



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



Jan 22nd-Jan. 26th
Encounter God: Goodness

Important Notes:

- **BYOD reminder:** A reminder to junior high families that MDY is a BYOD (Bring Your Own Device) school for computer use. Several students are borrowing our extra chromebooks due to forgetting, not having a device, or forgetting to charge their device. If you are in need of a rental please ensure to reach out to our front office to secure a chromebook. In addition, gently remind students to have devices charged and brought to school each day.
- **Main Phone line Voicemail Issues:** MDY is aware of an issue where phone calls to our main line are being dropped or the voicemail is not beeping to leave a message. Technicians are looking into the issue. Thank you for your patience.
- **School Cash Reminder:** Please ensure you are visiting school cash regularly as invoices are added throughout the school year based on your child's programming.
- **School Council Meeting CHANGE:** An early Tuesday on Jan.1st, the school council meeting will be pushed to Tuesday, January 23rd 7pm.
 - [Agenda for School Council](#)
 - [Agenda for MDY Fundraising Society](#)
- **Music Opportunity for Students:** In collaboration with St. Andre and Mrs. H, MDY students have an opportunity to sing at specific St. Vital masses. If your child is interested in participating and would like to know the schedule for singing, please reach out to Mrs. deWaal for more information.



Schedule:

Monday, January 22nd, Day 1 WC 4

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

Tuesday, January 23rd, Day 2 WC 1

- Junior Girls Basketball Practice 7:30am-8:30am
- Junior Girls Basketball Game (HOME) vs Clear Vista 4:00pm
- Junior Boys Basketball Game (@ Clear Vista, Wetaskiwin) 5:00pm
- School Council Meeting 7pm (Rm 211 beside the chapel)

Wednesday, January 24th, Day 3 WinChoice

- Gr. 5/6 Badminton 7:30am-8:30am (Ms. Macdonald Coach)
- Junior Girls Practice 3:15pm-4:45pm

Thursday, January 25th, Day 4 WC 2

- Junior Boys Basketball Practice 7:30am-8:30am
- Senior Boys Basketball @ Calmar
- Senior Girls Basketball @ Sacred Heart (Wetaskiwin)

Friday, January 26th, Day 5 WC 3

- Senior Boys Basketball Practice 7:30am-8:30am

Community Information:



FREE

COME TRY IT

GIRLS BASEBALL

BRING A FRIEND!

HOSTED BY:
BEAUMONT MINOR BASEBALL
ASSOCIATION

INDOOR SHOES REQUIRED
BRING A GLOVE / BAT /
HELMET IF YOU CAN!

SATURDAY, MARCH 9
11:30 am - 2 pm

SUNDAY, MARCH 17
4 pm - 5:30 pm

LOCATION
BEAUMONT SPORT & RECREATION CENTRE

Scan here for information on our Girls Program

REGISTER AT: FEMALEDIRECTOR@BEAUMONTMINORBALL.COM

FSLW CORNER

January 19, 2024

“How many lessons of faith and beauty we should lose, if there were no winter in our year!” – Thomas Wentworth Higginson

Ways to FREEZE Stigma

- Treat everyone with respect
- Be warm, caring and nonjudgmental
- Challenge stigma when you see it
- Be mindful of the language you use
- Learn the facts about mental health and mental illness
- Help raise awareness about mental health

KNOW THE FACTS: BELL LETS TALK DAY EDITION

1 in 2 young people struggle alone with their mental health.
1 in 8 people have experienced high levels of anxiety.

What are some ways to adapt to shorter daylight hours?

- Pick up an old hobby you forgot about or try a new one such as reading, drawing, painting, sewing, etc.
- Plan an activity you can look forward to
- Exercise regularly. Ask a friend to be your exercise partner.
- Get outdoors and get as much natural sunlight as you can.
- Try to go to bed and wake up at the same time every day. Getting enough sleep helps us feel better.
- Listen to your favorite music/make a pick-me-up playlist with your favorite songs.
- Let in the natural light and sit in front of the window
- Get outside as much as possible.
- Enjoy hot soups or hot drinks or make your favorite winter meal.
- Talk to someone when you are not able to cope in a healthy way on your own.

*** Check in on others – it may not be obvious when they are having challenges. ***

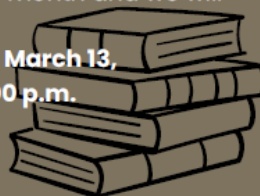


Drop-In Youth Volunteer Program at Beaumont Library

Need volunteering hours? Kids, Grades 6-12, drop in after school on the 2nd Wednesday of each month and we will put you to work!

Event dates: January 10, February 14, March 13, April 10, May 8, June 12, 3:30 p.m. – 5:00 p.m.

[Volunteer form found here](#)



QR CODE TO
ACCESS A SAFE
CONFIDENTIAL
SPACE IF YOU ARE
STRUGGLING TO
NAVIGATE A
SITUATION AT
SCHOOL



