



# ST. MICHAEL'S SCHOOL

## APRIL 2021

"A COMMUNITY OF FAITH DEVOTED TO STUDENTS"



St. Michael the Archangel  
Our Angel of Protection

### Principal's Message

Dear Parents and Guardians,

We have just celebrated Jesus's triumphant entry into Jerusalem on Palm Sunday. How blessed we are to have a God who loves us so much.

It appears we are heading to some normalcy given the times we are currently living in although Lethbridge continues to be a sore spot while The Hat and 40 Mile continue to do well, at least to this point. We continue to pray for God's blessings and direction as we head to glorious Easter Sunday.

We are hoping to establish some intra-mural volleyball for our 7-12's upon our return from break as well as pickle ball for elementary and older students during PE slots, etc.. More information to follow post Easter.

\*\*\*Please ensure registrations are submitted in a timely fashion as our teacher and educational assistant allocations are directly tied to 'real' numbers moving forward. Even if you are not 100% sure of your child's whereabouts for the Fall it is far better to register regardless covering all bases.

Junior and Senior reports will be available March 31. Upon return from Easter break you will be contacted to set up interview times, etc. if so desired.

A reminder Options Week takes place May 3-7. Kindergarten - Grade 9 students will not be in attendance for that week.

Yours Most Assuredly in Christ,

Chris Sumner



## Mini-Ball Finals

As Mini-Basketball wraps up we would like to thank all of our coaches, Anke Marie Van Tryp, Austin Mastel, Cash Kielstra, Leigha Hansen, Emma Vandergaast, Everett Van Tryp, Lauren Ladders, Alexa Kielstra, Karsten Van Tryp and Jason Pahl, who have volunteered their lunch break to help our young athletes. Thank you to Ms. Matulin for organizing and guiding this great activity. Finals are March 30 at 12:30 (3rd vs 4th) and April 1 at 11:40 (1st vs 2nd). Games will be live streamed on Facebook. Thank you to Mrs. Mastel for your filming expertise. GOOD LUCK EVERYONE!

### St. Michael's Church

The church's Easter schedule is as follows:

<b>Apr. 1</b>	<b>7:00 pm</b>	<b>Holy Thursday</b>
<b>Apr. 2</b>	<b>3:00 pm</b>	<b>Good Friday</b>
<b>Apr. 3</b>	<b>8:00 pm</b>	<b>Easter Vigil</b>
<b>Apr. 4</b>	<b>9:00 am</b>	<b>Easter</b>

If you wish to attend any of the above you will need to sign up in advance. A second Easter Mass may be scheduled if required. For more information contact St. Michael's Church at 403-545-2023. The office is open Friday's from 9:00-3:00.

## Growing Great Kids

Students were again recognized at the March Birthday Assembly for all their good deeds. The winner of the \$20 Medicine Hat Mall gift card was Everett Van Tryp for always ready and willing to help when needed.



## Jr/Sr Report Cards

Report Cards for students in Grades 7-12 will be out Wednesday, March 31. Parent/Teacher interviews will be held during the week of April 12. Your child's teachers will contact you to arrange a time and the method in which the interview will be conducted.

## Green Shirt Day



Green Shirt Day is Wednesday, April 7 to honour, remember, and recognize all the victims and families of the fatal Humboldt Broncos bus crash and to continue Logan Boulet's legacy by inspiring Canadians to talk to their families and register as organ donors.

Because we are not in school on that day we ask all students and staff to wear GREEN on Monday, April 12, our first day back from Easter Break.

## Hot Lunches

The next Peter's Pizza lunch will be held Thursday, April 1st. Funds raised go toward the Grad Class of 21. We thank you for your continued support.

Parent Council is hosting a FREE Taco-In-A-Bag hot lunch on Tuesday, April 13 for all students and staff. Order forms are due Thursday, April 1. Thank you Parent Council.

Pita Pit Day is April 22. Orders are due April 15. Winners of the free items are Emily Nelson and Everett Van Tryp. Thank you for your continued support of awards program.

