



St. Michael the Archangel

Our Angel of Protection

St. Michael's School - BI

March 2020

"A Community of Faith Devoted to Students"



PRINCIPAL'S MESSAGE

Dear Parents,

Welcome back from Family Week. I truly hope you did get to spend quality time with loved ones and friends.

By the time of printing we will have probably concluded Shrove Tuesday and Ash Wednesday in preparation for the season of Lent. I hope you find this period to be a time of reflection, prayer and thankfulness for all you have been given as well as a time not only for sacrifice but for reaching out in ways we do not normally do. Lent can most certainly be a time of healing and cleansing.

Missoula will be arriving on our door step March 2 in preparation for the production of Jack in the Beanstalk. Shows will take place on Friday, March 6. It is our hope that all children audition as one never truly knows one's hidden talents until one tries.

Elementary report cards go out March 6 with P/T interviews taking place on Thursday, March 12.

Friday, March 13 is scheduled for our school-wide retreat day where "Feel the Pulse" will be the theme for the day. Music, song, activities and interaction will take place to emphasize the joy that the risen Lord brings to our lives. Feel free to pop by the gym to participate.

Our second Options Week takes place from March 23 - 27. Software programming, agriculture and a combination of Foods & Cosmo will be the selection of courses for the students to choose from.

*** A reminder that school will not be in session for grades K-9 during Options Week.

*** Re-registration will be open beginning in March. If you are returning or have yet to decide for the school year 2020-21 please register. As stated often these registrations represent 'hard' numbers to our district and have a real impact on teacher allocation for our school as well as educational assistant time allotment. All registrations are now completed online. If you do not have access to software please come into the school for access to a device. I thank you in advance for your cooperation and steadfastness in this matter.

'If you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday.'

Isaiah 58

Yours Most Assuredly in Christ,

Chris Sumner

Thank You's

Thank you to Ms. Matulin for all her hard work organizing the annual Ski Trip for Grade 3-12. Everyone had a great time.

Thank you to Parent Council and the Knights of Columbus for providing the

students and staff with a wonderful free pancake lunch on Shrove Tuesday. We appreciate their time and talent.

Thank Miss Crooymans and her 7-9 Religion class for organizing our and facilitating our Ash Wednesday service.

Missoula Children's Theatre

Missoula Children's Theatre will be at the school on Monday, March 2. All students are required to participate in auditions for their production of "Jack And The Beanstalk". This is a wonderful opportunity for students to experience what MCT has to offer. The audition process will begin at 10:00 and rehearsals will run throughout the week during regular school hours. Please remember that students are not guaranteed a part. Students participating in the production must have a completed, signed permission form returned to the school the morning of March 2. All students are asked to support this fun and very worthwhile event. Students participating in the production **MUST** be available for all scheduled rehearsals and both performances. Performances are scheduled for Friday, March 6 at 4:00 and 7:00 p.m. Admission is free however donations for the local Food Bank will be gratefully accepted. Bring your family and friends for some great entertainment.



Elementary Report Cards

Report cards for Kindergarten to Grade 6 students will be sent home with students on Friday, March 6. Parent/Teacher Interviews for Elementary students only will be held Thursday, March 12 from 4:00-8:30 p.m. by appointment. An interview request form is attached. Please return it to the school no later than March 11 or email Mrs. Johnson at johnsond@holyspirit.ab.ca. A confirmation email with your interview time will be sent out the morning of March 12.

Registration Update

Once again parents will be required to complete a Registration Update. This helps ensure our records are accurate. This year, as per Alberta Education requirements, the registration update will have to be done online. There will be no paper copies. You will receive an email letting you know that the Re-registration form is ready for updating. You will find the Registration box in the middle of our web-

Reading Contest

Students have been challenged to read and do AR quizzes in the month of February as part of Literacy Focus. They are working together in their school family. Winners of the contest will be announced on Monday, March 2. The winning family will receive a pizza party in the library in April. Good Luck everyone!



site home page, click on it. You will then find a link under Re-registration, click on it (**DO NOT** click on the begin registration process. This is for students **NEW** to our school only). Most of the information following should be pre-filled. Please check it over for accuracy. If you do not have access to a computer please come to the school and we will get you set up. We would like to have registration updates complete by the Easter break. We appreciate your cooperation in this matter.

