

NOVEMBER NEWSLETTER

Christmas Break is just around the corner

Big month for PACI and our MHCB team!

Sexual Health & Wellness Clinic

Paulette Martin, the HIV Regional Strategy Coordinator, and her team hosted another successful Sexual Health & Wellness Clinic at PACI. The initiative is a vital resource for educating the community on sexual health. The next clinic is already on the calendar for April 2025.

"Climbing the Rock" Program Wrap-Up

Catholic Family Services, in collaboration with Mental Health Capacity Building (MHCB), recently concluded the six-week Climbing the Rock program. Held in the PACI Mentor space, the initiative provided participants with tools for resilience and personal growth.

Weekly Sharing Circles Begin

The Prince Albert Grand Council has introduced weekly Sharing Circles led by Kyle Kimbley. Starting this November, these sessions offer students a safe and welcoming space to share experiences and strengthen connections.

Goal Setting Conferences

During the Goal Setting Conferences, MHCB distributed 36 cookie-making kits to encourage family bonding and personal goal-setting. The activity highlighted the importance of reflection and aspirations within a supportive family setting.

Mental Health Promotion in Classrooms

Jaime Smith-Windsor, MHCB's mental health promoter, has been collaborating with teachers to bring mental health-focused activities to six classrooms this month. The initiative equips students with strategies to enhance their emotional well-being.

Stay Connected

Follow PACI's mental health initiatives and updates on Instagram at [@MHCB.PACI](https://www.instagram.com/MHCB.PACI). Stay involved in supporting a healthier and more connected community. PACI thanks its community members for their continued commitment to building a supportive and vibrant environment for all.

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New Leadership

PACI Elects New SLC Leaders

On November 21, 2024, PACI held its Student Leadership Council (SLC) election, naming Logan Bird and Daniel Hazelwood as co-presidents and Nesslen McDonald as vice president.

"I'm glad we go to a school where we have the freedom to choose," said Hazelwood.

The SLC plays a key role in school life, working with teachers and organizing events like after-school activities and dance parties to engage students.

PACI Launches Homework Club to Support Student Success

Prince Albert Collegiate Institute (PACI) has introduced a new Homework Club, offering students extra academic support every Tuesday and Thursday. Led by various staff members, the club assists in subjects like math, English, reading, science, and more. It's an opportunity for students to catch up on assignments and get one-on-one help from teachers in a focused environment. The Homework Club aims to create a supportive space for learning, giving students the tools they need to stay on track and succeed in their studies.

Bear Awards

Prince Albert Collegiate Institute (PACI) held its monthly Bear Quality Awards on December 2, honoring students who exemplify thankfulness. For some, it was their first award, while AJ Pilon added to his collection, earning his fourth or fifth. When asked about his success, Pilon humbly said, "I don't know, I just win them." The awards highlight the values PACI promotes, with this month focusing on gratitude and appreciation.



Upcoming Events

- Winter Showcase (Dec 12)
- PACI Christmas Lunch (Dec 20)
- Christmas Break (Dec 23 - Jan 3rd)