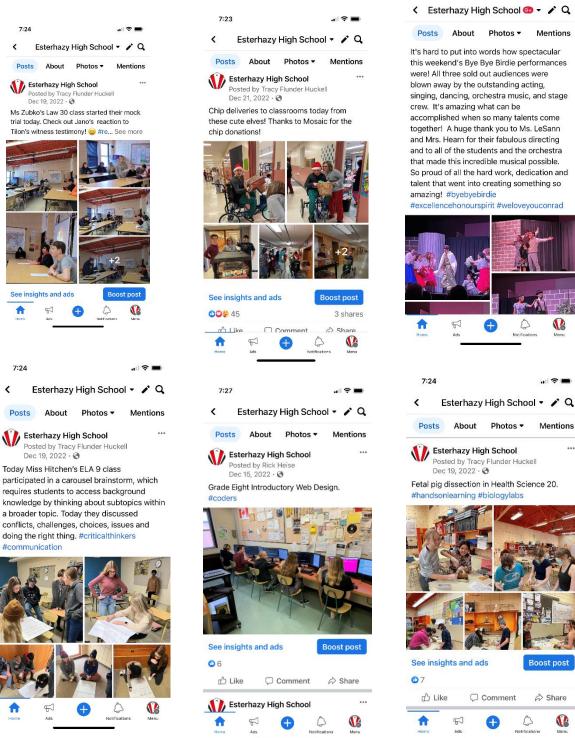
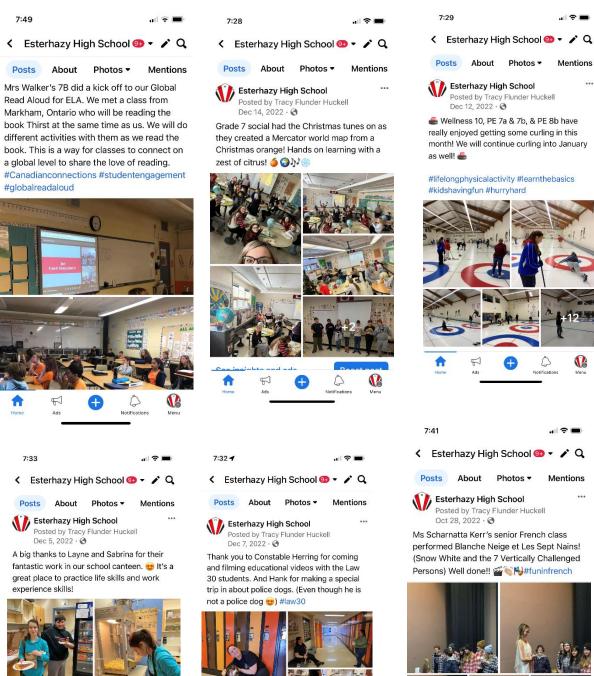
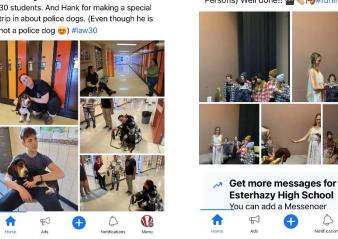
A Picture is Worth a Thousand Words

EHS School Level Plan - Fall 2022

Student Engagement & Learning







B

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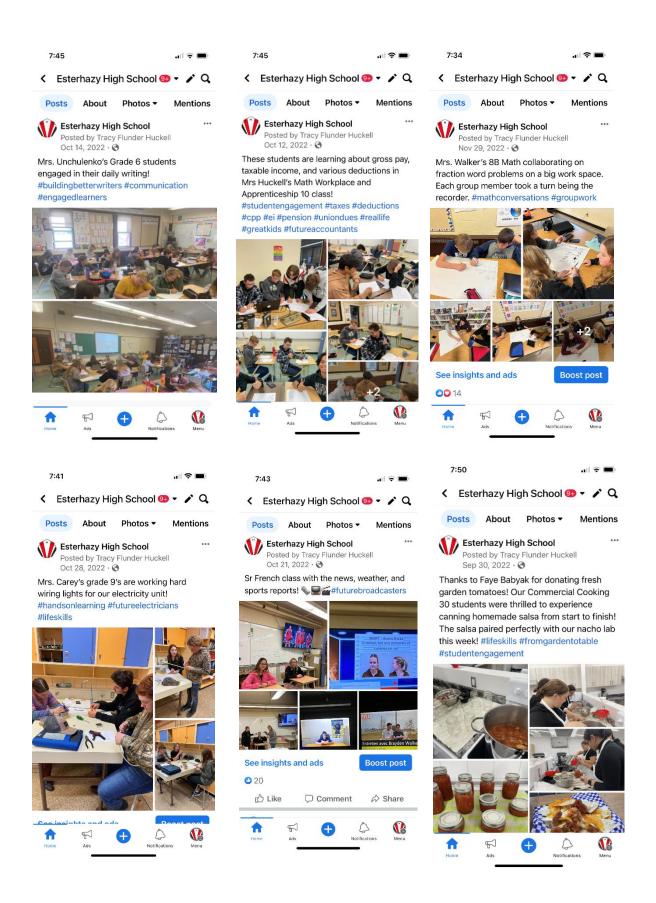
See insights and ads

