



St. Michael the Archangel
Our Angel of Protection

St. Michael's School

October 2019 Newsletter



Principal's Message

September has come and gone and school is now in full swing. We are pleased to announce our population continues to grow and we welcome all newcomers to SMBI.

Events have started quickly commencing with the school dance held on September 12 with close to 70 students in attendance. We welcomed approximately 12 Gershaw students as well which is very healthy in building community spirit. \$250 was raised which was forwarded to the Medicine Hat SPCA. In addition Father Raul celebrated Mass in our chapel on September 19 which was followed by our school wide Mass at 10:00 a.m. the same day. We thank Father for his tremendous support in this regard.

Our Welcome Back BBQ was held on September 25 which was followed by our School Council meeting. Although times are busy with harvest we appreciate the sound turn-out for those who could make it. Finally, we had our first practice lock-down of the year as well on September 20. We thank Cst. McLaughlin for her tremendous support of St. Michael's as she will also be speaking to all grade levels on various topics pertinent to their age group.

We are also looking forward to the arrival of our two Grade 10 Homestay students who will be arriving this week from Yokohama, Japan. Mirai is the young lady and Kotaro is the young man. I am more than confident their stay here will be a treasured one.

Volleyball is in full swing as all four of our teams were participating in tournaments over the weekend with a full slate of games and future tournaments in the offing. Meanwhile the rigors of everyday schooling and instruction carry on.

By the publication time of this newsletter we will have had our Terry Fox Walk and it appears we will crash over the \$5500 goal established by Mrs. Weatherhead. I have been involved with the Terry Fox foundation since its inception and I can truly tell you I have never seen a community support such a noble cause so vehemently as St. Michael's. I am humbled by your support as is The Fox Foundation. God bless you.

A reminder our Chapel and prayer space is for all. It is meant to be a place to pray and spend quiet moments of reflection when needed. Please utilize at your discretion.

Finally a hearty thank you to Holy Spirit and Bill who have overseen summer renovations at SMBI. Modern lighting throughout the hallways is in place in addition to additions and further renovations in the elementary portion of the school.

Yours Most Assuredly in Christ

Chris Sumner

Terry Fox Walk

Once again we will be holding our annual Terry Fox Walk event. The walk is scheduled for Thursday, October 1 beginning at 1:00. Students have been challenged to raise at least \$5500 (up \$200 from last year) If we reach our goal, teachers will form teams for a lip sync battle. Students will walk in their school families ending the walk back at the school gym for the results of our fundraising efforts. All are welcome to join us for a walk around town. Good Luck Everyone!

Jr./Sr. Orientation Evening

An Orientation Evening for Jr./Sr. students and their parents is scheduled for Tuesday, October 1 beginning at 6:00 pm. Topics of discussion will be Exam Week expectations, Cash Online & School Fees, Power School, Off Campus programming, Edwins, Credit routes, Rutherford Scholarships, My Pass and Flex blocks/Genius program. Bring a laptop to try to log in to various programs on site. We look forward to answering questions you may have on these topics.

Foreign Students

We are excited to welcome two students from Japan to our Grade 10 class. Mirai Sasaki and Kotaro Nishihara will be living with the Ell family and the Thurston family will from October 1 to December 31. Thank you to both families for opening their homes for these young people. We look forward to them experiencing life on the prairies.

Hot Lunches

October 10 is Peter's Pizza Day. Orders can be placed through Cash Online until October 6. All students were entered into a draw for a free pizza. Congratulations to Meredith Van Roessel. This fundraiser is supporting both the Graduating Class of 2020 as well as the Spring Trip of 2022. Thank you to everyone for your support.

October 17 is Parent Council FREE Hot Lunch Day. On the menu is sub sandwiches and apples. Thank you to those who have signed up to volunteer for these hot lunches. If you are able to help and have not yet signed up please contact Andrea Lodders.

