



St. Michael the Archangel  
Our Angel of Protection



*"A COMMUNITY OF FAITH DEVOTED TO STUDENTS"*

## Principal's Message

Dear Parents, Guardians,

We are up and running after Christmas holidays. I hope everyone had a joyous, restful break.

School is in full swing but first a couple of key announcements. Mrs. And Mr. Schwab had a healthy baby boy named Jameson. All folks are doing well. In addition we hired Miss Kyla Matthews to replace Mrs. Schwab until the end of June. Miss Matthews graduated from the University of Lethbridge obtaining a BA and BED with a major in Social Studies. She concluded her PS3 major practicum at Father Leonard Van Tieghem in Lethbridge. She is also a grad of McCoy in Medicine Hat. Finally Miss Matthews is an accomplished soccer player as well as an outdoor enthusiast. SMBI welcomes her.

Final exams are concluding this week for our grades 10,11 and 12. Needless to say the week has been a busy one. Exam week concludes with the Exam Relief Dance, so aptly named is being held this Friday from 7:00-11:00 p.m. Please note a change in the schedule from the previous newsletter. Grades 10, 11 and 12 are not required to be at school Thursday, January 30. Semester 2 commences on January 31.

\*\*\*\* Please note if for any reason your child will be leaving the school, (Dr.'s appointment, athletic event, etc.) please ensure they have a note explaining their absence. An email to myself or Mrs. Johnson will suffice or a text. A voice mail message is no longer acceptable unless the child will not be present all day.

Reminder that SMBI will be closed Friday, February 7 for Pro-Day and the week of February 17 for Alberta Family Week. Ski trip is occurring on February 14.

We are further pleased to announce our Grades 10, 11 and 12 will be attending EPIC in Lethbridge, whereby they will participate in a 'hands on' experience of the following; STEM (science, math, engineering or technology), Trades, Health or Agriculture. Professionals in the field will be guiding them through various activities.

Just a reminder of the February 22 Knights of Columbus Auction, Dinner & Dance supporting school nutrition programs. Any donation or support you can lend would be greatly appreciated. A letter from the Division is attached. Thank you in advance.

In Christ,

Chris Sumner

## Report Cards



Report cards for Grade 7-12 students will be sent home Thursday, February 6. Semester II begins Friday, January 31. There is no school for Sr. High students on January 30. A copy of the Semester II Timetable is attached.

## 2020/21 Registrations

As per Alberta Education mandates paper registration forms are no longer available. Parents will need to update their child's registration online. An **ONLINE** form will be sent for review and update, ensuring that the information on file is accurate and complete. If your child will not be attending St. Michael's next year for any reason, please indicate this on the form. Submitting your online update form in a timely manner allows the school to better plan for the upcoming school year. If you have any questions or need assistance please contact the school.

## Sacraments



Due to a family emergency, Father Raul was unavailable for the Sacramental Orientation/Registration meetings in January. He has rescheduled them for the following dates:

- February 12 @ 7:00 p.m.—Foremost **or**
- February 13 @ 7:00 p.m.—Bow Island **or**
- February 15 @ 1:00 p.m.—Bow Island

The registration fee which covers the cost of the study book, is \$20 and should be brought to the first meeting. If your child was not baptised at St. Michael's church or OLPH you will also need to bring a copy of their baptismal certificate.

First Communion is June 14 at 9:00 a.m. Mass in Bow Island, First Reconciliation will take place June 18 after the 7:00 p.m. Mass in Bow Island. Bishop McGratten will be in attendance on Sunday, June 21st for those participating in Confirmation.

## Ski Trip



The annual ski trip for Grades 3-12 is set for February 14 at Hidden Valley Ski Hill in Elkwater. Students received a letter which included the registration form. Forms must be returned no later than January 31. There is a \$5.00 fee to help cover the cost of the bus rental. We ask and would prefer that ski packages and bus fee be paid through Cash Online. If you have not yet signed up, please contact the school if you have any questions. Thank you to Ms. Matulin for planning and organizing this trip.

## Sledge Hockey

The Grade 5-12 students will be participating in Sledge hockey on Thursday, February 6 beginning at 9:30 a.m.. Derek Whitson, a two-time Paralympic athlete will be facilitating this opportunity. Special thanks to Sam Reusser who initiated the contacts and started the "puck" rolling.

## Hot Lunches

Peter's Pizza Day will be held on Thursday, February 6. Winner of the January draw for a free pizza was Onyx Thacker. Orders due February 2. Thank you for supporting the Grad Class of 2020 and the Spring 2022 Trip.

