
	<p align="center">ÉCOLE MOTHER D'YOUVILLE SCHOOL 5330 Rue Parc Beaumont, AB T4X 1W4 Phone: 780.929.0792</p> <p align="center">Jan 8th-Jan. 12th <i>Encounter God: Goodness</i></p>	
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Important Notes:

- **Junior High Ski Club Dates:**
 - Thursday, Jan. 25th
 - Tuesday, Jan 30th
 - Wednesday, February 7th
 - Thursday, February 29th
 - **Junior High Jasper Trip March 21st (information coming soon)**

- **Mark your Calendar Elementary Ski Days:** In the new year we will put out more information and forms on school cash for our Rabbit Hill ski dates. Parent volunteers interested in assisting with the rental shop please reach out to your homeroom teacher and have RCMP checks completed::
 - February 13th Grade 6
 - March 14th Grade 5

- **January Mass at MDY:** January 18th at 9am at MDY Gym. Please join us.



Schedule:

Monday, January 8th, Day 3 WC 3

- Senior Girls Basketball Practice 7:30am-8:30am
- Senior Boys Basketball 3:10 pm-4:30 pm

Tuesday, January 9th, Day 4 WC 4

- Junior Girls Basketball Practice 7:30am-8:30am
- Defenders Rec: Activate- wear active clothing.



Wednesday, January 10th, Day 5 WC 1

- Senior Girls/Boys Shoot Around (optional) Basketball Practice 7:30am-8:30am
- Junior Girls Practice 3:15pm-4:45pm

Thursday, January 11th, Day 6 WC 2

- Junior Boys Basketball Practice 7:30am-8:30am
- Defenders Rec: Bowling @ Gateway

Friday, December January 12th, Day 1 WC 3

- Junior Boys Basketball Tournament @ CHAMPS Friday Evening
- Junior Girls Basketball Tournament @ CHAMPS Saturday

Community Information:

FSLW CORNER

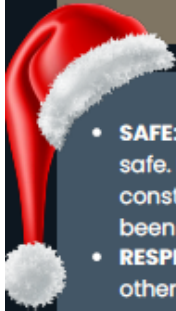
December 22, 2023

The most important thing in life is to stop saying "I wish" and to start saying "I will". Consider nothing impossible and start treating possibilities as probable.

- Charles Dickens

Merry Christmas and Happy Holidays to our EMBYS families!

May the wonder of that first Christmas, the joy of God's abundant blessings and the peace of Jesus' presence be with you always.



KNOW THE FACTS

Myth: The Christmas season has a negative effect on Mental Health and Wellness.

Facts: Although the media reports an increase in mental health decline over the holidays. The sentiment is so prevalent that 40% of stories published in the news about suicide during the 22-23 holiday season made this claim. In fact the opposite is true. Rates of mental illness are at their lowest in December. The truth is people can struggle at ANY time of year.

MOTHER D'YOUVILLE SCHOOL PILLARS

- **SAFE:** Safe classrooms are made up of safe students. Students cannot learn if they do not feel safe. It is important to do our part in creating safe environments. Safety requires that you constantly monitor yourself and your body space. Safety requires following the rules that have been established to make sure all students and staff are safe and cared for during the day.
- **RESPECT:** While students are at EMDYS they will display respectful behavior to themselves and others. This looks like following directions and using the time been given effectively in class. Using respectful language in class, hallways and outside during recess. Students will be taught and cared for in a way that encourages respect for themselves and to become the best version of themselves.
- **RESPONSIBLE:** Being responsible means conduct within the expectations of the class. Such as bringing the appropriate materials and working within the best of student's abilities. Being responsible also means that students works to take ownership of when they are at their best or ready to learn.
- **MIND YOUR MIND:** Creating an understanding of the state students are in, and the available coping strategies students have to access within the school. Recognition of when students may not have the tools to appropriately deal with a situation without having negative consequences, and encouraging them to ask for help from a trusted adult.

Upcoming Group in the New Year

Building Blocks of Friendship: Using Lego and specific roles students must learn different aspects of working within a group to complete a project together!

Restorative Circle: Using practices to facilitate a deeper understanding of other students in the environment. Students practice key skills of fostering turn taking, increased respect of those in their environment, creating a classroom community, receiving positive messages relating to character, culture, and community

QR CODE TO
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SCAN ME