Feel the Pulse Retreat

We are excited to once again host the 'Feel the Pulse' retreat for all students on March 13. The day begins with a high energy opening session for the whole school followed by sessions for different grade groups. These sessions are designed to target every grade group perfectly with age appropriate content that shares one goal; lead every student to an encounter with the person of Christ. Every session features talks, videos, live music and many other mediums that communicate the gospel. The day wraps up with a closing assembly and concert. You are welcome to drop in throughout the day.

Hot Lunches

Peter's Pizza lunch will be served on March 5. Orders are due Sunday, March 1. The winner of the free pizza for March is Colin Matz. Thank you for your continued support of the Grad 2020 class and the Spring Trip 2022.

Parent Council will be serving a FREE hot lunch on March 10 for all students and staff. On the menu is Pulled Pork.

The next Pita Pit day is set for March 19. Orders are due March 12. Winners of the free pita OR smoothie are: Lauren Ladders, Karsten Van Tryp, Grayson Biegel and Ewan MacLean. Thank you for supporting our Athletic Department.

Prayer for Lent

God of goodness and mercy,
Hear my prayer as I begin this
Lenten journey with You. Let me
be honest with myself as I look into my heart and soul,
noticing the times I turn away from You. Guide me as I
humbly seek to repent and return to Your love.

May humility guide my efforts to be reconciled with You
and live forever in Your abundant grace.

Transform me this Lent, heavenly Father. Give me the
strength to commit myself to grow closer to You each
day.

Amen



Basketball

Congratulations to our Jr High team (combined with Cherry Coulee) on a great year of basketball. The team will be heading to zones on March 6 & 7 in Mountain View. We wish them good luck.

Thank you to Stephanie Hlady for your time and coaching talent with these young athletes. It is greatly appreciated.

Picture Day

Lifetouch Photography will be at the school on Tuesday, March 10 at 8:40 to take our group and team photos. Coaches are asked to be present if possible. They will also be taking the Kindergarten graduation pictures and the Grade 12 grad pictures. Grade 12 students will be allowed to bring a prop with them for their session (hockey stick, snowboard etc.). Male students should wear/bring a white button down shirt and tie. Lifetouch and the school will provide the caps and gowns for all graduation pictures.

AR Program

The AR Program has been running for 102 days. 49 out of 89 students are participating. The students have read 1005 books and passed 904 quizzes. The school average is 82.5%. Keep up the good work.

Save The Date

All Saints Parish in Lethbridge will be running at Comin' Alive Camp 2020 for students in elementary, junior high and senior high. The date of the camp is July 7 to July 10. Watch for more information next month.

Citrus Fundraiser

Reminder that the Citrus Fundraiser for the Spring 2022 trip ends March 9. Deliveries will be made from March 17-19. Thank you for supporting their fundraising efforts.

March 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 MCT Auditions 10:00	3	4	5 Peter's Pizza Lunch Day	6 Elementary Report Cards MCT Shows at 4:00 & 7:00 pm Jr. B. Ball Zones	7 Jr. B. Ball Zones
8	9 NO SCHOOL Division Collaboration Day Citrus Order Deadline	10 Grad/Group/ Team Photo Day PAC Free Hot Lunch Day	11	12 Birthday Assembly 11:30 Elementary Parent/Teacher Interviews 4:00- 8:30	13 'Feel the Pulse'	14
15	16 NO SCHOOL Division Spiritual Development Day	17 Parent Council Meeting 6:30. Babysitting available	18	19 Pita Pit Lunch Day	20	21
22	23 Options Week	24	25	26	27	28
	NO SCHOOL FOR K -GR. 9		Division Board Meeting			
29	30	31				

Parent/Teacher Interview Request

Interviews for students in Kindergarten to Grade 6 will be held March 12 from 4:00-8:30 p.m. by appointment. Interviews will be scheduled at 20 minute intervals. Please return the Interview Request below or contact the school by email at johnsond@holyspirit.ab.ca or telephone (403) 545-2131 by March 11.

.....

I/We _____ would like to schedule an interview with:

Mrs. Krauss _____

Mrs. Weatherhead _____

Miss Dyrkacz _____

Miss Crooymans _____

Ms. Matulin _____

Interviews will be scheduled as follows: 4:00, 4:20, 4:40, 5:00, 5:20, 5:40, 6:00,
6:20, 6:40, 7:00, 7:20, 7:40, 8:00, 8:20

Please indicate the preferred time for your interview to begin.