The next Pita Pit Day is set for February 13. Winners of the January draw for either a small/ large pita or smoothie were Levi Wudrich, Taytem Ell, Samuelle Biege and Anke-Marie Van Tryp. Orders are due February 6. Thank you for your continued support of our athletic program.

The next free hot lunch hosted by Parent Council will be Shrove Tuesday, February 25, pancake lunch. Thank you to all those parents who volunteer their time preparing free meals for students and staff.



*Shrove Tuesday*

## Lent

Lent begins with Ash Wednesday, February 26. A service will be held at the school at 11:30. St. Michael's Church will also have two Ash Wednesday Masses. The first will be at 7:00 a.m. with another at 8:00 p.m.



## School Division Message

### Re: Epi-pens

On January 1, 2020, *Bill 201: Protection of Students with Life-Threatening Allergies Act* came into force.

As a result, all schools within the Holy Spirit Catholic School Division are now equipped with an epinephrine pen to be used in emergency situations for students with undiagnosed allergies who present with an unexpected and severe allergic reaction. We are happy to have this life-saving tool within our schools.

Please know that this legislation does not impact students diagnosed with severe allergies for whom parents and caregivers provide a prescribed epinephrine pen to the school.

For more information please refer to our newly updated Administrative Procedure 313:

Anaphylaxis Students located on the Division Website under Resources & Publications, Policy Procedures, Administrative Procedures, Section 300 - Students.



## Fundraiser

The group going on the Spring 2022 Trip will be selling navel oranges and pink grapefruit from Fersters Market. This is the same company that supplied the apples for the fall fundraiser. Sales will run from February 24 to March 9. Pricing will not be known until the fundraiser starts. If you are interested in supporting the Spring 2022 Trip please contact one of the participants or Mrs. Mastel. Thank you in advance.

## AR Program

A new AR site was established on December 27 and as of January 14 it was up and running efficiently. The site can be found on the School's website under the Resources and Publications. Go to Student Links then Renaissance.

The AR Program has been running for 89 school days with 47 out of 89 students participating. Students have passed 741 quizzes of the 826 books read giving our school a 90.1% average. Great Job everyone!

## Literacy

February is Literacy Month. We will once again be holding a *School Family* reading contest through the AR Program. The *School Family* with the best results will win a family pizza party in March in the school library.

## Student Council



Student Council will once again be holding "Crush for a Crush" sales.

Students can purchase a can of Crush soda for a friend from February 4-6. Crushes will be delivered on February 13 for Valentine's Day.

## Website

Please check out our new website. New features are aimed to make the site more user friendly. We continue to add information we hope is useful to both parents and students. It is a continual work in progress and we hope you will find it use.



The group will also be selling lawn fertilizer (19-12-15-6 blend) supplied by Nutrien Ag Solutions. A 15kg bag sells for \$27/bag. If you purchase more than 4 bags the price will be \$25/bag. Students will contact their past clients or if you would like to order you can contact John Van Tryp at 403-952-90590 or Melinda Mastel at the school at 403-545-2131.

# February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Crush for a Crush Sales - \$1.00 each	5 Crush for a Crush Sales - \$1.00 each	6 Gr. 5-12 Sledge Hockey  Crush for a Crush Sales - \$1.00 each  Peter's Pizza Day  Jr./Sr. Report Cards	7 <b>NO SCHOOL</b> <b>Staff PD Day</b>	8
9	10	11	12	13 Pita Pit Day  Birthday Assembly 11:30  Sacrament Meeting 7:00 St. Michael's Church	14 Gr. 3-12 Ski Trip  	15 Sacrament Meeting 1:00 St. Michael's Church
16	17 <b>NO SCHOOL</b> <b>Family Day</b>	18 <b>NO SCHOOL</b>	19 <b>NO SCHOOL</b>	20 <b>NO SCHOOL</b> <b>Teachers' Convention</b>	21 <b>NO SCHOOL</b> <b>Teachers' Convention</b>	22
23	24	25 Shrove Tuesday  Free Pancake Lunch	26 Ash Wednesday  	27	28	29

