

Mustangs Monthly Memos

January & February 2024

VILNA SCHOOL VICE PRINCIPAL'S MESSAGE

Welcome back to Semester 2! It has been a very busy couple of months with our junior high students participating in the Skills Canada Exploration, Great Beginnings to Grade 7's festive singing and dancing for the concert, a surprise visit from Metis Santa joining our holiday feast; and that was just the end of 2023!

We are very appreciative to have the experienced Mr. Holota taking over our high school Humanities teaching position for the second semester. Mr. Holota came in several days before the holidays as a substitute and eased right in, quickly becoming a familiar face and welcome addition to our staff.

January was full of studying and exams, especially as our graduates prepared for their final term, putting all the last pieces into place as the anticipation of their ceremony edges closer. Thank you to everyone helping to encourage these students, helping them persevere, as well as with our fundraisers to ensure this celebration is one to remember!

Our junior Mustang athletes have been practicing hard as they prepare to represent our school in their mini-tournaments coming up this month. Please see an athlete, our Facebook page, or the school office to order Purdy's Easter Chocolates.

With February's multiple days focused on kindness and caring, we are proud of the unique individuals who fill our hallways with smiles and laughter, eager to help each other and make the learning space a caring place for all. We hope everyone enjoys the extra long weekend this month, followed by wellness days to remind us to care for ourselves as well as others.

Mrs. Girard
Vice Principal



Mr. Joe Harrington, Principal
Mrs. Danielle Girard, Assistant Principal
vilna@asperview.org 780-636-3651

Important Dates & Upcoming Events

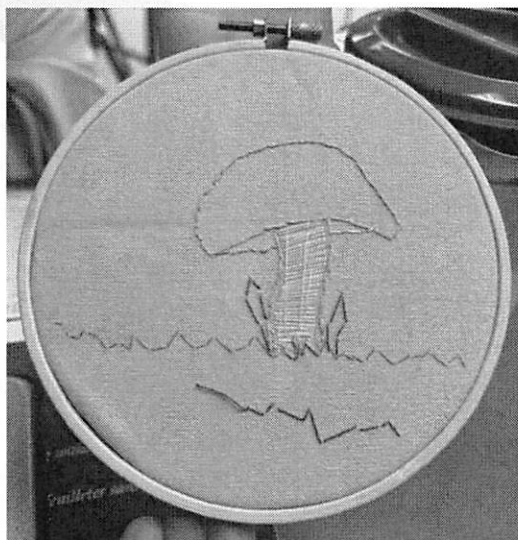
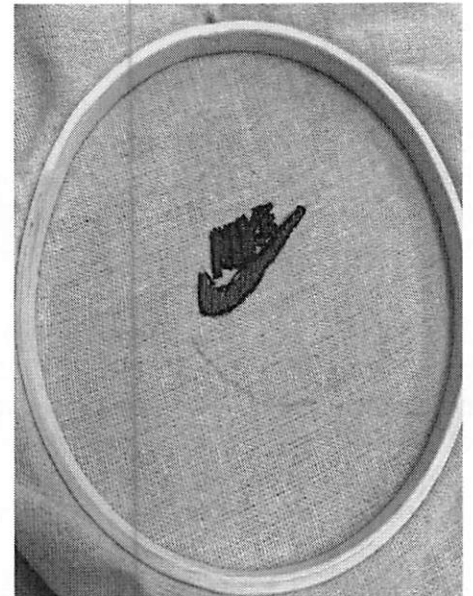
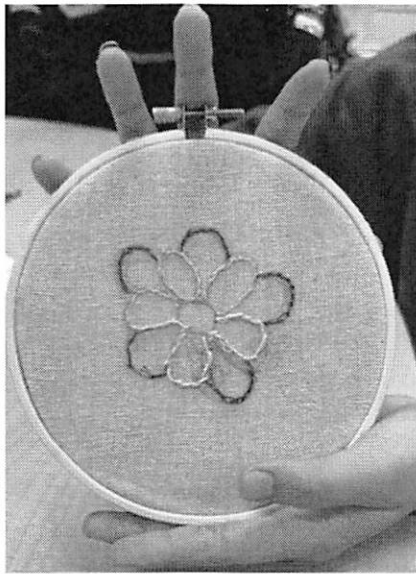
- February 1....** Semester 2 Begins
- February 7....** Jr Mixed Basketball Game @ Grassland School
- February 8....** Dragonfly Presentation's K-12
- February 12....** Gr 9 & 10 Ice Fishing Trip
- February 14....** Have a Heart Day
- February 15 & 16....** Teacher's Convention- NO SCHOOL
- February 19....** Family Day - NO SCHOOL
- February 20 & 21....** School Wellness Days
- February 27....** Jr Mixed Basketball Regional Finals @ EPC School
- February 28...** Pink Shirt Day
- March 1....** RCMP Anti-Bullying Presentation- Gr. 7-9
- March 4....** PD Day - NO SCHOOL
- March 9....** Purdy's Chocolate Orders Due
- March 11....** RCMP Traffic Presentation Gr. 9-12

The weather may seem mild right now but we would like to remind parents & guardians to please send students to school with **FULL winter gear!** For outdoor activities & for bus safety!

