



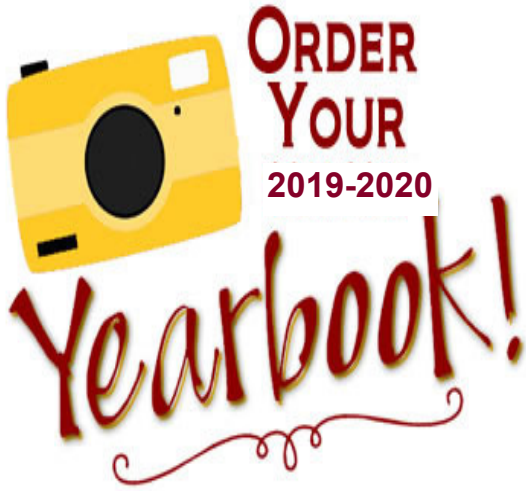
WEEKLY BISON TRACKS

DREAM/RÊVEZ, BELIEVE/CROYEZ, ACHIEVE/ACCOMPLISSEZ

This is your last chance to order a yearbook for the 2019/20 school year. Please choose and purchase it in your parent portal.

Cut off for yearbook ordering is May 15th.

Thank you!



Student Services also has a Google classroom full of resources and ideas to support students and families.

Information about scholarships and registration will also be posted there.

Sign up! **Classroom code crlxr7q.** You can also email the counsellors directly if you'd like to arrange time for a chat:





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Parent Google Invite and Summary

Parents/guardians that had not yet received Google Classroom notification invites were all sent and invitation last week. Invites were sent to a parent email address as they appeared in our PowerSchool site. If you did not receive your invite, there are a number of steps to take in order to get connected:

1. Try searching for "(Classroom)" in your All Mail folder. This phrase is part of the "Sender" field of the invite.
2. Try searching for "Get Google Classroom email summaries" in your All Mail folder. This is the subject line of the invite.
3. Check your Spam folder using the same search phrases.

If there is no sign of your invite, we'll have to send a new one. Before requesting a new invite, however, please ensure that you have added the domain "classroom.google.com" to your spam blocklist so it will not get filtered again. This process will vary depending on your email service.

Once you accept your invite, you can decide if you wish to have daily or weekly summaries offer all google classrooms combined.

There is some great Google Classroom information on the following EIPS Alternative Learning page:<https://sites.google.com/eips.ca/online-learning/home>

If you need us to re-send the invite, contact Mr. Schwartz (paul.schwartz@eips.ca) at the school.

Invitation



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Mental Health Week! Coming up May 4 – 10

We all have mental health and our mental health impacts us.

Mental health affects how you feel, think, act and interact with the world around you. According to the Canadian Mental Health Association, in any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness. Regardless of whether you are experiencing a mental health problem or not, 5 out of 5 people have mental health. We all want to feel safe to be our authentic selves and to be connected with others. One way we can achieve this is by “getting real” with one another and being compassionate, respectful and accepting of ourselves and others. For more information visit Strathcona.ca/mentalhealth. Help create a safe, supported and connected community for all!

Activities to support your mental health

With so many unknowns and a lot of time spent at home in isolation, creating intentional time in your day for your mental health is a must! Try and do something every day that will awaken your senses, help you do some deep breathing, get you up and moving to elevate your heart rate and allow you to focus on what you appreciate.

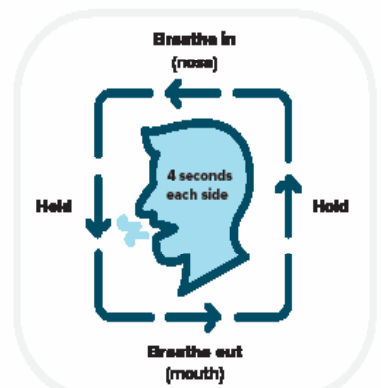
Sensory

- Drink and eat slowly and mindfully—look closely before putting it in your mouth, smell, feel the texture in your mouth, listen to the sound of chewing, enjoy tasting each bite
- Step outside and feel the fresh air in your nose, on your skin, in your lungs—note the temperature, the smell, the colours, take time to touch your surroundings and listen to the sounds around you

Aromatherapy Rice Bag

- Find a long cotton sock and fill it with rice.
- Add 10-15 drops of your favorite essential oil scent.
- Tie a knot at the end or sew it shut.
- Microwave your aromatherapy rice bag for 1-2 minutes for heat relief (make sure to check the temperature before laying it on your skin). Or, freeze your rice bag for an ice pack.

