



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

Parent Update Oct. 30-Nov 3

Encounter God: Goodness



Important Notes:

- **E-Sports Fall Tournament Reminder:** Friday November 3rd
3:30pm-7:00pm. Pizza and Pop will be available for purchase (\$5).
Permission forms are at the office.
- **Get your House and Defenders SWAG:** Our pop-up shop with Alice's Embroidery is now ready. You will be able to purchase clothing with Defenders or your house logo. **Where possible, please match the colour of your house with the clothing item you choose (e.g. Bears=Black, Foxes=Red, Owls=White, Wolves=Grey)**. The pop-up shop will be open for two weeks and clothing items will be delivered to the school. Once ordered, all clothing will be brought to the school for pickup with it labeled. [Clothing Store Site](#) **(LAST DAY TO PURCHASE OCT. 30th)**



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Schedule:

Monday, October 30, Day 1 WC 3

- Junior/Senior Girls Volleyball Practice 7:30am
- Sign up for WIN Choice in Powerschool

Tuesday, October 31, Day 2 WC 4

- Wear your costume! Halloween Parade at Lunch!
- Grade 8F Science Fair: Classrooms visiting



Wednesday, November 1st, PD DAY NO SCHOOL

- All Saints Day



Thursday, November 2nd, Day 3 WIN CHOICE

- Junior Boys Volleyball 7:30am-8:30am
- Senior Girls Volleyball Game HOME vs Calmar
- Senior Boys Volleyball AWAY @ Calmar

Friday, November 3rd, Day 4 WC1

- Gr. 5/6 Girls Volleyball Practice 7:30am
- Junior Girls Volleyball Practice 7:30am
- E-Sports Tournament (must be signed up) 4pm-7pm



FSLW CORNER

October 20, 2023



Inhale emotional intelligence exhale forgiveness and civility. – T.Y Howard

IGNITION- DIGITAL WELLNESS COURSE

Grades 5 and 6 will be learning about important safety strategies when consuming Digital Media. During this course with the FSLW students will learn about :

1. The permanence of their online posts and how to manage online relationships (including instances of cyberbullying, harassment, or "digital drama")
2. What a digital footprint is, how to protect their personal information, why to be wary of digital tracking, and how to get help when they need it.
3. Benefits and risks of online time, as well as ways to identify if they spend too much time online and how to manage their online time.

KNOW THE FACTS

Myth: Mental illnesses are just an excuse for bad behavior

Facts: "An excuse is a deliberate attempt to lessen blame. People do not choose to experience mental illness as a way to duck responsibility for bad behavior. But implicit in the myth is the equation of mental illness with bad behavior, which reflects an underlying negative bias. All of us behave badly at times."

—Dr. David Goldbloom, Centre for Addiction and Mental Health and Professor of Psychiatry, University of Toronto

SOCIAL EMOTIONAL GROUPS- FRIDAY FOCUS

At Mother D'Youville school a variety of social-emotional groups are run throughout the year based on our findings from the Student Needs Survey and expressed needs from staff to meet student need.

The group *Building Champions* teaches a variety of social skills to male students including goal setting, integrity and respect, relationships, leadership and teamwork, self-control, confidence, and being a good sport. Social skills are taught using modeling, role-playing, and discussion. Numerous hands-on and interactive experiences maintain group members' interest and allow them to practice targeted skills while learning.

In addition to the positive impact of learning social skills, students who participate in small groups often develop a stronger sense of belonging to a social group and a more positive attitude about school.

Meet PocketWell!

PocketWell is the new companion app to Wellness Together Canada. You can use this tool to keep a daily log of how you're feeling and the situations or circumstances that might have affected your mood.

PocketWell's Mood Meter is like a daily journal. It lets you record how you're feeling each day, through quick check-ins to provide a more comprehensive picture of your well-being. Download on your app store today!

QR CODE TO ACCESS FSLW

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Link to
[Social Emotional Literacy Site](#)



SCAN ME



**SHARE YOUR
THOUGHTS!**

**SET THE COURSE FOR BEAUMONT'S
FUTURE HEALTH NEEDS**



To learn more about this project and get regular updates,
scan the QR code or visit beaumont.ab.ca/921

