



Vilna School

# MUSTANG MEMO

APRIL EDITION

**TANSI!**  
HELLO!

## A MESSAGE FROM OUR PRINCIPAL

April is a short month with Spring Break, a professional development day and Easter. We also are having Parent/Guardian Teacher Conferences on April 9th & 10th and our Open House on April 23rd. We really encourage you to come to our Open House. This is a chance for you to meet staff, tour the school and see what we have to offer.

Spring is a season of renewal and growth. Just as the flowers will soon be blooming and the trees and grass awaken, we can celebrate new learning and growth with fresh energy. I want to encourage our students to take a break from screens and enjoy the great outdoors. Fresh air, exercise, and unstructured play are essential for their well-being. Whether it's riding a bike, playing in the yard, or going for a walk, time spent outside is time well spent!

Of course, if the weather keeps them indoors, encourage them to pick up a good book or learn a new game instead of turning on screens. Reading helps keep their minds active and engaged.

I welcome conversations with families. You can come and see me in person, call the school (780) 636-3651 or email me [brenda.mykytiuk@asperview.org](mailto:brenda.mykytiuk@asperview.org).

Brenda Mykytiuk  
Vilna School Acting Principal



Vilna School

# MUSTANG MEMO

APRIL EDITION



## ROBOTICS TOURNAMENT

The Aspen View Robotics Tournament is fast approaching! Students from Kindergarten to Grade 9 across the school division will showcase their creativity, problem-solving, and teamwork in exciting challenges. If you'd like to participate, find a partner and ask your teacher to help you register before the April 11! The tournament will be in Athabasca on May 14.

## PARENT TEACHER INTERVIEWS

April 9 and 10 are parent/teacher interviews for grades K-12 at Vilna School, from 3:30-6:30PM. As an added bonus, we are happy to provide supper for everyone who attends!

## MENTAL HEALTH MINUTE

Spring Break may be over, but it's never too late to reset screen time habits! Taking a break from devices allows kids to be more active, creative, and engaged with the world around them. Too much screen time can impact sleep, mood, and social skills, so why not carry the benefits of a screen-free break into everyday life? If your family enjoyed less screen time over the break, keep the momentum going with these fun, unplugged activities:

🌿 Get outside – Whether it's a nature walk, building a snow fort, or playing tag, fresh air and movement are always a win!

📖 Keep reading – Visit the library and let your child choose books.

🎨 Stay creative – Crafts, painting, or DIY projects can keep hands and minds busy.

♣️ Play together – Board games, puzzles, and card games make for great fun.

🍳 Cook as a team – Let kids help in the kitchen with simple, hands-on recipes.

📝 Start a journal – Writing or drawing about their favorite moments can be a great way to reflect on the break.

By continuing to limit screen time, kids can stay engaged, active, and connected with family and friends all year long. Here's to keeping the fun going beyond Spring Break!





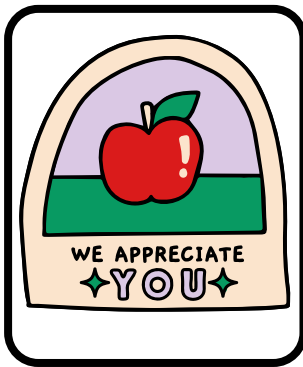
Vilna School

# MUSTANG MEMO

MARCH EDITION

MRS. MACMILLAN

WELCOME TO THE CLUB!



We are thrilled to introduce the newest Mustangs to the Vilna School family, Mrs. Yaceyko, who will be teaching grades 3 and 4, and Mr. S, who is taking over phys-ed classes! Welcome both of you!

Our wonderful teacher of grades 3 and 4 has taken time off to have her baby and spend precious time with family! We will miss her greatly, wish her all the best, and can't wait to meet her beautiful baby girl!

## LEMONADE DAY - JUNE 14, 2025

Join Lemonade Day! Join the fun!!

🍋 Lemonade Day let's kids learn about business while being creative and having fun. It is a fantastically FREE program open to kids of all abilities from kindergarten to high school!

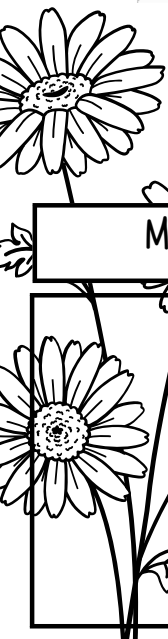
🍋 Kids who register with the program will attend Lemonade University where they will learn lessons like creating budgets, setting profit-making goals, serving customers, repaying investors, and giving back their community.

🍋 Along the way, kids acquire skills in goal setting, problem solving, and gain self-esteem critical for future success.

🍋 They keep all the money they make and are encouraged to spend some, save some, and share some.

