



St. Michael the Archangel  
Our Angel of Protection

# St. Michael's School - B.I.

## January 2020

"A Community of Faith Devoted to Students"



### Principal's Message

Welcome Back!

I hope everyone had a joyous, relaxing Christmas. A time to be with family and loved ones, a time to reflect and a time to thank Our Lord for the many blessings we have been given the greatest gift of all being His son, Jesus.

This newsletter, for me, is to bid a formal adieu to our Superintendent Chris Smeaton. Chris's last day with Holy Spirit was January 3. I would like to take a short piece and reflect upon his contribution to St. Michael's. Ever since our marriage to Holy Spirit, Chris has been in our corner 'fighting' for our children to ensure equality in every way shape and form. He certainly has had much assistance from a variety of folks in Holy Spirit but I would argue he has been the driving force. Our full time teaching staff as well as educational assistant time was increased under his leadership which has made a magnanimous difference in qualitative first hand educational instruction and delivery. French programming and the ability to teach single grades for some educational instruction have been the most obvious results of the above changes. Under gentle advisement we were given teaching time to allow us to fill the role of Associate Principal which has reduced my work load substantially and resulted in better quality in various phases of our education programming.

In addition our pre-school and play school have been made a part of Holy Spirit in some respects ensuring Early Learning assistance in the areas of speech pathology and unique special needs which has proven to be a major boon.

Moreover, we have had many physical upgrades to our building ensuring a qualitative setting for our students. Professional upgrades have also been made for our physically challenged students which will allow for a more comfortable environment with which to succeed in.

In addition both the areas of technology and off campus programming have been greatly updated and improved over Chris's watch. In short although I have not touched on all improvements one is able to garner the impact Holy Spirit has had on our community under Chris's careful guidance and support. I have not even referenced the PBS special that was shot here showcasing our school which had everything to do with Chris being in our corner recognizing the quality work our students and staff perform here.

Finally, and as I noted at Chris's farewell, our students and most of our community know Chris by name. This reality is not purely by happenstance but a direct result of 'boots on the ground' mantra Chris employs. He was here often, coming from Lethbridge engaging with young and older because in short, Chris Smeaton cares.

On behalf of St. Michael's Chris, adieu (which means bye for now). God Bless you and yours as you move through another wonderful passage of life. We are grateful.

In Christ,

St. Michael's School

## Principal's Message Continued

\*\*\* Please note our Alberta Education Accountability Pillar is now available for viewing on our website. Results are in short, exceptional. If you have any questions regarding the results do not hesitate to ask. Please note the next Pillar surveys will be forthcoming in the new year. Please look for information at that time.

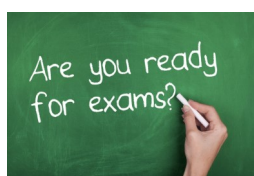
\*\*\* Just a head's up that registration information is included in this newsletter. As is the case every year we strongly appreciate registration sooner than later. 'Hard' numbers registered have a direct impact on teacher staffing for the upcoming year of 2020-21. If you are unsure of your status then please register regardless. If you definitively know you will not be returning please advise Mrs. Johnson.

\*\*\* Please note our next dance is being held on Friday, January 31 from 7:00—11:00 pm as DJ M-Dog (Meredith) will be spinning the tunes. Tickets are \$5 with all profits being forwarded to Habitat for Humanity. Grades 7-12 are welcome to attend this extravaganza.

\*\*\* Dance Permission forms will be available two weeks before while tickets will be sold one week before the festivity. Dance attendees can invite up to 3 people who must be under the age of 19. Zero Tolerance in effect. We thank Olivia Van Tryp and Lauren Loddors for orchestrating this wonderful evening. If you have any questions please direct them to Olivia or Lauren.

## Christmas Concert

Congratulations to everyone who participated in the Christmas Concert. Your hard work made the evening a great success. Thank you to the Classroom teachers for their flexibility during rehearsals. A huge thank you to Mrs. Pollock for her hard work, time and talent bringing us another wonderful concert.



## Dinner & Auction

Congratulations to the Auction Committee for another well run, successful auction. Parent Council would like to thank all those who contributed in any way for volunteering your time. Our strong parent community helps make the evening such a success. With your continued support over \$30,000 was raised. FANTASTIC!

