

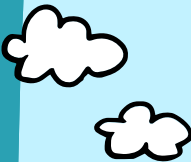
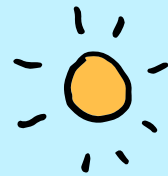
# GOOD NEWS

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May 15, 2023



B



**ECOLE PLAMONDON**

# MENTAL & PHYSICAL HEALTH - HAND IN HAND



Literacy Week



FACEBOOK  
HIGHLIGHTS  
CLHS





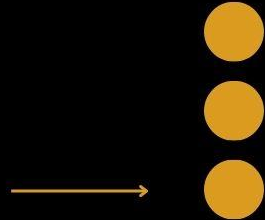


# CAUGHT BEING ROYAL



*This week had so many amazing nominees. Some that volunteered at the Hearts for Healthcare Gala and some that attended the Unified Bowling and Best Buddies event.*

*The winner was Michael Lyons. Michael was nominated by Ms. Charlesworth because he shows integrity, commitment, and pride in all that he does at CLHS from his school work to the way he interacts with his peers. He is respectful, kind, & hardworking and a leader in our school by example. Keep up the contagious positivity Mikey!*



**May 11, 2023**

# ENVI-ROYALS



On Saturday April 15th the following five Cold Lake High School students: Sara Iftikhar, Amelia Gurski, Maia Hanson, Joe Matthew and Rhon Malonzo who are members of the Envi-Royals Environment Club, worked with other youth from across Canada to compile survey findings and anecdotal comments to write the Canadian Youth Climate Manifesto.

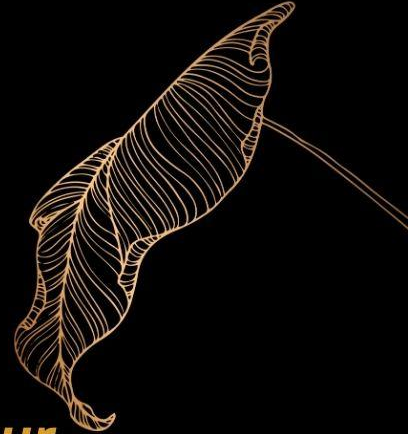
TODAY at 10am 8th Sara Iftikhar will be part of the team presenting this to a panel which will include: Senator Rosa Galvez, Laniel Bateman of Environment and Climate Change Canada, as well as the Directors of the organizations Ocean Wise and GreenLearning. This document will be used to help write the Global Youth Climate Manifesto that will be shared at the 2023 United Nations Climate Change Conference in Dubai. A Big Shout Out and Thank You to the CLHS Students who volunteered their time towards this project, you have helped voices from youth across Canada be heard on this important topic! →

May 10, 2023





# **BEST BUDDIES**



***“Wellness” was the theme for Best Buddies this evening. Those who attended could make Friendship bracelets, have their nails done by our very own Mrs. MacInnis, play with Lego, do some mindful colouring, learn how to make lotion and paint rocks. We ended the night by having Mrs. Dusyk-Johnson lead the group in a Yoga practice. What a wonderful night.***



**May 10, 2023**

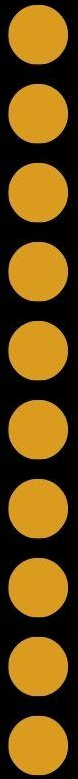


# RCMP ROAD RACE

*Congratulations to our Royals who won the RCMP Road Race today! They are now back-to-back champions and are bringing home the trophy again to CLHS!*



**May 9, 2023**



**ART SMITH  
AVIATION  
ACADEMY**



# AT ASAA MAY MEANS FIELD TRIPS



May 10th - Kehewin Native Dance  
Performance at JJ Parr



4 Wing Cold Lake Visits  
May 3&4 - Military Police  
May 4 - Ground SAR



May 2&3 - Lloydminster Music Festival

**AURORA  
MIDDLE  
SCHOOL**



A group of Aurora students and staff had the opportunity to watch and participate in sage harvesting in a traditional manner, thanks to the help of knowledge keeper Nick Bartlett. The white sage has been flourishing in the school's growing dome, along with many other beautiful and beneficial plants.



