

Archbishop Jordan Catholic High School

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Scot's Week at a Glance - June 15 - 19



Stay Connected with ABJ

ABJ TV on Youtube:

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

ABJ on Facebook

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

Textbook Returns - June 22, 23 & 24 - Event Code hmntw

Sign up to return all textbooks, library books & school resources on

<https://www.schoolinterviews.ca/code?code=hmntw>.

If one time slot is full, please choose another one. There are 25 time slots every 20 minutes over the 3 days. Please note that any textbooks that are not returned will automatically be charged to student accounts shortly after the return event.

ALL STUDENTS ARE ACCOUNTABLE
FOR RETURNING TEXTBOOKS AND
OTHER INSTRUCTIONAL
MATERIALS ASSIGNED TO THEM
THROUGHOUT THE YEAR.



ABJ Grad of 2020 Video Submission Details

Due date: Monday, June 15th

Length: 8 - 10 seconds

File type: All types are welcome!

Place to upload: Log on to your school email and go to your Google Drive. Then go to "Shared with me" in the left-hand menu. You can upload your video to the folder with your name shared by James Grondin.

Content: Wear your cap, your suit / dress, get someone to hand you your "diploma", turn your tassel, etc. You can also wear fun or casual clothes! Whatever you like :)

Contacts for Questions:

James Grondin (jamesg@eics.ab.ca) and
Janelle Millious (janelle.millious@eics.ab.ca)



Parents and Students Info:

- Grad memories for yearbook are due to abj.yearbook@eics.ab.ca by Friday June 19, see google classroom for more information
- French Immersion Graduation

- As a result of the COVID-19 Pandemic and related school closure, the French Immersion Grad Event that was scheduled as a dinner and presentations in May has been postponed. This event will be rescheduled in collaboration with ABJ's main graduation event. More information will be shared with students and guardians in the new school year as details are finalized.
- Moments with Michelle on Youtube
- [Cuppa Joe with Mrs. Murphy and Father Jim](#)
- [Student Services Newsletter Issue #12](#)
- 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



- Our Lady of Perpetual Help Parish Update:
 - If you would like to sign up for mass please go to our web page: olph.ca
 - You can also see the livestream of masses on our website or social media pages.
 - If you would like to know what mass would look like, and what is going on in our church for the month of June, here is a video!

- <https://www.youtube.com/watch?v=992FhuPa2A8&t=162s>
- Our church is also doing videos to answer yours, and your child's questions called "Cuppa Joe with JC". Here is our last one:
<https://www.youtube.com/watch?v=DxJ1yrqPN-Y>
- Lastly do not forget that "Formed" is available to you. olphsherwoodpark.formed.org
- -Click "Register" and enter your name, email address, and desired password. This site has resources for books, podcasts and movies for all ages!

WEEKLY WELLNESS

Weekly Newsletter from ABJ Student Services

THIS WEEK'S FEATURES

Last Issue...

PAGE 1

The Time is Right for
Dancing!

PAGE 2

1/24 Hours

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!



Well - we have made it to JUNE, this is our last issue and the last week of classes nonetheless!

The world is still turning, and as you wrap a bow around the last couple of months, try to find joy in the journey.

I am sure this year has brought you challenges and darkness, but I encourage you to reflect on the light. Maybe the light for you is that, even in the slightest of ways, we are coming out of this. That maybe things are starting to feel a bit more normal, maybe we have just done a fantastic job of adapting... We are all just doing the best we can in all this and my hope is that you give yourself grace. That you go easy on yourself on the hard days and celebrate the small wins on the good ones, that you are as kind to yourself as you would be your best friend. Just do your best, and on any given day, I promise it is enough. Big love to you all ABJ! We will miss you over the summer but are eager to meet you back in the fall...

Sweet June: The Time is Right for Dancing (Six Feet Apart)

Dr. Jody Carrington

Is there a better month than June? June has always had a piece of my heart with its many endearing qualities. It brings the green, the sunshine, and best of all, June holds the potential of the entire summer. It's the headliner of the much-anticipated summer song and we're gonna sing and we're gonna dance and we're gonna celebrate. At a reasonable distance. Because we deserve it. Remember when this whole Corona crisis all started? Right here, right now, as you read these words, pause and take a couple sacred moments to reflect on how far you've come, what you've lost and what you've sacrificed. All while having no script for any of it. You're amazing. And for those of you who sat last week with all the emotion of #blacklivesmatter, it was the most incredible week of learning in my history. And we've only just started. Where are you, right here, right now? Even in the mess of it all or the joy of it all, what are you most thankful for? After all, this whole gratitude game takes practice. You're not born good at it. So, here it goes: I am so, so grateful for the time afforded over these past few months, particularly this past week. I am choosing to be grateful for these lessons, because I was reminded, again and again, about the universal need for connection, to be heard. I was reminded that there's a huge difference in talking the talk and walking the walk. Slowing down is painful. And it's necessary. This space gave me new ideas and connections that have left me wanting to know so much more. June is for dancing my friends. It's time to dance with all of it. Let's bring it, bravely!

Thank You

Since this will be our last issue, we in Student Services wanted to take a moment to thank you for coming along on the ride with us. We hope that you have enjoyed our Newsletter and that you have had the opportunity to read some things that maybe landed with you or resonated in some way.

There will be two months until we are together again - what that "together" looks like is still yet to be determined, but regardless, over these two months I want to leave you with this:

I know it is hard to make time for yourself. We are all juggling and sometimes we put ourselves at the bottom of the list. You owe yourself some time to do something that brings you joy. You owe yourself one hour a day of self maintenance. It can be reading, writing, yoga, walking, dancing, meditation, drawing, or whatever you want to owe it to yourself! One hour is 1/24 of your day. That is less than 5%. I need you to know that it matters, Stop putting yourself on the bottom of your list and carve out time for yourself daily this summer. I want to see you all refreshed upon our glorious return! Have a great summer! We miss you and will continue to miss you! Take care!



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!

ROAD MAP TO WELLNESS

Each week Ms. Horon will be hosting a Grade Level discussion 30 minutes in length with different topics focused on your wellness. Link can be found in your Grade Level Google Classroom.

Grade 9 - Monday 2:30-3
Grade 10 - Tuesday 2:30-3
Grade 11 - Wednesday 2:30-3
Grade 12 - Thursday 2:30-3





ABJ Class of 2020
Ceremonies
~ Thursday, June 25, 2020 ~

Please join us in joyful celebration of the
Graduating Class of 2020

Special Graduation Mass at OLPH Parish

celebrated by Father Jim

Live Stream beginning at 11:00 am

on

<https://www.olph.ca/>

or on Facebook

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

Grad Commencement Video

Presentation at 1:00 pm

on

youtube.com/abjtvhighschool