## Exam Schedule

### Semester 1 Exams

Senior High student's final exams for Semester 1 are quickly approaching. Please note when completing exams students are not permitted to leave the school unless previously arranged with Mr. Sumner. If unsure please check with him. Regular attendance is expected, however on January 30, upon completion of their final exam, leaving is permitted. In addition please note January 31 is a day off for all grade 10,11 and 12 students. Semester 2 begins February 3.

Monday, Jan. 13 9:00 – 12:00	English 30-1 Diploma Part A
Wednesday, Jan. 22 9:00 – 12:00	Math 30-1 Diploma Math 30-2 Diploma Math 20-1 Final Math 20-2 Final Math 20-3 Final
Thursday, Jan. 23 9:00 – 12:00	English 30-1 Diploma Part B English 20 Final
Monday, Jan. 27 9:00 – 12:00	Religion 15 Final Religion 25 Final
Wednesday, Jan. 29 9:00 – 12:00	Physics 30 Diploma Physics 20 Final Science 20 Final Science 10 Final

## Hot Lunches

Peter's Pizza hot lunch is set for Thursday, January 9. Orders are due January 5. Please remember that orders can be placed and are preferred through School Cash Online. The winner of the free large pizza is Nixon Van Ham. Thank you for supporting the 2020 Grad Class and the Spring 2022 Trip

Parent Council will be serving a free hot lunch for all students and staff on Tuesday, January 14. They will be serving sausage and perogies.



Pita Pit will be served on Thursday, January 23. Please place your orders through School Cash Online by January 16. Winners of a free large/small pita or smoothie are Piper Ell, Elena Kouremenos, Mackenzie Hislop and Emersyn Ell. Thank you for continuing to support our Athletics program.

## Jr. High Basketball

The basketball season has begun. Several athletes from Cherry Coulee are playing with our team again this year. Thank you to Stephanie Hlady for coaching our Jr. team.



## Mission Mexico Day

Thank you to everyone who purchased a Taco-In-A-Bag lunch and/or donated to the Mission Mexico collection. We were able to donate \$400.60 to Mission Mexico. Great Job Everyone! We would also like to thank the anonymous donor who purchased all of the taco chips. It is greatly appreciated.

## Save The Date

The Grad Class of 2020 will be holding a bottle drive on Wednesday, January 8 from 5:00-8:00 pm. Funds raised will help with Grad expenses. Save your holiday cans & bottles. Students will gladly pick them up for you. Thank you to everyone for your support.

## New Year's Prayer

Lord, You make all things new  
You bring hope alive in our hearts  
And cause our Spirits to be born again  
Thank you for this new year  
For all the potential it holds.  
Come and kindle in us  
A mighty flame  
So that in our time, many will see the wonders of God  
And live forever to praise Your glorious name.

Amen

## AR Program

The AR Program has been running for 70 school days as of December 16. Students have read 668 books passing 595 of quizzes. The school average is 84.9%. There are 45/86 students registered. Please be aware that on Friday, December 27 Renaissance Learning website will be getting an upgrade and will not be available that day

## Sacraments

The sacrament of First Reconciliation is for baptized Catholic students in Grade 2 or any student who has not yet received and wishes to do so. Reconciliation must be made before students receive their First Holy Communion. Please see the attached letter from Father Raul.

First Holy Communion is for students in Grade 3 or those wishing to receive their first communion and who have received the sacrament of Reconciliation. A letter from Father Raul is attached.


The Sacrament of Confirmation for Catholic students in Grades 5-10 who have received Communion will take place this coming spring. Parents are asked to attend one of the following orientation/registration meetings: January 15 @7:00 pm at OLPH Foremost, January 16 @7:00 p.m. or January 18 @ 1:00 p.m. at St. Michael's Church Bow Island.



