



Home Based Education Newsletter January 25th, 2022



Information updates:

\$ HBE Funding : the funding support was sent out January 21st. We hope that this helps support your educational needs.

Education Opportunities:

Family Literacy Day takes place every January 27th to raise awareness about the importance of reading and engaging in other literacy-related activities as a family.

Family Literacy Day/Week

Family Literacy Day: Thursday, January 27

Family Literacy Week: January 23 - 29

Please go to the following [link](#) for more information.



Active for Life:

Attached is the link to "Active for Life" a Canadian webpage with many great activities and advice for parents. Check it out.

<https://mailchi.mp/activeforlife/8-ways-to-help-your-anxious-child?e=2bd94762a9>

Here is a simple planning template for your school day: it can help students monitor their time.

What will my day look like today?

	★ MUST DO ★	♥ WANT TO DO ♥	? COULD DO ?
 Morning			
 Afternoon			
 Evening			

What will I do for...

my body	my brain	my family	my home	fun
---------	----------	-----------	---------	-----

Culinary Skills Bootcamp :

Are you passionate about cooking? If being in the kitchen is one of your favorite places, apply now for the Culinary Skills Bootcamp. You will have the opportunity to learn from qualified instructors and cook in an industrial fitted kitchen. Go to www.saskatooniec.ca/culinary to register!

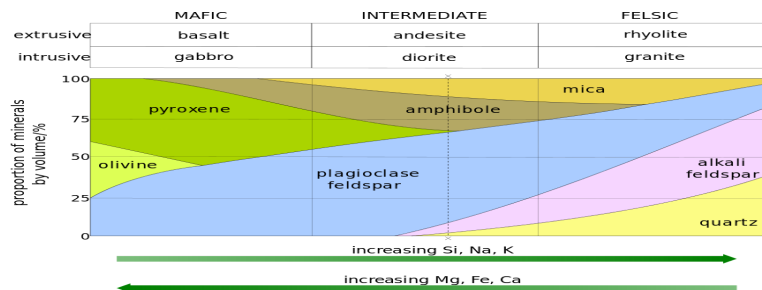


Soil Rocks Video Competition:

Attached Files:

- [SoilRocks 2022.pdf](#) 
(96.511 KB)

The Regina Geotechnical Group (RGG), in partnership with Regina Engineering Society (RES), invites all students currently registered in any elementary or high school, online learning, homeschooling, college, technical institute, or university in Saskatchewan to participate in the “Soil Rocks” Video Competition. The goal is to have some fun while raising awareness and interest in the field of Geotechnical Engineering.



The “Soil Rocks” Competition requires students to submit engaging videos related to the field of geotechnical (soil and rock) engineering. Example videos from past competitions and other similar competitions are available at reginageotechnicalgroup.com/events/soil-rocks-competition. Younger students can make age-appropriate videos that are simple and straightforward. Cash prizes are awarded to the winners of each category, ranging from \$250 to \$1,000.

Game On! Bootcamp :

Please see below for GameOn! bootcamp info.

- Open to students in grades 10-12
- Will be held **virtually** from 5:30-8:30 on Wednesdays beginning March 16
- Fillable forms can be found at www.saskatooniec.ca/game-on
- Students who applied for last camp and didn't get in will be contacted to apply again
- **Application deadline is Wednesday, March 9**



Let's Talk: Addressing Mental Health in Canada

According to the Mental Health Commission, on any given week, more than 500,000 Canadians are unable to go to work due to mental health problems. In light of these sobering statistics, Let's Talk Day helps erase the stigma surrounding mental health and make it easier for people to get help.

Although mental illness is a topic that touches virtually every life, many people are reluctant to talk about it. Let's Talk Day promotes awareness and action with a strategy built on four pillars:

- Fighting the stigma
- Improving access to care
- Supporting world-class research
- Leading by example in workplace mental health

For 2022, Let's Talk Day is held on January 26, 2022, and adopts the theme of Mental Health: Every Action Helps.

In addition to bringing mental illness out of the shadows, the campaign funds mental health initiatives across Canada. For more information on resources to support your mental health, contact our Employee and Family Assistance Program, ComPsych® GuidanceResources, at the contact information below.

Here when you need us.

Call: 833.515.0766

TTY: 877.373.4763

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: SSBAEFAP

