



# St. Michael's School—B.I.

## November 2019

**"A Community of Faith Devoted to Students"**



**St. Michael the Archangel**  
**Our Angel of Protection**

### Principal's Message

As we are nicely settled into Fall the business of the season begins to ramp up. Day to day school activities continue to progress at all levels including faith development and awareness, academics, club activities and special occasions within the school.

By print time you would all have received information concerning the PBS world-wide documentary being shot at our school on November 8 and hosted by Laurence Fishburne. The special revolves around the use of Edwin Nelson technology and the impact it is having on education. Some of our students as well as teachers who exercise the device will be interviewed. We are terribly excited for this opportunity and that Holy Spirit and in particular Mr. Smeaton, our Superintendent for recognizing the quality of education being delivered at SMBI. In short, this is no fluke.

Concluded events include our School Wide federal election vote that was held on October 17, The P.A.R.T.Y. Program for grade 9's that were both orchestrated by Mrs. Schwab. In addition we had a number of our students volunteer their services for our Parish Supper held on October 20. Thank you for your excellent work in that regard. Many great compliments were extended from parish members. Further 'Sock Wars' delivered by our student council proved to be a resounding success with proceeds as well as socks being delivered to the Women's Shelter in Medicine Hat.

A beautiful Living Rosary was held on Friday, October 25. We are truly grateful for our student's faithful and Christ-honored participation.

Volleyball in in the final stretch run. Both Junior teams captured league championships while the Junior Boys claimed the victory trophy at the Crescent Heights Tournament. The senior girls won the Consolation trophy at Willow Creek. Our Junior Boys as well as our two Senior teams now prepare for post-season play.

Constable McLaughlin will be in the week of October 28 to speak on varying topics to our grade 7-12 students. These grades will be broken up so as to speak to varying issues that affect children of different ages.

There will be a Halloween Dance on October 31 from approximately 2:00—3:00 pm.

**\*\*\*\*\* Please note, Remembrance Day services will commence at 10:50 a.m. on Friday, November 8. All are welcome.**

Jr./Sr. reports will be out on November 8 with interviews being conducted on November 14. Elementary reports will be out on November 15 with interviews being conducted on November 21.

Finally, school will be closed on November 12 and 18 for district wide professional development.

In Christ

Chris Sumner

## FCC Drive Away Hunger

Thank you to everyone who donated to the FCC Drive Away Hunger campaign. 63.1 pounds of food and \$90 was donated to our local food bank along with several thank you cards to farmers from our students. Good job everyone!

## All Saints Day

Friday, November 1 is All Saints Day. All Saints Day is dedicated to the saints of the Church, that is, all those who have attained heaven. Students and staff will celebrate this holy day of obligation on November 1 at 11:30



## Picture Retake Day

School picture retakes are set for Thursday, November 7. If your child needs a retake please send their proof envelope back to the school by November 5 and mark it retake.

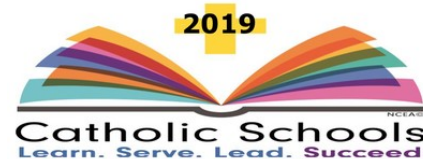
## School Cash Online

We strongly encourage all parents who have not yet done so to sign up for School Cash Online. By signing up you will receive notification of all hot lunch fundraisers, be able to pay your school fees, school ski trip, sports fees etc. This is a convenient, safe, secure way to pay for school items. You won't be digging for toonies or loonies for hot lunches etc. saving you time in the long run. Many parents have signed up and are happy with the convenience. If you have questions do not hesitate to call the school.

## AR Program

The AR Program has been running for 36 school days with 43 out of 88 students participating. Students have passed 276 of the 316 quizzes taken. The school average is 84.2%. Keep up the good work.

Catholic



## Education Sunday

Sunday, November 3 is Catholic Education Sunday. We invite all of our families to join staff at the 9:00 a.m. Mass at St. Michael's Church. All are welcome. Students are asked to wear school colors.

## Volleyball

As the volleyball season winds down we would like to thank our dedicated coaches: Ms. Matulin & Mrs. Schwab with the Jr. Boys, Mrs. Weatherhead & Mrs. Reusser with the Jr. Girls, Mrs. Kielstra & Brianna Carlyon with the Sr. Girls and Mr. Gouw with the Sr. Boys. Their time and commitment to our athletes is greatly appreciated. Congratulations to all of our athletes who had many successes this year. Once again you represented the school so well with great heart, sportsmanship and strong competitions at all times.