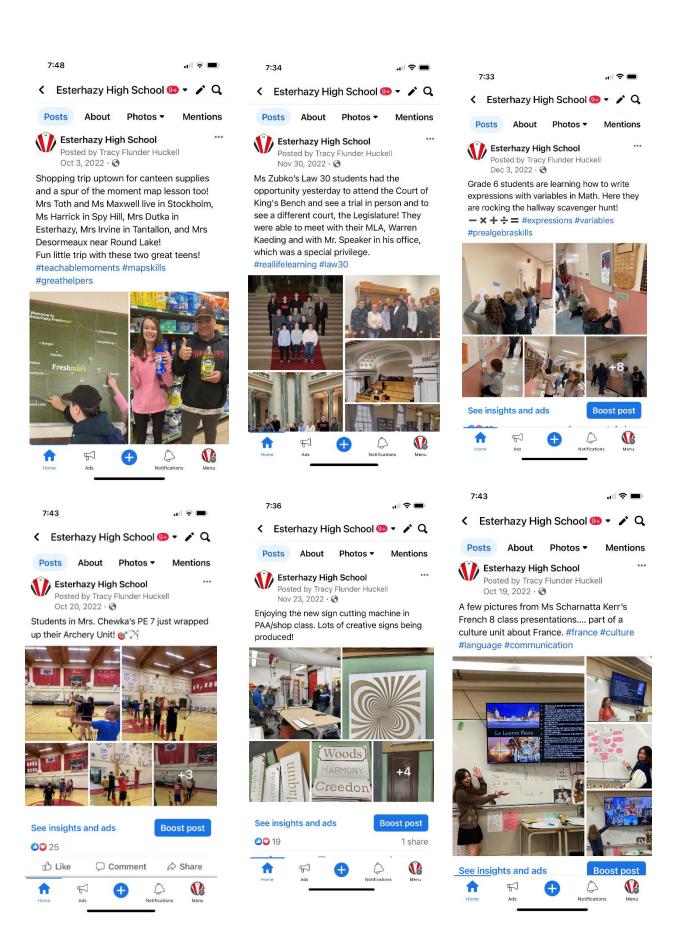
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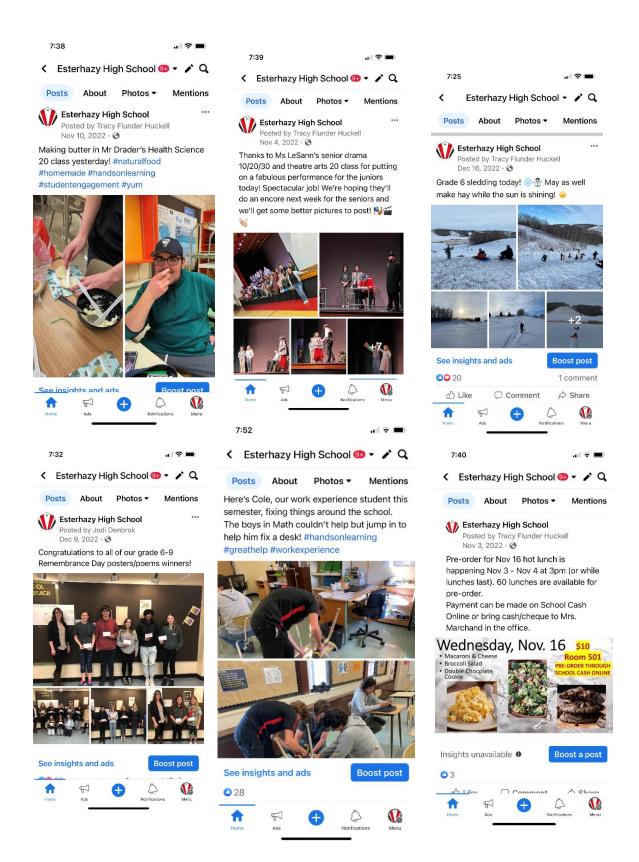
Boost post