The concession will be offering hot dogs on Tuesday, April 27. Pre-orders are necessary and forms are due April 20. 50% of the profits from the hot dog sales will go to Chalice for our Sister School Project in Tanzania, Pangawe Primary School to help with the purchase of desks and chairs.



## 2021/22 Registration

If you have not yet done so, please complete your 2021/22 Registration Update as soon as possible. If you have any questions please contact Mrs. Johnson. If you know of anyone who has a child ready for Kindergarten in September, please let us know or have them contact the school. Information is also available on our school website at [www.smbi.holyspirit.ab.ca](http://www.smbi.holyspirit.ab.ca).

## AR Program

The program has been running for 114 school days as of March 23. There are 47/75 students participating. Students have taken 1021 quizzes passing 942 of them. The school average is 86.8%. Keep up the great reading.

## Easter Prayers

Lord,  
the resurrection of Your Son  
has given us new life and renewed hope.  
Help us to live as new people  
in pursuit of the Christian ideal.  
Grant us wisdom to know what we must do,  
the will to want to do it,  
the courage to undertake it,  
the perseverance to continue to do it,  
and the strength to complete it.

Amen



God our Father,  
by raising Christ your Son  
you conquered the power of death  
and opened for us the way to eternal life.  
Let our celebration today  
raise us up and renew our lives  
by the Spirit that is within us.  
Grant this through our Lord Jesus Christ, your Son,  
who lives and reigns with you and Holy Spirit,  
one God, for ever and ever.

Amen

## Options Week

Options Week for Grade 10-12 students will be held May 3-10. There will be no school for Kindergarten to Grade 9 students during that week. Options Week is always a great opportunity for students to explore different educational activities.

## Kindergarten



Kindergarten will be increasing to 3 days a week beginning the week of May 17. Kindergarten students will attend full days every Tuesday, Wednesday and Thursday until the end of the school year. Increasing Kindergarten days better prepares these young students for Grade One next year.

## Audit Committee

Holy Spirit School Division is requesting applications from members of the public to fill two (2) positions on the school division's Audit Committee as public members. Please see the attached "Call for Audit Committee Public Members" information sheet.

## SAVE THE DATE

### ST. MICHAEL'S GRADUATION



JUNE 25, 2021



### GRADUATION MASS

JUNE 12 @11:00 A.M.

# April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Mar. 31 Jr/Sr. Report Cards	1 Mini-Ball Finals 11:40 Peter's Pizza Day <b>HOLY THURSDAY</b> Mass 7:00 p.m.	2 GOOD FRIDAY Service 3:00	3 Easter Vigil 8:00 p.m.
4 <b>HAPPY EASTER</b> Mass @9:00 	5 <b>NO SCHOOL</b>	6 <b>NO SCHOOL</b>	7 <b>NO SCHOOL</b> Green Shirt Day	8 <b>NO SCHOOL</b>	9 <b>NO SCHOOL</b>	10
11	12 Wear Green for Green Shirt Day	13 FREE Taco-In-A-Bag Day	14	15	16	17
18	19	20	21	22 Pita Pit Day	23	24
25	26 <b>NO SCHOOL</b> Staff PD Day	27 Hot Dog Day	28 Division Board Meeting 6:30	29	30	



# TACO IN A BAG ORDER FORM

Due: Apr. 1st

Lunch: Apr. 13th

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

**PAC "FREE" hot lunch for students and staff.**

Please submit this form for ordering purposes!

Please mark each item that you'd LIKE to have on your order.

<input type="checkbox"/>	Cheese
<input type="checkbox"/>	Lettuce
<input type="checkbox"/>	Green Onions
<input type="checkbox"/>	Sour Cream
<input type="checkbox"/>	Salsa
<input type="checkbox"/>	Tomato



## HOT DOG ORDER FORM

**DUE: APR. 20TH**

**LUNCH: APR. 27TH**

Our "Sister School Project" in Tanzania is Pangawe Primary School. Funds raised will go towards the purchase of desks and chairs.