**COLD LAKE  
ELEMENTARY**





CLES celebrated Mental Wellness Week with many uplifting activities for students and staff: Neon, Tye Dye, Hat Day, Star Wars and SuperHero day! Students enjoyed rock painting, chalking the walk, and we purchased Smile Cookies for everyone - in support of Cold Lake Victim Services. A huge thank you to our Student Advocacy Counselor, Mrs. Haley Reed, for planning these awesome events for our school community!

## MENTAL HEALTH WEEK



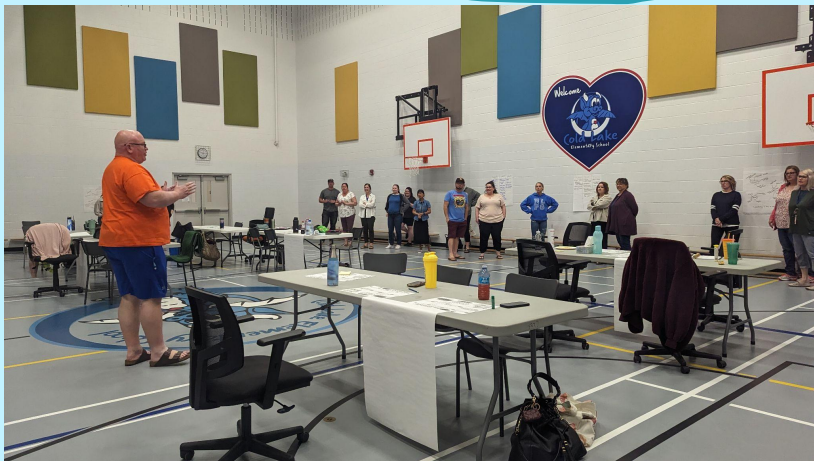




## EARLY LEARNING OPEN HOUSE

Our Preschool & Kinder Parent Info Night and Open House went very well - these events brought in 48 families! Our new Preschool and Kinder students were able to meet the teachers, tour the classrooms, play with crafts and centers and plant flowers!

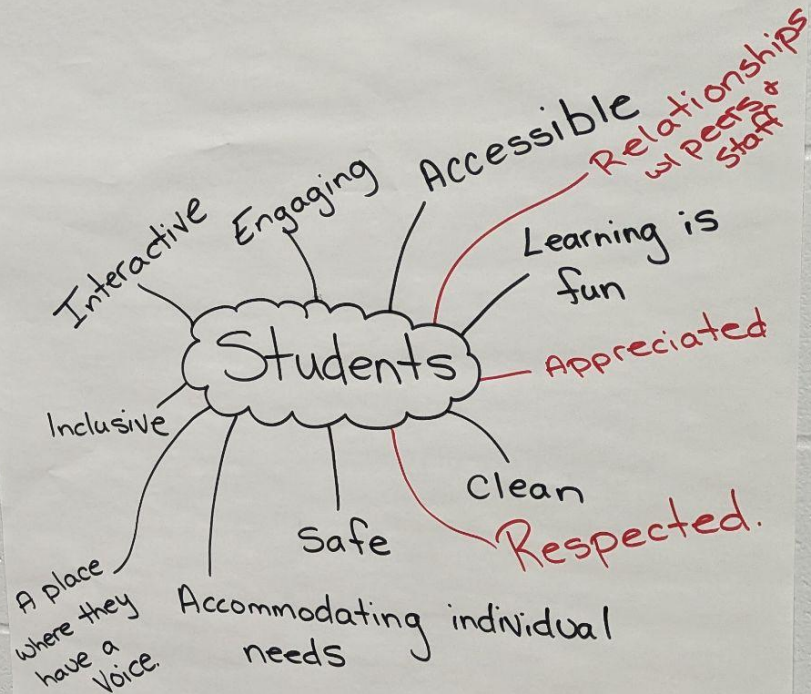
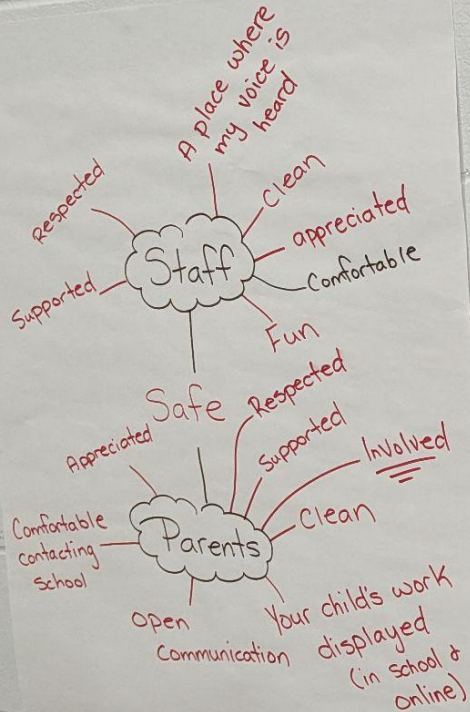