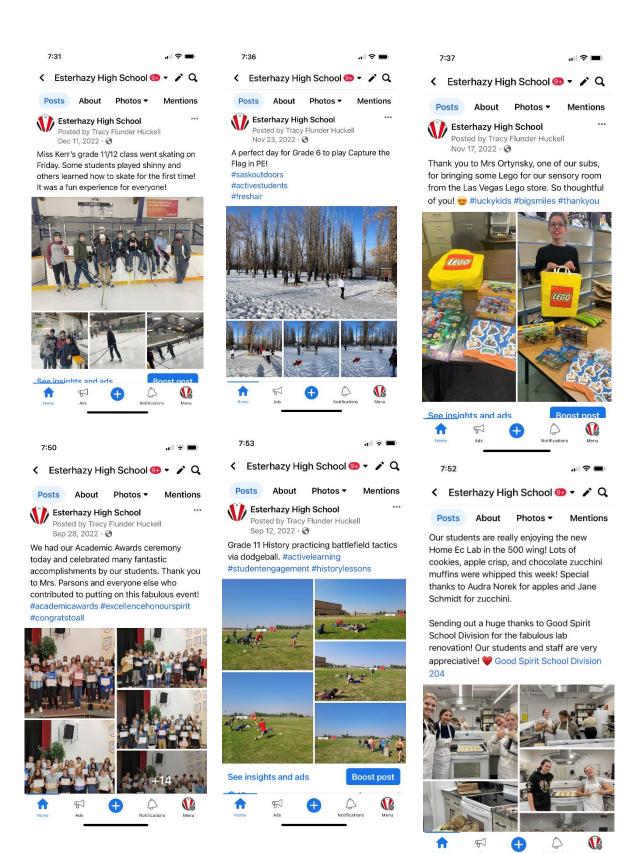
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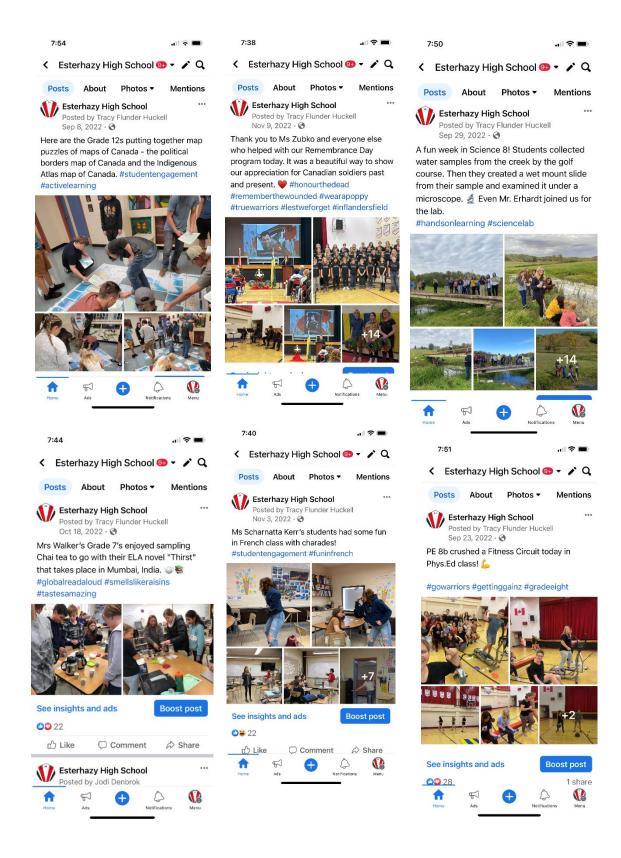
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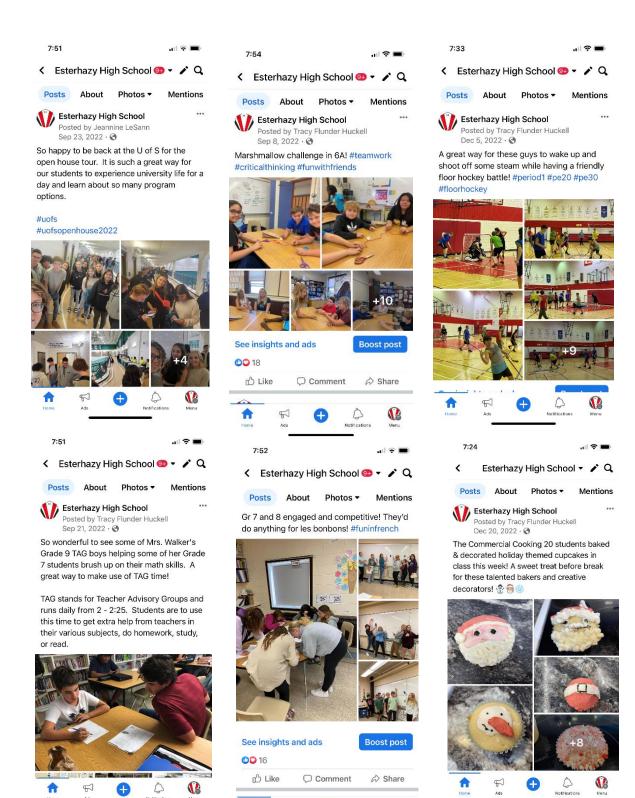




