

# Archbishop Jordan Catholic High School

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## Scot's Week at a Glance

**April 27 - May 1**

## Stay Connected with ABJ

ABJ TV on Youtube:

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

ABJ on Facebook

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

## Parents and Students Info:

- [EICS Resources for Parents](#)
- Please see ABJ's Weekly Wellness, [Student Services Newsletter](#) posted below or you can click the link.
- Please see this letter regarding the [cancellation of Fine Arts Events](#).
- **Grade 9 to 10 Registration Appointments are available until Thursday!** 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 enable you to choose a course pathway that will best serve you not only to obtain your Diploma, but also to support your individual post-secondary plans. **Deadline to complete this process is April 30th.**
- **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](mailto:josephd@eics.ab.ca)

## OLPH Parish Information

Until further notice, here is the schedule for Mass, Adoration and Reconciliation at Our Lady of Perpetual Help Parish.

ALL MASSES AND ADORATION ARE LIVE STREAMED here or at <https://www.olph.ca/links/>  
...please help us spread the word!

The church remains open for private prayer daily 7:30am-6:00pm, with Adoration at the times listed below. The Sacrament of Reconciliation is available at the times listed below. The parish office is open 7:30am-6:00pm daily.

No more than 15 people are permitted in the church at any time. Please follow instructions for physical distancing as posted.

In accordance with the requirements set out by Alberta's Chief Medical Officer and the directives of Archbishop Smith, priests will celebrate all Masses PRIVATELY when the church is empty. We are very sorry. Please celebrate mass with us from home via the live stream on your computer.

Adoration:

- Monday to Saturday 8:30 am to 9:30 am
- Tuesday and Thursday, 5:15 pm to 6:15 pm
- Sundays 10:30-11:30, 12:30-1:30, 6:00-7:00 pm

Reconciliation:

- Monday to Friday 8:00 am to 8:30 am
- Tuesday and Thursday 5:45 pm to 6:15 pm
- Saturday 9:30 am to 11:00 am

Mass:

- Tuesday and Thursday 6:15 pm
- Sundays 8:30 am and 7:00 pm

PLUS Special Upcoming LIVE STREAM Event:

Divine Mercy Sunday Celebration: Sunday April 19, 3:00 pm

# WEEKLY WELLNESS

Weekly Newsletter from ABJ Student Services

## THIS WEEK'S FEATURES

Gratitude Practice

**PAGE 1**

How to Tame a Worrying Mind during Corona

**PAGE 2**

A Mantra...

**PAGE 3**

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!



“Rather than being your thoughts and emotions, be the awareness behind them.”

*Eckhart Tolle*

TODAY I'M GRATEFUL FOR:

  
  

#DAILYGRATITUDES

*Calm*

This week is all about taming a worrying mind and what better place than to start than with a focus activity that allows us to recognize what we are grateful for...Try it for today - see if you can integrate it into your new daily routine!

# How to Tame a Worrying Mind during Corona

*Marlena Tillman*

## **Mental Health Booster #1: Be Present**

When you worry or feel crippled with anxiety, one fearful thought led to another, and down the slippery slope of worry you go. Being caught up in your mind means that you aren't present enough to pay attention to yourself. Being present means being fully in the moment. So instead of filling your mind with worrisome news, try to focus on what is going on right in front of you. Take a warm bath, go for a run, do some breathing. In this way, you are there both physically and emotionally present, which helps to stay out of your head. Reconnect with what is going on around you, ground yourself in your body, focus on your breath. Slow down, get present!

## **Mental Health Booster #2: Feel and Validate Your Feelings**

We all experience an increase in uncomfortable feelings during challenging times. If we have to stay at home, there are fewer distractions to take our mind off fearful thoughts and difficult emotions. We can easily find ourselves overwhelmed by our feelings. But we are meant to feel our feelings. Wait, WHAT!?! Mind. Blown. Starting to let them happen isn't comfortable or easy, but it is worth realizing that resisting your feelings is what actually makes them harder to manage. Allow yourself to feel your feelings and process them, which means not fighting or avoiding them. It also means that you have to learn to validate your feelings. You do this by telling yourself that it's okay to have this feeling, and that any human with the kinds of thoughts you're thinking or the kind of experience you are having would feel how you're feeling. Tell yourself that it's okay. That in itself is reassuring.

## **Mental Health Booster #3: Engage with Something Meaningful**

When we learn not to make our feelings problems, it creates the space we need to engage with something meaningful, something that matters to us, something that brings us joy. And what is really important for our mental well-being during difficult times is to engage in something meaningful for us. We can choose something fun, something silly, something creative, something lighthearted. We can come up with new projects or can focus on being productive in some way. We can improve our relationships by having some fun or being caring toward each other. Whatever it is, choose something. Get present and engage with it.

# A Mantra

What is it and how does it work?

It isn't just for yogis you know! Slowly repeating a phrase can have HUGE impact! Neuroscientists, equipped with advanced brain-imaging tools, are beginning to quantify and confirm some of the health benefits of this ancient practice, such as its ability to help free your mind of background chatter and calm your nervous system.

Give this one a try and see if it helps to quiet your mind:

Accept what is, let go of what was, and have faith in what will be...

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Do you have a personal mantra and care to share?

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.