## Mini-Ball

We will once again holding Mini-Volleyball during the lunch hour. Practices begin October 30. The first game is scheduled for November 21. Thank you to all of the students who are volunteering their time to coach the Grade 4, 5 and 6 players. Thank you Ms. Matulin for organizing this event for our students.

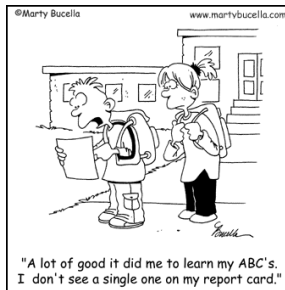
## Remembrance Day Service

You are invited to join the students and staff for our Remembrance Day Service November 8 at 10:50 in the school gym. Thank you to Miss Crooymans for organizing this service.



## Report Cards

Report cards will be sent home with Jr/Sr. students on November 8. Parent/Teacher Interviews will be held November 14 from 4:00-8:30 by appointment. An interview request form is attached. Interview requests must be received by the school office on or before 3:00 p.m. November 13. You will receive a confirmation email or phone call the morning of November 14 advising you of your interview times. Interviews for Grade 7/8/9 Art and French programs will be held in conjunction with the Elementary Parent/Teacher Interviews.



Report cards for Kindergarten to Grade 6 students will be sent home November 15. Parent/Teacher Interviews will be held November 21 from 4:00-8:30 by appointment. An interview request form is attached. Interview requests must be received by the school office no later than 3:00 November 20. You will also receive a confirmation email or phone call November 21 advising you of your interview times. All effort will be made to meet your interview request.

## Options Week

Options Week for Grade 10-12 students is set for November 25-29. There is no school for students in Kindergarten to Grade 9 during that week.

Options week allows our Senior High students an opportunity to work on projects they would not otherwise have a chance to do. This year we have been chosen to once again run a pilot program for Alberta Education and Forestry Alberta. This is a \$30,000 program for our students. Forestry Alberta will be bringing in 3 forestry programming simulators to give our students a more enhanced learning experience. There will be a Please watch for further information with regards to a nominal fee for students.

## Hot Lunches

School Council's next FREE hot lunch for students and staff will be November 5. They are serving Shepherd's Pie.

Peter's Pizza Day is November 7. Orders are due on or before November 4. Orders can be placed using Cash Online. Thank you for supporting the 2020 Grad Class and the Spring 2022 trip. The winner of the free large pizza was Mirai Sasaki. Congratulations!

Pita Pit lunch day is November 21. Orders are due no later than November 15. Orders can be placed through Cash Online. Thank you for supporting our Athletic Department. Winners of either a free large or small smoothie or pita is Shayla Hodgson in elementary and Emma Vandergaast for Jr/Sr. High. Congratulations!

## Volunteers Needed

Senator Gershaw will be hosting Volleyball Provincial Championships November 21-23. This is a large undertaking so they are soliciting community support. Mr. Angle is looking for scorekeepers, lines people, camera work, raffle room and front door support. Students, parents, grandparents are all welcome to be part of the volunteer core. If you are able to help please contact our school by phone, email, etc. and advise as to which days, time and service you are will to lend a hand with. There was great community support for the new track at Gershaw and I am hoping we can get behind another important community endeavor. If you wish to email me I can be reached at [sumnerc@holyspirit.ab.ca](mailto:sumnerc@holyspirit.ab.ca). Mrs. Weatherhead is also talking to her Jr/Sr PE class in an effort to garner volunteers. Thank you in advance for your support.



Chris Sumner

## Bully Prevention

November 18-22 is Bully Prevention Week. On November 22 members of 40 Mile FCSS and the RCMP will visit our students to give them pink cookies and talk to them about bullying. **EVERYONE IS ASKED TO WEAR PINK** on November 20 to show you stand against bullying. We are excited to welcome the Morris Brothers that day. They give a high energy, audience participating, education and comedic presentation aimed to please students and teachers alike. Parents are welcome. Performance time will be announced when set.