Box breathing



verywellmind.com/the-benefits-and-steps-of-box-breathing-458930

Movement

- Stretching: neck, shoulders, back, hips, sides, quads, hamstrings, calves, feet, hands
- Push ups
- Squats
- Lunges
- Jumping Jacks
- Go for a walk outside
- Do some house chores



Positive Thinking

- What does feeling grateful feel like for you (body, mind, spirit)?
- What are 3 things you're grateful for today?
- Who is a person that you feel grateful for today (someone you know or don't know)?
- What is one way you can show gratitude today?
- What is something you can do to make yourself smile today?

For more information:
strathcona.ca/wellbeing or call 780-464-4044



Island Health
Quebec City



COVID-19 INFORMATION

Are you struggling?

**Family and Community Services
is here for you by phone**

Call 780-464-4044

Strathcona.ca/wellbeing

strathcona.ca/covid19





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WHAT ALTYEW SUPPORTS ARE AVAILABLE DURING COVID-19?

1

ONLINE OFFICE HOURS

Need peer support and resources? Email sophie@altview.ca to book an appointment on Zoom. Available for 2SLGBTQ+ individuals, families, and allies.
Available Monday & Tuesday 12PM-3PM and Wednesday & Thursday 3PM-6PM.

2

ONLINE COMMUNITY GSA

2SLGBTQ+ youth. Come join us online on Zoom for a fun hangout every Wednesday evening from 6:30PM-8PM. Begins April 22, 2020 and is a weekly group. Email sophie@altview.ca to get the Zoom link to join!

3

ONLINE WORKSHOPS

We have moved our presentations online via Zoom. We offer educational workshops about 2SLGBTQ+ topics including terminology, advocacy, and best practices. We tailor each presentation to fit your specific needs. Email info@altview.ca to book.

4

STRATHCONA PRIDE

The Strathcona Pride Committee is currently planning events for pride+joy online!
Sign up here on our Facebook [Facebook @SCPRideFestival](https://www.facebook.com/SCPRideFestival).

IF YOU HAVE ANY QUESTIONS, WE'RE HERE FOR YOU! PLEASE REACH OUT.

ALTYEW COMMUNITY SERVICES PRESENTS



Online Community Youth GSA!

A fun and non-judgmental online space to be yourself, connect with others, and ask questions!
Open to all 2SLGBTQ+ youth and allies.

EVERY WEDNESDAY EVENING!
6:30PM-8PM
HOSTED ON ZOOM

Please email sophie@altview.ca to get the Zoom link to join!



Altyew Community Services is a non-profit organization funded by Alton and Strathcona County. We are a 501(c)(3) organization.



online office hours

Mondays & Tuesdays: 12PM-3PM
Wednesdays & Thursdays: 3PM-6PM

Available on Zoom for anyone looking for support and resources. We offer a non-judgmental online space that provides peer support for any 2SLGBTQ+ individuals and families.

Email sophie@altview.ca for inquiries or to book an appointment!



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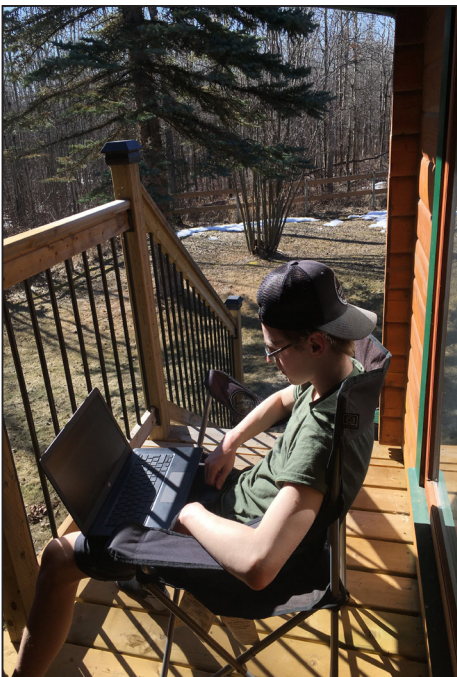
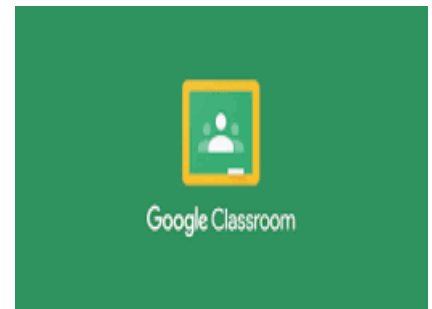
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Sign up!
Classroom code crlxr7q.

You can also email the counsellors directly if you'd like to arrange time for a chat:

ann.boake@eips.ca

tamia.richardson@eips.ca



WE WOULD LOVE
TO SEE
PICTURES OF YOU
AND YOUR ONLINE
LEARNING
EXPERIENCE!

AJS.Yearbook@eips.ca