**First Reconciliation &  
First Communion**



# January 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1 	2	3	4
5	6 Welcome Back	7	8 Grad 2020 Bottle Drive 5:00-8:00 pm	9 Peter's Pizza Day	10	11
12	13 Eng. 30 Pt. A Diploma 9:00-12:00	14 Parent council Free Hot Lunch	15	16 Confirmation Meeting/Registration 7:00 pm St. Michael's Church	17	18 Confirmation Meeting/Registration 1:00 St. Michael's Church
19	20	21	22 Math 30 Diplomas Math 20 Finals 9:00-12:00 Division Board Meeting	23 Eng. 30 Pt. B Diploma Pita Pit Lunch Day	24	25
26	27 Religion 15/25 Final 9:00-12:00	28	29 Physics 30 Diploma Physics 20 Final Science 10 & 20 Final 9:00—12:00	30	31	

# Our Lady of Perpetual Help & St. Michael's



December 2019

Dear Parents: **First Reconciliation**

*Hello, my name is Father Raul Hernandez, and I am the Pastor of "St. Michael's and Our Lady of Perpetual Help" in Bow Island and Foremost. I am inviting you to have your child take their First Reconciliation the weekdays of: **June 17<sup>th</sup>** (Forem.) or the **18<sup>th</sup>** (B.I.) after the 7pm Mass.*

*If you are interested in having your child Receive their First Reconciliation, please **come to one** of our orientation days on either: **January 15<sup>th</sup>** at 7:00 pm (**Foremost**); or **January 16<sup>th</sup>** at 7: pm or **Jan. 18<sup>th</sup>** at 1 pm (**Bow Island**). All you need is a copy of your child's baptismal certificate and twenty dollars for the First Reconciliation book. We will give you information regarding dates, meetings, and all you need to know to have your child receive the Sacrament.*

Sincerely yours:

Father Raul Hernandez

Roman Catholic Pastor Parishes of Bow Island & Foremost, Alberta

# **Our Lady of Perpetual Help & St. Michael's**



December 2019

*Dear Parents: **First Holy Communion***

*Hello, my name is Father Raul Hernandez, and I am the Pastor of "St. Michael's and Our Lady of Perpetual Help" Parishes in Bow Island and Foremost. I am inviting you to have your child take their First Communion on the weekend of Sunday, June 14<sup>th</sup> (Corpus Christi).*

*If you are interested in having your child Receive the Real presence of Jesus in the Eucharist, please come to one of our orientation days on either: January 15<sup>th</sup> at 7:00pm (Foremost); or January 16<sup>th</sup> at 7: pm or Jan. 18<sup>th</sup> at 1 pm (Bow Island). All you need is a copy of your child's baptismal certificate and twenty dollars for the First Communion book. We will give you information regarding dates, meetings, and all you need to know to have your child receive the Eucharist.*

*Sincerely yours:*

---

*Father Raul Hernandez  
Roman Catholic Pastor Parishes of Bow Island and Foremost, Alberta*



# Accountability Pillar Overall Summary Annual Education Results Reports - Oct 2019 School: 6970 St. Michaels School

Measure Category	Measure	St. Michaels School			Alberta			Measure Evaluation		
		Current Result	Prev Year Result	Prev 3 Year Average	Current Result	Prev Year Result	Prev 3 Year Average	Achievement	Improvement	Overall
Safe and Caring Schools	Safe and Caring	94.4	96.0	96.9	89.0	89.0	89.3	Very High	Maintained	Excellent
	Program of Studies	75.8	80.7	73.1	82.2	81.8	81.9	Intermediate	Maintained	Acceptable
	Education Quality	94.6	95.0	96.7	90.2	90.0	90.1	Very High	Maintained	Excellent
	Drop Out Rate	0.0	0.0	1.1	2.6	2.3	2.9	Very High	Maintained	Excellent
Student Learning Opportunities	High School Completion Rate (3 yr)	100.0	100.0	91.7	79.1	78.0	77.5	Very High	Maintained	Excellent
	PAT: Acceptable	92.6	90.6	89.2	73.8	73.6	73.6	Very High	Maintained	Excellent
	PAT: Excellence	26.5	31.3	22.9	20.6	19.9	19.6	Very High	Maintained	Excellent
	Diploma: Acceptable	90.9	75.0	67.7	83.6	83.7	83.1	Very High	Improved	Excellent
Student Learning Achievement (Grades K-9)	Diploma: Excellence	18.2	14.3	7.8	24.0	24.2	22.5	Intermediate	Maintained	Acceptable
	Diploma Exam Participation Rate (4+ Exams)	85.7	66.7	66.7	56.3	55.7	55.1	Very High	Maintained	Excellent
	Rutherford Scholarship Eligibility Rate	100.0	100.0	83.3	64.8	63.4	62.2	Very High	Improved	Excellent
	Transition Rate (6 yr)	73.3	55.8	62.5	59.0	58.7	58.7	Very High	Maintained	Excellent
Preparation for Lifelong Learning, World of Work, Citizenship	Work Preparation	84.1	89.3	94.2	83.0	82.4	82.6	High	Declined	Acceptable
	Citizenship	93.7	96.7	97.2	82.9	83.0	83.5	Very High	Declined	Good
	Parental Involvement	88.9	91.3	93.0	81.3	81.2	81.1	Very High	Maintained	Excellent
	School Improvement	84.1	83.2	91.1	81.0	80.3	81.0	Very High	Declined	Good