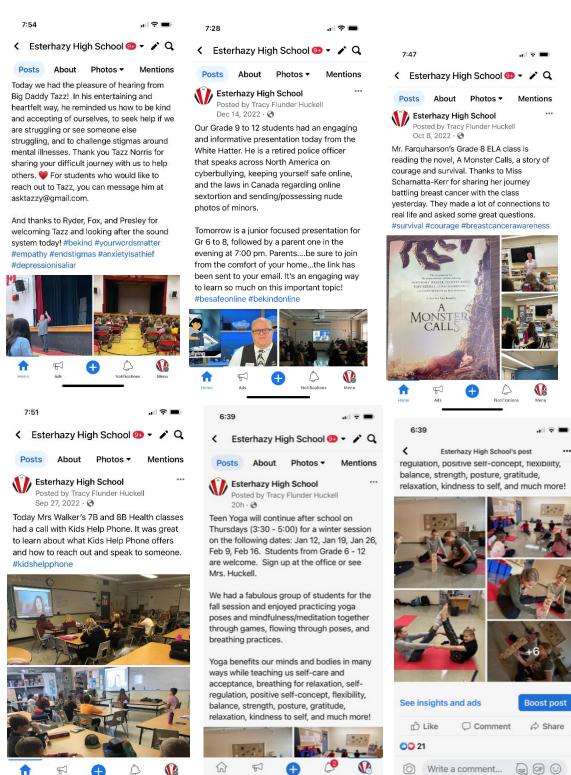








Mental Health/Wellness/Belonging/Social Emotional Learning



w



Our school counsellor, Ms. M. is excited offer a parent book club this winter (likely run 5 or 6 evenings). The book 'Anxious Kids. Anxious Parents' is one of the best resources out there for parents dealing with anxiety affecting kids and families. Parents who sign up will receive a free copy, thanks to our RBC Wellness Grant.

We hope this format will help parents enjoy connecting with others in a comfortable supportive and confidential atmosphere, while learning some great strategies for helping their children overcome worries that stop them from trying new things and eniovina life.

Having an anxious child is tough on parents! It's painful to see our kids struggle and avoid situations they find stressful. While avoidance might work in the moment, it



Posts About Photos ♥

The Esterhazy Walking Trail was our route for the Terry Fox Walk this morning. We walked for all of our friends and family who have fought and continue to fight cancer. 1, 3, #terryfoxrun2022

Thank you to the ESA for preparing burgers for the entire school upon our return. 🤩



Notifications

7:46

About Photos ▼

avoidance might work in the moment, it doesn't help kids develop important life skills for dealing with new things/situations (think new classes, new job, moving away from home, post-secondary life) and times in life when they have to perform or do something uncomfortable (think job interviews, presentations, self-advocacy, dealing with conflict, etc.) This book gives parents some fabulous tips and tools to help their children face new and anxiety provoking situations in life successfully. And we always seem to learn more from a book when we can talk about it with others and connect it to life experiences.

If you'd like to sign up or have questions, contact chelsea.mozeski@gssd.ca. Ms. M is at EHS (306-745-6618) on even days of the cycle. She has a wealth of experience working with SHA as a Mental Health Counsellor prior to her role at EHS.

In summary:

a

Mentions







Photos ▼





Posted by Tracy Flunder Huckell Oct 1, 2022 · 🚱

Kids Help Phone (KHP) is free to access and available 24/7 for people across Canada, including kids, teens, and adults. KHP supports students with any issue on their mind, big or small. Don't hesitate to call if you need some advice.



See insights and ads



0 7:46

Esterhazy High School < > Q

Photos ▼

Mentions

Posts About In summary:

What: Book Club - Anxious Kids, Anxious Parents

Where: a comfortable spot at EHS When: 5 or 6 evenings (message Ms. M to let her know what time works best and she'll pick what works best for most parents interested)

Why: because anxiety is hard on kids and families, it's nice for parents to connect with others, we all need tips to help in our most important role as a parents so we can give our kids tools for life, plus parents deserve some self-care too.



7:54

🔇 Esterhazy High School 💷 🔻 🖍 🔾

Posts About Photos ▼ Mentions

Wanda Buckberger, our Nurse Practitioner, will continue seeing students at EHS two Thursday mornings a month...see dates below. She will be here this Thursday, Sept. 15th. You can let the office ladies know if you'd like to see Wanda (and parents can contact the office as well if they'd like to have their child seen).