October 31 is Pita Pit Day. Orders can be placed through Cash Online until Thursday, October 24. Please note that the Tuna & Hummus pitas have been removed from the menu along with three smoothies. The smoothies have been replaced with three new additions. All students names were entered into a draw for their choice of either a large or small smoothie or a large or small pita. Congratulation to Raegen Lodders and Dyllan Thurston. Thank you everyone for your continued support of our Athletic Program.



P.A.R.T.Y. Program

The Grade Nine students along with Mrs. Schwab will be attending the P.A.R.T.Y. Program at the Medicine Hat Hospital on Thursday, October 24. The program is a fast paced, “tell it like it is” injury prevention program that educates teens about the outcomes of making poor choices. Students will leave the school at 7:45 and will return by 4:00 p.m.

Halloween

Students will be dressing up for our annual “Parade of Costumes” which takes place at 12:50 October 31. Students are asked to be respectful with their costume choices. Following the parade students will attend a whole school dance in the gym.

AR Program

The AR Program has been running for 15 school days. We have 29 out of 87 students participating. They have taken 110 quizzes, passing 101 giving our school an average of 87%.

World Mental Health Day

Thursday, October 10 is World Mental Health Day. World Mental Health Day celebrates awareness for the global community in an empathetic way, with a unifying voice, helping those feel hopeful by empowering them to take action and to create lasting change.

We encourage all students and staff to wear purple. Put on your purple shirts, socks, pants, etc. and let's bring awareness to mental health.

Prayer for the Beginning of Autumn

O God of Creation, you have blessed us with the changing of the seasons.

As we welcome the autumn months,
may the earlier setting of the sun
remind us to take time to rest.

May the brilliant colors of the leaves
remind us of the wonder of your creation.

May the steam of our breath in the cool air
remind us that it is you who give us the breath of life.

May the harvest from the fields remind us of the abundance we have been given and bounty we are to share with others.

May the dying of summer's spirit remind us of your great promise that death is temporary and life is eternal. We praise you for your goodness forever and ever. Amen.



October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Jr/Sr Parent Orientation Evening 67:00-8:00	3 Picture Day	4	5
6	7	8	9	10 World Mental Health Day Peter's Pizza Day	11	12
13	14 Happy Thanksgiving 	15 NO SCHOOL Staff PD Day	16	17 Free Hot Lunch	18	19
20 St. Michael's Parish Supper 4:30-7:00	21	22	23 Division Board Meeting	24 P.A.R.T.Y. Program - Gr. 9	25	26
27	28	29	30	31 Pita Pit Day Parade of Costumes 12:50 		



SCHOOLMESSENGER®

Improving Our Schools' Communication with Home!

Holy Spirit Catholic School Division has contracted with SchoolMessenger to improve our schools' communication with parents and guardians.

This service does not replace other school communication methods. It is simply intended to extend beyond what we've traditionally used to ensure timely communications and reduce the amount of papers being sent home. Principals and teachers will still be available for face to face meetings and some paper notices may still be sent home occasionally.

In the meantime, we're excited to announce that two new methods of communicating with our students' families using SchoolMessenger have been launched!

Text (SMS) Messaging

1) *Did you receive a text from us?*

When a new mobile number is entered by the school, within 24 hours, a text should be sent to that number asking if you would like to subscribe.

Simply respond with your preference:

- Type "Y" or "Yes" to receive messages by text.
- Type "N" or "Stop" if you'd prefer not to receive messages by text. You can do this to unsubscribe at any time.

2) *You haven't received a text and you'd like to?*

You can always subscribe to receive texts from the school by sending a "Y" to **978338**. You will receive a notification that your opt-in is complete if successful.

3) *Do you have a new or different device you'd like to receive texts to?*

First, make sure your child's school has this new number in their system! You should receive a message in 24 hours asking you to respond with a "Y." If you don't, send a "Y" directly to **978338**. You will receive a notification that your opt-in is complete if successful.