1st Choice _____

2nd Choice _____

3rd Choice _____

OFF-CAMPUS NEWS



University of Lethbridge Dhillon School of Business HIGH SCHOOL ACCOUNTING & FINANCE COMPETITION Register by Friday, Feb. 28th

This annual competition is open to high school students in grades 9,10,11 and 12. You will represent your high school while competing on a team of 3 - 4. You will participate in an investment challenge followed by a full-day of competing, during which you will present about your investment challenge and then test your trading skills in their state of the art Trading Room.

March 2 to May 4 - Investment Challenge

May 22—Investment Presentations and Trading Challenge on campus at the U of L

For more information and to register go to:

Ulethbridge.ca/Dhillon/HSFC

Lethbridge College Student For A Day

Curious about what it's like to be a student at Lethbridge College?

Their Student for a Day program will help you decide whether their school and programs are right for you. If you are in grade 11 or higher, they will pair you up with a current student in a program of your choice and have you attend classes for the day.

They even buy you lunch!

Sign up at: lethbridgecollege.ca

Or by contacting the Recruitment office at 403-320-3322 .



Green Certificate Testing

The next testing dates, after March, will take place on April 29th and April 30th.

Please let Mr. Boschee know if you would like to register for these dates.



Junior Forest Ranger

The Junior Forest Ranger program is a paid summer job that exposes high school students to a wide variety of careers in the natural resource sector. Students wanting to apply must be 16 to 18 years old as of July 1st, 2020.

This program is for a total of seven weeks during the summer and pays \$15.00/hr.

For more information visit

www.albertajfr.ca



University of Lethbridge High School Award

If you have applied to the U of L you should apply for their High School Awards. These awards have a value of up to \$6,000.

To apply submit your application on the Bridge no later than March 15 .



Your Off-Campus Team

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

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

Please hand in your February time sheets or pay stubs to Mr. Boschee



Name: _____

ON THE ROAD TO EASTER WORD SEARCH



Ash

Wednesday

Sacrifice

Almsgiving

Prayer

Fasting

Lent

Holy Week

Holy Thursday

Good Friday

Holy Saturday

Easter

Palm Sunday

Purple

Palm Branch

Forty Days

Jesus

Passover

Foot Washing

Resurrection

Love





FREE WORKSHOPS

Session 1 – 3:00pm to 5:00pm
“He went away sad!”

Understanding and responding
to the disaffection of young people
with the church.

Session 2 – 7:00pm to 9:00pm
“Wonderfully Complicated Lives”
Ministry to Families and Parents.

You are welcome to attend one or both workshops.

Friday, March 20
St. Francis Junior High
333 - 18th Street S. (Gym)

Guest Speaker: David Wells

Author and entertaining Catholic speaker, David has travelled the globe inspiring thousands. His focus is helping people work through “life” issues with inspiration, relatability and a healthy dose of wit. You will leave his sessions feeling refreshed, engaged and above all, with a new perspective on life.



Holy Spirit Roman Catholic Separate School Division
Phone: 403.327.9555
www.holyspirit.ab.ca

Healthy Children

March 2020 Parent Newsletter

Self-management

Why it's important to you and your child

One part of self-management is having the ability to control your emotions and your responses. If you can identify your emotions and how they influence your actions, you will be better able to act on the emotions you experience. Being able to take a breath and calm yourself in a challenging situation to avoid over-reacting, yelling or getting into a fight is what self-management looks like in daily practice. Everyone experiences both positive and negative emotions, but knowing how to regulate and act appropriately on those emotions is key to self-management.

Have you ever done something or said something you wish you hadn't. We all have! For improved self-management skills, throughout the day, take time to deal with stress and teach your child this too. In a challenging situation, before doing anything else, take a deep breath (5 seconds in, 5 seconds out). By doing this you can actually calm your body's "fight or flight" response to strong emotions. In addition, learn to accurately name your



emotions. These actions will allow your brain to start processing your emotions using your brain's cortex (thinking part). Practicing these two things can help you problem solve and think more clearly.

Reflecting on your emotions and how they influence your reactions is important for self-management. It can also help you think of how you can best model appropriate emotional responses for your child. Admitting to having emotions is not a sign of weakness or failure. It's okay to say, "I'm feeling upset right now, just give me a few minutes and then we can talk about this." It models that everyone has difficult emotions at times and that they can be managed in appropriate and safe ways.