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Number of Orders \$3 each: \_\_\_\_\_ Total: \_\_\_\_\_

Please mark each item that you'd like to have on your order.

<input type="checkbox"/>	KETCHUP
<input type="checkbox"/>	MUSTARD
<input type="checkbox"/>	RELISH

# OFF-CAMPUS NEWS



## U of L Course Registration Workshop

The U of L will be holding a virtual workshop for Holy Spirit students who are attending the U of L next fall. This workshop will give them step-by-step instructions as well as hints and tips on how to pick their classes for fall 2021.

Date: Wednesday, April 28th at 6:00pm.

The link to join is:

<https://uleth.zoom.us/j/9556547558>

## Grade 11 Tip

This is a great time for Grade 11 students to be looking into programs and post-secondary institutions for next fall. Students can virtually check out different post-secondary websites, view the programs, see what each institution has to offer, as well as the costs involved.

Students should also be looking into scholarships and what they will need to apply for them.

Hopefully by gathering information this spring students will avoid feeling overwhelmed next fall.

Most institutions start to accept applications October 1st and some scholarships have early deadlines.

**On May 11, at 6:00pm**, the U of L will be hosting a virtual **Grade 11 Information Event** for students and their parents to find out how they can prepare for their grade 12 year.

For more information contact

Mrs. Gurr at: [gurrw@holyspirit.ab.ca](mailto:gurrw@holyspirit.ab.ca)



## Virtual Career Exploration

Career Transitions is offering sessions to give students a look into careers and the opportunity to talk to someone working in that field. These sessions are very well done and offer a lot of information.

The next sessions are:

**Teacher —Wednesday, March 31,**

**Hairstylist—Thursday, April 1**

**Genomicist & Bioinformatician—Tuesday, April 27**

**Engineer—Wednesday, April 28**

Register for these free sessions at: [www.careersteps.ca](http://www.careersteps.ca)

Students can also view past sessions on the website.

## Virtual Trades Showcase

CAREERS: The Next Generation is offering free monthly virtual Trades Information Sessions.

Up coming sessions are:

**Cooking —April 15**

**Information & Communication Tech—April 27**

**Sheet Metal - May 12**

Register for these sessions, or view past sessions at:

[www.careersnextgen.ca](http://www.careersnextgen.ca)

All events start at 6:00pm



## Heritage Youth Researcher Summer Program (HYRS)



If you are in grade 11 and have at least an 85% average in each of math 20-1 or 20-2, biology 20 and one other Grade 11 science you can apply for a 6 week summer research position at the U of L.

For more information and how to apply go to:

[www.uleth.ca/node/2969](http://www.uleth.ca/node/2969)

**Deadline to apply is April 30, 2021**

## March Hours

All Rap and Work Experience students please submit your March timesheets or pay stubs by email or text to Mr. Boschee or Mrs. Gurr.



## Your Off-Campus Team

Mark Boschee - Off-Campus Coordinator Cell: 587-220-4258 or Email: [boscheem@holyspirit.ab.ca](mailto:boscheem@holyspirit.ab.ca)

Wendy Gurr - Career Practitioner - 403-327-4596 Ext 312 or Email: [gurrw@holyspirit.ab.ca](mailto:gurrw@holyspirit.ab.ca)