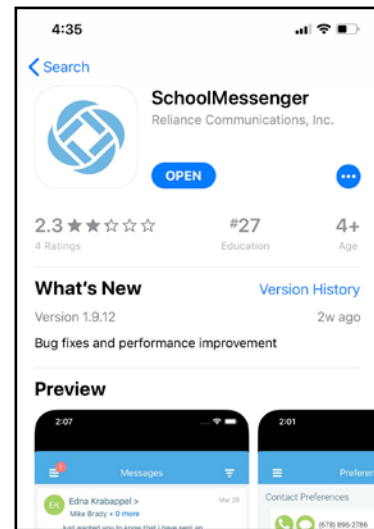
**While this service is free, standard message and data rates may apply. Please check with your device's data provider if you have any questions related to charges.*



SchoolMessenger App

The School Messenger App allows parents to:

- Access important school notifications 24/7/365
- Set your communications preferences for calls, emails, texts, and more
- Receive all kinds of school messages in one single app (classroom and group updates, activity alerts, school and division notifications)
- Review your messages on any device (smartphone, laptop, etc...)



1) Download the School Messenger App:

Go to the GooglePlay or Apple Stores to download "SchoolMessenger" (the version with the blue logo).


You can also download the app, or set up your account, from <http://go.schoolmessenger.com>.

2) Sign up for an account:

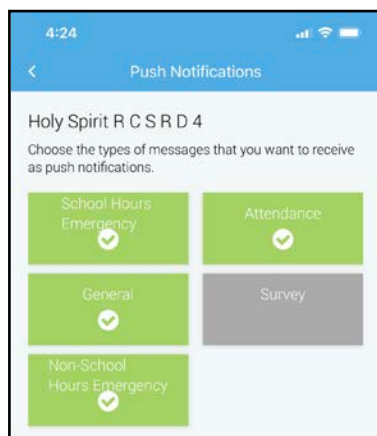
Make sure you enter the email address that the school has on file for you. This will allow the app to find all of the students associated with you. Also, make sure you select "Canada" as your location.



3) Set your preferences:


When you first log in, click on the  icon in the upper left corner of your screen and select "Preferences." For each category, you can select how you would like to be notified:

- *School Hours Emergency* –For urgent messaging during school hours
- *Non-School Hours Emergency* - For urgent messaging before and after school hours
- *Attendance* – For calls regarding your child's attendance.
- *General* – Day to day information from the school.



4) Enable push notifications:

Even if you turn off most types of notifications (phone, text, email), you can still receive those messages through push notifications on your phone.

To set your push notifications, click on the  icon in the upper left corner of your screen. Select "Settings," then "Push Notifications."

Click on all of those boxes for which you would like to receive push notifications on your device.

Healthy Children

October 2019 Parent Newsletter

Nurture with Nature

Reconnecting kids with nature has been shown to help children focus in school, boost a positive attitude and increase physical activity. Children are certainly losing touch with outdoors – a Canadian study shows that the number of kids who play outside at school decreases from 87% to 17% between grades 3 and 11. Seventy percent of youth spend an hour or less outdoors daily.

The effects of exposing and connecting children to nature are widespread and valuable. School grounds made greener by planting trees, building ponds and fostering gardens increases physical activity in elementary school children. Even having green space nearby has been shown to temper stressful life events in younger kids.

How you can help:

Start slow and make it a family goal to have at least 15 minutes of 'green time' a day, even if that just



means a walk together outside. Role modeling is essential to fostering a child's positive connection to nature.

Advocate for more time outside for your children at school, be it through extra gym classes outside or making outdoor learning a part of the other class lessons. Don't let the cold or snow stop you in Alberta! Many communities have free access to a variety of outdoor activities – Just make sure to bundle up!

Nurturing your child with nature is an easy way to improve their entire well-being.