## Notes:

1. Data values have been suppressed where the number of respondents/students is fewer than 6. Suppression is marked with an asterisk (\*).
2. Overall evaluations can only be calculated if both improvement and achievement evaluations are available.
3. Results for the ACOL measures are available in the detailed report; see "ACOL Measures" in the Table of Contents.
4. Student participation in the survey was impacted between 2014 and 2017 due to the number of students responding through the OurSCHOOL/TFM (Tell Them From Me) survey tool.
5. Aggregated PAT results are based upon a weighted average of percent meeting standards (Acceptable, Excellence). The weights are the number of students enrolled in each course. Courses included: English Language Arts (Grades 6, 9, 9 KAE), Français (6e et 9e année), French Language Arts (6e et 9e année), Mathematics (Grades 6, 9, 9 KAE), Science (Grades 6, 9, 9 KAE), Social Studies (Grades 6, 9, 9 KAE).
6. Participation in Provincial Achievement Tests was impacted by the fires in May to June 2016 and May to June 2019. Caution should be used when interpreting trends over time for the province and those school authorities affected by these events.
7. Aggregated Diploma results are a weighted average of percent meeting standards (Acceptable, Excellence) on Diploma Examinations. The weights are the number of students writing the Diploma Examination for each course. Courses included: English Language Arts 30-1, English Language Arts 30-2, French Language Arts 30-1, Français 30-1, Mathematics 30-1, Mathematics 30-2, Chemistry 30, Physics 30, Social Studies 30-1, Social Studies 30-2.
8. Caution should be used when interpreting evaluations and results over time for Mathematics 30-1/30-2, as equating was not in place until the 2016/17 school year. Alberta Education does not comment on province wide trends until it has five years of equaled examination data.
9. Participation in Diploma Examinations was impacted by the fires in May to June 2016 and May to June 2019. Caution should be used when interpreting trends over time for the province and those school authorities affected by these events.
10. Weighting of school-awarded marks in diploma courses increased from 50% to 70% in the 2015/16 school year. Caution should be used when interpreting trends over time.
11. 2016 results for the 3-year High School Completion and Diploma Examination Participation Rates have been adjusted to reflect the correction of the Grade 10 cohort.

News Featured:



## HOLY SPIRIT CATHOLIC SCHOOL DIVISION

**ONLINE  
REGISTRATION  
BEGINS**

**January 6, 2020**

For more information:  
[www.holyspirit.ab.ca](http://www.holyspirit.ab.ca)



### New Registration

Students new to the division, or those entering our Early Learning or Kindergarten Programs, can register ONLINE starting on January 6, 2020 in preparation for the 2021/2022 school year. If you need assistance or have any questions, see the school division's website at [www.holyspirit.ab.ca](http://www.holyspirit.ab.ca) or visit your neighbourhood school.

Our **Early Learning Program** is designed to stimulate the growing curiosity of children 3 and 4 years of age.

**Kindergarten** is designed for children 5 years of age on, or before, December 31, 2020.

For more information, or to discuss your child's specialized programming requirements, contact our Early Learning Coordinator, Lynn Saler, at [salerl@holyspirit.ab.ca](mailto:salerl@holyspirit.ab.ca) or (403) 381-8495.