Semester 2 Timetable 2019/20

BLK 1	Gr		Monday	Rm#	TE	Tuesday	Rm#	TE	Wednesday	Rm#	TE	Thursday	Rm#	TE	Friday	Rm#
	K				AK	K - Routines	31				AK	K - Routines	31			
8:30 9:10	1	JW	LA 1/2	32	JW	LA 1 /2	32	JW	LA 1/2	32	JW	LA 1/2	32	JW	LA 1/2	32
	2	JW	LA 1/2	32	JW	LA 1/2	32	JW	LA 1/2	32	JW	LA 2	32	JW	LA 1/2	32
	3	ND	LA 3/4	7	ND	LA 3/4	7	ND	LA 3/4	7	ND	LA 3/4	7	ND	LA 3/4	7
	4	ND	LA 3/4	7	ND	LA 3/4	7	ND	LA 3/4	7	ND	LA 3/4	7	ND	LA 3/4	7
	5	MM	LA 5/6	6	MM	LA 5/6	6	MM	LA 5/6	6	MM	LA 5/6	6	MM	LA 5/6	21
	6	MM	LA 5/6	6	MM	LA 5/6	6	MM	LA 5/6	6	MM	LA 5/6	6	MM	LA 5/6	21
	7	SC	Soc. 7/8	19	SC	Soc. 7/8	19	SC	Soc. 7/8	19	SC	Soc. 7/8	19	SC	Soc. 7/8	19
	8	SC	Soc. 7/8	19	SC	Soc. 7/8	19	SC	Soc. 7/8	19	SC	Soc. 7/8	19	SC	Soc. 7/8	19
	9	KM	Soc. 9	21	KM	Soc. 9	21	KKM	Soc. 9	21	KM	Soc. 9	21	KM	Soc. 9	21
	10	CS	Eng. 10	20	DA	ADLC 10	15	DA	ADLC 10	15	DA	ADLC 10	15	DA	Math 10	15
	11	DA	Chem. 30	15	DA	Chem 30	15	DA	Chem. 30	15	DA	Chem 30	15	DA	Chem 30	15
	12	DA	Chem. 30	15	DA	Chem 30	15	DA	Chem. 30	15	DA	Chem 30	15	DA	Chem 30	15
BLK 2	K				AK	K - LA	31				AK	K - Math	31			
	1	JW	LA 1	32	JW	LA 1	32	JW	LA 1	32	JW	LA 1	32	JW	LA 1	32
	2	SC	LA 2	5	SC	LA 2	5	SC	LA 2	5	SC	LA 2	5	SC	LA 2	5
	3	ND	LA 3/4	7	ND	LA 3/4	7	ND	LA 3/4	7	ND	LA 3/4	7	ND	LA 3/4	7
	4	ND	LA 3/4	7	ND	LA 3/4	7	ND	LA 3/4	7	ND	LA 3/4	7	ND	LA 3/4	7
	5	MM	LA 5/6	6	MM	LA 5/6	6	MM	LA 5/6	6	MM	Social 5/6	6	MM	LA 5/6	6
	6	MM	LA 5/6	6	MM	LA 5/6	6	MM	LA 5/6	6	MM	Social 5/6	6	MM	LA 5/6	6
	7	KM	P.E. 7-9	1	KM	P.E. 7-9	1	KM	P.E. 7-9	1	KM	P.E. 7-9	1	KM	P.E. 7-9	1
	8	KM	P.E. 7-9	1	KM	P.E. 7-9	1	KM	P.E. 7-9	1	KM	P.E. 7-9	1	KM	P.E. 7-9	1
	9	KM	P.E. 7-9	1	KM	P.E. 7-9	1	KM	P.E. 7-9	1	KM	P.E. 7-9	1	KM	P.E. 7-9	1
	10	CS	Eng. 10	20	CS	Eng. 10	20	CS	Eng. 10	20	CS	Eng. 10	20	CS	Eng. 10	20
	11	DA	Chem. 30	15	DA	Chem. 30	15	DA	Chem. 30	15	DA	Chem. 30	15	DA	Chem. 30	15
	12	DA	Chem. 30	15	DA	Chem. 30	15	DA	Chem. 30	15	DA	Chem. 30	15	DA	Chem. 30	15
BLK 3	K				AK	K - Snack	31				AK	K - Snack	31			
	1	JW	LA 1	32	JW	LA 1	32	JW	LA 1	32	JW	LA 1	32	JW	LA 1	32
	2	SC	LA 2	5	SC	LA 2	5	SC	LA 2	5	SC	LA 2	5	SC	LA 2	5
	3	ND	LA 3/4	7	ND	LA 3/4	7	ND	PE 3/4	1	ND	Math 3/4	7	ND	LA 3/4	7
	4	ND	LA 3/4	7	ND	LA 3/4	7	ND	PE 3/4	1	ND	Math 3/4	7	ND	LA 3/4	7
	5	MM	Social 5/6	5	MM	P.E. 5/6	1	MM	Social 5/6	6	MM	Library 5/6	6	MM	Social 5/6	6
	6	MM	Social 5/6	5	MM	P.E. 5/6	1	MM	Social 5/6	6	MM	Library 5/6	6	MM	Social 5/6	6
	7	KM	Math 7/8	21	KM	Math 7/8	21	KM	Math 7/8	21	CS	Eng. 7/8	20	KM	Math 7/8	21
	8	MS	Math 7/8	21	MS	Math 7/8	21	MS	Math 7/8	21	CS	Eng. 7/8	20	KM	Math 7/8	21
	9	CS	Eng. 9	20	CS	Eng. 9	20	CS	Eng. 9	20	DA	Math 9	15	CS	Eng. 9	20
	10	CS	ADLC 10	20	CS	Eng. 10	20	CS	Engl. 10	20	DA	Math 10	15	CS	Eng. 10	20
	11	DA	ADLC 11	15	DA	ADLC 11	15	DA	ADLC 11	15	KM	Soc. 20/30	21	DA	ADLC 11	15
	12	DA	Math 31	15	DA	Math 31	15	DA	Math 31	15	KM	Soc. 20/30	21	DA	Math 31	15
Recess 10:35 - 10:50																
BLK 4	K				AK	K - LA	31				AK	K - Math	31			
	1	JW	Social 1/2	32	MM	Comp. 1/2	32	JW	Music 1/2	3	JW	Social 1/2	32	JW	Science 1/2	32
	2	JW	Social 1/2	32	MM	Comp. 1/2	32	JW	Music 1/2	3	JW	Social 1/2	32	JW	Science 1/2	32
	3	ND	PE 3/4	1	ND	Health 3/4	7	ND	Math 3/4	7	ND	PE 3/4	1	ND	PE 3/4	1
	4	ND	PE 3/4	1	ND	Health 3/4	7	ND	Math 3/4	7	ND	PE 3/4	1	ND	PE 3/4	1
	5	MM	Rel. 5/6	6	KM	Math 5/6	21	MM	Rel. 5/6	6	KM	Math 5/6	21	MM	Health 5/6	6
	6	MM	Rel. 5/6	6	KM	Math 5/6	21	MM	Rel. 5/6	6	KM	Math 5/6	21	MM	Health 5/6	6
	7	SC	Rel 7-9	19	SC	Rel. 7-9	19	KM	Math 7/8	21	SC	Rel. 7-9	19	SC	Rel. 7-9	19
	8	SC	Rel. 7-9	19	SC	Rel. 7-9	19	KM	Math 7/8	21	SC	Rel. 7-9	19	SC	Rel. 7-9	19
	9	SC	Rel. 7-9	19	SC	Rel. 7-9	19	CS	Eng. 9	20	SC	Rel. 7-9	19	SC	Rel. 7-9	19
	10	KM	ADLC 10	15	DA	Bio. 20	15	DA	Bio. 20	15	DA	Bio. 20	15	DA	Bio. 20	15
	11	KM	Soc. 20/30	21	DA	Bio. 20	15	DA	Bio. 20	15	DA	Bio. 20	15	DA	Bio. 20	15
	12	KM	Soc. 20/30	21	DA	Flex 12	15	DA	Flex 12	15	DA	Flex 12	15	KM	Flex 12	21