We wish to thank Jackie Ratkovic for working with our staff on Numeracy during our May 5 PD Day. This was Jackie's second visit with us this year, focusing on building THINKING classrooms at CLES. That afternoon, we gathered together as a staff to discuss our next steps in building Positive Behavioural Supports at CLES. We re-established our MISSION by asking "What does it look like for students, staff and parents when we're **The School With A Heart**"?

PD DAY





**BONNYVILLE  
CENTRALIZED  
HIGH SCHOOL**

# GOOD NEWS

**BCHS** is hosting a  
SHOW & SHINE

Date: June 7th  
5:00pm - 8:00pm

Keep an eye out on our  
Bonnyville Centralized High  
School Facebook Page  
for more details.





**H.E. BOURGOIN  
MIDDLE SCHOOL**



## GREASE LIGHTNING!

HEB students in 7/8 performed "Grease" for our community! The cast and crew of over 40 students and staff presented two excellent evening shows! It was incredible to see these students shine! Fine arts ROKs at H.E.Bourgoin Middle School!



**J.A. WILLIAMS  
HIGH SCHOOL**

# J. A. Williams

May 2023

Great Day of collaboration and learning thanks to several leaders within the building.

- Building a Thinking Classroom
  - Charissa, Marlo, & Jake
- Google Sets
  - Danika & Michael
- PBIS
  - Mel & Sam
- High School Redesign
  - Kim & Sam



Staff Learning

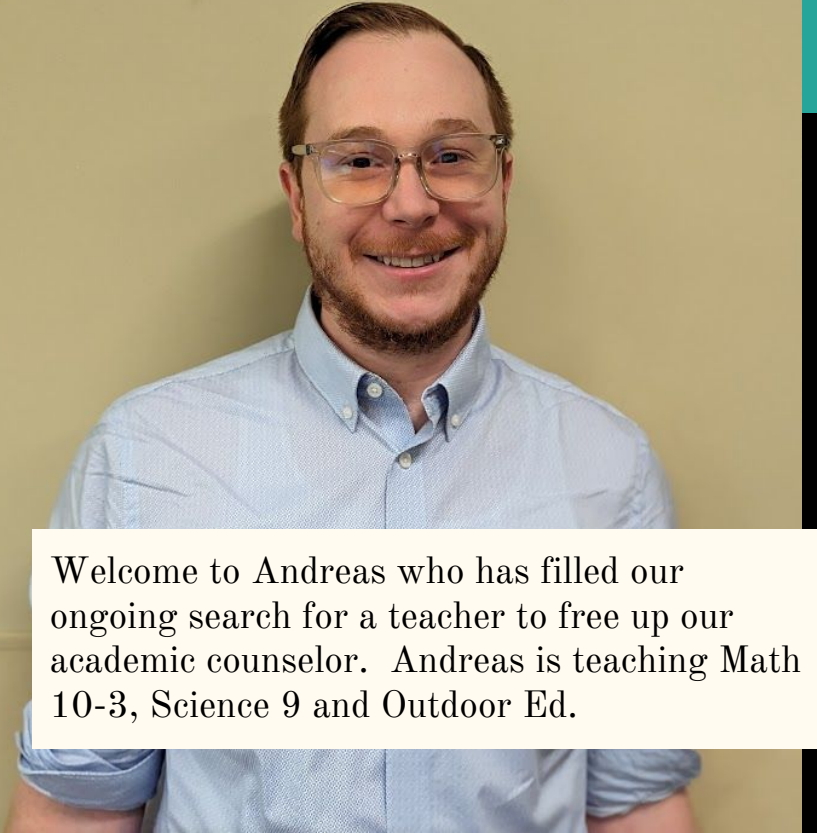
Welcome: Mr. Jee Myung

&

Mr. Andreas Wolski



Welcome to Jee who is supporting many of our students within our newly created In-Reach room. This is our first experience with this type of academic recovery/alternate programming type room and so far it has been a great success!



