



ÉCOLE **MOTHER D'YOUVILLE** SCHOOL
5330 Rue Parc Beaumont, AB T4X 1W4 Phone: 780.929.0792

May 2018 Newsletter

"We are people of the Way" "Learn the Way"



PRINCIPAL'S MESSAGE

May is now upon us and we recognize and honour this month as the Month of Mary. This month we also recognize our own wonderful Mothers. Happy Mother's Day to you all! As well, congratulations to all of our students who will be celebrating the sacrament of Confirmation on Saturday, May 5.

As you will see from the newsletter, the month of May brings us Mental Health Week from May 7 - 11 where we have a number of engaging activities, events and presentations for our students that emphasize the importance of maintaining and improving mental health. A highlight of this week may be the choices of breakout sessions that we have planned for students during the afternoon of May 9. For a complete list of the sessions, check out the FSLW article later on in the newsletter.

Although we look forward to other events that the last two months of a school year bring, I'd like to reflect back on our official grand opening which was held earlier in April. In the life of our school, Wednesday, April 11 will be the day that our students and staff made a lasting connection to the namesake of our school - Ste. Marguerite D'Youville. The connection was not made by the enjoyable morning activity at the Leduc Recreation Centre nor by the school blessing and opening ceremony during the afternoon but by the attendance of members of the order founded by St. Marguerite herself. Sister Jeannine and five of her other colleagues of the Sisters of Charity of Montreal (Grey Nuns) honoured us by their presence during the afternoon. Sister Jeannine spoke about how the life and work of Mother D'Youville was still relevant for our students, families and staff - even 250 years after her death. The presence of the Grey Nuns during this important day was a highlight for all who were in attendance. It was a great day and I'd like to thank all the students (especially the Grade 8 leadership students), staff and other volunteers who made it a memorable day for our school. Check out some of the photos below!

Finally, good luck to our Grade 6 and 9 students as they prepare to write the first part of their Provincial Achievement Exams in May. A final exam schedule will soon be available for all of our students as we move towards the conclusion of the school year.

Thanks for your continued support. God Bless! Ste. Marguerite D'Youville ... PRAY FOR US!

Jim McMullen, Principal

APRIL HIGHLIGHTS



In light of the tragic accident involving the Humboldt Hockey Club, our school participated in a Jersey Day with others across Canada to raise funds to support those affected. Our school raised \$302 which was donated to STAR in support of the First Responders. Thank you EMDYS for your participation and generosity!

GRAND OPENING CEREMONIES



Wednesday, April 11 - Ribbon Cutting



Presentation from Sister Elizabeth of the Grey Nuns



Grade 8 Leadership Team Members



Morning Activities at the Leduc Recreation Centre

UPCOMING SCHOOL EVENTS

Monday, April 30	2019 Grade 9 Victoria Trip Information Evening, 7:00 PM
May 7 - 11	Mental Health Week
Monday, May 7	Grade 9 English Language Arts Provincial Achievement Test - Part A, 8:50 AM
Tuesday, May 8	Grade 6 English Language Arts Provincial Achievement Test - Part A, 8:50 AM
Wednesday, May 9	Grade 4 students from SAINT-ANDRÉ visiting EMDYS, 9:30 AM
	Mental Health Day Activities starting 1:00 PM
	Grade 4 parents/students from SAINT-ANDRÉ visiting EMDYS, 6:30 PM
Friday, May 11	Grade 6 French Language Arts Provincial Achievement Test - Partie A, 8:50 AM
Tuesday, May 15	School Council Meeting, 7:00 PM
Wednesday, May 16	Grade 6 - Jr. High Orientation, 7:00 - 8:00 PM
Friday, May 18	NO SCHOOL - Day in Lieu
Monday, May 20	NO SCHOOL - Victoria Day
May 23 - 24	Grade 5 Camp YoWoChAs Trip
Thursday, May 24	Jr. High Track and Field Meet - Leduc
Thursday, May 31	Grade 5/6 Science EXPO
Friday, June 1	NO SCHOOL - Professional Learning Day
Friday, June 8	Year End Mass, 9:00 AM
	Grade 9 Farewell Activities, 10:45 AM - 3:10 PM

EMDYS Grade 5 and 6 Science Expo

All Grade 5 and 6 students will be participating in our first annual **Science Expo** at EMDYS. Students can complete a project individually or in partners. All the work for the Science Expo project **must** be completed at school. Students will be given in class time to complete their project. Please join us on the afternoon of May 31 to view the amazing projects that the students have investigated.

