



ÉCOLE MOTHER D'YOUVILLE SCHOOL

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

**May 13-17**

*Encounter God: Goodness*

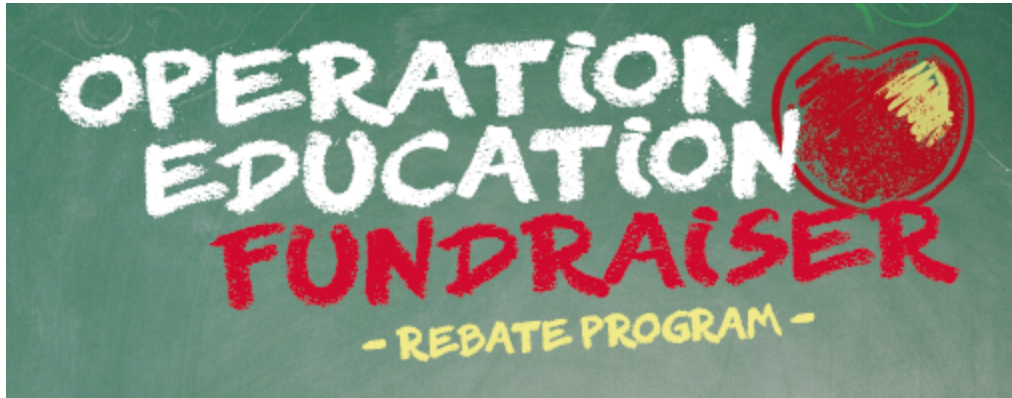


Important Notes:



- **MDY Grade 5 Heritage Fair:** Please consider attending our 5th annual Heritage Fair on May 31st.

- **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.



- **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:](#)
- **Defenders Rec Re-Evaluation for 2024-2025:** For the 2024-2025 school year, MDY will be re-evaluating the viability of the Defenders Rec program going forward. With conflicts impacting french immersion core, limited access to facilities due to greater demand of all schools in Beaumont, and a reduction in number of students participating from our first year, Defenders Rec will not operate next school year. Administration will reevaluate the program following the year's absence.

## Schedule:

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### Monday, May 13th Day 3 WC 1

- Gr. 7-8 ELA Part A Final Exam
- Gr. 9 Provincial Achievement Test ELA Part A
- Gr. 6 Provincial Achievement Test FLA Part A
- JH Rec and Competitive Soccer Practice 3:15pm-4:30pm
- JH Track and Field Practice at Lunch (Weather Permitting) MON

### Tuesday, May 14th, Day 4, WC4

- Defenders Rec: Activate
- JH Soccer Competitive Make-up Game @Champs

### Wednesday, May 15th, Day 5 W1

- Grade 9 FLA Provincial Achievement Test Part A
- JH Track and Field Practice
- Soccer 5/6 Practice @ Lunch
- Soccer 5/6 game vs Notre Dame @ MDY 3:45pm

## Thursday, May 16th, Day 6 WC2

- Soccer Competitive JH Game @ Champs
- Soccer Rec JH Game s 4pm

## Friday, May 17th

- No School-Day in Lieu

Community News (See below)



# FSLW CORNER



May 10/2024

Your Mental Health is everything- Prioritize it. Make the time like your life depends on it- Because it does.



## Dimension of Mental Wellness

- Mental wellness includes all aspects of mental health, emotional state and well-being, as well as how they interact. In turn, your mental wellness influences how you think, feel, and behave in your daily life.

## Support

- Practice focusing your awareness on the present moment, instead of mentally rehashing the past or imagining the future.
- Use relaxation and self-care strategies that work for you.
- Seek support from family, friends, community, and/or a professional.
- Exercise regularly, eat well, and get enough sleep.
- Express feelings and emotions effectively, and practice positive self-talk.



### Saffron Center- Internet Safety Presentation

We will be providing whole school presentations around creating safety on the internet and protecting online digital footprints. Homeroom teachers will be sending more information around this event to parents.  
Thursday, May 16th (During the school day)

The Basics- Internet Safety- Grade 5 and 6  
Online Essentials-Privacy, Autonomy, Security- Grade 7,8,9

### 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.**



# WELL-A-THON

Final Update!!



**\$3178.00**

## *A Heartfelt Thank You!*

**The FIRST EVER Well-a-Thon, in partnership with EVERACTIVE, was completed this week at Mother D'Youville.**

Our hearts overflow with gratitude for the overwhelming support we've received from our amazing school community. Their generosity has enabled us to not only meet but exceed our fundraising goals!

Grade 5 and Grade 9, spread joy with their painted positivity rocks, and sharing precious moments with our seniors and sister schools. Grade 6 and Grade 8, enjoyed our beautiful parks and conquered the Beaumont hill walk/run with enthusiasm and determination. And Grade 7, came together to nurture emotional wellness and build resilience as a team. But amidst all the excitement and achievement, what shines brightest is the spirit of Wellness and breaking down stigma that permeates every aspect of our Well-a-Thon.

From the bottom of our hearts, thank you to everyone who has made this incredible journey possible. Your support, your generosity, and your belief in the importance of wellness have touched us deeply, and we are forever grateful. Here's to many more adventures in wellness and community!

Mrs. Bouchard, Family School Liaison Worker