



ÉCOLE MOTHER D'YOUVILLE SCHOOL

5330 Rue Parc Beaumont, AB T4X 1W4 Phone: 780.929.0792



April 29-May 3

Encounter God: Goodness

Important Notes:

- **Student Council Spirit Week This Week:** Check out the events organized by the student council for the week of Apr 29th-May 3rd. Our winner of the Rock-Paper-Scissors challenge (Sage B.) chose Jersey Day for Wednesday

- **MDY Well-a-Thon:** We have raised over \$900 so far and have had homerooms tracking individual wellness goals. Keep up the great work!

[Business Donation Requests PDF](#)

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

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

- **Art Night:** Due to overwhelming demand in less than 24 hours we had to close the registration. 34 families registered and we will be in contact with them for additional details. Thank you to everyone who supported this event.

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

MDY SPIRIT WEEK

MONDAY Opposite day	TUESDAY Dress up as some in a book/ movie
WEDNESDAY To be decided by our winner of the rock paper scissors challenge...	THURSDAY Iconic duo day!
FRIDAY vacation day	APRIL 29th - MAY 3rd

Schedule:

Monday, Apr. 29th Day 5 WC 3

- JH Track and Field Practice at Lunch (Weather Permitting) MON

Tuesday, Apr. 30th, Day 6, WC4

- Defenders Rec: Swimming/Underwater Hockey LRC
- Soccer Recreational JH: Practice 3:15pm-4:30pm

Wednesday, May 1st, Day 1 WC 1

- JH Track and Field
- Soccer Competitivel JH: Practice 3:15pm-4:30pm

Thursday, May 2nd, Day 2 WC2

- Defenders Rec: 9Round KickBoxing
- Last day to order Dance Tickets

Friday, May 3rd Day 3 WChoice

- JH Track and Field Practice
- MDY Dance 6pm-8pm (ticket must be pre-ordered on school cash)

Community News (See below)



FSLW CORNER

April 26/2024



Being Well= Being able to creatively adapt in all aspects of life resulting in an optimal level of functioning.

Gatterman & Brimhall



Dimension of Physical Wellness

- Physical wellness includes a variety of healthy behaviors including exercise, proper nutrition, and sleep.
- Physical wellness involves learning about developing healthy habits that will enable you to live a longer, happier life.

Support

- Make regular exercise a part of your life, aiming to get at least 30 minutes of outdoor activity in each week.

Eat a balanced diet and get adequate sleep good sleep habits to prevent fatigue, and increase mental functioning.

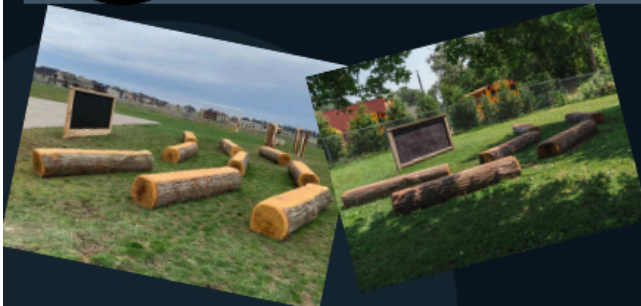


Well-a-thon Update!

We are blessed to have the support of our school community in our new initiative to support student Wellness! As a school we have completed lessons in the Dimensions of Wellness so that students have a good understanding of how their own dimensions can be developed or maintained.

While discussing our fundraising goal of developing an outdoor classroom we have communicated the numerous benefits of outdoor learning that our students here at MDY will be able to experience such as increased engagement, creativity and retention in learning as well as promoting better behavior in students.

We are excited to increase our students time outdoors and their understanding of how to take care of their own Wellness!



Steps to Donate

- <https://www.canadahelps.org/en/charities/active-healthy-kids-canada/p2p/well-a-thon2024/team/mother-dyouvill>
- > 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