	Gr		Monday	Rm#	TE	Tuesday	Rm#	TE	Wednesday	Rm#	TE	Thursday	Rm#	TE	Friday	Rm#
BLK 5	K				AK	K - Centers	31				AK	K - Centers	31			
	1	SC	Rel. 1/2	32	SC	Rel. 1/2	32	SC	Rel. 1/2	32	SC	Rel. 1/2	3	SC	Rel. 1/2	32
	2	SC	Rel. 1/2	32	SC	Rel. 1/2	32	SC	Rel. 1/2	32	SC	Rel. 1/2	3	SC	Rel. 1/2	32
	3	ND	Math 3/4	7	ND	Math 3/4	7	ND	Math 3/4	7	ND	Math 3/4	7	ND	Math 3/4	7
	4	ND	Math 3/4	7	ND	Math 3/4	7	ND	Math 3/4	7	ND	Math 3/4	7	ND	Math 3/4	7
	5	KM	Math 5/6	21	KM	Math 5/6	21	KM	Math 5/6	21	KM	Math 5/6	21	KM	Math 5/6	21
	6	KM	Math 5/6	21	KM	Math 5/6	21	KM	Math 5/6	21	KM	Math 5/6	21	KM	Math 5/6	21
	7	MM	Sci. 7/8	19	MM	Sci. 7/8	19	MM	Sci. 7/8	19	MM	Sci. 7/8	19	MM	Sci. 7/8	19
	8	MM	Sci. 7/8	19	MM	Sci. 7/8	19	MM	Sci. 7/8	19	MM	Sci. 7/8	19	MM	Sci. 7/8	19
	9	CS	Flex 9	20	DA	Yearbook 9	15	DA	Sci. 9	15	DA	Math 9	15	DA	Yearbook 9	15
	10	JW	P.E. 10-12	1	JW	P.E. 10-12	1	JW	P.E. 10-12	1	JW	P.E. 10-12	1	JW	P.E. 10-12	1
	11	JW	P.E. 10-12	1	JW	P.E. 10-12	1	JW	P.E. 10-12	1	JW	P.E. 10-12	1	JW	P.E. 10-12	1
	12	JW	P.E. 10-12	1	JW	P.E. 10-12	1	JW	P.E. 10-12	1	JW	P.E. 10-12	1	JW	P.E. 10-12	1
12:10-12:25 Break																
12:25 - 12:45																
12:45 - 1:00 TAG																
BLK 6	K				AK	K - Library	31				AK	K Music	3			
	1	JW	Math 1	32	JW	Math 1	32	SC	P.E. 1/2	32	JW	Math 1	32	JW	Math 1	32
	2	SC	Math 2	5	SC	Math 2	5	SC	P.E. 1/2	5	SC	Math 2	5	SC	Math 2	5
	3	ND	Social 3/4	7	ND	Social 3/4	7	ND	Social 3/4	7	ND	Sci. 3/4	7	ND	Sci. 3/4	7
	4	ND	Social 3/4	7	ND	Social 3/4	7	ND	Social 3/4	7	ND	Sci. 3/4	7	ND	Sci. 3/4	7
	5	MM	Sci. 5/6	6	MM	Sci. 5/6	6	MM	Sci. 5/6	6	MM	Sci. 5/6	6	MM	Comp. 5/6	6
	6	MM	Sci. 5/6	6	MM	Sci. 5/6	6	MM	Sci. 5/6	6	MM	Sci. 5/6	6	MM	Comp. 5/6	6
	7	CS	Eng. 7/8	20	CS	Eng. 7/8	20	JW	French 7-9	19	CS	Eng. 7/8	20	CS	Eng. 7/8	20
	8	CS	Eng. 7/8	20	CS	Eng. 7/8	20	JW	French 7-9	19	CS	Eng. 7/8	20	CS	Eng. 7/8	20
	9	DA	Sci. 9	15	DA	Sci. 9	15	JW	French 7-9	19	DA	Sci. 9	15	DA	Sci. 9	15
	10	DA	Math 10	15	DA	Bio.20	15	DA	Math 10	15	DA	Math 10	15	DA	Math 10	15
	11	KM	Soc. 20/30	21	DA	Bio.20	15	KM	Soc. 20/30	21	KM	Soc. 20/30	21	KM	Soc. 20/30	21