### Re-Registration

We will again be asking families of students entering Grades 1 to 12 in the 2021/2022 year to re-register. An ONLINE form will be sent for review and update, ensuring that the information on file is accurate. If your child will not be attending the same school next year for any reason, please indicate this on the form. Responding to this request promptly secures your child's placement and will help the school plan for the upcoming year.

**Holy Spirit Catholic School Division...**

*Christ-centered learning communities*

*where students are cherished and achieve their potential.*





# HOLY SPIRIT CATHOLIC SCHOOLS BOARD MEETING BRIEFS



*Christ-centered  
learning communities  
where students  
are cherished  
and achieve  
their potential.*

## BOARD OF TRUSTEES

**Board Chair**  
Judy Lane

**Vice Chair**  
Bob Spitzig

**Trustee**  
Pat Bremner

**Trustee**  
Frances Cote

**Trustee**  
Bryan Kranzler

**Trustee**  
Philip Mack

**Trustee**  
Keith McDonald

**Trustee**  
Danny Ponjavic

**Trustee**  
Ken Tratch

## EXECUTIVE TEAM

**Superintendent**  
Chris Smeaton

**Deputy Superintendent**  
Ken Sampson

**Secretary-Treasurer**  
Lisa Palmarin

## PRESENTATION

### First Quarter Fiscal Accountability Report

Secretary Treasurer Lisa Palmarin provided the First Quarter Fiscal Accountability Report to the Board.

## ACTION ITEMS

### Board Faith Retreat

To enhance Trustee faith formation, Director of Religious Education Joann Bartley will facilitate a Board Faith Retreat on January 24, 2020.

### Wood's Homes Annual Children's Benefit Dinner

The Board approved the purchase of tickets to support the Wood's Homes fundraiser on March 28, 2020.

### 2018/2019 AERR and 2019-2022 TYEP

The Board approved the combined 2018/2019 Annual Education Results Report (AERR) and 2019-2022 Three Year Education Plan (TYEP), which will be placed on the division website.

### IMR Transfer

Alberta Education has permitted school boards for the 2019/2020 school year only, to repurpose the operating portion of the Infrastructure Maintenance and Renewal (IMR) grant to support staffing costs. The Board approved the utilization of up to \$750,000 of IMR funds.

## INFORMATION ITEMS

### School Bussing Update

The City of Lethbridge recently gave Holy Spirit Catholic School Division and Lethbridge School Division notice of contract expiration and non-renewal of the School Bus Operations contract. The Board continues to strongly advocate for the maintaining of the bussing partnership with the City.

### IMR Reporting

Secretary Treasurer Lisa Palmarin provided IMR reports for the Board to review.

### Early Registration 2020/2021

The Board reviewed a sample of the Early Registration campaign, which begins on January 6, 2020. The 2020/2021 registration process will be online only.

## POLICY REVIEW

The Board reviewed *Policy 9: Role of the Superintendent*, *Policy 10: Board Delegation of Authority*, *Policy 2: Role of the Board*, *Policy 3: Role of the Trustee* and *Policy 4: Trustee Code of Conduct*. Each policy was revised to ensure alignment with the new *Education Act*.

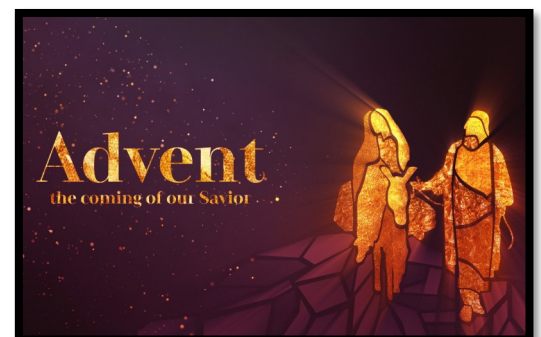
## REPORTS

### Board Reports:

- Board Chair
- ASBA
- ACSTA
- GrACE

### Administrative Reports:

- Superintendent
- Deputy Superintendent
- Director of Learning
- Director of Religious Education
- Director of Support Services
- First Nations, Métis and Inuit Education



## HOLY SPIRIT STARS

*Congratulations to the  
following students and staff:*

**Peyton Racette and Rachelle Racette** (St. Francis Junior High, Lethbridge) - Won gold at their recent soccer tournament.

