



WCHS Newsletter

April 6, 2020

"You're terrific as far as I'm concerned" – E.B. White

Book Recommendation

**Endling by Katherine Applegate
Grades 9-12**

Byx is a dairne: an intelligent, dog-like species that can glide through the air and determine when someone is telling a lie. When her family is ruthlessly murdered, she becomes an ending: the last of her species. Byx finds a new family in unlikely companions as they search for more dairnes while protecting Byx--at all costs.



Lindsey Baird
English Language Arts Teacher
Winston Churchill High School

Look what can be done from home in your Fashions Studies Class!



Kindness shown from the Burndred/Hope Family!



WORK HARD BE KIND



S.M.A.R.T Goals

Most people do not set goals because they are afraid of failure <https://www.youtube.com/watch?v=bqAABHIAHnQ> - Famous Failures

https://www.youtube.com/watch?v=U_8FmXQHa94 - Overcoming the Fear of Failure



WORK HARD

BE KIND

Apps for Mindfulness and Coping



Breathe2Relax - Breathe2Relax is a great app that provides detailed information on the effects of stress on the body. It also offers instructions and practice exercises to help you learn stress management skills including diaphragmatic breathing.



Happify: for Stress & Worry - Happify focuses on your emotional health and wellbeing using games and activities developed by scientists. If you need to reduce stress, overcome negative thoughts, and build greater resilience this is the mental health app for you. FREE



Insight Timer – Meditation for sleep & anxiety; Helps to destress, reduce anxiety, improve sleep, and generally deal with the stresses of everyday living.



Mindfulness Coach: Mindfulness Coach is a free and publicly available mobile app for people who are interested in learning about and practicing mindfulness. The app utilizes educational tools to summarize how incorporating mindfulness can alleviate both physical, emotional and/or mental stress, and its benefits when used for individuals struggling with PTSD.



Calm – An app for mindfulness and meditation that aims to bring more clarity and peace to your daily life. It is great for beginners but also includes programs for intermediate and advanced users. →Paid (\$12.99); but can get a week of premium content for free.



SuperBetter – At the heart of SuperBetter is the Live Gamefully method, a framework that brings the psychological strengths and mindset of gameplay to real life. The method promotes new levels of personal growth as a result of stress and change. Findings from a randomized controlled study evaluating the app found that playing SuperBetter for 30 days improves mood and perceived social support and increases belief in the ability to successfully achieve goals.



MoodMission: The app recommends ‘missions’ based on how the user is feeling and each mission can improve mood and coping skills. Missions are mental health strategies that are quick, easily achievable, and back up by scientific evidence.



Headspace: The Headspace app makes meditation simple. Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus. The app also has a handy “get some headspace” reminder to encourage you to keep practicing each day. (\$12.99/Month or \$9.99/Year for students)



Sora is an app that our school Learning Commons uses so that students can borrow ebooks and audiobooks. This app can be used by our students who are currently learning from home. Please take a look at the video tutorial that our very own Ruth made to support you in accessing Sora!



<https://www.youtube.com/watch?v=uilLr17-0p0&feature=youtu.be>

W
O
R
K

H
A
R
D

B
E

K
I
N
D

The teachers in the Winston Churchill Physical Education department are working hard to help you lead a balanced lifestyle despite not having access to our in-person classes, gym, and fitness centre.

Did you know that you can follow the posts for the workout of the day on their YouTube Channel: wchs_pe

<https://www.youtube.com/channel/UC3BQ5P3942vdKAdTRIAanmw>

Give these teachers some of your time each day, and join them in taking health and wellness to a new level despite our online learning platforms.

Karen Morden-Babick is looking for your memories so that she can complete work on the 2019-2020 yearbook! Please send your pics from clubs, sports, or even at-home/community learning to karen.mordenbabick@lethsd.ab.ca so that she can continue creating our amazing Yearbook.