	12	CS	Eng. 20/30	21				KM	Soc. 20/30	21	KM	Soc. 20/30	21	KM	Soc. 20/30	21
Recess 1:45-200																
BLK 7	K				AK	K - S & S	1				AK	K - S & S	31			
	1	JW	Soc. 1/2	32	JW	Art 1/2	32	JW	Sci. 1/2	32	JW	Sci. 1/2	32	JW	Soc. 1/2	32
	2	JW	Soc. 1/2	32	JW	Art 1/2	32	JW	Sci. 1/2	32	JW	Sci. 1/2	3	JW	Soc. 1/2	32
	3	ND	Soc. 3/4	7	SC	Art 3/4	5	ND	Science 3/4	3	ND	Music 3/4	7	ND	Science 3/4	7
	4	ND	Soc. 3/4	7	SC	Art 3/4	5	ND	Science 3/4	3	ND	Music 3/4	7	ND	Science 3/4	j
	5	MM	P.E. 5/6	1	MM	Art 5/6	6	MM	P.E. 5/6	1	MM	P.E. 5/6	1	MM	P.E. 5/6	1
	6	MM	P.E. 5/6	1	MM	Art 5/6	6	MM	P.E. 5/6	1	MM	P.E. 5/6	1	MM	P.E. 5/6	1
	7	SC	Soc. 7/8	19	CS	ET 7/8	20	SC	Art 7-9	19	KM	Math 7/8	21	CS	Eng. 7/8	20
	8	SC	Soc. 7/8	19	CS	ET 7/8	20	SC	Art 7-9	19	KM	Math 7/8	21	CS	Eng. 7/8	20
	9	DA	Math 9/10	15	DA	Math 9/10	15	SC	Art 7-9	19	CS	Eng. 9	20	DA	Math 9/10	15
	10	DA	Math 9/10	15	DA	Math 9/10	15	DA	Math 10	15	CS	Eng. 10	20	DA	Math 9/10	15
	11	KM	Soc. 20/30	21	KM	Soc. 20/30	21	KM	Soc. 20/30	21	DA	ADLC 11	15	KM	Soc. 20/30	21
	12	KM	Soc. 20/30	21	KM	Soc. 20/30	21	KM	Soc. 20/30	21	DA	Math 31	15	KM	Soc. 20/30	21
BLK 8	K				AK	K - P.E.	1				AK	K - Rel/Art	31			
	1	SC	P.E. 1/2	1	JW	Art 1/2	32	JW	Math 1	32	SC	P.E. 1/2	1	SC	P.E. 1/2	1
	2	SC	P.E. 1/2	1	JW	Art 1/2	32	SC	Math 2	5	SC	P.E. 1/2	1	SC	P.E. 1/2	1
	3	ND	Rel. 3/4	7	SC	Art 3/4	5	ND	Rel. 3/4	7	ND	Rel. 3/4	7	ND	Rel. 3/4	7
	4	ND	Rel. 3/4	7	SC	Art 3/4	1	ND	Rel. 3/4	7	ND	Rel. 3/4	7	ND	Rel. 3/4	7
	5	KM	Math 5/6	21	MM	Art 5/6	6	MM	Music 5/6	3	MM	Rel. 5/6	6	MM	Rel. 5/6	6
	6	KM	Math 5/6	21	MM	Art 5/6	6	MM	Music 5/6	3	MM	Rel. 5/6	6	MM	Rel. 5/6	6
	7	JW	French 7-9	19	KM	Flex 7-9	21	KM	Art 7-9	19	JW	French 7-9	19	JW	French 7-9	19
	8	JW	French 7-9	19	KM	Flex 7-9	21	KM	Art 7-9	19	JW	French 7-9	19	JW	French 7-9	19
	9	JW	French 7-9	19	KM	Flex 7-9	21	KM	Art 7-9	19	JW	French 7-9	19	JW	French 7-9	19
	10	DA	Bio. 20	15	DA	Bio. 20	15	DA	Bio. 20	15	DA	Bio. 20	15	DA	Bio. 20	15
	11	DA	Bio. 20	15	DA	Bio. 20	15	DA	Bio. 20	15	DA	Bio. 20	15	DA	Bio. 20	15
	12	DA	Flex 12	15	DA	Flex 12	15				KM	Soc. 30	21			

