

WCHS Newsletter

April 28, 2020



“Unforgettable, that’s what you are...unforgettable in every way.”

-Irving Gordon

Check out these resources on our website!

Grade 9

Grade 9 Handbook

Grade 9 Handbook 2020/2021

Middle School Choosing Options PowerPoint

Middle School Students Coming to WCHS Next Year

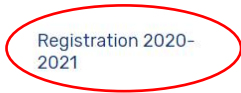
Staff and WCHS Promo Videos

WCHS promo Video

Staff Introduction



- Home
- About
- Virtual Learning
- COVID-19 Information
- Registration 2020-2021
- Calendar
- Learning Commons
- Parent Information
- Student Life
- Contact



Social Distance High Five



You will now find 2020-21 Registration information for incoming Grade 9 students on the WCHS website. Look here: <https://wchs.lethsd.ab.ca/registration-2020-2021/grade-9>



WORK HARD
WORK HARD

BE KIND
BE KIND

Registration for Grade 8 students coming to Churchill for Grade 9 will start on Monday, April 27th. Please check our website for the most up-to-date information on registration. <https://wchs.lethsd.ab.ca/>

Leadership Class: Balancing for Bucks Challenge

The goal of the challenge is to raise money for Churchill families in need. If you get tagged in the challenge, you are asked to film yourself doing a balance challenge! Some examples are:

- Balancing books on your head
- Balancing in a yoga pose
- Balancing a soccer ball on your foot

After you do the challenge, post it to social media and tag three other people that you want to challenge. If you can, we also ask that you donate to the link on the WCHS Virtual Learning Page or at the Churchill Leadership Instagram bio link: [@wchs.leadership20](https://www.instagram.com/wchs.leadership20)

[Balancing for Bucks](#)

[YouTube Video \(explaining the challenge\)](#)

MOBILE MINDFUL MUNCHIES

MINDFUL MUNCHIES
mycitycare LETHBRIDGE FOOD BANK

Lethbridge SCHOOL DIVISION

MOBILE MINDFUL MUNCHIES PROVIDES LUNCHES TO STUDENTS (AND THEIR SIBLINGS) OF LETHBRIDGE SCHOOL DIVISION WHO ARE IN NEED OF FOOD DURING THIS TIME OF SCHOOL FROM HOME. MY CITY CARE WILL DELIVER THE LUNCHES TO THE HOME ONCE A WEEK (WITH ENOUGH LUNCH ITEMS FOR ABOUT 4-5 DAYS). TO RECEIVE THIS SUPPORT, CONTACT MARAL AT 403-320-1879 EXTENSION 6

The poster features a dark blue background with yellow fruit icons (watermelon slices, oranges, and grapes) scattered around the text. It includes logos for Mindful Munchies, MyCityCare, Lethbridge Food Bank, and Lethbridge School Division.



Deejay wants to remind you of the following special days!

- April 27 – National Prime Rib Day
- April 28 – National Superhero Day
- April 29 – National Zipper Day
- April 30 – National Oatmeal Cookie Day
- May 1 – School Principal's Day

Reminder: If you live outside of our boundary and want to attend Churchill (not currently a student of ours), please contact Jamie Bach (Vice Principal) at: Jamie.Bach@lethsd.ab.ca



Check out the new furniture in the foyer. Thanks to the *Spaces Committee* (made up of staff and students) who planned this out!

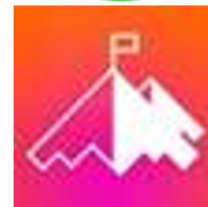
Some Apps to check out, courtesy of the Counselling Department:



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



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.



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.

WORK HARD BE KIND