



# ÉCOLE MOTHER D'YOUVILLE SCHOOL

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

## May 6-10

*Encounter God: Goodness*



# Courage to Lead

CATHOLIC EDUCATION WEEK

MAY 5 - 10 2024

WEAR BLUE TO SUPPORT CATHOLIC EDUCATION



"Have I not  
commanded you?  
Be strong and  
courageous.  
Do not be afraid;  
do not be  
discouraged,  
for the Lord  
your God will  
be with you  
wherever  
you go."

JOSHUA 1:9

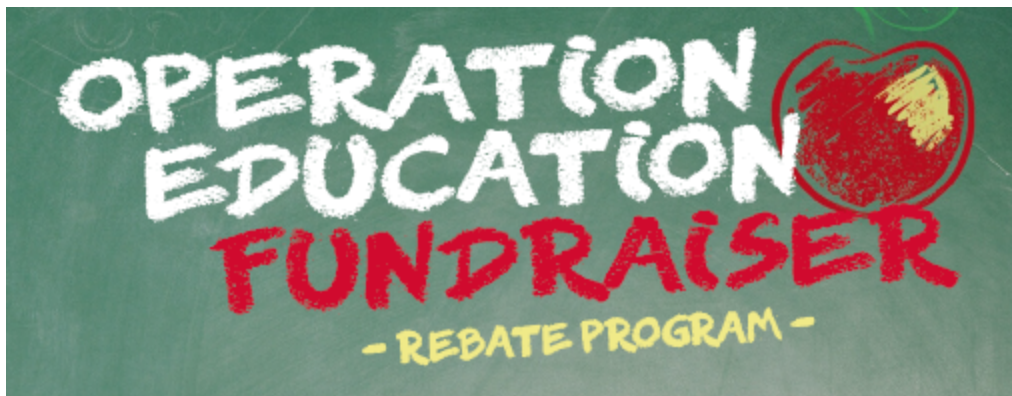
#BLUEFORCATHOLICED

#IBELIEVEINCATHOLICED



## Important Notes:

- **Boston Pizza MDY Fundraiser:** Don't forget to save any receipts from visits to Boston Pizza. We have a BP's box at the main office. All receipts from Beaumont's BP's gives 5% to our MDY Fundraising society.



- **Potluck Sign Up for Staff Appreciation Meal:** If you are interested in volunteering for Staff Appreciation Potluck on Tuesday, May 7th please [click the sign up link](#)
- **MDY Basketball Team Wrap up Stingers Game:** If your child played basketball on any of our teams in Junior High, please consider signing up for our basketball wrap up party at an Edmonton Stingers Game. [Click the link to sign up:](#)



- **MDY Wellness Week: May 6-10** Along with Catholic Education Week it is also Mental Health Week. Check out the events poster below and see all the progress on our Well-A-Thon. We have a few fundraising opportunities with **cash** this week. We have raised over \$1700 so far and have had homerooms tracking individual wellness goals. Keep up the great work! See the [updated business letter for your use here](#)



**WELL- A- THON WEEK FUNDRAISER AND EVENTS**

**MAY 7- FREEZIE SALE \$1.00 EACH**

**MAY 8- HATS ON FOR MENTAL HEALTH**

**MAY 9- CANDY BAG SALE \$1.00 EACH**

**MAY 10- POPCORN BAG SALE \$2.00 EACH**

- All sales will be cash only at the servery
- Limit of two items on each day
- All money raised will go towards our Well-A-Thon fundraising

## Schedule:

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### Monday, May 6th Day 4 WC 3

- Defenders Rec:9Round (Leduc)
- JH Rec Soccer Practice 3:15pm-4:30pm
- JH Track and Field Practice at Lunch (Weather Permitting) MON

### Tuesday, May 7th, Day 5, WC4

- JH Competitive Game vs Holy Spirit @ Champs Vallee 4:00pm

### Wednesday, May 8th, Day 6 WC 1

- Defenders Rec: Bowling 10 pin (Gateway)JH Track and Field Practice
- Soccer Competitive JH: Practice 3:15pm-4:30pm
- Soccer Recreational Game @ Millet time and confirmation TBA
- Soccer 5/6 practice @ Lunch

### Thursday, May 9th, Day 1 WC2

- Catholic Education Day (WEAR BLUE)
- Soccer Competitive JH Game @Coloniale vs JE Lapointe 4pm
- Soccer Rec JH Game @Champs vs Champs 4pm

### Friday, May 10th Day 2 WC 3

- JH Track and Field Practice
- Defenders Rec:The Arch

Community News (See below)



# FSLW CORNER



May 3/2024

You do not need to work to become spiritual. You are Spiritual; you need only to remember that fact. Spirit is within you. God is within you.

*Julia Cameron*

## Dimension of Spiritual Wellness

- Involves our set of beliefs, principles, and values that help give direction to our lives. It is seeking meaning and purpose in our every day lives, which ultimately encourages wellness.

## Support

- Grow your relationships with others by spending quality time with loved ones.
- Take time for quiet reflection or prayer, and attend services in the community.
- Have an open discussion about values with friends or family members.
- Choose hobbies or activities that allow you to explore meaning and purpose.



## Final Well-a-thon Week!

*May 6*

---> Grade 5 supports their social/relational dimension of wellness painting positivity rocks and delivering them into the community!

---> Grade 9 supports their social dimension through engaging in service and community with our seniors at Chateau Vitaline

*May 7*

---> Grade 7 supports their emotional dimension of wellness through the creation of regulation tools.

- **Freezie CASH Sale at lunch to raise funds for Well- a- Thon**

*May 8*

---> Grade 9 supports their social dimension of wellness with a afternoon spent in service to our school communities, Academie St. Andre's and École Quatre-Saisons.

- **Hats on for Mental Health**

*May 9*

---> Grade 6 supports their physical dimension of wellness with a afternoon at the park in activity and play!

- **Candy bag CASH sale at lunch to raise funds for Well-a-thon**

*May 10*

---> Grade 8 supports their physical and social dimension of wellness with a peer walk/run the hill challenge!

- **Popcorn CASH sale at Lunch to raise funds for Well-a-Thon**

## Steps to Donate

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

---> **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**

## Test Anxiety- Strategies for Success

Does your teen prepare for exams only to freeze up during the test? Test and performance anxiety are very common among students. This session will help teens learn how to succeed despite their anxiety and help caregivers support their teens to reduce test anxiety.

Monday, June 3, 2024 6:00 - 7:30 pm

For caregivers and youth (Grades 7-12) **to attend together.**





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