Mrs. Krauss
Mrs. Weatherhead
Miss Dyrkacz
Ms. Matulin

Mr. Allen
Ms. Matthews
Miss Crooymans
Mr. Sumner



January 6, 2020

To Whom It May Concern,

Unfortunately, children living in poverty in our area is a very real and sad fact. Where their next meal is going to come from is often all they can think about; they struggle with hunger on a daily basis.

Holy Spirit Catholic School Division has been fortunate to be the recipient of a provincial grant for nutrition programs. This assists many of our students but does not allow for a program to be placed in every school. In other words, we still have children coming to school hungry or not having sufficient lunch to grow and learn.

This year we have partnered with the Knights of Columbus Council 10547 to support the theme, **"Feed the Hungry"**. On February 22, 2020, the Knights of Columbus will be hosting a Charity Dinner and Silent Auction at the German Canadian Club in Lethbridge. Council 10547 will be organizing the dinner and dance portion of the event. Holy Spirit will be responsible for organizing the Silent Auction with proceeds going to our *Sharing our Bounty Fund* and distributed to support nutrition programs in both our rural and urban schools throughout the division.

In order for this to be a successful fundraiser we are looking for approximately 75-100 silent auction items plus 5 large scale items for the live auction portion of the evening. If you would like to donate items for the silent or live auction, please contact Christine Kinahan at the division office at 403-327-9555. Alternatively, if you would like to make a cash donation, please make your cheque out to Holy Spirit Catholic Schools and indicate it is for the Knights of Columbus fundraiser and send it care of: Amanda Lindemann, Director of Finance. If you would like to donate online please visit our website, [www.holyspirit.ab.ca](http://www.holyspirit.ab.ca), select Online Donations on the right hand side and choose Sharing Our Bounty (K of C Feed the Hungry) from the Fund Destination drop down menu. All cash donations over \$10 will receive a donation receipt.

Thank you in advance for helping us ensure our schools can provide children with the proper nutrition they deserve!