(Adopted from www.parenttoolkit.com)

Articles

Self-management

Role Modeling a Healthy Relationship with Food

Health advice is as easy as 8-1-1

Did you know you can get trusted health advice around the clock from a registered nurse by dialing Health Link at 8-1-1?

Health Link is Alberta's free 24/7 health information and advice line. They can help assess symptoms and help you decide if you need to seek medical attention.



Healthy Children

March 2020 Parent Newsletter

Role Modeling a Healthy Relationship with Food

Kids often model what they see their parents do – and eating is no exception! It's important to know how your own relationship with food can affect children. By eating a variety of healthy foods, you can set a positive example for your kids.

Tips for healthy role modeling:

- **Eat together.** Enjoy meals as a family as often as you can. Meals are a time to connect with your children and share food traditions. Keep distractions like TVs and phones away from the table. For fun mealtimes, try these conversation cards: www.ahs.ca/assets/info/nutrition/if-nfs-conversation-cards.pdf
- **Offer healthy foods.** Offer healthy meals and snacks and let kids decide how much to eat. Do not use food to bribe, punish, or reward. Children are more likely to enjoy meals and learn to try new foods when eating is their own choice.
- **Cook together.** Children learn about healthy eating and build skills in the kitchen when they help plan meals, shop and cook.
- **Learn to identify fad diets.** Fad diets usually promise quick health fixes. Avoid fad diets and role model healthy eating to help your child develop a healthy relationship with food. Avoid diets that:
 - Cut out foods: Some diets may promise better health by cutting out entire food categories, such as gluten,



or dairy products. This can be a problem, as different types of foods provide important nutrients needed for good health.

- Promise fast weight loss: Diets that promise weight loss of more than 2 pounds in a week are likely fad diets.
- **Talk positively about bodies.** Focus on health, not size. This can help children develop positive self-esteem and body image.



Do you want to know more about helping children to develop healthy habits and positive body image? Visit Raising Our Healthy Kids:
<https://vimeo.com/160413076>

Healthy Teens

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Self-management

Why it's important to you and your teen

One part of self-management is having the ability to control your emotions and your responses. If you can identify your emotions and how they influence your actions, you will be better able to act on the emotions you experience. Being able to take a breath and calm yourself in a challenging situation to avoid over-reacting, yelling or getting into a fight is what self-management looks like in daily practice. Everyone experiences both positive and negative emotions, but knowing how to regulate and act appropriately on those emotions is key to self-management.

Have you ever done something or said something you wish you hadn't? We all have! For improved self-management skills, throughout the day, take time to deal with stress and teach your child this too. In a challenging situation, before doing anything else, take a deep breath (5 seconds in, 5 seconds out). By doing this you can actually calm your body's "fight or flight" response to strong emotions.



In addition, learn to accurately name your emotions. These actions will allow your brain to start processing your emotions using your brain's cortex (thinking part). Practicing these two things can help you problem solve and think more clearly.

Reflecting on your emotions and how they influence your reactions is important for self-management. It can also help you think of how you can best model appropriate emotional responses for your child. Admitting to having emotions is not a sign of weakness or failure. It's okay to say, "I'm feeling upset right now, just give me a few minutes and then we can talk about this." It models that everyone has difficult emotions at times and that they can be managed in appropriate and safe ways.

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Tips for healthy role modeling:

- **Eat together.** Enjoy family meals as often as you can as a way to stay connected with your teen. Keep distractions like TVs and phones away from the table.
- **Offer healthy foods.** Keep healthy foods on hand to make healthy choices easy for teens. Involve your teen in making the grocery list so they can pick a few healthy foods that they enjoy.
- **Let them cook.** Help your teens to build skills in the kitchen then let them cook on their own! Teens who cook are more likely to eat well and feel good about themselves.
- **Learn to identify fad diets.** Fad diets usually promise quick health fixes. Avoiding fad diets is positive role modeling for your teen. The eating habits that teens learn can form patterns



that last a lifetime. Avoid diets that:

- Cut out foods: Some diets may promise better health by cutting out entire food categories, such as gluten, or dairy products. This can be a problem, as different types of foods provide important nutrients needed for good health.
- Promise fast weight loss: Diets that promise weight loss of more than 2 pounds in a week are likely fad diets.

- **Talk positively about bodies.** Focus on health, not size. This can help teens develop positive self-esteem and body image.

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