

Archbishop Jordan Catholic High School

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Stay Connected with ABJ

ABJ TV on Youtube:

[youtube.com/abjtvhighschool](https://www.youtube.com/abjtvhighschool)

ABJ on Facebook

<https://www.facebook.com/ABJordanScots>

Scot's Week at a Glance

April 20 - 24

Parents and Students Info:

- 3 Way Conferences or Parent Teacher Interviews run Apr 20-23. If you registered on School Interviews, watch for your Google Meet invitation from the teacher(s) you chose.
- **Grade 9 to 10 Registration Appointments are available all week!** Students should have already accessed all necessary information in their Grade Level Google Classroom that were posted by the Counsellors. If your student has not shared this information with you, here is a document explaining Grade 10 Registration Procedures for next school year. Please click [here](#). The appointments are meant to help guide your transition into High School and help you to choose a course pathway that will best serve you not only to obtain your Diploma, but also through to support your individual post-secondary plans.
- **Grade 10, 11 and returning Grade 12 students** should have their course selections completed in MyBlueprints. All necessary information and instructional videos have been posted in your student's Grade Level Google Classroom. **Deadline to complete myBlueprints registration is April 30th.**
- If any students or parents are seeking information from ABJ, please do not hesitate to email Mr. Dumont @ josephd@eics.ab.ca
- Please see ABJ's Weekly Wellness, [Student Services Newsletter](#) posted below or you can click the link.
- OLPH Youth Calendar is [here](#)
- E Campus News for students in distance learning courses - Please keep working hard to be successful in your courses. Students are expected to complete their course. If you have questions, please contact your distance learning teacher or Mrs McGhan (karrym@eics.ab.ca).



GUIDELINES FOR ATTENDING ONLINE MASS



Prepare a table with an appropriate cover, place a candle and crucifix on it.



Gather together as a family at the same time.

Dress appropriately as you would do for Church.



Recite the prayers & responses.
Reflect on the readings.
Join in singing the hymns.

- **Do Not** •
- **Disturb** •

Switch off other electronic devices.
Refrain from doing any chores.



Focus completely on the Holy Eucharist.
Immerse yourself in the presence of God and receive Spiritual Communion.

WEEKLY WELLNESS

Weekly Newsletter from ABJ Student Services

THIS WEEK'S FEATURES

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the Corona Virus Crisis
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ABJ Student Services are here to help you through this. If you feel the need to reach out or are feeling overwhelmed, we are here to support you!



Too Much or Too Little!

Dr. Jody Carrington

Some of us are dealing with TOO MUCH (too much technology, too many people in the house, too much school curriculum that is seemingly over our heads) while others are grappling with TOO LITTLE (a lack of human touch, loneliness, grief, fear, or heaven forbid too little toilet paper - YIKES!) What do we do? The answer is simple... WE FEEL IT! All of it. If you don't feel it, it will come back to get you; maybe it will leak out your eyeballs or make you extra chippy, maybe not tomorrow, but it will. Name it to tame it. Then, only then can we make meaning, or fix, or decide how to deal with it. It usually isn't comfortable. It usually isn't our first choice, but it is necessary and you are worth it!

4 Positive Lessons from the Corona Virus Crisis

Sara Fabian

The world is facing challenging times of crisis. Closed borders and travel bans, quarantine, shortage of food supply, scary news, and much fear. Being a human right now is not easy. But there's one thing I can surely self-manage, and that is my inner world: my actions, my thoughts, my emotions. There is much power in hope and faith. Here are four positive lessons we can take away from this global crisis:

1. We have a lot to appreciate.

There are so many things I've been taking for granted! Good health. The water and food supply. The internet and cable. The car. The shelter. The nice parties with my friends. The coffee shop. The gym subscription. The beauty salon. The freedom of traveling and seeing the world. And so much more! For all this, I am truly thankful.

2. Everything is easier when we stay grounded in the now.

Life doesn't always go as planned; it can be very unpredictable. With so much confusion and uncertainty, staying grounded can be a challenge. A panicked mind can't see and think clearly, and fear sells well. To be mindful is to realize our mind is full. So what is it currently full of? But we can always choose which kind of thoughts we allow into our minds.

3. Life isn't just about doing; it's also about being.

Most of us are currently getting the gift of time. Some people are spending quality time with their loved ones. Calling old friends. Reading good books. Cooking, baking, eating together. Playing games and watching movies. Some are doing yoga, Pilates, dance. Spending time outdoors. Playing with pets. Getting creative. Painting, writing, making art. Others are learning new skills. Unable to go out, so many of us go in. Sleep, recharge, pray, meditate, journal. Reflect on what's important and what makes us truly happy. To many, it's a transition from survival to living. During times of pain, we are invited to learn new ways of being—to do less and be more.

4. Challenges always lead to growth.

Real, sustainable growth happens during challenging times that stretch us, not when everything is nice and easy. Besides keeping our hands clean, let us take a mind shower, and do it often. In most countries, this is the spring season, reminding us that all endings are new beginnings and this too shall pass. It is a time for evolution, creativity, and connection. Let us be the light we want to see in the world and press the reset button. Let us take a big leap from fear to love.

The best thing to do when faced with radical circumstances is to practice radical self-care.

What does RADICAL self-care mean?

It means putting your physical, mental, emotional, and spiritual health first, BEFORE anything else.

These are the times when we feel like crawling up in a ball and literally finishing ALL of Netflix...

During challenging times, the last thing we want to do is something difficult, like workout, meditate, school work, breathe, etc.

But it has never been more important to do these things.
It is THE solution.

Care for yourself and you will start to feel so much better about yourself and you will start to gain confidence and energy...

How are you practicing radical self-care?
Shoot us a DM @ABJCounsellors!



Resources

Additionally, we are always here for you to connect:

Counsellors:

Sara Glass
sarag@eics.ab.ca

Courtney St.Amand
courtney.stamand@eics.ab.ca

Family Wellness Worker:

Michelle Horon
michelle.horon@eics.ab.ca

If you would like to schedule a Google Meet with one of us to come together to connect virtually face to face, please send an email and we can make arrangements to best support you!

Needs more support?

TEXT4HOPE

No charge support for anxiety, stress, and depression in the midst of COVID19 crisis.
Text COVID19HOPE to 393939 to subscribe.