Sincerely,

Chris Smeaton  
[cdsmeaton@gmail.com](mailto:cdsmeaton@gmail.com)  
Committee Co – Chair

and

Ken Tratch  
[tratchk@holyspirit.ab.ca](mailto:tratchk@holyspirit.ab.ca)  
Committee Co - Chair



*Holy Spirit Catholic Schools*

*Christ-centered learning  
communities where students are cherished and achieve their potential.*

*St. Basil Education Centre*

620 12 Street "B" North • Lethbridge, Alberta T1H 2L7 • Phone: (403) 327-9555 • Fax: (403) 327-9595

# OFF-CAMPUS NEWS



## Lethbridge College Winter Open House

Date: Saturday, February 8, 2020

Time: 10:00am to 2:00pm

Where: Centre Core



- Take a tour
- Speak with faculty members
- Visit interactive program areas
- Apply on the spot and the \$90 application fee will be waived
- Apprenticeship are not eligible for the waived fee
- Parking is free
- Register now and be entered to win \$1500 tuition credit

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

**BE READY.**



## University of Lethbridge Spring Exploration Open House Saturday, February 1, 2020

**11:00am to 3:00pm**

Register at: <https://campaigns.uleth.ca/open-house/>

If you are in grades 10 or 11 and just starting to think about university, or attending another post-secondary and want to see if ULehbridge is a good fit, this event is for you!

If you are in grade 12 and still deciding your post-secondary future they have something for you too.

## Work Experience Students

It's time to hand in your  
**January** time sheets  
or pay stubs to Mr.  
Boschee.



## The U of L Department of Mathematics & Computer Science is Hosting Math Fair 2020

When: Saturday, February 8, 2020

Where: Science Commons

Who is it for: Students from K-12

Students take part in activities like

- Platonic solids
- Math games
- Mathematical colouring
- And more!

There will be free parking available in Lot N and pay parking available in Lot S

For more information contact  
[jana.archibald@uleth.ca](mailto:jana.archibald@uleth.ca)

## AGR 3000 Agriculture Safety Training Day

When: Friday, February 28, 2020

Where: Agriculture Training Facility (21112 1 Ave S Jail Road)

Time: 9:00am to 4:00pm

This is provided free for Green Certificate Trainees and will cost \$30 for other students who would like to take this course.

Register on-line at: [AGR3000-February28Registration](http://AGR3000-February28Registration)

See Mr. Boschee or Mrs. Gurr for more information.

Deadline to register is February 25th



## Your Off-Campus Team

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

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





If you would like to purchase please contact the school (403)545-2131 or ask a student that will be going on the trip.

[illegible]

# LETHBRIDGE MINOR SOFTBALL ASSOCIATION

**ABOUT US:** The Lethbridge Minor Softball Association is a non-profit organization which offers programs for Lethbridge and area youth to participate in the sport of softball. Boys and girls from age five to nineteen are eligible to play in divisions of two year increments.

All age groups offer instruction so that the skills to play are fundamentally developed. Players will participate, twice a week in practices, training sessions or games which will run from late April, (weather permitting), through to the end of June.

Our association has a house league but also a competitive provincial team for players wanting to challenge themselves. We believe that you are never too old to register and regardless of experience we would love to have you come out and learn the sport which is described as a lifelong sport that encourages physical activity along with social enjoyment!

**VISIT [www.lethbridgeminorsoftball.com](http://www.lethbridgeminorsoftball.com) TO REGISTER FROM FEB 1<sup>ST</sup> – MAR 31<sup>ST</sup>**

**In Person registration (cash or cheque) dates and locations:**

March 16 – Mike Mountain Horse School – 6 to 8 pm

March 17 – Park Meadows School – 6 to 8 pm

March 18 – Lakeview School – 6 to 8 pm

**For more information, contact:**

Jennifer Drader - President 403-360-7806

Lethbridge Minor Softball [admin@lethbridgeminorsoftball.com](mailto:admin@lethbridgeminorsoftball.com)

YEAR OF BIRTH	DIVISION	FEES	NIGHTS
2014 – 2015	Timbits U6	\$80	Tu/Th
2012 - 2013	Timbits U8	\$80	Tu/Th
2010- 2011	U10	\$80	M/W
2008 - 2009	U12	\$120	Tu/Th
2006 – 2007	U14	\$120	M/W
2004 - 2005	U16	\$120	Tu/Th
2001 - 2003	U19	\$120	Tu/Th

# Healthy Children

February 2020 Parent Newsletter



## Articles

Early Specialization in Sport

Developmental Assets

## Early Specialization in Sport

Enrolling your child in sport is one of the best gifts you can give to them. The benefits of being active and participating on a team, or as an individual, are widespread. From increased positive mental and physical health, to greater social skills, children can gain a lot from participating in sport. However, even with so many benefits, there can be too much of a good thing. If a child spends too much time and energy in one sport, isolating them from friends and other opportunities, it can decrease their social and psychological growth.

In regards to physical health, specializing in one sport too early can limit the range of skills a child possesses as well as their overall motor skill development.

This lack of skills and, often, a lack of confidence, can potentially affect lifelong involvement in physical activity by discouraging the child from participating in other activities. Lastly, early specialization in sport can actually change the way your child's body grows and develops due to increased stress on the body and repetitive injuries.