When: Thursday, May 31 **Where:** EMDYS gymnasium **Time:** 1:10 - 3:10 PM

EMDYS Grade 5 Camp YoWoChAs Trip



Please be sure to read the information sent home regarding the Grade 5 Camping Trip and return the permission forms as soon as possible. Information regarding what to bring was included in the package sent home. Payment for the trip is to be paid via School Cash online.

MUD! It's Everywhere!

We ask that all students are diligent with staying out of the mud that currently surrounds the school. Unfortunately we do have some students that do not have a pair of indoor shoes and are bringing mud into the school which is causing quite a mess for our school. Thank you for helping us keep our school clean by keeping the mud outside and having a pair of indoor shoes at school.



EMDYS - SCHOOL COUNCIL NEWS

A message from School Council Chairperson, Mrs. Vicki Comstock

It's hard to believe that there are only two months left in the school year! This has definitely been a year of hard work and transition for the staff and students at École Mother D'Youville. They have done an amazing job of transitioning to the new school and immediately creating a caring environment that fosters student growth and learning.

As the year starts to wind down, we want to acknowledge the staff by having a staff appreciation week. This is a designated week where we encourage the students and parents to show their appreciation to the staff for their hard work and dedication to our school.

The staff appreciation week will be May 28 – June 1, 2018.

Monday, May 28

Let the staff know how much you value them. Write a letter of appreciation or thank you note to your teacher or other staff member.

Tuesday, May 29

This is the time of year when classroom supplies start to dwindle. Bring in a school supply for your teacher. Some ideas are: sticky notes, pencils, Kleenex, hand sanitizer, etc.

Wednesday, May 30

Contribute to the staff coffee fund. Bring in a loonie or toonie or even a Tim Hortons / Starbucks gift card.

Thursday, May 31

Donate a new or used book to your teacher's classroom or the library. Another option is an Indigo gift card.

Friday, June 1

While your children will be enjoying the day off, this is a PD day for the staff. We are going to provide the staff with a potluck lunch that day. If you are able to contribute and deliver something for the lunch, we will be providing an online sign up sheet for you to do so.

We recognize that students, especially in Jr. High, have more than one teacher. For those students we suggest that they choose a teacher or staff member each day of the week to do something for. We will send out a reminder the week before and also daily reminders on the École Mother D'Youville facebook page during staff appreciation week.

We thank you in advance for your participation!

Vicki Comstock, Chairperson

École Mother D'Youville School Council

PLAYGROUND UPDATE!

Did you know that our school has the ability to access up to \$250 000 from the government to spend *right now* on a brand new playground? École Mother D'Youville School Council is looking for people who are interested in using this money to design a playground for our students. Please stay tuned for more details later this month regarding how you can help!

SCHOOL MESSENGER

STAR Catholic school division is implementing a new School messaging system, called **School Messenger**. In the past, we have used the Synrevoice program to send out emails to our families, both for Emergency situations, and for regular emails that need to reach our entire school population or other group emails. The new system will be much the same, but with some new and more user friendly features.

This new system will allow us to send out messages by phone, email and text, and even has an app available, which gives us more options and better lines of communication. This new system will come into effect in May, 2018, and will require you to subscribe to the SMS feature in order to receive communication by text from **School Messenger**. Once we are ready to roll out the new program, I will send out emails with all of the information you need to subscribe, as well as any other information you may need with regard to **School Messenger**.

EMDYS - AN INCLUSIVE ENVIRONMENT

One of the initiatives at the school this year is an event that is being coordinated by our Grade 5 students and staff. It is an event called Heritage Day which celebrates the diversity of the people that live in our great country. Unless you are of indigenous ancestry, we are all immigrants to this country. At times throughout this school year, we have been very aware of circumstances where some of our students have chosen to communicate that they are not accepting or tolerant of people who may be different than themselves. There is no room in our school for any racist or derogatory comments, whether they are verbal or written or drawings. These intolerant views do not support the safe and inclusive learning environment that we want all of our students - regardless of their background - to experience. Furthermore, our Christian belief supports love towards each other and not hate. It is very frustrating when we receive reports that some of our students have been on the receiving end of this inappropriate behaviour. Through our morning announcements, I have made it perfectly clear to our students that if some of our students continue choosing to express these hurtful views, they need to be prepared to receive a very strong message and disciplinary reaction from the school.

