

ASAA APRIL CONNECTIONS

FSLW UPDATE

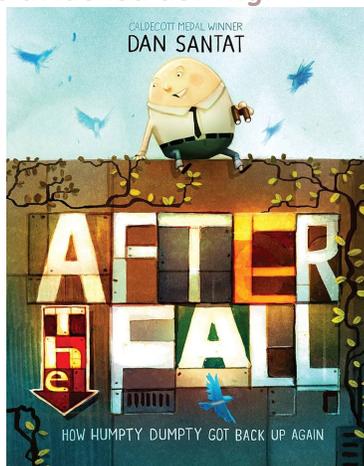
Hello, ASAA families, hope you all had a blessed Easter! As we step into April, we are reminded of the importance of mental health awareness and well-being. This month, we join the global initiative of Mental Health Awareness Month to shine a light on mental health, promote understanding, and emphasize the significance of self-care. Let's use April as an opportunity to learn, grow, and support each other. Remember, it's okay not to be okay, and seeking help is a sign of strength.

BOOK OF THE MONTH

"After the Fall: How Humpty Dumpty Got Back Up Again" by Dan Santat revolves around resilience, overcoming fear, and finding the courage to try again after experiencing failure or trauma.

In the story, Humpty Dumpty is depicted as a character who is afraid of heights after his famous fall. This fear holds him back from doing the things he loves, such as being up high and enjoying the view of the birds. However, as the story progresses, Humpty Dumpty gradually finds the strength and determination to conquer his fear.

1. Allow your child to share their fears and brainstorm ways to confront them. This activity promotes critical thinking and helps children understand that overcoming fears is part of personal growth.
2. Please see attached activity!



CONTACT INFO

Ms. Ellesar

Email: ellesar.abboud@starcatholic.ab.ca

Phone:

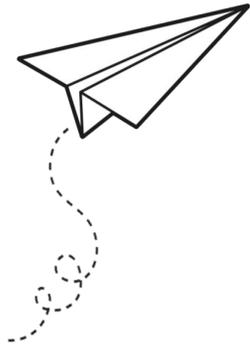
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EVENTS AND WORKSHOPS

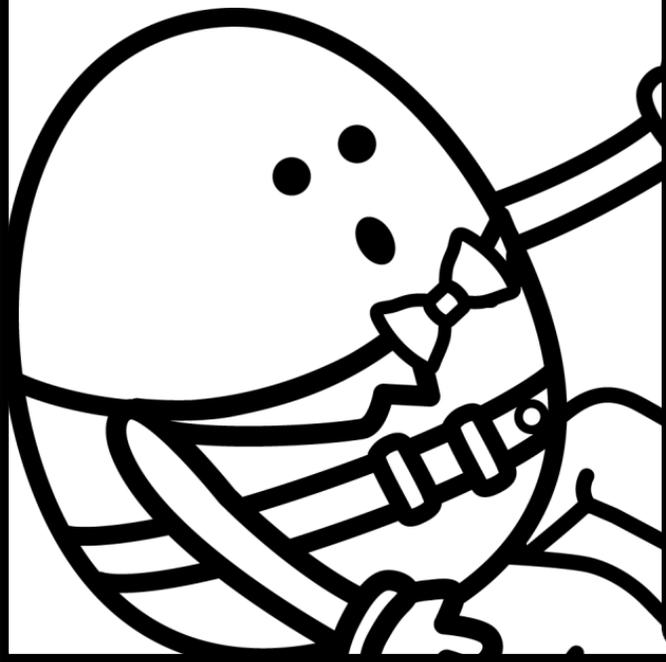
- Please check out Beaumont FCSS on Facebook for the latest information on offered community workshops.
- Follow Bibliothèque de Beaumont Library for the latest free events and programs for children. Check out their Facebook Page for more information.

LEADERSHIP CLUB CORNER

- Keep an eye out for the Spirit Day Posters around the school--all made by our wonderful club!
- April 12th - Letter Day (Name) - students wear something, bring something or dress up as something that starts with the first letter of their name i.e., Kaley brings Kool-aid, Doug wears a shirt with donuts, Finley wears flip flops.



Steps I
can take
to
overcome
my fear



I did it!

step 5

step 4

step 3

step 2

step 1

my fear