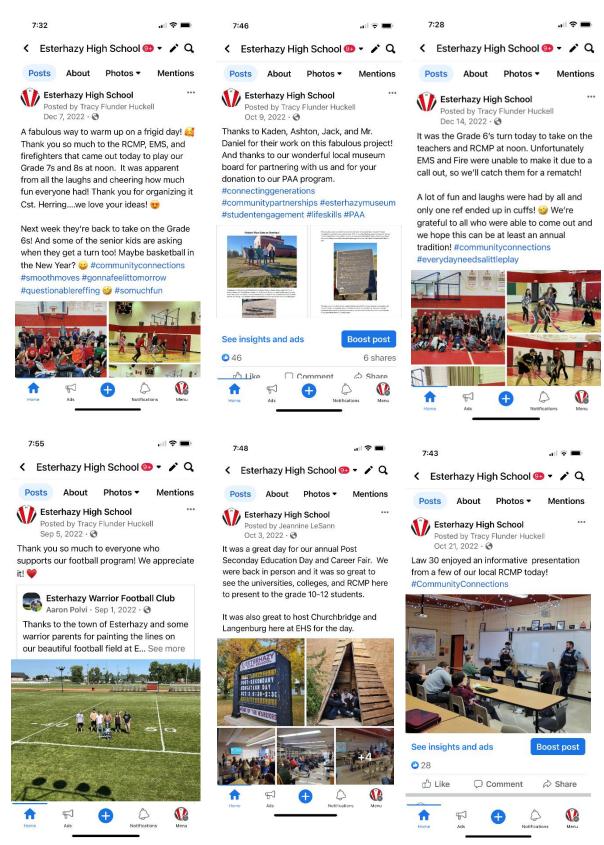
Wanda can prescribe medication, refer to specialists, order lab work/X-rays, and address a variety of physical and mental health concerns. We are lucky to have the convenience and expertise of Wanda at our school on the following dates:

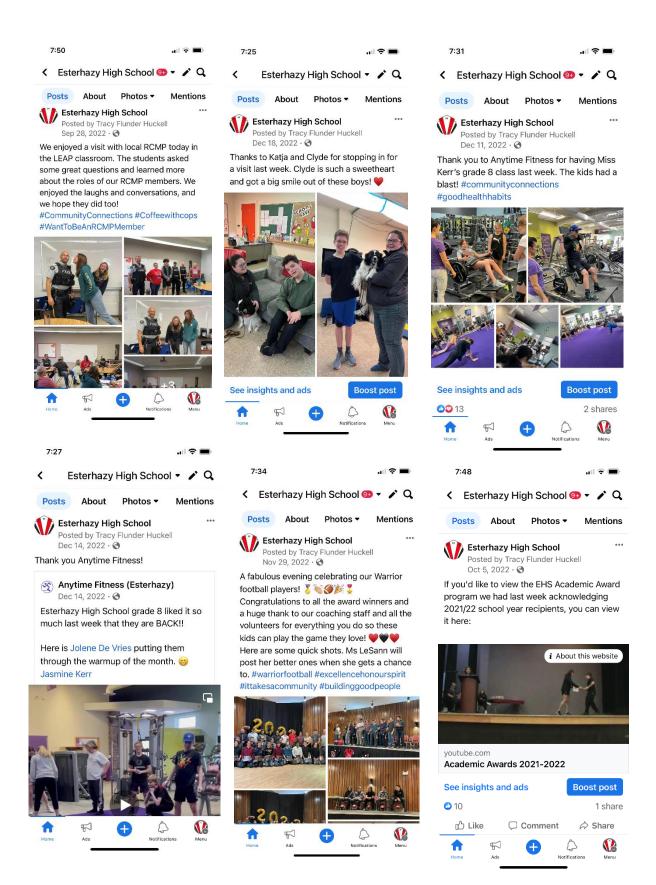
Sept 15, October 6 & 20, Nov 3 & 17, Dec 1 &

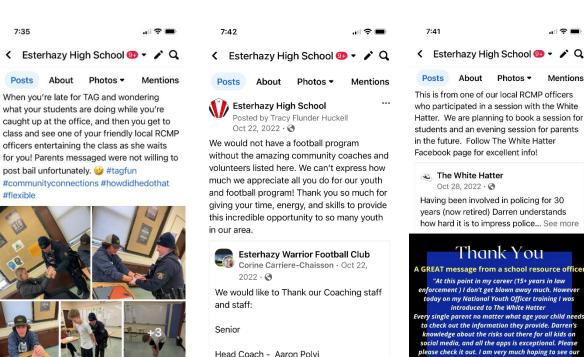
Feb 2 & 16, Mar 2 &16, April 6 & 20, May 4 & 18, June 1 & 15.