CELL PHONES

During instructional time, meaning class time, if there is not an agreed upon educational use for the device, it should be silenced and out of sight. To ensure the privacy of students and staff, unauthorized photos, videos or recording of audio while at school is prohibited. Thank you

NUT AWARE

EMDYS is a NUT-AWARE school, nut allergies are very serious, and can be life threatening. A person with severe allergies can react to the smell of nuts, or residual oils that are left on surfaces (tables, pens, pencils, etc.) even after they have been cleaned.

While we cannot claim to be **NUT FREE**, we are dedicated to keeping our students and staff safe. We ask that parents read labels and refrain from sending nuts, or snacks that contain nuts to the school.

If you are planning to send treats in for your child's birthday, or other special occasion, please contact their teacher to ensure that the treat that you bring in is free of any allergen that could affect students in that class.

ARRIVAL TIMES

Our busing arrangements see our students begin arriving at the school between **8:30** and **8:35 AM**. For our students who walk to school or for those who are dropped off, again, please time your arrival between **8:30** and **8:35 AM**. Our doors open at **8:30 AM** every morning and we are expecting that students are in their 1st period class ready for announcements and prayer by **8:40 AM**. If for some reason your child is arriving after this time, please have them use the main school doors on the northside of the building and please ensure that they check in at the office before proceeding to their class. Please contact the school office at 780-929-0792 to report an absence.

FSLW UPDATE

Mental Health Week at École Mother D'Youville School: May 7 - 11, 2018

Every May for the last 66 years, Canadians have rallied around CMHA Mental Health Week. Together, we've focused on breaking the stigma and discrimination that come with mental health issues and disorders. One in five Canadians live with mental health problems, mental illness or addiction. But the reality is, five in five of us have mental health, just like we all have physical health. We can all benefit from celebrating, promoting and acknowledging the role that good mental health plays in living a full and meaningful life.

It is in this spirit that École Mother D'Youville School will be participating in Mental health awareness and promotion in our school and the community during the week of May 7 - 11. The goal during this week is to create an understanding of what Mental Wellness is along with how one can promote self care and love in their lives, and the lives of others.

We will have many whole school activities during the week to help illustrate the importance of Mental Health and wellbeing. These activities include an educational, personal, and finally, community focus over the course of the week.

Monday, May 7: Mental Health and Mental Illness have been traditionally used interchangeably but they do not mean the same thing. Students will be given the opportunity to research and explore this in their health classes on Monday. Teachers will lead a class discussion about the topic assigned to their class. From these discussions a poster will be created to become part of a display to illustrate the difference in Mental Health and Mental Illness and create a Mental Literacy that can be used by students correctly to express themselves.

Tuesday, May 8: Creation of a Wellness Tree. Self-care plays a significant role in keeping oneself physically and emotionally healthy. When self-care strategies are used, it increases a person's self-worth and allows them to feel more resilient when stressful situations occur. The benefits of resiliency can allow one to turn negative experiences into positive experiences. This can build a more optimistic perspective and help develop capacity in dealing with difficult situations that may arise. Students will think of ways and strategies to keep themselves physically and emotionally well. Students will write on a leaf template a sentence or phrase that represents how they keep themselves well (i.e. go for a walk, talk with a friend, etc). This will be displayed in the school to promote the idea of self care as an important element to Mental Wellness.

Wednesday, May 9: WORLD MENTAL HEALTH DAY

During the afternoon of May 9 the students will be encouraged to develop skills and strategies to support their mental wellbeing. École Mother D'Youville School will be inviting Clare Ganton, Director of Faith Life and Religious Education at STAR Catholic, to speak to our students. She will be presenting on: Loved and Loving: Becoming the Person God Created You to Be. Saint Catherine of Siena once said, "Become who God meant you to be, and you will

set the world on fire," but how do you figure out who God meant you to be? The key to answering this question is to look at our creation: God created us to be loved by Him and to be loving towards others! Together we will explore what it means to be created and loved by God and how we can reflect this love to others.

