



MAY 2023



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**NEXT CATHOLIC SCHOOL BOARD MEETING**

Tuesday, June 20, 2023 @ 4:30pm

Medicine Hat Catholic Board of Education

1251 1 Ave SW, Medicine Hat, AB T1A 8B4

Board meetings will also be live-streamed on [Youtube](#)

# MEDICINE HAT CATHOLIC BOARD OF EDUCATION BOARD BULLETIN

## CATHOLIC EDUCATION WEEK 2023

This year, Catholic Education Week's (May 15-19) theme was Walking Together for Catholic Education. We had many great activities to commemorate this special week and even had Bishop William MaGrattan visit our Holy Family Parish with our Faith Leadership Committee with students from all nine schools.



[Click here for more information about this years Catholic Education Week](#)

## CONSECRATION TO MOTHER MARY



The month of Mary is reserved to honour Mary, Mother of God. To commemorate this month, Fr. Naveed and Fr. Roque visited the schools and central office throughout May and lead our school communities in a liturgy dedicated to Mother Mary

as a way to further and deepen our relationship with Jesus through Our Lady.

## MONSIGNOR MCCOY GRADUATION

On May 25, Monsignor McCoy High School held their graduation mass & ceremony for the class of 2023! Congratulations to every graduate for reaching this exciting milestone.

*Class of 2023*



## EDWIN PARR NOMINEE AWARD WINNER

On May 9, the Board of Trustees acknowledged this year's Edwin Parr Award Nominee, Mr. Derek Whitson at the Public Board Meeting.

The Edwin Parr Award is a prestigious award that recognizes outstanding work by first-year teachers in Alberta.



[Click here for more information about Derek Whitson's nomination](#)

## HEALTH AND WELLNESS INITIATIVE AT MOTHER TERESA

### Physical Wellness

Understanding the need to take care of the whole body and maintain a healthy and active lifestyle.



### Mental Wellness

Feeling balanced, capable and connected to others despite life's challenges



### Spiritual Wellness

Recognizing your sense of purpose and meaning in life



### Nutritional Wellness

A reflection of our approach to eating and understanding the relationship humans have with food



### Digital Wellness

The pursuit of an intentional and healthy relationship with technology



Principal Aura Street of Mother Teresa School presented to the Medicine Hat Catholic Board of Education this week a new initiative called Health and Wellness Fridays that will see full implementation in the fall of 2023. The initiative will be a first of its kind within MHCBE with the aim of putting the focus back on health and wellness. Those opportunities are often taken away from students so they can catch up on schoolwork, such as missing recess to complete unfinished homework. As Street told the Board, when one is unwell both physically and mentally, they are never at peak performance.

[Click here to read more about this initiative](#)