

WCHS Newsletter

May 5, 2020



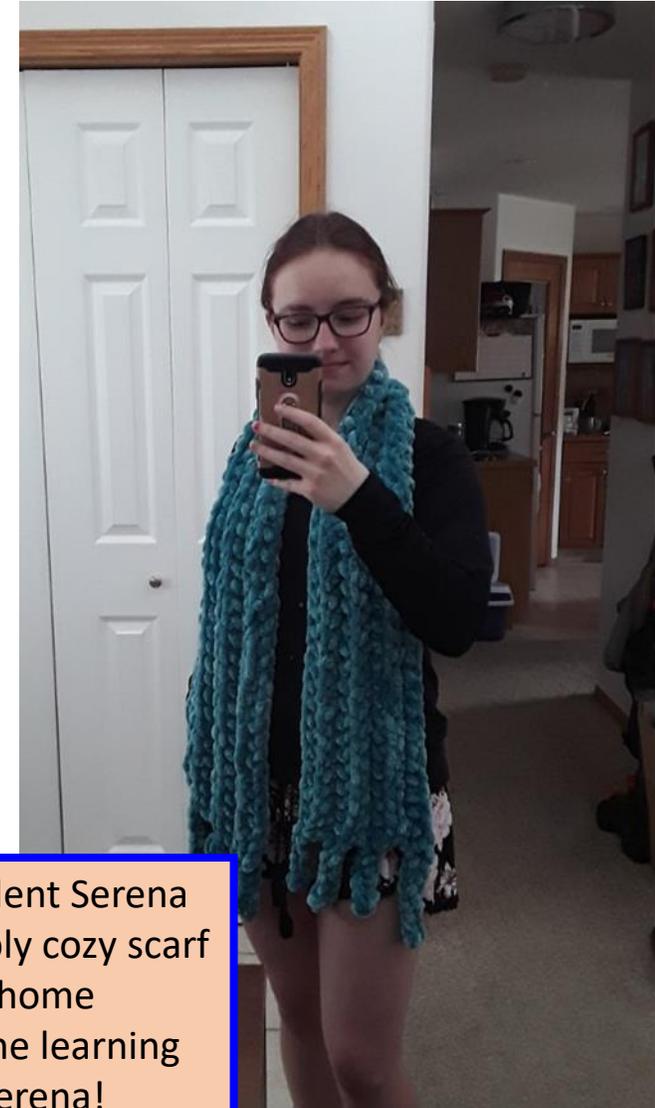
From the Desk of DeeJay:

- May 4 – National Star Wars Day
- May 5 – National Teacher Appreciation Day
- May 6 – National Nurses Day
- May 7 – National Barrier Awareness Day
- May 8 – National Coconut Cream Pie Day

On Monday, May 4th, the Churchill Family participated in the ASAA Be A Light Alberta campaign to light up the field and recognize our Grade 12 athletes! #BeALightAlberta

From the ASAA website:

“We want to let grade 12 students in Alberta know that we see them. Although the lights may have been turned off on their season, the skills they’ve developed as athletes and as leaders will continue to shine bright into their next journey.”



Fashion Studies student Serena created this incredibly cozy scarf while working from home during the new online learning model. Way to go, Serena!



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/>

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



What is Lindsey Reading?

When Stars Are Scattered by Victoria Jamieson and Omar Mohamed
Grades 6-12

This is the true story of Omar Mohamed growing up with his little brother and legal guardian in a refugee camp Kenya. Life is hard for the brothers; they struggle to have enough food, and are constantly searching for their mother. One day, life changes for Omar: he is invited to attend school! However, this means he would have to leave his non-verbal brother alone during the day. This is a fantastic graphic novel about family, friendship, and the power of hope.

MOBILE MINDFUL MUNCHIES

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

WORK HARD BE KIND



The theme of this year's Mental Health Week is social connection.

Connecting with other people and our communities doesn't just feel good. It's good for our mental health.

- Research shows that social connection and social support are factors that protect and promote good mental health.
- Feeling socially connected means you *feel* close and connected to others, and you don't have to be in physical proximity to nurture a sense of closeness and connection.
- Social isolation and loneliness are bad for everyone's mental health.

Mental Health Week – May 4-10, 2020

Mental health is: how you feel about yourself and others.

Mental health is: having balance in your life and your thoughts.

Mental health includes your level of stress.

We take care of our physical health. We can take care of our mental health.



What ways can YOU connect with others to support your mental health? Check out this resource for articles:

<https://mentalhealthweek.ca/yourmentalhealth/>

It's common in our society to ask people how they are. Unfortunately, it's also common not to provide—or expect—a truthful answer.

- It's common in Canada to say we're fine, even when we don't really mean it.
- Every time we just go through the motions, we miss a chance to connect with others in a meaningful way.