## CWL Presentation

CWL Chairperson, Wil Remijn will be at the school to say a decade of the rosary with our students and gift all students with an Our Lady of Guadalupe candle. Please bring your rosaries to school that day. We would like to thank the CWL for their continued support.



St. Michael's annual Christmas Concert is set for Tuesday, December 17 starting at 6:30. You are invited to come out and see the Glee Club in action and watch the elementary students give different performances. It always proves to be a special evening.

## Growing Great Kids

Once again we will be recognizing students who show kindness to others at school. Each month at our birthday assembly, students who have done good deeds will be called to the front of the assembly to be recognized. Their names will be put into a draw for a \$20 Medicine Hat Mall Gift card sponsored by the Conquerville Community Hall. The winner for October was Karista Kielstra who was seen picking up litter on the playground without being asked to do so. Great job Karista!



St. Michael's School annual Dinner with Live/Silent Auction is set for Friday, December 6. Doors open at 4:30 with dinner served from 5:00-6:30 in the school gym. The live auction begins at 7:00 featuring classroom baskets with a variety of themes. Once again there will be a giving tree. More information is attached. The funds raised continue to support cultural programs, field trips and the music program. This is School Council's only fundraiser and your help is needed to make it another success. All parents are asked to volunteer in some capacity. Please return your volunteer sign up sheet as soon as possible. Spread the word, invite family, friends and neighbors and plan to have a fun night of visiting, shopping and great food. **SEE YOU THERE!**

## Joy of Giving



Once again we ask for your help with supporting our community's Joy of Giving campaign. Please consider giving what you can. The campaign will gratefully accept non-perishable food items that are not expired, new toiletries, new scarves & mittens as well as new unwrapped toys. In addition any monetary donations will be used to purchase the extras for the Christmas Hampers (i.e. fresh fruit & vegetables, frozen meat etc.). Donations can be dropped off at the school from November 15 to December 17. If you know of anyone who could use some help this holiday season drop off the information in a sealed envelope at the hospital marked "Attention: Joy of Giving". Please include the recipient's full name, phone number, the number of children including their gender & age. Please consider sharing with those less fortunate.

# November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 All Saints Service 11:30 Random Acts of Kindness Day	2
3 Catholic Education Sunday 9:00 AM Mass	4	5 Free Hot Lunch	6	7 Picture Retakes Peter's Pizza Lunch Day	8 Jr/Sr Report Cards Documentary Filming	9
10	11 Remembrance Day No School	12 Division PD Day NO SCHOOL	13	14 Jr/Sr Parent/ Teacher Interviews	15	16
17	18 NO SCHOOL Division Wide Collaboration Day	19	20 Bully Prevention Presentation Morris Bros. Performance	21 8:45 CWL Presentation in Gym Pita Pit Lunch Day	22	23
24	25 Gr. 10-12 Options Week NO SCHOOL for K—9	26	27	28	29	30

# **SHOW ST. MIKE'S YOUR**



**St. Michael's School 17<sup>th</sup> Annual Supper & Auction**  
**Friday, December 6, 2019**

4:30p Silent Auction \* 5-6:30p Supper \* 7:00p Live Auction  
Tickets \* \$12 ages 12+ \* \$7 ages 4-11 \* \$10 ages 60+  
3 & under FREE



# SHOW ST. MIKE'S YOUR



## **CALLING ALL PARENT VOLUNTEERS FOR AUCTION NIGHT!**

**ALL parents are asked to volunteer in some capacity for Annual Supper & Auction being held Friday, December 6th. Your assistance is required to make the event a success!**

Please fill out and return the bottom portion of this notice to the school by **THURSDAY, NOVEMBER 7<sup>th</sup>**.

Parents not returning the form will be phoned by a School Council Representative to ask for your support.