Welcome to Andreas who has filled our ongoing search for a teacher to free up our academic counselor. Andreas is teaching Math 10-3, Science 9 and Outdoor Ed.



# Mental Health



JAWS Students recognized Mental Health awareness week by enjoying hot chocolate as they came to school Monday May 1st. Students are also contributed to a display: What does Mental Health mean to you?

We offered yoga at lunch on Tuesday and freezies. Wednesday we participated in 'Hats on for Mental Health' and attended the FCSS Chalk the Walk

Thursday students were invited to play a school Kahoot with community helpers and enjoyed taco in a bag.

And popcorn was handed out at the end of the day.

Overall a great week!





Quick Connect Forestry Career Fair

In conjunction with CAREERS Next Generation our students participated in a careers in forestry event called Quick Connect on May 9th. Quick Connect is an opportunity for grades 9-11 to have a short timed session at various booths to generate interest in forestry related careers. (similar to speed dating). After the Quick Connect, there will be ALPAC Mill tours (May 17th) scheduled for those students that have shown interest in a career related to Forestry. After the mill tours, grade 11 students can then apply to participate in a job shadow leading to a possible RAP or Internship position for their grade 11 and/or 12 year.



Great School experiences





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“I have to take a picture of my math to show my dad”



**NELSON HEIGHTS  
MIDDLE SCHOOL**

# Mental Health Week

|   | Monday  | Tuesday   | Wednesday  | Thursday  |
|---|---|---|--|---|
| Housepoint Activity                                     | <b>Comfy/Cozy Day</b><br>Dress in your comfy clothing (PJ, sweats, hoodies, slippers) | <b>Dress Silly</b><br>Dress in backwards clothing, crazy colors, or creative hair styles) | <b>Hats on for Mental Health</b><br>Wear a hat<br>Bonus if you dress to match your hat                 | <b>Dress in Your Favourite Sports</b><br><b>Wear</b><br>Dress to represent your favorite sport or in athletic athletic clothing |
| Lunch Activity<br>(in the gym during your outside half) | <b>Be Creative</b><br>Art activities on the stage                                     | <b>Be Silly</b><br>Funny videos and challenges in the gym                                 | <b>Be Together</b><br>Board games in the gym. Bring your favorite game from home to play with friends! | <b>Be Active</b><br>Physical activity challenges and games in the gym   |
| Lesson<br>(during tutorial)                             | <b>What is Mental Health?</b>   | <b>Positive Affirmations</b>  | <b>Telling the Difference Between Depression and Sadness.</b>  | <b>Impacts of our Physical Health on Our Mental Health</b>  |

# Monday, May 1st

## BE COZY & CREATIVE

Today we are focusing on taking care of our mental health through starting the week feeling cozy and expressing ourselves creatively!

Theme day wear:  
Comfy and Cozy clothing

## LUNCH ACTIVITY

3 art activities to choose from on the stage. Join during your outdoor recess half

## LESSON

What is mental health and how do I take care of it?

## CHALLENGES

Due to Mrs. Peterson on Mon. May 8th to be entered in the prize draw!



- Create your own coloring page
- Create your own positive affirmation poster



# Tuesday, May 2nd

## BE SILLY

Today we are focusing on taking care of our mental health through being silly and sharing a laugh!

Theme day wear:  
Dress Silly (backwards clothing, creative hair, crazy colors)

## LUNCH ACTIVITY

Funny videos and challenges in the gym!

## LESSON

Positive affirmations

## CHALLENGES

Due to Mrs. Peterson on Mon. May 8th to be entered in the prize draw!



