

THE DIVISION DISPATCH

Year 9 | NUMBER 5 | January 9, 2025



RECOGNITION >

Plaxton students honour local first responders

For the past four years, Grade 2 classes at Dr. Robert Plaxton Elementary School have been creating Christmas cards, for a very special purpose.

"Each year, the project has grown substan-

tially," said Melissa Herbst. "It began with me dropping the bags off to the various places, and then last year a handful of first responders came to the school to visit."

Click this link for more details: [CARDS](#). ■

HOLIDAY HAMPERS >



Save on Foods holiday food hampers brighten the season for local families

Once again, Save On Foods and Victoria Park High School teamed up to provide Christmas hampers this holiday season to

families in need.

Learn more about this initiative by clicking this link: [HOLIDAYS](#). ■

HEALTH/SAFETY >

Health and Safety Corner

Mental Health and Wellness

From the May, 2023 OHS safety survey, we asked: What do you feel is your biggest safety concern?

Today's topic provides information related to that concern!

Got the winter blues?

Seasonal depression, also known as Seasonal Affective Disorder (SAD), can impact individuals during the colder months. Symptoms include fatigue, irritability and loss of interest in daily activities.

To manage this, strategies include light



therapy, staying active, maintaining a routine and getting outside when possible.

It also recommended to seek professional help if needed, as therapy and medication can be effective treatments. Lifestyle changes like a balanced diet and proper sleep also play a key role in improving mood during the winter.

For more information, check out the full article here that lists 14 ways to beat the winter blues: [POST-HOLIDAY BLUES](#). ■

SUPT. MESSAGE >

Superintendent Mike Nightingale

Happy New Year! I hope you all had a wonderful break. I had a really good break and was able to spend some time with family, which is always enjoyable. I also ate way too much food, so I'll need to try to get back to exercising!

As you may know, one of the areas of focus for our Division over the next few years will be to improve the results we are seeing in the Assurance Framework. This framework is a tool used by the government to gather information about the quality of education provided by schools and school divisions.

The framework includes a survey that measures stakeholder perspectives on student learning engagement, citizenship, education quality, welcoming, caring, respectful and safe learning environments, access to supports and services and parental involvement.

Additionally, it uses high school completion, Provincial Achievement Test and Diploma examination



MIKE NIGHTINGALE

data to help us identify areas of success and areas for growth.

Like any large-scale assessment tool, the Assurance Framework has its strengths and weaknesses.

It is not intended to analyze every aspect of a Division, rather it serves as one of the many tools we use to identify areas of success and areas for growth. Over the past few years, we have observed trends in these results that indicate areas needing improvement and additional attention.

Consequently, we will be dedicating time to focus on these measures to better understand our strengths and areas for growth. I am excited about this journey and believe it will be meaningful and impactful work.

As always, I want to express my deep appreciation for the work you do to serve our school communities. I'm honoured to be part of Lethbridge School Division. ■



MARKET MADNESS >



Park Meadows Elementary School hosts annual Market Day

In December, students at Park Meadows Elementary School had the opportunity to participate in Market Day.

Market Day offered students the opportunity to make and sell

homemade crafts and goods, and promote products or services. Over 300 students shopped at The Market.

Visit the Division website for more details: [MARKET](#). ■

PRIZES!!! >

Read The Dispatch!



Every month, The Division Dispatch delivers valuable information to Division staff.

If this engaging content isn't enough to make you want to read the monthly newsletter, we have another incentive!

When you read The Dispatch, reach out to us to enter your name in a draw for a prize.

Just click here to enter: [CONTEST](#).

The Division Dispatch contest winner for the month of December was Leilani McCutcheon. ■



Inkblot



Employee & Family Assistance Plan Services

<https://org.inkblottherapy.com/asebp>

For contract employees with ASEBP benefits, each calendar year you will receive an allotment of hours which include four hours each of individual counselling and couples/family counselling.

<p>Some of the services provided include:</p> <ul style="list-style-type: none">• Mental health management• Stress reduction and management• Relationship and family support	<p>Additional reasons to reach out to Inkblot may include:</p> <ul style="list-style-type: none">• Work-related issues• Relationship issues• Family conflict• Work life balance• Stress, depression, anxiety• Addiction• Violence/abuse• Loneliness• Burn-out• Youth therapy• Grief/bereavement
--	---

Inkblot EFAP offers you quick and easy access to the mental health supports you need, no matter when or where you need them. And appointments can be booked in 24-72 hours from when you first reach out. **These hours are individual to you. Your dependants (i.e. a spouse or children) will also receive their own allotment of EFAP hours each year.**

One of the many benefits of this EFAP is that once your allotted counselling hours are used, you don't have to stop seeing your chosen practitioner. If you feel that you would benefit from additional sessions, you can continue seeing them and they will simply bill you directly, at a discounted rate (\$110 for in-person session and \$90 for virtual). You can then submit your receipt to ASEBP for reimbursement through your [psychology services benefit](#) and/or [health spending account](#) (if eligible).

Your EFAP offers more than just mental health supports. Through Inkblot's WorkLife Advisory Services, you can also access:

- **Health consultations:** receive advice from a registered nurse or dietitian for things like nutrition support, smoking cessation, etc.
- **Legal advice:** seek advice for things like real estate law, family law, and more.
- **Financial advice:** guidance on managing debt, saving for the future, etc.
- **Career coaching:** get support with making a career change or having difficult discussions with colleagues.
- **Life transitions:** from becoming a new parent to planning for retirement, your EFAP can help with it all.

As a digital-first organization, Inkblot offers the majority of their services online, but phone and in-person services are available too.

ASEBP's dedicated Inkblot web portal also allows you to book appointments (virtual, in-person or over the phone), reach out to your provider between sessions via a secure chat feature, access WorkLife Advisory Services, and read up on the latest wellness news via the Inkblot Wellness .

Your EFAP is completely confidential, voluntary, and accessible at your own convenience.