



ÉCOLE MOTHER D'YOUVILLE SCHOOL

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

June 24th-27th



Important Notes:

- **Final 3 Days Reminders:** Gr. 9's that signed up for First Aid--your training will be in Mrs. Medcke's classroom for all three days. JH will have the opportunity to participate in a variety of classroom activities with JH teachers and will have an opportunity to assist/participate in Sports Day with Elementary. On Wednesday, we will award our House Championship belt before Sports Day Festivities. Defenders Rec is finished for the year.
- **Attendance Reminders:** Please email or phone in any illnesses or excused absences to our front office. Please let the office know if you are not attending for the remainder of the year.
- **Indigenous Artist in Residence:** Barbara Derek joins us all week to teach classes as we celebrate National Indigenous History month. Check out her website: <https://nativestudioart.net/#0uz9uZZ4J>



Schedule:

Monday, June 24 Day 1, WC 1

- Assembly 9:00am
- Gr. 9 First Aid Training (for registered students. Please sign into Mrs. Medcke's room at 8:45am)
- Indigenous Artist Week

Tuesday, June 25th, Day 2 WC 2

- Indigenous Artist Week

Wednesday, June 26th, Day 3 WC3

- Indigenous Artist Week
- Sports Day (PM only)
- Report Cards Available by Friday, June 28th, 2024

Community News (See below)



FSLW CORNER

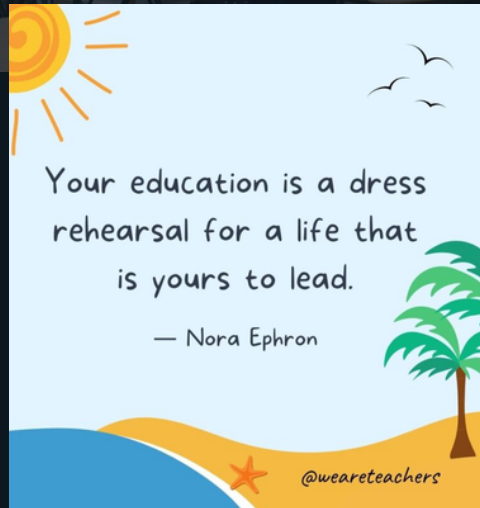


June 21/2024- Enjoy your summer MDY!! May your summer be full of friends, family and fun!

Community Resources

Please refer to the following document for a list of community resources and services available for the summer months.

<https://bit.ly/CRBeaumont>



More unstructured free time can come more device time. Please refer to these links to set up Wellness breaks for your devices.

[Setting Wellness/Downtime Limits for IPHONE](#)

[Setting Wellness/Downtime Limits for SAMSUNG](#)

Mental Health in the Summer Months

Sunshine! The warmer weather and longer days helps many of us spend more time outdoors. The increased sun exposure boosts our vitamin D levels, and can even improve mood, leading to better mental health. Spending time in the sun also helps your body produce more melatonin (sleep hormone) at night, allowing you to sleep better and overall feel better. This makes summer a great time to set habits and prepare for the coming months that are colder and less energizing.

Forming habits:

- Set boundaries. You don't have to say yes to every opportunity you are presented with. Seek out the activities and plans that seem the best to you and take breaks when you need them.
- Set a sleep schedule. Adequate sleep is so important even when the days are longer.
- Engage in physical activity. With the warmer weather comes more opportunities for outdoor exercise and play. Set a standard for how active you are now so that you will more likely find ways to stay active moving forward.
- Have fun! Making an effort to intentionally improve your mental health is beneficial, but don't let it get in the way of your fun. You need to enjoy life too. Find a balance between responsibility and fun!



Common Sense Media rates movies, TV shows, podcasts, books, and more so families can feel good about the entertainment choices they make for their kids. We offer the largest, most trusted library of independent age-based ratings and reviews. Our timely parenting advice supports families as they navigate the challenges and possibilities of raising kids in the digital age.
www.commonsensemedia.org