**NOTE: All profits from this event will be used to support ongoing events such as Missoula, music and art programs/instruments, school field trips and technology. These activities and items purchased cannot continue without everyone's support. Items or donations of any size are always welcome and appreciated.**

Parent Name(s) \_\_\_\_\_

Phone Number (s) \_\_\_\_\_

**I (we) am (are) willing to help with the 2019 Supper & Auction by doing the following.  
(Please feel free to check as many as you like!)**

- ☒ ☐ donate a 9 x 13 pan of squares (cut into 24), or 3 dozen cookies (**required from every family**)
- ☐ donate a 4L ice cream pail of RAW, fresh veggies, cut into bite size pieces (ie. carrots, cucumbers, celery, peppers)
- ☐ set up for the event: ☐ 3:30pm Thursday or ☐ 9:00am Friday
- ☐ book, pick up, and return tables for the auction
- ☐ help with posters and "decorations" for the auction
- ☐ kitchen workers (shift schedule will be made for: prior to, during, and following the meal)
- ☐ door workers (shift schedule will be made)
- ☐ giving tree worker (shift schedule will be made)
- ☐ bid sheet collector
- ☐ clean up kitchen
- ☐ supervisor of gym clean-up at the end of the evening

**Thank you in advance for your help in making this a great night!**  
**If you need further information or clarification, please contact Michelle MacLean at  
403.315.3958 or [mcihelle.r.maclea@gmail.com](mailto:mcihelle.r.maclea@gmail.com)**





# SHOW ST. MIKE'S YOUR



Dear Sponsors & Donors, Past, Present and Future,

St. Michael's Parent Council, Bow Island is planning its 17<sup>th</sup> Annual Supper and Auction Fundraiser for the evening of Friday, December 6, 2019. Please mark this date on your calendar! We hope you will be able to attend.

This is our only major fundraiser of the year. The funds raised will be used for such things as enhancing the technology program, providing cultural events, and supporting the library program to name just a few of the benefits to our students. We are asking for your support with an item for our auction or a monetary donation. Your company then receives advertising at the auction, as well as in the local newspaper directly after the auction occurs.

We also have a LIMITED number of key sponsorships available that offer a great way to promote your company while also supporting our students, our school and our community. There are ONLY 10 sponsorships available with unique ways to promote your business, so act quickly! (Please ask the committee representative that provided this letter to you for more information.)

A representative of St. Michael's School Auction Committee will contact you within the next month to request your support. Alternatively, donations of new/unused items may be dropped off at the school. If you require any assistance, please contact Michelle MacLean (403.315.3958).

Thank you in advance for your support.

Sincerely,

A handwritten signature in black ink, appearing to read 'Chris Sumner', written in a cursive style.

Chris Sumner  
St. Michael's Principal

A handwritten signature in black ink, appearing to read 'Michelle MacLean', written in a cursive style.

Michelle MacLean  
Auction Chair



# SMBI 17<sup>th</sup> ANNUAL SUPPER & AUCTION SPONSORSHIPS

Thank you for considering auction sponsorship for St. Michael's School. All sponsors receive:

- Year round DONOR WALL RECOGNITION
- Sponsorship on VINYL EVENT BANNER displayed year round
- ACKNOWLEDGEMENT night of the auction
- Logo on the WELCOME TABLE

In addition to these forms of promotion for your business, each level of sponsorship will also receive:

## **ELEMENTARY \$500 (only 6 available)**

- Program mention
- Event slide show - 2 slide
- Sponsor Christmas Balls -2
- Social media - mention with website link
- All event PRINT advertising
- Includes 2 supper/auction tickets
- Listed as one of the following with logo on event signage
  - **Family Game/Movie Room Sponsor**
  - **OR Bookmark Sponsor with logo**

**BECOME A SPONSOR TODAY!**  
**THERE WILL ONLY BE 10!!**

Be part of a **GREAT** sponsorship program that provides **GREAT** exposure for your business, & an even **GREATER** impact on our students, our school, and our community.

## **JUNIOR \$1000 + (only 3 available)**

- Program mention with logo
- Event slide show - 3 slides
- Sponsor Christmas Balls – 3
- Social media – mention with link to website
- Logo on welcome table
- All event advertising (print, radio, posters)
- Mentioned in all press releases
- Logo on podium
- Includes 2 supper/auction tickets
- Listed as one of the following with logo on event signage
  - **Matching Donor Wall Sponsor OR Pre Auction 'Appetizer Hour' Sponsor** with multiple mentions during the opening hour of the auction night

## **SENIOR \$2000 + (only 1 available)**

- Program mention with logo
- Event slide show - 5 slides
- Sponsor Christmas Balls – 5
- Social media – name mention, ad if provided, with link to the website
- All event advertising (print, radio, posters)
- Mentioned in all press releases
- Logo on podium
- Video of sponsor message or opportunity to speak at event
- Includes 2 supper/auction tickets
- Listed as **Supper Sponsor** with logo on event signage



