

Archbishop Jordan Catholic High School

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Scot's Week at a Glance

May 11 - 15



Stay Connected with ABJ

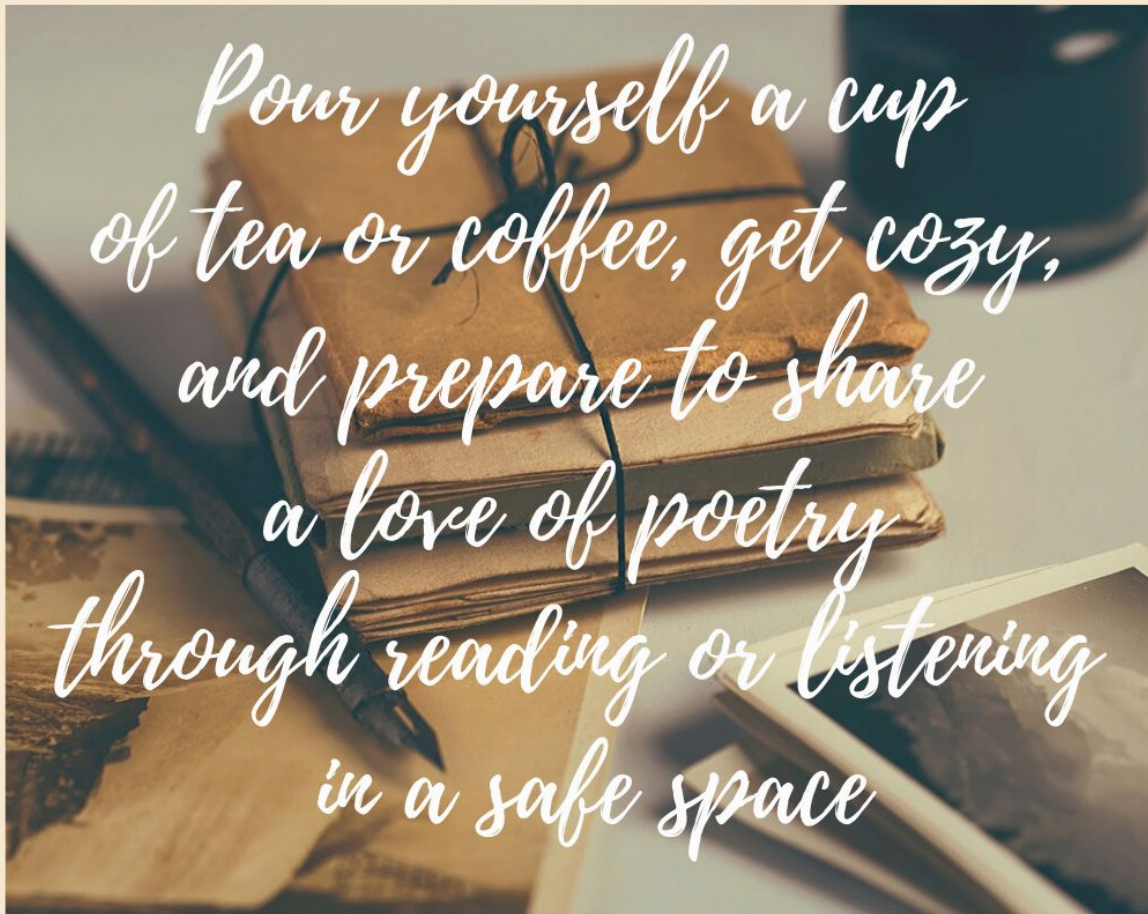
ABJ TV on Youtube:

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

ABJ on Facebook

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

ABJ POETRY NIGHT



*Pour yourself a cup
of tea or coffee, get cozy,
and prepare to share
a love of poetry
through reading or listening
in a safe space*

MONDAY, MAY 25 • 7-8 PM • GOOGLE MEET
TO JOIN: ENTER CODE ABJPOETRY

Parents and Students Info:

