

APRIL 2022

# A MMH MINUTE

The monthly newsletter for Mike Mountain Horse  
Elementary School



**Inside the April  
issue:**

- Green Shirt Day**
- Volunteers**
- Spring Fundraiser**

## PRINCIPAL'S MESSAGE

It finally feels like Spring has arrived! There weather is warming, birds are singing and Inquiry based learning projects have begun! March was such an exciting month with our first in person assemblies, field trips and extra curriculars. As we move toward spring break, please watch your email for information about upcoming field trips and other special events happening in our school.

## IMPORTANT DATES

- April 4: Division School Council Meeting
- April 7: Green Shirt Day
- April 12: MMH School Council 7:00pm
- April 14: Last Day before Spring Break
- April 15 – 24: Spring Break 😊
- April 25: Division PL - No School for students
- April 27: Booster Juice Grades 1-5
- April 29: Spirit Assemblies – WISDOM



## Green Shirt Day

Green Shirt Day is a day that honours Logan Boulet, a former Lethbridge School Division student. In case you don't know his story, Logan and his Humboldt Broncos hockey team were traveling to a playoff game on April 6, 2018 when their bus was in a tragic crash. A day later, Logan was not able to overcome his injuries but was able to donate organs to make 6 people's lives better. This act inspired a

wave of thousands and thousands of Canadians to register as organ donors and is known as the Logan Boulet Effect. Green Shirt Day builds on this with organ donor awareness, promoting organ donor registration, and having a conversation with your family about organ donation. Mike Mountain Horse staff and students will recognize Green Shirt Day on Thursday, April 7, 2022. Students are asked to wear a green shirt to honour the legacy of Logan Boulet.

## 2022-2023 Registrations

Mike Mountain Horse Elementary school continues to accept new and returning student registrations. Parents of students currently registered in Lethbridge School Division will receive notification from your child(ren)'s school with instructions for registration using PowerSchool.

To register for kindergarten, students **MUST** be five years old as of December 31, 2022. Registrations can be completed online and emailed to the school. MMH will be offering full day Monday/Wednesday, scheduled Fridays or full day Tuesday/Thursday, scheduled Fridays kindergarten programs.

# Hello Volunteers!

We appreciate you spending time with our students. Community supports are what make Mike Mountain Horse such a great place to be! If you are interested in volunteering, here are a few reminders:

- All volunteer opportunities must be pre-arranged with the classroom teacher
- Please ensure you have completed The Lethbridge School Division Volunteer form and submit it to the office
- Digitally check into the office on the iPad stand to the left as you enter the office
- Thank you for signing out in the office at the end of your visit

Thank you for your gift of time!

## Spring Fundraiser



The Friends of Mike Mountain Horse Society is excited to announce our Spring Fundraiser 2022! Society will be offering Booster Juice coupons for \$6.25 apiece, as well as cookie dough from Indeygo for \$20.00 per 2.7lb tub. There are 11 flavours of cookies to choose from! The fundraiser will run from Monday, March 21 to Monday, April 11, with product pick up being in early May. Mark your calendars and watch for more information!

## MMH School Council & Friends of MMH Society

Our next School Council meeting will be held at 7:00 pm on April 12, in person and via Zoom. Everyone is welcome to join! This is a fantastic opportunity to find out about all the exciting things happening in the school. The link will be sent by Messenger to all families.

# Seven Sacred Teachings



Our Sacred Teaching for March focused on HUMILITY. Congratulations to our students who were recognized for demonstrating Humility. This month our teaching will focus on WISDOM. Students are recognized at our school-wide Spirit assemblies and on our Seven Sacred Teachings Bulletin Boards.

## Indigenous Education News

April is the frog month. Annette Bruised Head offered her insights about why April is called 'Frog Month'. She said, "it is the time when we hear the frogs. When the winter storms have passed and the moisture returns to the wetlands and they begin to turn green with new grasses. That is when frogs come to lay their eggs and bring life to all those creatures that depend on these areas" (2021)[April Newsletter](#)










## The Loop

Click on the link to read the April edition of the [The Loop](#). Please take a moment to look through some of the community parenting sessions available for free!