## Parent/Teacher Interview Request

Interviews for students in **Grade 7-12** will be held November 14 from 4:00-8:30 p.m. by appointment. Interviews will be scheduled at **20** minute intervals. Please return the Interview Request Form below or contact the school by email at [johnsond@holyspirit.ab.ca](mailto:johnsond@holyspirit.ab.ca) or telephone at (403) 545-2131 by November 13 to schedule your interview time. You will receive a confirmation email or telephone call the morning of November 14. **Grade 7-9 Art & French program interviews will be held on November 21.**

Interviews for **Kindergarten – Grade 6** will be held November 21 from 4:00-8:30 p.m. by appointment. Interviews will be scheduled at **20** minute intervals. Please return the Interview Request Form below or contact the school by email at [johnsond@holyspirit.ab.ca](mailto:johnsond@holyspirit.ab.ca) or telephone at (403) 545-2131 by November 20 to schedule your interview time. You will receive a confirmation email or telephone call the morning of November 21.



### Interview Request Form

I/We \_\_\_\_\_ would like to schedule an interview with:

#### Nov. 14

Mr. Allen	<input type="checkbox"/>
Miss Crooymans	<input type="checkbox"/>
Mrs. Schwab	<input type="checkbox"/>
Mr. Sumner	<input type="checkbox"/>

#### Nov. 21

Mrs. Weatherhead	<input type="checkbox"/>
Miss Crooymans	<input type="checkbox"/>
Miss Dryckacz	<input type="checkbox"/>
Ms. Matulin	<input type="checkbox"/>

Please indicate the preferred time for your interviews to begin.

1<sup>st</sup> Choice \_\_\_\_\_

2<sup>nd</sup> Choice \_\_\_\_\_

3<sup>rd</sup> Choice \_\_\_\_\_

# OFF-CAMPUS NEWS



## Lethbridge College

### Open House

**Nov 7, 2019 10am to 2pm**

Val Matteotti Gymnasium

Take tours of the campus

Meet instructors

**Apply on the spot and application fees will be waived**

**Only paper applications for 2020 accepted at the Open House.**

Register online and attend the Open House to enter a draw to **win a \$1500 tuition credit.**

Register at : [lethbridgecollege.ca/openhouse](http://lethbridgecollege.ca/openhouse)

Work Experience and RAP students please remember to hand in your **October** time sheets or pay stubs.

## University of Lethbridge

### Admission Scholarship

Apply for admission to the U of L before **December 15** to automatically be considered for up to \$1,000 in

student awards! Apply online at:

[ulethbridge.ca/future-student](http://ulethbridge.ca/future-student)

If students have any questions about the U of L and don't know who to contact email or phone Mrs. Gurr at [gurrw@holyspirit.ab.ca](mailto:gurrw@holyspirit.ab.ca) or 403-327-4596, Ext 312, for help.



## Applying for post-secondary programs in Alberta

ApplyAlberta is an online application and transcript transfer system that everyone can use when applying to Alberta's public post-secondary institutions.

**Go to:** [www.applyalberta.ca](http://www.applyalberta.ca)

**Create:** a MyAlberta Digital ID

**Choose:** your post-secondary institution from the list.

**Fill out:** the specific information required by the post-secondary institution.

**Submit:** your application and pay the application fees using a credit card.

**Use:** your profile every time you want apply to a public post-secondary institution in Alberta. Also authorize the transfer of your Alberta high school transcripts at no cost.



## Green Certificate Agricultural Training

Testing Dates for November are:

November 20 & 21.

The next testing will be held in February 2020 on February 5 & 6.

All testing will be done at the Royal Canadian Legion, 324 Mayor Magrath Drive South, in Lethbridge.

Contact Mr. Boschee to register for any of these testing dates or to start working on a the Green Certificate Specialization.



## Your Off-Campus Team

Mark Boschee - Off-Campus Coordinator 587-220-4258

Wendy Gurr - Career Practitioner 403-327-4596 Ext 312



# HALLOWEEN CANDY BUYBACK IS HERE!

November 1st & 2nd, 9am - 6pm

## Enter to win a Movie Mill Party for your whole class!

Hey kids, bring your leftover candy to Crossings Dental and we will pay you \$1.00 per pound.  
The candy will be sent to troops overseas to put in their Christmas packages.

