



# ÉCOLE MOTHER D'YOUVILLE SCHOOL

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## April 15-April 19

### Encounter God: Goodness

## Important Notes:

- **MDY Well-a-Thon:** Our well-a-thon through EverActive schools has started. Friday, April 12th families would have received a detailed email from School messenger on the project. Please check out each homeroom's homepage for donations and updates on the Wellness Dimension each class is working on. MDY will be purchasing an outdoor classroom with a portion of any funds raised.

[Business Donation Requests PDF](#)

[Well-a-thon Poster PDF](#)

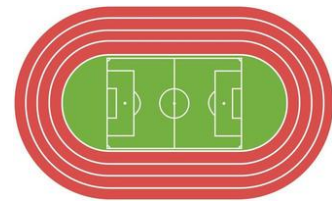
[Well-a-thon Donation Page](#)

**Mother D'Youville WELL-A-THON**  
In partnership with EVERACTIVE

- Fundraising Kick off April 11. Visit [this link](#) to access homeroom fundraising pages! Funds will go toward the creation of an outdoor classroom!
- Education and opportunity for students to have hands on experiences in **Dimensions of Wellness.**
- Awards and Recognition draws for top earners- *Class swimming party and Individual memberships to Rec Center.*
- Grade-level Wellness initiatives completed on our Mental Health Week (May 6-10).
- Wrap Up On May 10 with Winners announced.

Contact: [arlie.bouchard@starcatholic.ab.ca](mailto:arlie.bouchard@starcatholic.ab.ca)  
If you have any questions

- **Junior High Track and Field Team:** Junior High Track and Field Practice is at Lunch Monday-Friday Weather Permitting. LDAA track meet is on May 28th (Mrs. Nelsen and Mr. Proudfoot)



- **Knights of Columbus Soap Box Derby:** If you are interested in participating, the event is Sat., May 25, 2024 from 1 to 4 p.m. – 50th Ave. Click the following links for [information](#) and [registration](#).



- **Grade 9 First Aid Registration (Final Week of June):** With PATS complete already for the final week of June, gr. 9's students will have an opportunity to sign up for a first aid workshop for certification and credits in high school. Please watch for a separate email for Gr. 9 families to garner interest via School Messenger.



## Schedule:

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### Monday, Apr. 15th Day 2 WC 4

- Defenders Rec: Leduc Lanes (Bowling)
- JH Track and Field Practice at Lunch (Weather Permitting) MON-FRI

### Tuesday, Apr. 16th, Day 3, WChoice

- Regular Classes

### Wednesday, Apr. 17th, Day 4 WC 1

- Esports (SSM) Practice 3:15pm-4:30pm
- Defenders Rec: Leduc Lanes

### Thursday, Apr. 18th, Day 5 WC 2

- Fire Drill 11:50am
- Esports (Rocket League) Practice 3:15pm-4:30pm

### Friday, Apr. 19th PD Day

- No School

Community News (See below)



# FSLW CORNER

April 12/2024



“Learn to get in touch with the silence within yourself and know that everything in this life has a purpose, there are no mistakes, no coincidences, all events are blessings given to us to learn from.” ~ Elisabeth Kübler-Ross



### Dimension of Emotional Wellness

- Includes all aspects emotional health- influences how you think, feel, and behave in your daily life.
- Affects each dimension and how you cope with the normal difficulties of life.

### Support

- Practice “maintaining the moment” instead of mentally rehashing the past or imagining the future.
- Seek support from family, friends, community, and/or a professional. Express feelings and emotions, and practice positive self-talk.

## Well-a-thon Update!

To align with board priorities and our desire to support our student's whole person wellness we are partnering with EVERACTIVE for our lead up to Mental Health Week to promote students in learning about and developing their dimensions of whole person wellness. Each grade level will be pledging time involved in hands on activities during Mental Health Week to support the dimension they have chosen in the surrounding community. Donations can be made in support of your student and our school goal of building a new outdoor classroom to continue to support our students wellness.

### Steps to Donate

Donate To This Team! (Green button on Right hand side)

Enter Donation Amount Assign to your student's home room (Students will be eligible for individual and class prizes) or you can donate directly to Mother D'Youville School.

Add your Message of support

Select how you would like your donation to be displayed



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



SCAN ME

