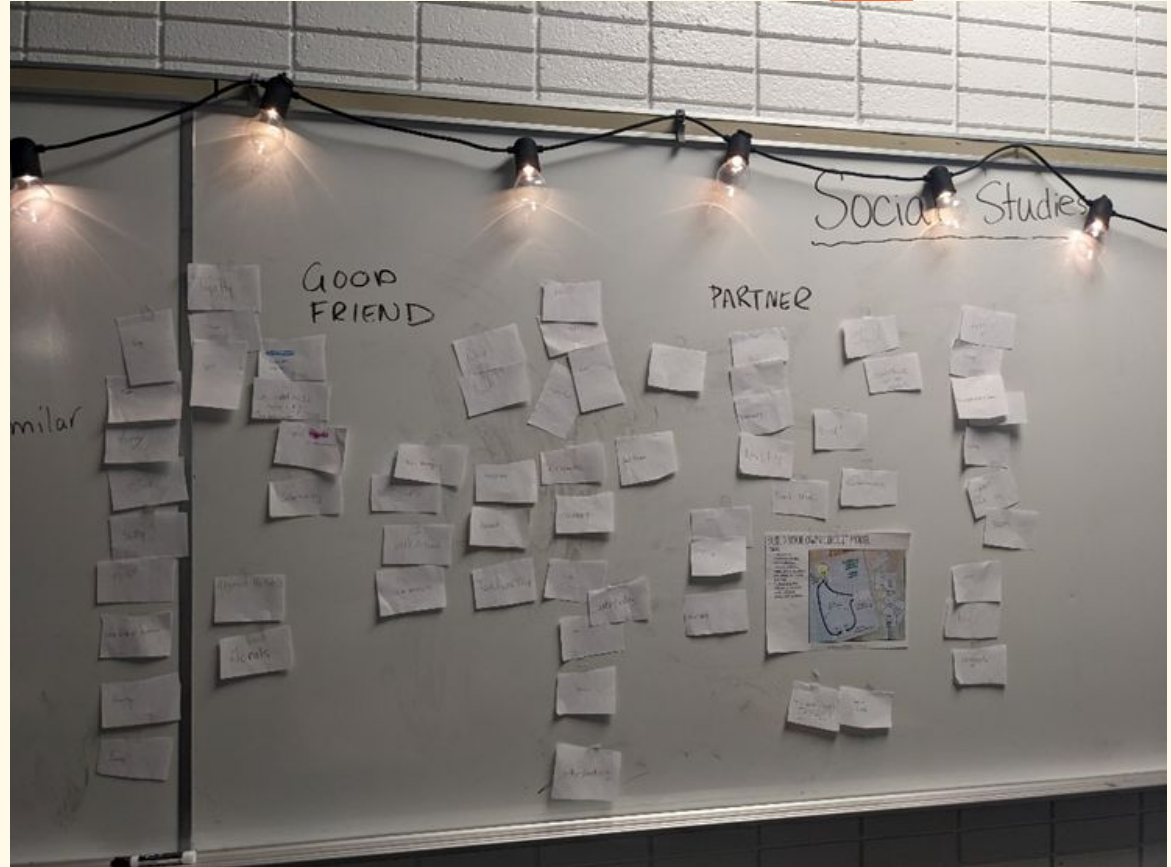




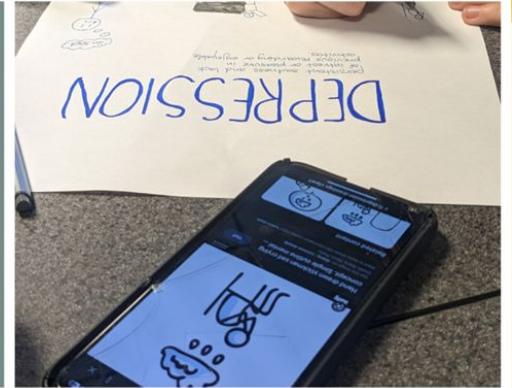
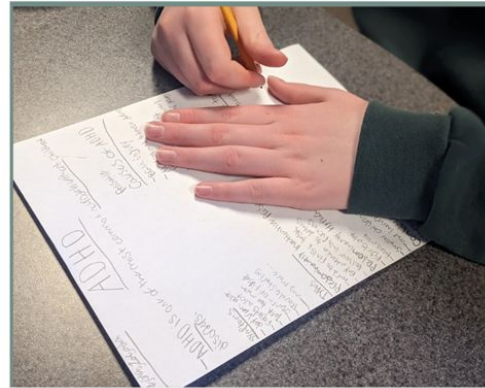
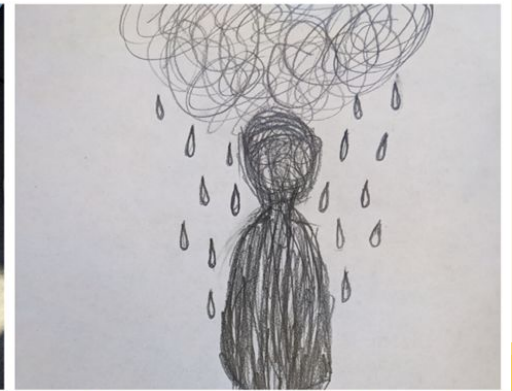
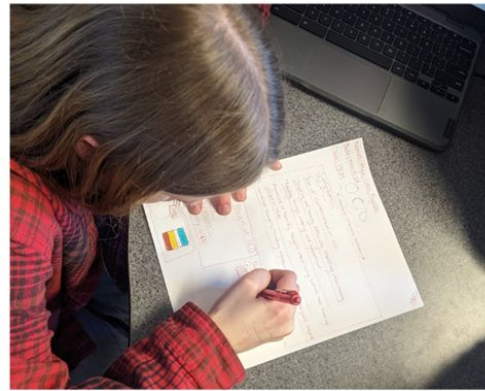
A group of Grade 9's participated in a weekly Stress and Anxiety Management Group with Jody from SFSK from January to March. Students were able to learn and practice coping skills and self-care strategies! Jody's dog, Smudge was able to join for a few sessions as well! At the end of the group's time together, students had met knew people and had a better understanding of how to deal with some of their intense emotions!

Grade eights and nines have begun talking about healthy relationships. They have explored what qualities they look for in their relationships and what has shaped those values. They will continue to learn boundaries and assertive communication, taking responsibility for emotions, dealing with friendships and relationships ending and how to help themselves and friends in an unhealthy relationship.

The last of the classes participated in the Councillor in the Classroom Program through The Kids Help Phone. The program helps students learn about mental health, encourages well-being, de-stigmatizes help-seeking behaviours and provides information about Kids Help Phone's services. The last session was a live call with one of the councillors to see how it works and to ask questions. Many students reported that they are more likely to use the service if they needed it after participating in the program.



Some classes began brainstorming for mental health week in May. One of the grade eight classes decided to research mental health disorders to spread awareness and provide coping skills along with each. Stay posted to see what all the other classes think of !





Thanks!

Do you have any questions?
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