Have a look at what Mrs. Franchuk's Junior High Options Class has been up too-learning how to embroider!

Vilna Grad Class of 2024 Update

- ◆ The Grad Ceremony will be held on **June 1, 2024** (more info. to follow)



HAPPY NEW YEAR 2024!

Purdy's Easter Chocolates!

Order through
<https://fundraising.purdys.com/1005820-115154> or by getting a catalog and form from an athlete or the school office

****Orders must be in by March 9 and will be ready for pickup by March 22****



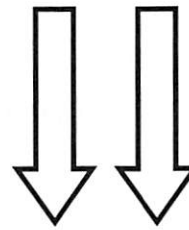
Vilna Mustangs Athletes Updates

- ◆ Jr mixed team Basketball practices are from 3:15-5:00 pm on Tuesday's & Thursday's

Basketball Games Schedule:

- Feb 7 @ Grassland
 - Feb 21 @ location TBD
 - Feb 27 @ EPC Athabasca —Regionals
- ◆ Archery Practices are Wednesday's @ 3:15-4:30

Check Out The FREE Family Supports Available In The Smoky Lake Region



FREE RESOURCES



EASILY ACCESSIBLE



FAMILY SERVICES



RURAL CONNECTIONS FAMILY RESOURCE NETWORK



Healthy Families
Healthy Futures

HFHF FRN Hub

If you are unsure what supports you need, the Hub can help!



HFHF provides **free** in-home visitations services. Trained Home Visitors encourage a caregiver-led experience while providing recommendations based on leading practices. They work with families with children aged **0-6 years of age**.

HFHF Home Visitors provide free one-on-one parenting strategies to:

- Promote positive parent-child relationships;
- Grow parenting knowledge and skills;
- Foster healthy pregnancies and child development;
- Help families identify and access formal and informal supports and services;
- Assist in the identification and pursuit of family goals

If you are unsure what supports you need, call the HFHF Hub!

780-307-2444

WJS provides **free** in-home visitations services. Trained Home Visitors provide families with tools to help increase family abilities to manage day-to-day parental stressors and enhance each family's ability to care for their children. They work with families with children aged **7-18 years of age**.

WJS Home Visitors provide free one-on-one parenting strategies to:

- Healthy Relationships; parent-teen mediation
- Attachment; enhancing family connection
- Positive Discipline; positive strategies with difficult behaviors', sibling rivalry, youth behavioral issues
- Mentoring and Youth Development
- Life Skills; communication skills, conflict resolution, co-parenting

1-800-867-1987

The local Smoky Lake FRN team supports families with **free** child, youth, and family services and programs. They work with families with children aged **0-18 years of age**.

Smoky Lake FRN provides free caregiver and child capacity development programs and services:

- System Navigation Support; referrals to other resources or supports
- Strengthen parent and child interaction
- Enhance parenting skills
- Promote healthy child and youth development
- Build family supports within the community



WWW.SMOKYLAKEFCS9.CA

780-656-3674

Together Talk offers free counselling support in the Athabasca area, including families within Aspenview School Division.

Our services aim to provide support to families struggling with issues at home, school and in the community. Individuals may also be seen in person, online counselling is also available.



Counsellors

Dr. Wally Rude

Registered Psychologist

Available Saturdays from 1 - 5 pm

Feb 10, 17, March 2, 9, 16, 23

Don McGillivray

Canadian Certified Counsellor (CCC)

Available during the week

by appointment

In Person sessions are by appointment only

All sessions are held at the

Cole's Professional Building, 4919 - 51 Street, Athabasca

Book an appointment with a counsellor

Call 780-674-9366

Or visit our website for more information www.togethertalk.ca

Funding for Together Talk is provided by:

**Community Services
Recovery Fund**



Barrhead Elks

Alberta



Canadian
Red Cross



Funded by the
Government of Canada's
Community Services Recovery Fund

Canada

AER SURVEYS

Please complete the forms that have been sent home, either on paper or online. The surveys are anonymous. If paper copies are completed, please return them to the school.