

# THE DIVISION DISPATCH

Year 9 | NUMBER 7 | April 3, 2025



SHOW OFFS >

## Students put on a show at 2025 Scholarship event

On March 27 at Winston Churchill High School, the skills, talents and passions of students throughout Lethbridge School Division were on full display.

The [2025 ICE AWARDS SCHOLARSHIP SHOWCASE](#) event filled the WCHS gymna-

sium with musical and artistic talent, along with displays that put a focus on technology and business.

Students had an opportunity to fly drones, learn about esports and VR, try their hand at archery and explore the world of robotics. ■

PROFESSIONALS >

## Division teachers travel to Head-Smashed-In Buffalo Jump

On March 26, a group of Lethbridge School Division teachers made the trip to Head-Smashed-In Buffalo Jump for a day of Indigenous Professional Learning.

Please see the video via the following link for more information on this impactful, educational experience: [PROFESSIONAL LEARNING](#). ■

HEALTH/SAFETY >

## Health and Safety Corner

*The importance of debriefing*

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!

Work in schools long enough and you will likely find yourself in that moment of chaotic stillness that follows a major blow-up asking yourself, "what just happened and what do we do now?"

Finding time for the student's team to ask, and answer, those questions is exactly what needs to happen next. After any critical incident, making time to properly debrief the situation will have a positive impact in supporting a culture of safety and learning in your building.

An incident debriefing is a structured process that emphasizes communication, reflection and proactive planning. It is a conversation that can only happen after the following conditions are met: safety has been restored, student and staff needs have been met and everyone involved is in a state of mind that allows open dialogue.

It may help to have those directly involved in the situation take a few minutes to doc-



ument their experience, emotions and perspectives prior to the team discussion.

Begin by reminding everyone of a debrief's purpose: to create space for open communication intended to review the sequence of events, allow participants to express their emotional

response, validate experiences and together, examine any known antecedents and how staff interventions influenced the outcome – all without judgement and without assigning blame.

The goal of this time together is to identify actionable strategies that minimize or prevent the likelihood of a similar situation in the future. These strategies may include adjusting support plans, modifying the learning environments and classroom procedures or accessing additional resources and supports.

Once everyone has a chance to be heard, next steps include updating the student's support documentation and to work collaboratively and consistently to implement the updated plan.

It is also important to document a summary of the debrief in the case notes of the original incident report that was submitted. ■

SUPT. MESSAGE >

## Superintendent Mike Nightingale

As always, the year is flying by. I can't believe it is spring already! Like every other spring, we have some days where the weather is great and it feels like summer is just around the corner and other days that make us feel like winter will never end. Hopefully when you read this, the sun is shining and it feels like spring!



MIKE NIGHTINGALE

While I enjoy spring, I know it is an incredibly busy time in education. Not only are we doing the work of the current school year, but we are also preparing for next school year. That's why I usually talk about wellness in the April edition of The Dispatch. There is a lot going on this time of year and it is important we all set aside time to take care of our wellness.

As a Division we are fortunate to have an exceptional benefit plan through ASEBP (Alberta School Employees Benefit Plan). If you haven't been to their website, I would encourage you to visit [ASEBP Wellness | It Takes a Village](#). They have a variety of great resources to help you maintain, or enhance your wellness. One of the great benefits we have through ASEBP is the Employee and Family

Assistance Program (EFAP). This program provides support for employees and their family members, including counselling, coaching, financial and legal advice. You may be aware that recently our former EFAP provider inkblot, has been re-branded under the name GreenShield Health. You can visit the [Employee and Family Assistance Program \(EFAP\) | ASEBP Wellness](#) website to get more information about the services provided through this awesome program.

No doubt our benefit package is a great way to support wellness, but it is also important to make sure each of us takes action to maintain our personal wellness. As I've shared with you before, one of the keys for me to be well is to make sure I get into nature and stay active. I hope that all of you are able to find time to enjoy the things that bring you joy and calm. Please know that we are grateful for all that you do to support our students and our school communities. During the busy times, don't forget the work you do makes a difference. ■



PROJECTIONS >



## Project fair sparks passions at Nicholas Sheran

On March 25, Nicholas Sheran Elementary School hosted its annual [PROJECT FAIR](#).

Judging took place in the morn-

ing and classes toured the projects in the afternoon, as students had the opportunity to showcase their passions! ■

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 March was Tanya Gill. ■



# Inkblot by GreenShield, ASEBP’s Employee and Family Assistance Program (EFAP) provider, has rebranded to GreenShield Health

## Your journey to healthier living is just a few clicks away.

Get the right care. Without the wait. Anytime, anywhere.



**The Employee Assistance Program (EAP) from GreenShield Health is here to help you and your dependents with comprehensive and personalized support from our diverse network of care providers.**

Our extensive services include mental health support for individuals, couples and children, a holistic Well-being platform, an easy-to-use, needs-based Care Navigation tool, and much more.

Access a wide range of treatment options tailored to your mental health and life goals through GreenShield+.



## How to Access Individual, Couples and Children’s Mental Health Support

Confidential in-person or virtual therapy and mental health support for you and your family from wherever you are. We match you with a qualified therapist, whenever you need to talk.





### Counselling

**Individual Counselling**  
Access one-to-one therapy sessions with a therapist based on the results of our matching questionnaire.

**Couples Counselling**  
Book couples therapy sessions with a therapist who specializes in relationships.

### Children's Mental Health Support

Created for children aged 5+, our unique game-based program teaches age-appropriate coping skills and Cognitive Behavioural Therapy (CBT) principles. In partnership with Mightier, this fun children's program blends digital gaming with off-screen activities to reinforce learning through play.

#### How to register on Greenshield+:

1. Scan the QR code below or go to [greenshieldplus.ca](https://greenshieldplus.ca)

2. Sign in to your GreenShield+ account


3. Follow the instructions




Having trouble? Get answers to your questions using Care Navigation within GreenShield+.

## How to Access Work, Health and Life Services

It takes more than just therapy to live and stay well.





Our registered nurses, dietitians, coaches, and trained professionals are here to help you navigate all aspects of life and achieve your goals. Our program includes access to:

**Work and Career**

→ Our career consultants are ready to help you take your career to the next level

**Health and Nutrition**

→ The mind and body are connected. Our dietitians and healthcare providers are here to help you reach your health goals

→ In partnership with RxFood, our virtual program offers personalized assessments and coaching from healthcare professionals committed to helping you build lasting healthy eating habits

**Legal and Financial**

→ Get professional financial and legal guidance to empower you to make the right decisions

**Life Transition**


→ We all experience change. Get support through it all with our health team

#### How to register on Greenshield+:

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2. Sign in to your GreenShield+ account

3. Follow the instructions



Having trouble? Get answers to your questions using Care Navigation within GreenShield+.

## How to Access the Well-being Program

What does well-being look like for you?





**Our comprehensive program includes tools and resources to help you navigate your unique care needs.**

**The program offers:**

→ A Well-being questionnaire to help you identify and evaluate potential health risks

→ Personalized content such as reminders, health strategies, and care plans

→ Access to a diverse library of thousands of engaging and educational micro-course, quizzes, and activities

→ Wearable data collection through synced devices for easier tracking and greater accuracy

#### How to access the program:

1. Scan the QR code below or go to [greenshieldplus.ca](https://greenshieldplus.ca)

2. Sign in to your GreenShield+ account

3. Select Well-being from your dashboard

4. Follow the instructions



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