Thank you to our major sponsor - the UPS Store North.

Candy can be dropped off at the  
school to be picked up by Crossings  
Dental

**CROSSINGS**  
**DENTAL**

*Affiliated with Crossings Dental*

[crossingsdental.ca](http://crossingsdental.ca)



#10 - 6 Aquitania Blvd., Lethbridge, AB

403-394-0102

proud sponsor of







The **Catholic Bishops**  
of **Alberta** and the  
**Northwest Territories**

Les évêques catholiques  
de l'Alberta et des  
Territoires du Nord-Ouest

8421 — 101 Avenue, Edmonton, Alberta, Canada, T6A 0L1 | T 780.469.1010 F 780.465.3003

### **Novena for Catholic Education Sunday**

The Novena for Catholic Education Sunday is a traditional prayer to the Holy Spirit. To make it more dynamic in the community of the classroom, the Novena employs a liturgical dialogue and the *Glory be*. The introduction is inspired by this year's theme for Catholic Education Sunday.

We are grateful for our Catholic Schools. Let us unite in prayer that the Holy Spirit may intercede for Catholic Education throughout Alberta by praying this traditional prayer daily from October 25 until November 2, 2019.

Leader: Come, Holy Spirit, fill the hearts of your faithful.

**All: And kindle in them the fire of your love.**

Leader: Send forth your Spirit, and they shall be created,

**All: And you will renew the face of the earth.**

Leader: Let us pray:

**All: Lord, by the light of the Holy Spirit  
you have taught the hearts of your faithful.  
In the same Spirit  
help us to attain our happiness in what is right  
and to always rejoice in your peace and consolation.  
May you inspire Catholic Education with the wisdom of the Holy Spirit  
that it may remain faithful to your teachings and committed to living  
the Gospel of Jesus Christ.  
We ask this through Christ our Lord. Amen.**

Leader: Glory be to the Father, and to the Son  
and to the Holy Spirit:

**All: as it was in the beginning, is now,  
and ever shall be, world without end. Amen.**



The Catholic Bishops  
of Alberta and the  
Northwest Territories

Les évêques catholiques  
de l'Alberta et des  
Territoires du Nord-Ouest

8421 - 101 Avenue, Edmonton, Alberta, Canada, T6A 0L1 | T 780.469.1010 F 780.465.3003

November 2019

Dear Sisters and Brothers in Christ,

*United in Prayer and Grateful for Catholic Schools*

Catholic Education Sunday is an annual opportunity to celebrate Catholic schools in the province of Alberta. Publicly funded Catholic education is a gift that we acknowledge with deep gratitude and embrace with unwavering resolve. We are grateful for the opportunity to provide faith-based education to more than 180,000 students in Alberta and for the teachers, administrators, parents, students, priests and parishioners who are committed to Catholic Education.

The Alberta Bishops' commitment to Catholic education is resolute and we are actively working and advocating to ensure the future of Catholic education. One year ago, we announced the formation of GrACE (Grateful Advocates for Catholic Education), a joint initiative with the Catholic School Trustees and Superintendents that will unite, engage, educate and communicate on behalf of Catholic education throughout the province of Alberta. Since that announcement, GrACE groups have been established across our province and these grassroots movements have begun the vital work of prayer, dialogue and action. Community engagement sessions have been widely attended and this reflects the Catholic community's proactive advocacy and engagement on behalf of our publicly funded Catholic schools.

Everyone has a role to play in Catholic education and this includes each of us. Keep our Catholic schools in your prayers that God may lead them in faithfulness, wisdom and charity; get informed about the issues; and commit to the work of advocacy to sustain their future. We invite you to become a positive voice in this conversation. Your involvement will support the many parents who see religion and the Catholic faith as an integral value in the education and formation of their children.



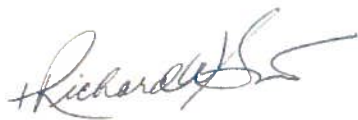
The Bishops of Alberta are encouraged by the active response of our Catholic community in past decades and today to the support of this ministry of the Church. The future of Catholic education will be supported by your prayers, involvement, and advocacy. Just as the Christian community at Colossae was advised by Paul to, "devote yourselves to prayer, being watchful and thankful" (Colossians 4:2), we too, live in gratitude for our Catholic schools and are called to vigilance and prayer.