For more information and ideas, visit the Children and Nature Network at

www.childrenandnature.org

Articles

Nurture with Nature

5 Tips on Talking About Sexual Health with Your Child

World Mental Health Day

October 10th is World Mental Health Day. You can use this day as an opportunity to check in with your child and see how they are doing. Asking every day questions can help such as: "How was your day?" or "What was the most challenging thing you did today?"

To learn more about mental health, visit <http://www.sickkidscmh.ca/ABC/Parent-Resource/Welcome>



5 Tips on Talking About Sexual Health with Your Child

Talking about sexual health topics like puberty, menstruation and relationships, will help your child to make healthy, informed decisions now and later on. Here are some tips for starting or having conversations about sexual health:



1. **Start young!** Teach young children the correct terms for their body parts. Talk about puberty before they are already experiencing it. The more you talk about it while they're growing up, the easier it will be to discuss more difficult topics later.
2. **Use teachable moments.** These moments can happen when you least expect them. You may hear lyrics to a song, watch TV together, or your child may tell you a story about someone in school. Ask your child's opinion, and use it as an opportunity to talk about sexual health and family values.
3. **Answer their questions as best as you can.** Find out what they already know and keep your response simple and age-appropriate. If your child asks a question and you are unsure how to respond, simply let your child know that you'll get back to them. Don't put it off – they might think that it's not okay to talk about it and will look for answers to their questions somewhere else.
4. **Make it a regular topic.** Think of sexual health education as an ongoing process. Shorter, frequent conversations are better than a big, one-off talk. Remember that healthy development, including sexual development, is a lifelong process.
5. **Aim for a friendly chat.** Try to see the talks as two-way discussions, not lectures. Ask what your child thinks and feels and be willing to listen. Aim to get a lively discussion going.

Healthy Teens

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The effects of exposing and connecting teens to nature are widespread and valuable. Older children who spend more time outside are not only more physically active but also have healthier body weights. Physical activity in outdoor environments improves mental health even more than in other settings and this makes less irritable teenagers.

These improvements in mood and outlook can contribute to better body image and self-esteem. Consistent, positive relationships also exist between students' exposure to nature, test scores and graduation rates.

How parents can help:

- Involve your teen in planning—hikes, kayaking, snowshoeing, cross country skiing, camping.



A personal investment is a powerful way to help connect teens to the natural world around them.

- A garden of their own can help provide youth with structure as they compete with pressures from all areas of their lives. Control over what gets cultivated and maintenance of the fruits of their labor offers both physical and mental outlets.
- Advocate for more time outside for your teens at school, be it through extra gym classes outside or making outdoor learning a part of other class lessons.



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Healthy Teens

October 2019 Parent Newsletter

5 Tips on Talking About Sexual Health with Your Teen

Talking about sexual health topics like puberty, consent, reproduction and relationships will help your teen make healthy, informed decisions now and later on. Here are some tips for starting or having conversations about sexual health:

1. **It's never too late to begin talking.** Even if you haven't talked much about sexuality with your teen yet, find a place to begin. Settings that don't require direct eye contact – car rides, walks, washing the dishes – can lead to open, meaningful conversations.
2. **Have more conversations.** Create opportunities where your teen can ask a question or make a comment. If you can't answer immediately, plan to come back to the conversation more than once to build and reinforce information and answer additional questions.
3. **Watch for teachable moments.** These moments can happen when you least



- expect them. You may hear lyrics to a song, watch a TV show together, or your teen may tell you a story about someone at school. Ask their opinion, and use it as an opportunity to talk about sexual health and healthy choices.
4. **Encourage your teen to talk about what they think.** An open exchange of ideas can help clarify the values you each hold. Whatever they tell you, remember that they are trusting you with this information. Try to make the most out of the situation by remaining calm and being understanding.
5. **Speak to them as a mature person.** Respect their views and make sure they understand that their feelings are their feelings, whether or not you agree or understand. Use correct terms to show that you respect their age and knowledge.