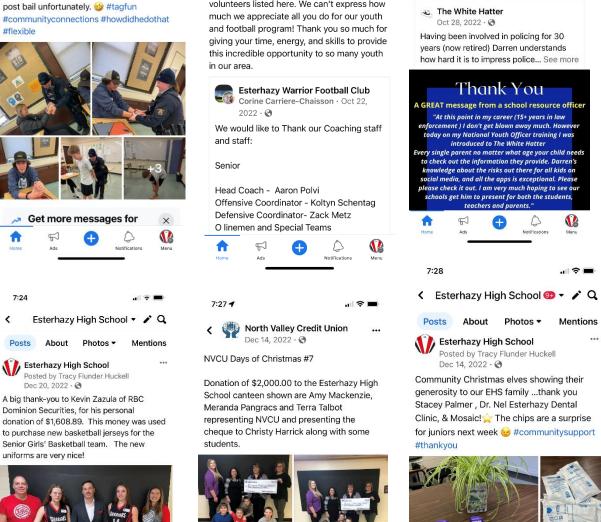


Community Connections & Parent Engagement





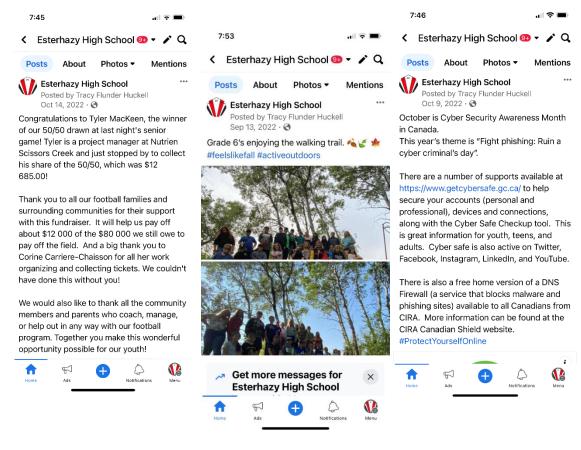


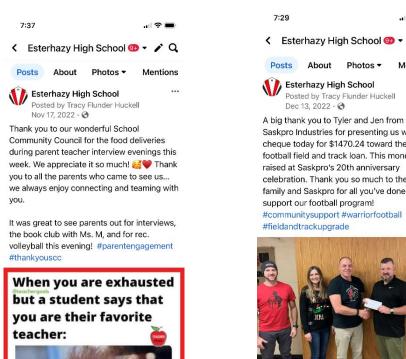


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Mentions



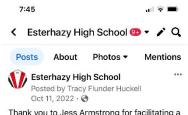




Photos ▼

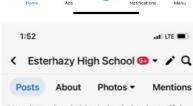
Mentions





Thank you to Jess Armstrong for facilitating a Blanket Exercise with History 30 students last week, #truthandreconciliation #interactivelearning #empathy #sharedhistory

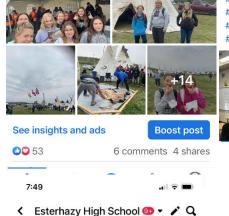


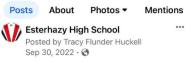


Here is our lovely Mrs Irvine in her beautiful ribbon skirt! #RibbonSkirtDay #beproudofvourheritage









It was a sea of orange yesterday at EHS to acknowledge the National Day for Truth and Reconcialtion. #everychildmatters

We'd also like to throw out a huge thank you to our EAs and Ms Harrick who run our canteen at lunch and keep it stocked with the help of some students. And to Mrs Parsons and Ms Zubko for all the extra things they lead and plan for our school. #thankfulforourstaff





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 Posts About Photos ▼ Mentions **Esterhazy High School** Posted by Tracy Flunder Huckell Nov 23, 2022 · 🚱

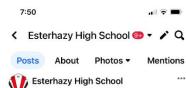
7:35

Mr. Hugh Lerat from Fort Qu'Appelle shared an excellent presentation on Traditional Medicine in Ms. Chewka and Ms. Mick's Grade 8 Science classes.

We were honoured to have him share his knowledge as a traditional healer. He spoke about appreciating and using the earth's gifts to keep your body and mind healthy. He is a wise and wonderful storyteller. #walkinagoodway

#tobacco #sage #cedar #sweetgrass #blackroot #thehealingpowerofnature #traditionalmedicine