Students will then be directed to the breakout sessions that have been offered to them through school staff and supporting community members where they can experience several strategies to help them achieve better Mental Health.

[MENTAL HEALTH DAY BREAKOUT SESSIONS](#)

Thursday, May 10: Stigma and discrimination are the two biggest obstacles to a productive public dialogue about mental health; indeed, the problem seems to be largely one of communication. So, Let's "Chalk" about it! Having open, positive and supportive conversation around Mental Health is important to our school culture and as such we would like to raise positive mental health awareness in our family and in the community as well. Students will be given the opportunity to submit a positive, uplifting design for approval to be drawn on the school grounds by students during the afternoon. We hope all of École Mother D'Youville School visitors and surrounding neighbors will enjoy the many beautiful statements the students will be making.

Friday, May 11: It has been demonstrated consistently that volunteering and helping others not only encourages civic responsibility among students, but also helps them develop social skills, strengthen their communities, and learn about their interests and talents and how they can be applied in the real world. Research indicates that those who consistently help other people experience less depression, greater calm, fewer pains and better health. During Friday afternoon selected students will go into our community with Mrs. Bouchard to distribute Acts of Kindness cards that promote the roll of service to others affect on mental wellness. In essence, "doing good, does you good". Acts of Kindness cards will also be distributed to the Grade 4 students that will be joining our school in the fall while they tour the school. Cards are given in the hope that the new students will pay forward the kind gesture, and join their future peers in raising awareness of Mental Health and Wellness.

To say we have a big week planned may be an understatement, but I could not be more excited for the week. It will, most certainly, be one of learning and fun filled activities that help better the understanding and compassion of the students towards Mental Wellness and the care of their whole person.

If you have any questions at all about FSLW programming, I would love to answer them for you. I can be reached at the school by phone (780 929-0792) or by email: Arlie.Bouchard@starcatholic.ab.ca **Thanks for your support!**

EMDYS ATHLETIC UPDATE



EMDYS Track & Field Teams have begun training for their track meets which take place May 24th for Jr. High and June 5th for Grades 5&6. Permission forms and information regarding the location of training have been sent out - please review and return permission forms.

Practices will be Monday, Wednesday and Thursday after school 3:15-4:30 PM.

LOST AND FOUND

If your child is missing some of their clothing, or other items, please have them check out the EMDYS Lost and Found. We will have it sent out on tables in the foyer until May 15, 2018; anything still left after that will be donated.

BOOK DONATIONS ACCEPTED

Our Learning Commons is beginning to fill up with books but we could always use a few more! If you have books that you are willing to donating to the Learning Commons, please feel free to drop them off at the school. We are happy to accept books in good repair and that are age appropriate for our students. While we all love picture books, we are looking for English & French novel books that are geared for children aged 10+.

SOCIAL MEDIA - SCHOOL UPDATES

Please stop by and "like" the École Mother D'Youville School Facebook page and follow École Mother D'Youville on Twitter. EMDYS social media sites will have all the latest information directly from the school.



Healthy Children

May 2018 Parent Newsletter



Spending Quality Time Together

It's important for families to share experiences and quality time together. Quality time is interactive rather than something passive, like watching television. One way to increase quality time together is by setting aside at least one evening a week as a family. Play games, have a family book club, make dinner together, or go on walks taking a different route each week. Set aside media-free family time on evenings and weekends. Read aloud together, toast marshmallows, listen to music, play outside, go on an outing...you get the idea! On those days when life is especially busy and a board game or a game of tag isn't possible, try to honour mealtimes as 'connecting times'.

Children and youth who have close bonds with their families are often emotionally healthy and perform better in school. Even though a family is strengthened by its togetherness, it shouldn't come at a cost to each person's need for independence. A healthy family balances connectedness with independence allowing everyone some room to be their separate selves. It's both the differences and sense of belonging that creates the model for children to thrive.

Making time to spend together as a family might require cutting back on other activities or shifting your current schedule.

Articles

Spending Quality Time Together

Help Keep This Summer *Ouch* Free

Health Advice is as easy as 8-1-1

Did you know you can get trusted health advice around the clock from a registered nurse by dialing Health Link at 8-1-1?

Health Link is Alberta's free 24/7 health information and advice line. They can help assess symptoms and help you decide if you need to seek medical attention.



To find an electronic copy of this newsletter visit www.ahs.ca/csh