



## ÉCOLE MOTHER D'YOUVILLE SCHOOL

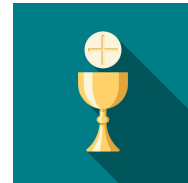
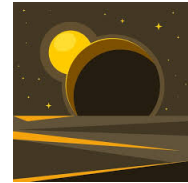
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**April 8-April 12**  
*Encounter God: Goodness*

### Important Notes:

- **Eclipse Reminder:** Partial Solar Eclipse over lunch hour Monday, April 8th- As per STAR Catholic's solar eclipse information newsletter: all students will be inside, no gr. 9 off campus, no home for lunch (please bring a bagged lunch)
- **Mass on Tuesday:** Please join us for Easter Mass on Tuesday at 9:00am at MDY's gym.
- **Student Council Fancy Friday:** Wear your fanciest attire on Friday, April 12th for fancy Friday.



### Schedule:

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#### Monday, Apr. 8th Day 3 WinChoice

- Partial Solar Eclipse over lunch hour- As per STAR Catholic's solar eclipse information newsletter: all students will be inside, no gr. 9 off campus, no home for lunch (please bring a bagged lunch)

#### Tuesday, Apr. 9th, Day 4, WC 4

- Mass at MDY 9:00am
- Defenders Rec: Lacrosse
- Girls Floor Hockey Exhibition vs St. Ben's @ MDY 3:30pm start

#### Wednesday, Apr. 10th, Day 5 WC 1

- Esports (SSM) Practice 3:15pm-4:30pm

## Thursday, Apr. 11th, Day 6 WC 2

- Well-a-thon Kick Off Assembly 9:30am (see information below in Community News)
- Esports (Rocket League) Practice 3:15pm-4:30pm
- Defenders Rec: Leduc Lanes



Well-A-Thon (n):

A school fundraising event to support a healthy learning environment.

## Friday, Apr. 12th, Day 1 WC 3

- Fancy Friday- Wear your fanciest digs! (Student Council Event)
- Girls Floor Hockey Tournament @ St. Ben's



## Community News (See below)

## Community News:



# FSLW CORNER

April 5/2024



**Well-being cannot exist just in your own head. Well-being is a combination of feeling good as well as actually having meaning, good relationships and accomplishment.**  
Martin Seligman

Student wellness is incredibly important to academic attainment and personal development. When the education environment supports the **dimensions of wellness** it allows the student to thrive. Although each topic is listed individually, they are all interconnected and require intentional focused efforts for balance. During the month of April students will be learning and developing wellness wheel understanding in advance of our Mental Health week in May.



The diagram is a circular wheel divided into eight segments, each representing a dimension of wellness: Emotional (pink), Occupational (orange), Intellectual (yellow), Relating (green), Financial (light blue), Social (dark blue), Physical (light purple), and Spiritual (dark purple). Each segment contains a small icon related to that dimension. The center of the wheel is labeled 'DIMENSIONS OF WELLNESS'.

Think about your wellness needs and goals as you aim to create a balance between the dimensions that resonate with you the most.

## Welcome to our Well-a-thon!

This year for Mental Health Week (May 6-10) Mother D'Youville will be partnering with **EVERACTIVE** to celebrate student wellness along with creating learning strategies and tools to continue to support and maintain this positive development.

Mental Health Week falls within our Catholic Education week as well, so it is only fitting to explore all the dimensions of whole person wellness and how they are interconnected and dependent on each other. We will be participating in a **WELL-A-THON** where each grade level chooses a dimension of wellness as a focus and pledges time to an activity in support of that dimension. All pledge donations will support the creation of a **new outdoor classroom** that can be used to support student learning and mental health at Mother D'Youville.

We hope that a supportive school and community environment, intentional space, and hands-on activities will create a positive learning experience and lifelong learning regarding their own wellness needs.



A board for a March Madness tournament titled 'Disney Edition'. It features a bracket-style layout with logos for various Disney movies and their corresponding teams. The board is filled with colorful stickers and text.

We had a amazing time with our March Madness Tournament "Disney Edition"  
The Winner of all Disney Movies was...  
***The Lion King!***

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



**SCAN ME**