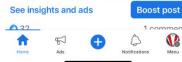




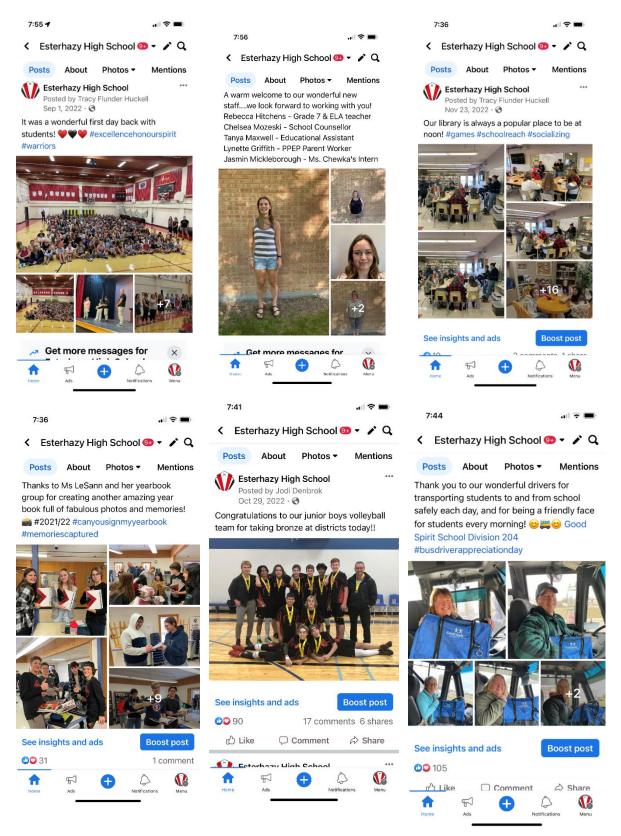
Posted by Tracy Flunder Huckell

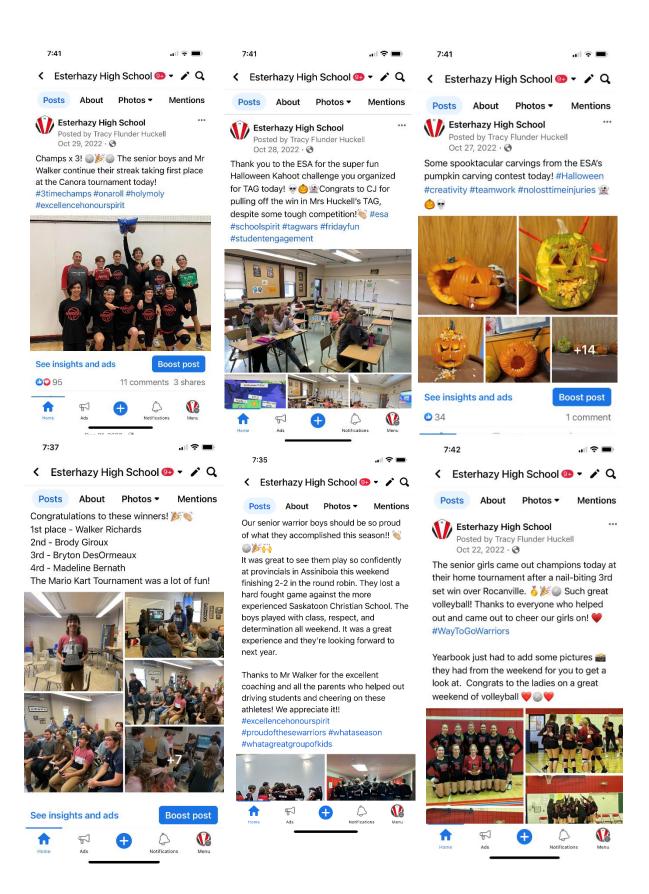
Sep 29, 2022 · 3 What a wonderful day to celebrate orange shirt day and compete! 🔌 🧡 🍁 Congratulations to all cross country athletes who battled the heat and brought home