# Community Information

## Lethbridge School Division does the



-  The Moose Hide Campaign is a grassroots movement of Indigenous and non-Indigenous men and boys standing up to end violence towards women and children.
-  A free, engaging, and inspiring developmentally appropriate K-12 content in a one-hour livestream on May 12th, 2022. On the day, you can expect: Ceremony, Cultural performances by Indigenous artists, TikTok influencer, Theland Kicknosway as our Youth Keynote speaker and Words from our co-founders.
-  The livestream is on Thursday, May 12 from 11:30AM - 12:30PM. Links to workshops and the livestream will be sent out by your Indigenous Education teacher in advance.
-  One of the main initiatives of the movement is the annual Moose Hide Campaign Day, which brings Canadians from coast to coast together to make tangible progress on reconciliation and the creation of a country free of violence against all.
-  Your Indigenous Education team has already registered your schools for the live stream and ordered moose hide pins!  
With registration we receive
  - Pre-recorded sessions and workshops with PDF lessons for pre and post teaching
  - Access to livestream
  - Access to event page with additional resources
  - Bi-weekly e-mails (from your Ind. Ed teacher) containing additional resources
-  Your Indigenous Education teacher is your contact for any questions relating to pre and post Moose Hide Campaign Day.
-  Moose Hide pins will be sent out to all schools for every student and staff member. Everyone is encouraged to wear their Moose Hide pin on May 12th (and every day!) as a sign of commitment to honour, respect, and protect the women and children in your life.
-  Schools and classrooms are encouraged to celebrate the Moose Hide Campaign in as many creative ways as possible! Let your Indigenous Education teacher how we can support.
-  Click to access the website to access more information, lesson Plans, classroom resources

**Moose Hide Campaign**  
Learning Platform for K-12

Facebook - @moosehidecampaign.ca  
Twitter - @moose\_hide  
Instagram - @moose\_hide\_campaign



## SYNCHROBELLES REGISTRATION

**REGISTER AT:**  
[www.lethsynchro.ca](http://www.lethsynchro.ca)



### 2022 SPRING SYNCHRO

7-week program Tuesday's running  
May 3 - June 14

Swimmers must be able to swim 25 meters.

Beginner (6:30-7:30) 1 hr - \$150,

Intermediate (6:30-8:30) 2 hrs - \$300

[www.lethsynchro.ca](http://www.lethsynchro.ca)

# Information For Parents



## Community Education Service



Improving emotional health and well being

### ADHD & Executive Functioning: For Children & Youth

Michelle Deen, Registered Psychologist, B.A., B.Ed., M.Ed

Stephanie Sands BSc. Psychology

The session will be an overview of ADHD and how issues with impulsivity and/or inattention impact children's ability to manage their environments. The session will also explore the impact ADHD has on Executive Functioning and how it relates to managing everyday tasks, and meeting daily expectations at home and at school, including social, emotional, behavioural and academic demands.

**April 11, 2022**

**6:00-8:00pm**

Click here to  
register

**FREE**

online event

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & RVS, MHCB Stepping Stones to Mental Health.

[CES@ahs.ca](mailto:CES@ahs.ca) <http://community.hmhc.ca/> 403 955-4730



## Community Education Service



Improving emotional health and well being

### Promoting Resilience and Self-Regulation

Strong Mind Strong Kids programs by Psychology Canada - Promoting the mental well-being of children and youth in Canada

Susanne Harach-Valne, Prof Development for Early Learning & Care Professionals, Educator Parenting Programs; Strong Minds Strong Kids PD Ed, ZIT TOT The Growing Brain - Birth to 5, ZIT TOT Critical Competencies for Infant & Toddler Educators, AHS TOT Psychological First Aid, Trauma Informed Care Provider Facilitator, Facilitator Families Matter

Will discuss tools & stress management strategies to help children learn to recognize and manage their stress and emotions. Will also speak to how to help children learn to cope with stress and to better express their feelings & emotions, promoting social-emotional development & self-regulation.

Learn about stress from a child's point of view as well as your own stress response, coping skills & the positive effect of taking time for self-care.

Will focus on children 2-7 years.

**Wednesday May 4 2022**

**6:30-8:30pm**

This session will be offered through Zoom

Click here to  
register

**FREE**

online event

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & Families Matter.

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