- Please see ABJ's Weekly Wellness, [Student Services Newsletter](#) Volume 8 posted below or you can click the link.
- The Alberta government is asking for parent feedback on September school openings. The deadline for submission is May 14, 2020. The link is found at: <https://www.albertaschoolcouncils.ca/about/the-parent-voice/survey>
- "Cup of Joe" with Mrs. Murphy and Father Jim - this is a conversation about Mary and Mothers. Can be found here on [Youtube](#).
- [Moments with Michelle on Youtube](#) with ABJ's Family Wellness Lead!
- EICS Trustee's Board Highlights are [here](#)
- 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.
- E Campus News - Students are expected to complete their distance learning courses. ADLC deadline for all course materials including exams is June 15. SILC deadline for

course material is June 12; students need to confirm exam details with their SILC teacher. Questions? Email Mrs McGhan - karrym@eics.ab.ca

- If any students or parents are seeking information from ABJ, please do not hesitate to email Mr. Dumont @ josephd@eics.ab.ca
- [EICS Resources for Parents](#)

VOL. 8, NO. 8

WEEK OF MAY 11, 2020

WEEKLY WELLNESS

Weekly Newsletter from ABJ Student Services

THIS WEEK'S FEATURES

Ease Up Overachievers!

PAGE 1

The Challenge of Doing Less When You're Used to Doing More

PAGE 2

Managing the Pace

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!



“I became an overachiever to get approval from the world.” ~Madonna
Some of us spend our time looking for more. More to do, more to achieve, and more to see. We plan EVERYTHING, from hangs with friends, to extra curriculars, courses, part-time jobs, to post-secondary plans... We plan because we want to fit in as much as possible in the finite time we feel we are allotted. Our FOMO can be so SO real. But what about now when we are forced to slow down, slow the thoughts that make our minds go on to the next, slow the expectation we place on ourselves, and just be...

The Challenge of Doing Less When You're Used to Doing More...

Sonya Motejko

I have always been a dreamer—imagining a life that had more than the one I was in. Of course, there's a lot of beauty in my endless daydreams and fantasies. Some of them came to be, but, honestly, it meant that I was always living in my head or a few chapters ahead. I was always writing the next book before I finished reading the one I had already started. I couldn't enjoy the word, the sentence, or even the page I was on. Even if, for a moment, my life was seemingly coming together from all of the overachieving, planning, and romanticizing. Even if all of that paid off, then I was simply daydreaming about galivanting in a new, different life somewhere else. It wasn't that I don't believe in being a dreamer, but gosh I wish I let myself enjoy the dreams that had come true and the life that I had built in front of me instead of feeling the need to stick my head back up in the clouds for more. I have spent my entire life, almost thirty years of it, doing more for the need to be seen, to be validated, to be worthy. I have spent so much time making "the most" of my time and, ironically, have lost so much time because of it. And now? In this weird world where all we have is time and we're asked to slow down... it's like I'm coming to a head-on collision with reality. I'm finally seeing how tired my soul is from this constant running. Honestly, I'm really struggling with slowing down in a way that feels sustainable. I'm still spending way too many minutes wondering, when will this end? And I'm not spending enough time thinking, how can I make this moment I have—right now—enough? Now, the world put up a speed limit, and it's showing me just how much I lived in the fast lane. It's challenging to slow down on purpose without feeling like I'm wasting time. But maybe that's why I needed this. I've never really given myself the opportunity to just be happy with what's in front of me. It's a lesson, ironically, in both humility and pride—being happy with the little things, but also being proud of what I was able to achieve to be here. I have spent my entire life checking things off of a list and running on empty. Now, I finally have the opportunity to stop and consider—what would make me feel full? What would make me feel whole? And the only thing I need to do right now to answer that question is breathe.





How have you adjusted to the new pace of life in quarantine?

I thought I would have a harder time adjusting - I am NOT a homebody - so having people tell me I need to stay home ALL DAY was definitely an initial adjustment. But there has been definite beauty in it. No rushing out of the house, no kids racing to catch the bus, no shoving food in our faces to before going to extra curriculars. Yes, the pace is slower, but there is beauty in that, a beauty I could have never imagined had I not been forced into this situation.

What has been your biggest adjustment to the new pace? What has been something beautiful that has come of it that you wouldn't have expected? Share with us @ABJCounsellors on Instagram...

Connect with us!

We are always here for you to connect:

Counsellors:

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Courtney St.Amand
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Family Wellness Worker:

Michelle Horon
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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.