We are encouraged by the GrACE initiative to organize a Prayer Novena that will unite our Catholic parishes and schools in a spirit of devotional prayer to further our commitment to Catholic education in Alberta. Let us petition the Lord to direct our actions by His inspiration, and support them by His aid, that every prayer and work in our Catholic schools may begin with His grace and be completed in His service.

May all of our efforts unite us and strengthen our ongoing commitment to Catholic education. We extend to our Catholic school communities our prayers and blessing for offering this Novena and celebrating Catholic Education Sunday.

Yours sincerely in Christ,

Catholic Bishops of Alberta and NWT



Most Reverend Richard W. Smith  
Archbishop of Edmonton



Most Reverend William T. McGrattan  
Bishop of Calgary



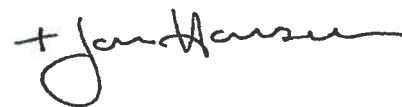
Most Reverend David Motiuk  
Bishop of the Ukrainian Eparchy of Edmonton



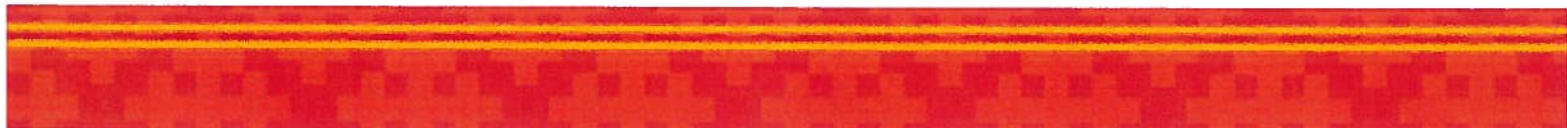
Most Reverend Gerard Pettipas CSsR  
Archbishop Grouard-McLennan



Most Reverend Paul Terrio  
Bishop of St. Paul



Most Reverend Jon Hansen CSsR  
Bishop of Mackenzie-Fort Smith





## Mini-Volleyball Teams – 2019

Team 1	Team 2	Team 3	Team 4	Team 5
Foster	Zane	Raegen	Grayson	Loki
Ewan	Soto	Braiden	Alia	Thijs
Breck	Easton	Aubrey	Kade	Karista
Shayla	Issy	Levi	Taytem	Gage
	Lucas			Brianna
Coaches:	Coaches:	Coaches:	Coaches:	Coaches:
Meredith	Seth	Alexa	Wade	Alies, Lauren
Sam	Lindsay-Rae	Jaxon	Karsten	Jared

## Practice Schedule:

Date:	Teams:
Oct. 30	1 + 2
Nov. 08	3 + 5
Nov. 14	4 + 1
Nov. 15	2 + 3
Nov. 19	4 + 5



## Game Schedule:

Date:		Teams:
Nov. 21		1 vs. 3
Nov. 22		4 vs. 2
Dec. 02		5 vs. 1
Dec. 03		3 vs. 2
Dec. 04		4 vs. 5
Dec. 09		1 vs. 2
Dec. 10		3 vs. 4
Dec. 12		2 vs. 5
Dec. 13		1 vs. 4
Dec. 18		3 vs. 5



## Playoffs:

**3<sup>rd</sup> vs. 4<sup>th</sup>:** Thursday, **December 19<sup>th</sup>**  
at Lunch.

**1<sup>st</sup> vs. 2<sup>nd</sup>:** Friday, **December 20<sup>th</sup>** at  
11:40.



# Healthy Children

November 2019 Parent Newsletter

## 5 Easy Tips to Get Rid of Lice

Lice! The word can send many parents into a panic. No one wants to get a call that their child has lice. Lice can happen to anyone, anytime. Rich or poor, clean or dirty, lice do not discriminate. The head louse is one of several types of lice, but it only infests the scalp. The head louse is not known to spread disease. Up to 10% of elementary school children may have lice. If your child has lice it can spread to other family members or close contacts. Head lice do not hop or fly. The lice spread by contact with the hair of a person who has lice.

So what do you do if your child has lice?