- Create your own coloring page
- Create your own positive affirmation poster

# Wednesday, May 3rd

## BE TOGETHER

Today we are focusing on spending time with the people who make us feel good!

Theme day wear:  
Hats on for Mental Health

Wear a hat and get bonus points if you match your outfit to your hat!

Board games in the Gym.

Use the schools or one you brought from home!

## LESSON

What is the difference between depression and sadness?

## CHALLENGES

Due to Mrs. Peterson on Mon. May 8th to be entered in the prize draw!



- Create your own coloring page
- Create your own positive affirmation poster

# Thursday, May 4th

## BE Active

Today we are focusing on how our physical activity impacts our mental health!

Theme day wear:  
Dress to represent your favorite sport or in your athletic wear.

## LUNCH ACTIVITY

Physical activity challenges in the Gym!

## LESSON

The Impacts of Physical Health on our Mental Health

## CHALLENGES

Due to Mrs. Peterson on Mon. May 8th to be entered in the prize draw!



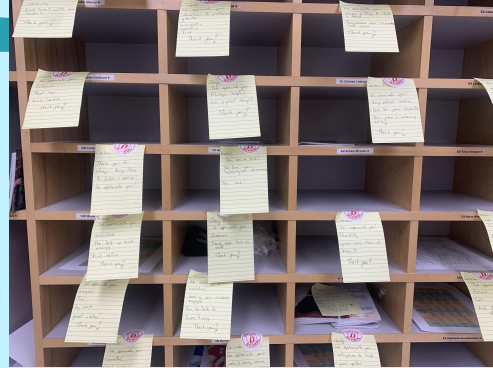
- Create your own coloring page
- Create your own positive affirmation poster



**DUCLOS SCHOOL**



Some of our staff made ribbon skirts with Jenna Youngchief for one of our Health and Wellness activities. Just in time to support MMIW



Acts of kindness for staff. Sharing some kind words for each other.



Kindergarten completed some sewing lessons and earned a "license" to drive the sewing machine. Thanks to Ademine Graham!



We partnered with ChapterOne to make some at home tutoring in literacy possible for 16 of our indigenous kids. They use high impact tutoring to help children develop core phonics, word attack, and reading fluency skills. This was a free service to our First Nations kids. The families were very appreciative.



Some team art for chalk the walk during mental health week.

### Duclos School Mental Health Week May 1-4

|   |  |  |   |
|---|--|--|---|
| <p><b>Monday</b></p> <p><b>Kickoff</b></p> <ul style="list-style-type: none"> <li>Join us at assembly to learn about mental health</li> </ul> | <p><b>Tuesday</b></p> <p><b>Mindful Moments</b></p> <ul style="list-style-type: none"> <li>Take a mindful walk and be mindful of your body and senses</li> </ul> | <p><b>Wednesday</b></p> <p><b>Hats on for Mental Health</b></p> <ul style="list-style-type: none"> <li>Wear a hat for mental health awareness</li> </ul> | <p><b>Thursday</b></p> <p><b>Chalk the Walk</b></p> <ul style="list-style-type: none"> <li>Help decorate our sidewalks to use your creativity and express your emotions!</li> </ul> |
|---|--|--|---|

Throughout the Week

- Muffin Morning On Wednesday from 8:25-8:45
- Tell us your story through your DNA activity!
- Join in the schoolwide dance party every day

**LEARNING TOGETHER  
ANYWHERE SCHOOL**



# Mental Health Week with LTA School ❤️



side-walk Chalk

medium to large rocks

your favourite hat

paint and paint brushes

crayons, markers, or pencil crayons









LTA joined in with ASAA: Grade 1 hatched chicken eggs

### Our Chicks

|       |       |        |        |        |        |        |
|-------|-------|--------|--------|--------|--------|--------|
| Day 1 | Day 2 | Day 3  | Day 4  | Day 5  | Day 6  | Day 7  |
| Day 8 | Day 9 | Day 10 | Day 11 | Day 12 | Day 13 | Day 14 |

Below the chart are several eggs, a book titled "Raising Chickens", a book titled "The Chicken Care Manual", and a small chick figurine.



# THANKS!

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Do you have any questions?

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