**Kiana Jans and Isla Roden** (Father Leonard Van Tighem, Lethbridge) - Won gold at a soccer tournament in Red Deer with their U13 Tempests team.

**Charles White and Lauren White** (St. Francis Junior High, Lethbridge) - Won the intermediate category with their presentation "Beyond Meat" at the 2019 Southern Alberta 4H Regional Communications Competition. They were also invited to present their speech at the Farming Smarter Conference in Lethbridge.

**Ethan Choi** (St. Michael's, Pincher Creek) - Recently signed his letter of intent to play Division 1 golf at North Carolina State starting in the fall of 2020.

**Devon Dempsey** (Staff member, Catholic Central High, Lethbridge) - Received the Outstanding Dissertation of the Year award in the Masters of Business Administration program from the University of Liverpool.

*Lord Jesus,*

*Master of both the light and the darkness,  
Send your Holy Spirit upon our preparations for Christmas.*

*We who have so much to do, seek quiet spaces to hear your  
voice each day.*

*We who are anxious over many things, look forward to your  
coming among us.*

*We who are blessed in so many ways, long for the complete  
joy of your kingdom.*

*We whose hearts are heavy, seek the joy of your presence.*

*We are your people, walking in darkness, yet seeking light.*

*To you we say,*

*Come Lord Jesus ...*

*Amen*

**He Was Born  
to Bring Us  
joy | hope | peace | love**



# Healthy Children

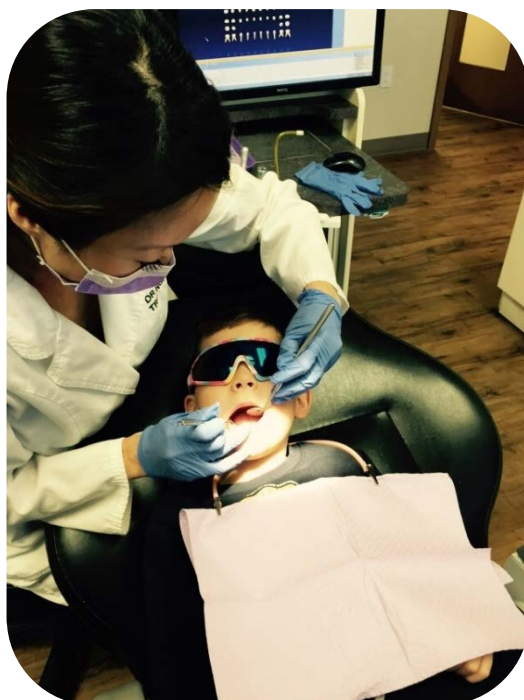
January 2020 Parent Newsletter

## Seal Out Tooth Decay

Food and bacteria stick easily to the deep grooves and small pits on the chewing surfaces of molar teeth making them hard to keep clean. Dental sealants are thin plastic coatings that cover the chewing surfaces of teeth to make them easy to clean and help prevent tooth decay.

It is best if children get sealants on their permanent molars as soon as they come in. The first permanent molars usually come in around ages 5-7 and the second permanent molars around ages 11 to 14. Other teeth with grooves and pits can also benefit from sealants.

Having sealants put on is safe, simple, and painless. Sealants are painted on as a liquid that quickly hardens to form a cover over the chewing surface. After sealants are placed you can



drink and eat right away. Sealants can last many years, but need to be checked regularly to make sure they are not chipped away or worn away. They can easily be repaired by adding more sealant material. They are also much less expensive than the cost to fix teeth due to decay.

Fluoride also works to prevent tooth decay but is most effective on the smooth surface of teeth. The chewing surfaces of our back teeth need the additional protection of dental sealants.

## Articles

Seal Out Tooth Decay

Being Mentally Healthy

Bacteria are becoming more resistant to the drugs we treat the disease with (antibiotics). Vaccination decreases the impact of this by preventing people from becoming infected with those resistant germs. Vaccination also means we don't have to treat people as often with antibiotics. For more information visit

<http://www.who.int/bulletin/volumes/86/2/07-040089/en/>

**Sealant + Fluoride = Best Protection Against Tooth Decay**





## Being Mentally Healthy

The terms mental health and mental illness are often used to mean the same thing, but in reality, they are different. Everyone has mental health; not everyone has a mental illness like depression. Having good mental health helps us manage our emotions, care about others and cope with problems. It's important for kids and adults alike.