1. Try not to panic.
2. Treat those with lice. Talk to a pharmacist for the most current effective treatment.
3. Wash bedding and clothing, especially head gear and scarves in hot water. Drying on a hot cycle will help but is not necessary.
4. Soak combs and brushes in hot water approximately 55 degrees Celsius.
5. Do not use sprays to treat the house. They can be toxic.



Finding lice does not mean that your child gets time off school. Your child can go home at the end of the day and still return the next day after treatment.

➤ **For more information about head lice and treatment, visit <https://www.albertahealthservices.ca/assets/info/school/if-sch-sh-head-lice-and-how-to-treat-them.pdf>**

## Articles

5 Easy Tips to Get Rid of Lice

Technology and Physical Activity

As the best defense against influenza infection and illness, an annual influenza immunization is recommended for all Albertans six months of age and older. For more information about influenza immunization visit

<http://www.albertahealthservices.ca/influenza.asp>



## Technology and Physical Activity

There is no doubt that technological advances have changed our society. If we reflect on our own childhood play experiences most of us would likely say that we remember being outside, in an unstructured setting and had the freedom to experiment movement skills. We felt challenged yet successful, building confidence and competence in a variety of skills and movements but most importantly, we were having fun! We were definitely heading on the progressing path of enhancing our physical literacy and enjoying every minute of our journey.

Today our children and youth are exposed to technology in various locations (home, school, friends' homes). It has become a daily part of life and this trend is only going to become more and more common. As advances in technology continue, our lives become more and more efficient but also have contributed to more sedentary behaviours. How can we balance the need to embrace the advantages of new technology with the need to stay active and maintain our physical



health? This isn't easy in a world that is becoming over populated with screens, but there are some tips on balancing technology and physical activity in our children's, or even our own lives:

- **Set daily limits or guidelines.** Limit the use of screens to certain times of the day or set times to 'unplug'.
- **Encourage them to get outdoors.** Who needs a screen when you can discover so much more in the great outdoors? Some ideas include: scavenger hunts, snowmen building, or rolling down hills.
- **Lead by example.** Nothing has a greater impact than a positive role model. How

often are you on a screen in front of them? Take note of our behaviours and unplug and get moving with them.

- **Create a list of unplugged activities.** Keep an activity jar at home, have your child help make a list.

Technology is not going anywhere and we may not have a choice where screens are but we do have a choice in finding balance in our lives and learning how to unplug. Learning these skills and passing them on to our children is only going to help us all lead happy healthy lives.



# Healthy Teens

November 2019 Parent Newsletter

## Is Your Teen Considering Body Art?



Did you know that Alberta has health regulations to prevent the customers who get body art from getting sick? Since the 1990's the provincial government has had regulations that artists have to follow. If your teen is considering getting a piece of body art or piercing here are some things to ask:

- Is the shop clean?
- Is there hot and cold running water?
- Is the shop separate from where people live?
- Are the tools single service or reusable?

- If the tools are reusable then how are they sterilized?
- Did the artist wash his hands before putting gloves on?
- What pre and post skin care are you getting?

Body art does require consent. Removal can be more painful than application, so it is important to talk to your teen about choosing the right shop, the right artist and the right body location.

## Articles

Is Your Teen Considering Body Art?

Surviving the Cut: Staying active when your teen doesn't make the school team

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## Surviving the Cut:

Staying active when your teen doesn't make the school team

Tryouts for school teams are common in junior and senior high, so is the reality of getting cut from one or more of these teams. Not making the team can be a tough experience for teens emotionally, socially and physically, but it doesn't mean an end to their involvement in sport.

There are many opportunities for teens to be active outside school sports. Encourage them to look into community recreation programs in order to develop and practice their skills. Community sport can be a great way for your teen to meet new people, have fun and enjoy being active in a less competitive environment. If competition is what your teen is after, some community leagues may have structured divisions based on recreational or competitive play, which allows a teen to choose a level based on their needs and wants.

You could consider sports development camps in order to



further grow your teen's skills and abilities. When looking into programs, some things to consider are: the ratio of training to playing; how playing time is determined; the presence of the coach; and the emphasis on skill development or competition.

Being supportive of your teen is important for building and maintaining self-esteem and character. If your child gets cut from a school team, talk to them about what their goals are and provide them with options for how they can remain active, develop their skills, and have a positive experience with sport.