Register at [lemonadeday.org](https://lemonadeday.org)





# APRIL

MON	TUE	WED	THU	FRI
	1 Spring Break No School	2 Spring Break No School	3 Spring Break No School	4 Spring Break No School
7	8	9 Parent Teacher Interviews 3:30-6:30 Grad photos	10 Parent Teacher Interviews 3:30-6:30 Diploma exams begin	11
14	15	16	17 PD Day No School	18 Good Friday No School
21 Easter Monday No School	22 Earth Day	23 Open House 3:30-5:30	24	25 Hand Games Tournament Grades 7 & 8 at Vilna
28	29	30		





Vilna School

# MUSTANG MEMO

APRIL EDITION

STUDENT SUPPORT TEAM



INDIGENOUS FAMILY SCHOOL LIAISON

## Indigenous Family School Liaison Program

The Indigenous Family School Liaison Program provides culturally responsive, client-based, and goal-focused support to Indigenous children, youth, and families at no cost. Rooted in Indigenous ways of knowing, being, and doing, the program honors traditions, cultural identity, and community connections while supporting social and emotional well-being.

Cultural & Social Connection: Strengthening identity, belonging, and relationships within families, schools, and communities.

The goal of this program is to foster personal growth, resilience, and holistic well-being, while ensuring that Indigenous children, youth, and families feel valued, supported, and connected to their culture and community

The Family School Liaison Program is a client-based, goal-focused program provided through local municipalities. The program is designed to meet the social and emotional needs of children and youth who are experiencing difficulties. It provides support, encouragement and ideas in a non-judgmental, confidential manner. The program is preventative and involvement is voluntary and intended to be short-term. Individual goals may focus on: Emotional Concerns: self-esteem, self-control, managing emotions, grief and loss, stress, changes, coping skills, etc. Social Concerns: problem solving, social skills, relationships with friends/peers, etc. Family Concerns: divorce or separation, parent-child conflict, sibling conflict, etc. School Based Concerns: transition to a new school, relationships with others, some classroom issues, etc.



FAMILY SCHOOL LIAISON



SCHOOL COUNSELOR

A school counsellor plays a crucial role in supporting the academic, social, emotional, and career development of students. Their responsibilities generally include the following: Academic Support: Identifying and addressing academic challenges, such as learning disabilities or behavioural issues. Collaborating with teachers and parents to create academic intervention plans. Social and Emotional Support: Offering support during difficult times, such as family problems, peer conflict, or emotional struggles. Counsellors are also able to help work on building self-esteem, self-confidence, boundary setting, and goal setting. Crisis Intervention: Responding to immediate crises, such as accidents, violence, or other emergencies affecting the school community. Advocacy: Advocating for students' needs and rights within the school system. Collaboration with Stakeholders: Working closely with teachers, administrators, and parents to support students holistically. Overall, the role of a school counsellor is multifaceted and aims to create a positive and inclusive school.



# RURAL CONNECTIONS FAMILY RESOURCE NETWORK



**Healthy Families**  
**Healthy Futures**

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**.

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
- System Navigation Support; referrals to other resources or supports

**If you're unsure which supports are right for you, contact Healthy Families, Healthy Futures. Their team can help guide you in the right direction.**

**780-307-2444**



**Community  
Support Services**

Taproot CSS offers the Family Resilience Program, which provides **FREE** one-to-one support to parents and/or caregivers with Children aged **7-18 years**. Support can be in the Home, Community, or a Taproot Office. Family Support Coaches provide parents and/or caregivers with the support and tools necessary to increase their ability to manage day-to-day parental stressors and strengthen their family unit.

Taproot Family Support Coaches assist caregivers and parents with:

- Parenting & Communication: Learn various parenting approaches, communication styles, and effective conflict resolution strategies.
- Family Dynamics: Navigate co-parenting, blended families, sibling issues, and school-related concerns.
- Behavior & Emotions: Managing Challenging Behaviors, Emotional Regulation, and Bullying.
- Mental Health & Special Needs: Get support for mental health, trauma, addiction, and new diagnoses.
- Inclusivity & Life Transitions: Support youth exploring identity or transitioning to adulthood.

**587-990-2457**



The local Smoky Lake FRN team provides **FREE** child, youth, and family services and programs to support families. They work with families with children aged 0-18 years.

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

- Strengthen parent and child interaction through free programs, workshops, and events
- Promote healthy child and youth development
- Build family supports within the community
- System Navigation Support; referrals to other resources or supports
- Smoky Lake Youth Council (SLYC)



[WWW.SMOKYLAKERCSS.CA](http://WWW.SMOKYLAKERCSS.CA)

**780-656-3674**