If you do choose to specialize your child early, pay attention to signs of burnout and isolation and talk to the coach about opportunities for cross training. Remember that having fun is an important factor to being active for life!



For more information visit  
<http://canadiansportforlife.ca/parents>

One of the most common things that people identify as a benefit of smoking is stress relief. But did you know that many studies show that smoking can actually increase stress? What smoking does is relieve nicotine withdrawal symptoms, which can be stressful, but this is only short term.

Quitting is hard, but it is easier with help. You can call AlbertaQuits at 1-866-710-QUIT or visit [www.AlbertaQuits.ca](http://www.AlbertaQuits.ca)



## Developmental Assets

Parents and caregivers are a major influence in a child's life and it's normal to feel uncertain at times when it comes to raising your children. The Search Institute has identified a list of 40 research-based, positive experiences and qualities that influence young people's development, helping them become caring, responsible, and productive adults. Below are a few examples of developmental assets for you as a parent to consider discussing with your child.



- Supporting and loving your child – Do you and your child communicate openly, respectfully and frequently? Does your child receive support from other non-parent adults?
- Empowering your child - Does your child contribute to family decisions? Is your child given useful roles in the community?
- Setting clear and realistic boundaries – Does your family have clear rules and consequences? Do you monitor your child's whereabouts?
- Helping your child use her or

his time in meaningful, constructive ways – Is your child involved in weekly extra-curricular activities?

- Encouraging your child to develop a lifetime commitment to learning – Does your child want to do well in school?
- Instilling in your child positive values – Do you encourage your child's development in recognizing and telling the truth?
- Developing social competencies in your child – Does your child recognize

risky or dangerous situations and are they able to seek help from trusted adults?

- Encouraging your child to form a positive identity – Does your child feel good about themselves? Does your child seem curious about the world?



**For the full list of developmental assets and to learn more visit**  
[www.search-institute.org](http://www.search-institute.org)



# Healthy Teens

February 2020 Parent Newsletter



## Articles

Early Specialization  
in Sport

Developmental Assets

## Early Specialization in Sport

Sport is an important aspect of school life. The benefits of being active and participating on a team, or as an individual, are widespread. From increased positive mental and physical health, to greater social skills, athletes can gain a lot from participating in sport. However, even with so many benefits, there can be too much of a good thing. If an athlete spends too much time and energy in one sport, isolating them from friends and other opportunities, it can decrease their social and psychological growth.

In regards to physical health, specializing in one sport too early can limit the range of skills an athlete possesses and their overall motor skill development. This lack of skills and, often, a

lack of confidence, can potentially affect lifelong involvement in physical activity by discouraging the athlete from participating in other activities.

Lastly, early specialization in sport can actually change the way an athlete's body grows and develops because of increased stress on the body and repetitive injuries.

If your teen chooses to specialize early, pay attention to signs of burnout and isolation and talk with your teen and their coach about opportunities for cross training. Remember that having fun is an important factor to being active for life!



For more information visit  
<http://canadiansportforlife.ca/parents>

One of the most common things that people identify as a benefit of smoking is stress relief. But did you know that many studies show that smoking can actually increase stress? What smoking does is relieve nicotine withdrawal symptoms, which can be stressful, but this is only short term.

Quitting is hard, but it is easier with help. You can call AlbertaQuits at 1-866-710-QUIT or visit [www.AlbertaQuits.ca](http://www.AlbertaQuits.ca)





## Developmental Assets

Given the enormous responsibility that parents and caregivers have as major influences in a child's life it's normal to sometimes feel uncertain when it comes to raising your teens. The Search Institute has identified a list of 40 research-based, positive experiences and qualities that influence young people's development, helping them become caring, responsible, and productive adults. Below are examples of some developmental assets for you as a parent to consider and discuss with your teen.



- Supporting and loving your child – Do you and your teen communicate positively? Does your teen receive support from other non-parent adults?
- Empowering your child – Is your teen given useful roles in the community?
- Setting clear and realistic boundaries – Does your family have clear rules and consequences?
- Helping your teen use her or his time in meaningful, constructive ways – Does

your teen spend 3 or more hours per week in extra-curricular activities?

- Encouraging your teen to develop a lifetime commitment to learning – Does your teen want to do well in school?
- Instilling positive values in your teen – Does your teen place high value on helping other people? Does your teen tell the truth even when it's not easy?
- Developing social competencies in your teen – Does your teen know how

to plan ahead and make choices? Can they resist negative peer pressure and dangerous situations?

- Encouraging your teen to form a positive identity– Does your teen feel good about themselves?

➤ For the full list of developmental assets and to learn more visit [www.search-institute.org](http://www.search-institute.org)