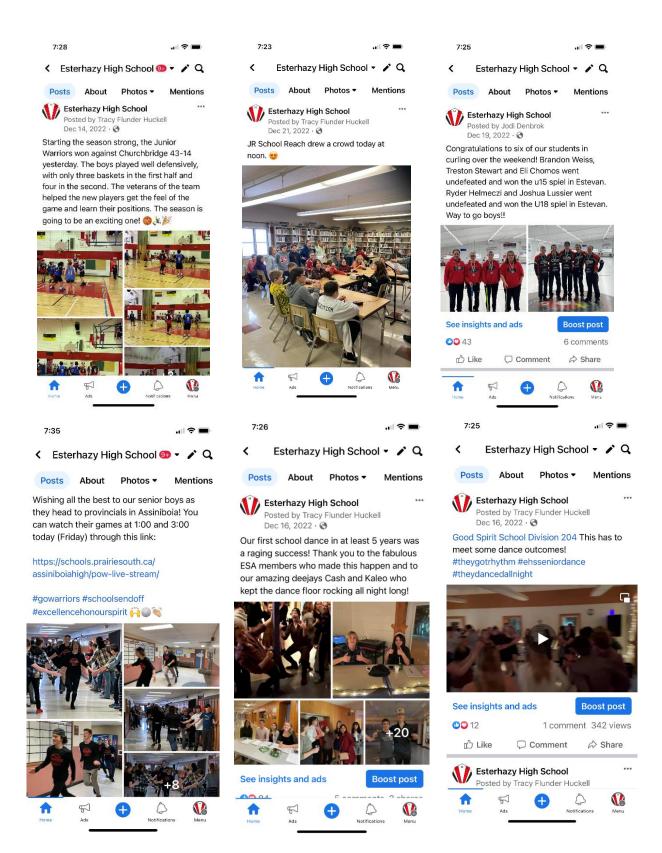


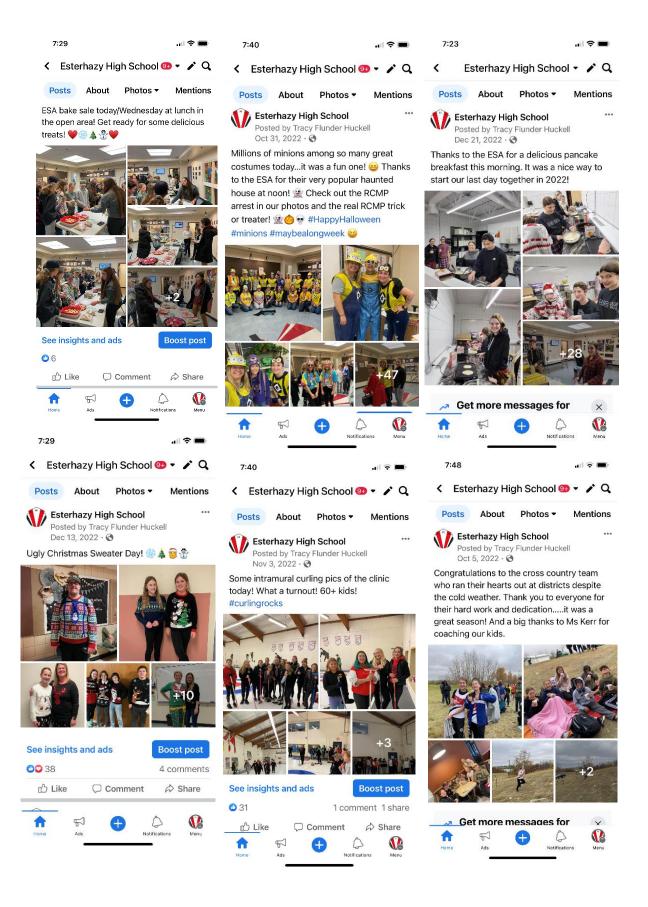


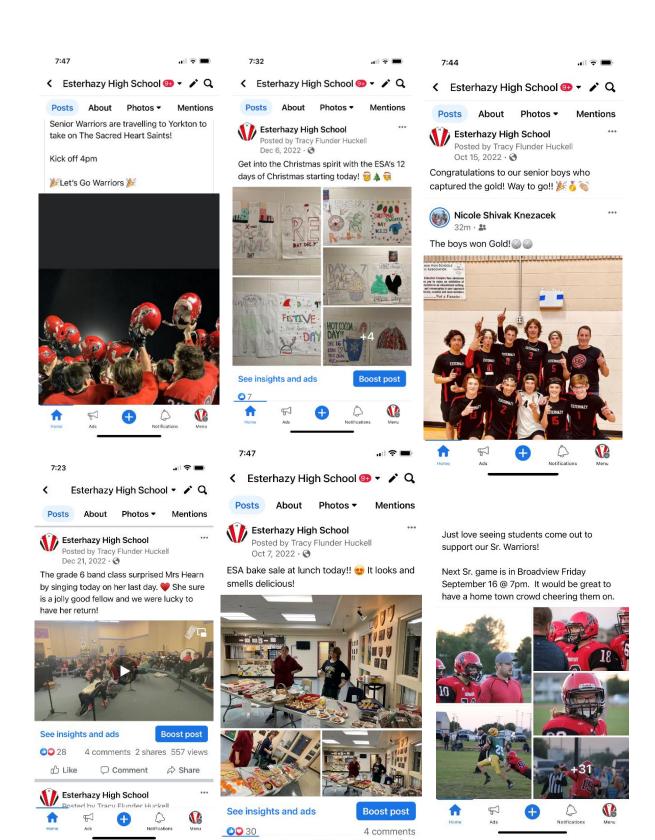
Celebrations/School Spirit

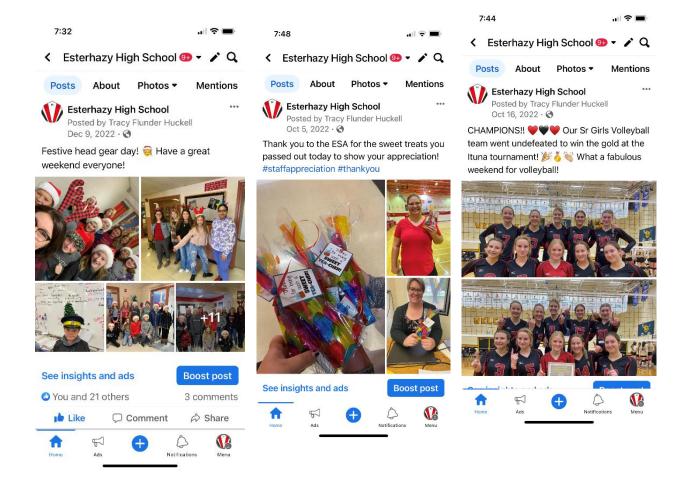












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Building Strong Foundations for Bright Futures