The importance of learning social and emotional skills that help keep us mentally healthy are sometimes overlooked at school because of the emphasis on academic success. However, research shows a strong link between having social emotional skills, being resilient and having school success. Children who have developed social and emotional skills find it easier to manage themselves related to others, resolve conflict, do better in school and feel positive about themselves and the world around them. Family life is our first “classroom” for social and emotional learning.



As a parent, you can be a strong positive influence on your child's social and emotional growth and you can reflect and build on your own skills, helping you and your child in the process. Here are 5 areas you and your child can learn more about and work to improve.

**Self-awareness:** Know your emotions and recognize their impact on your behaviour.

**Self-management:** Know how to control your emotions and behaviours in challenging times and how to set and work towards goals.

**Social awareness:** Understand, respect and have empathy for all people and their perspectives.

**Relationship skills:** Know how to establish healthy relationships with others by communicating clearly, listening, cooperating, managing conflict, resisting peer pressure and seeking and offering help.

**Responsible decision making:** Understand how your choices impact you and others.

Adapted from [www.parenttoolkit.com](http://www.parenttoolkit.com) and [www.casel.org](http://www.casel.org)

# Healthy Teens

January 2020 Parent Newsletter



## Articles

Protecting Your Teen's Teeth

Being Mentally Healthy

## Protecting Your Teen's Teeth

By now your teen has most of their adult teeth so keeping them healthy is important. They do not get another chance with these jewels, but they can protect them with these easy tips:

- **Limit sugar intake.** Sweetened snacks and drinks can cause tooth decay, especially when the sugar stays in the mouth.
  - **Choose healthy snacks.** Even when on the go, be sure to choose nutritious and tooth-friendly snacks like apples, carrot sticks and cheese.
  - **Learn quick tricks.** Small efforts can go a long way to keeping teeth healthy.
- Encourage your teen to:
- Keep a toothbrush in their locker or backpack and brush when they have time
  - Rinse with water after sugary treats
  - Chew sugarless gum with xylitol (a natural sweetener) after meals and snacks
  - Drink water to quench thirst
- **Avoid injury to teeth.** Mouth guards, seatbelts and face shields can help protect teeth. Dental piercings, using teeth to open items, and chewing on hard objects can cause injury and should be avoided.

Bacteria are becoming more resistant to the drugs we treat the disease with (antibiotics). Vaccination decreases the impact of this by preventing people from becoming infected with those resistant germs. Vaccination also means we don't have to treat people as often with antibiotics. For more information visit:

<http://www.who.int/bulletin/volumes/86/2/07-040089/en/>





## Being Mentally Healthy

The terms mental health and mental illness are often used to mean the same thing, but in reality, they are different. Everyone has mental health; not everyone has a mental illness like depression. Having good mental health helps us manage our emotions, care about others and cope with problems. It's important for kids and adults alike.

The importance of learning social and emotional skills that help keep us mentally healthy are sometimes overlooked at school because of the emphasis on academic success. However, research shows a strong link between having social emotional skills, being resilient and having school success. Children who have developed social and emotional skills find it easier to manage themselves related to others, resolve conflict, do better in school and feel positive about themselves and the world around them. Family life is our first “classroom” for social and



emotional learning. As a parent, you can be a strong positive influence on your teen's social and emotional growth and you can reflect and build on your own skills, helping you and your teen in the process. Here are 5 areas you and your teen can learn more about and work to improve.

**Self-awareness:** Know your emotions and recognize their impact on your behaviour.

**Self-management:** Know how to control your emotions and behaviours in challenging times and how to set and work towards goals.

**Social awareness:** Understand, respect and have empathy for all people and their perspectives.

**Relationship skills:** Know how to establish healthy relationships with others by communicating clearly, listening, cooperating, managing conflict, resisting peer pressure and seeking and offering help.

**Responsible decision making:** Understand how your choices impact you and others.

Adapted from [www.parenttoolkit.com](http://www.parenttoolkit.com) and [www.casel.org](http://www.casel.org)