

Archbishop Jordan Catholic High School

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Scot's Week at a Glance

May 4 - 8

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:

- The Month of May is the Month of Mary!! - [A video Message](#) from Mrs. Murphy our Chaplain and Father Jim from OLPH Parish
- [EICS Resources for Parents](#)
- Any Handball & Basketball players who still have jerseys, please launder them, ziploc it and write your name & team on it. Please call the office to make arrangements to drop off.
- 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](#).
- If any students or parents are seeking information from ABJ, please do not hesitate to email Mr. Dumont @ josephd@eics.ab.ca

OLPH Parish Information

All Are Welcome

MASS FOR EIGS SHERWOOD PARK SCHOOLS

JOIN FATHER JIM FOR MASS ON

MAY 6, 2020 AT 12:00

LIVE STREAMED FROM THIS WEBSITE
(NO FACEBOOK LOGIN REQUIRED)

[HTTPS://WWW.OLPH.CA/LINKS/](https://www.olph.ca/links/)

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

Special Focus -
MENTAL HEALTH WEEK
PAGE 1

We Don't Have to Be
Close to Feel Close
PAGE 2

I'm Fine, Thanks.
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!



Get ready to
get loud and

#GetReal



CMHA

Mental Health Week

May 4-10, 2020

We say we're fine, even when the truth is we're ecstatic, exhausted, grateful. Or even freaking out. Every time we just go through the motions, we miss out on the chance to connect for real. In times of crisis we need each other more than ever.

Connecting doesn't just feel good—it's good for our mental health.

Every May, people in Canadian communities rally around CMHA Mental Health Week.

This year marks the 69th annual Mental Health Week. Its purpose is to help shift societal beliefs and perceptions about mental health and to promote behaviours and attitudes that foster well-being, support good mental health and create a culture of understanding and acceptance.

The theme of this year's Mental Health Week is social connection. Connecting with other people and our communities doesn't just feel good. It's good for our mental health. Research shows that social connection and social support are factors that protect and promote good mental health. Feeling socially connected means you feel close and connected to others, and you don't have to be in physical proximity to nurture a sense of closeness and connection. Social isolation and loneliness are bad for everyone's mental health. It's common in our society to ask people how they are. Unfortunately, it's also common not to provide—or expect—a truthful answer. It's common in Canada to say we're fine, even when we don't really mean it. Every time we just go through the motions, we miss a chance to connect with others in a meaningful way. As we face the COVID-19 global pandemic, we need each other now more than ever. It's time to #GetReal about how we feel and lean on others for support. This Mental Health Week, let's say more than just "I'm fine." Let's have real conversations with our friends, neighbours and coworkers about how we're all really doing. We're in this together. In these days of social distancing (more accurately called physical distancing), we are learning that we don't have to be close to feel close. We are together, even when we're apart. Everyone needs emotional support at the best of times. It is precisely the time, during and in recovery from the pandemic, to lean on each other. Even if we can't be close physically with one another, we need to stay close emotionally. Phone calls, video calls and other digital technologies offer excellent opportunities for connecting face-to-face, even when we can't be in the same room.



I'm fine, thanks.

What I really mean is:



I'm not feeling like myself right now and I'm worried about my family's health and what's going on with my work and I'm really not coping and I need someone to talk to.

#GetReal
mentalhealthweek.ca

Connect with us!

What does YOUR "I'm fine, thanks." really mean?

I'm fine, thanks.

What I really mean is:



I have been up all night with two little kids and I am basically running on coffee and I feel like I've been run over by a truck and I'm so tired I can't even think straight.

#GetReal
mentalhealthweek.ca

I'm fine, thanks.

What I really mean is:



I'm fine, thanks.

What I really mean is:



I'm grateful for your friendship because I know I can always count on you and that means the world to me and makes me feel like I can conquer anything.

#GetReal
mentalhealthweek.ca

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

I'm fine, thanks.

What I really mean is:



I am feeling pretty positive with all the kindness pouring out of everyone and the creative ways we're taking care of one another and really it just gives me hope.

#GetReal
mentalhealthweek.ca

If you would like to meet with one of us "face to face" (virtually speaking), please send us an email and we can arrange for a Google Meet.