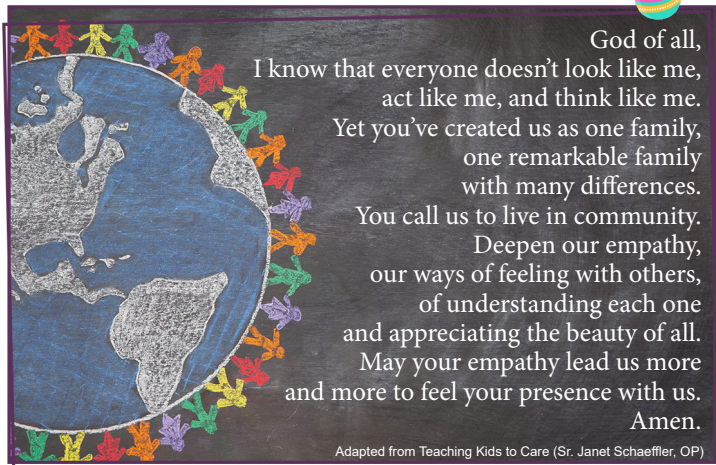




# APRIL

Monthly Theme: Empathy in a Digital World

Special Days to Remember Month of the Holy Spirit	
1	Holy Thursday
2	Good Friday
3	Holy Saturday
4	Easter Sunday
17	Memorial of St. Kateri Tekakwitha
25	World Day of Prayer for Vocations



Click [here](#) for a printable version of this prayer.

## Be Gracious

Alleluia! Jesus is risen! We rejoice that we are now celebrating the Easter season but on our recent journey through Holy Week, we recalled the story of the Passion and remembered the suffering of Christ. We experienced his pain as he was misjudged, persecuted, and ultimately crucified. And yet there was hope through the resurrection.

Jesus lives on in each of us - his goodness, his decency, his empathy, and his mercy are the gifts he has left us with. We are called to build the kingdom of God and one of the ways we do this is by teaching our children to be empathetic like Jesus. He felt the pain of others, he deeply understood their needs and entered into their experiences. Parents teach their children such important moral lessons every day. If you would like to read some ideas about how to cultivate empathy in your children, you might like to check out [this article](#).



## Faith & Family

During this pandemic, we are hearing that some students are spending just too much time online. We all need a gentle reminder perhaps to put down our devices and "look up"! That includes the kids and moms and dads too! There's no better time to "look up" than in the springtime! Spend some time outside this spring - enjoy the nature that God created. Parents, what was your favourite thing to do outside when you were your child's age? Spend some time with your child enjoying that activity and creating a beautiful memory together! That memory will last a lot longer than the pleasure gained by any amount of time scrolling through social media.

In the meantime, if you want some great tips to consider as you supervise your child's use of media, you might like to explore the resources at [Common Sense Media](#).



## Be Grateful

We have discovered, especially this year, how important it is to be gentle with each other. Today, we engage so much in the digital world. Because of this, it is important that we teach children to be just as empathetic with the person they are interacting with online as they are with a friend sitting beside them in their classroom.

In the 2020 edition of The Catholic Perspective, the Institute for Catholic Education highlighted the life of Carlo Acutis. As they shared in this article, there are many young people who give wonderful witness to how to be empathetic in their online interactions, using the power of media for good. They noted, "The Holy Father offers the example of the newly beatified [Carlo Acutis](#) as a digital witness for young people. Carlo is being called a #DigitalDisciple and #CyberApostle for the way he witnessed to his devotion to the Eucharist in his online work...He created a website that gathered and shared information about Eucharistic miracles..." Carlo demonstrated beautifully how to live a dignified online presence.

"The Church recognizes the importance of digital culture, especially in the lives of young people." We are grateful that we have the gift of technology and our prayer is that we use it to help to share the Good News. "In our Catholic schools we are teaching our students that we don't equate faith in Jesus with the culture of 'influencers' and 'followers'", but to discover their own life in the context of their community of faith. (Institute for Catholic Education) Let us give thanks that we have good and holy people showing us the way to live good and holy lives - in person and online!



## Catholic Education

All students in Alberta learn about digital citizenship but in our Catholic schools, digital citizenship is taught through the Catholic perspective which is always about maintaining and promoting the dignity of the human person. It is so important to teach our children how to be empathetic as they are learning to use digital media. We teach our students how to ensure their digital footprint is one in which they maintain their own dignity as well as the dignity of those with whom they are communicating.

This [document](#) created by the Institute for Catholic Education in Ontario is very much in line with what is happening each day in our Alberta Catholic schools too. Perhaps some of the items on this poster might be helpful to you as you work with your child's school to teach digital citizenship at home too.

Pope Francis offers this encouragement to young people: "You can become what God your Creator knows you are, if only you realize that you are called to something greater. Ask the help of the Holy Spirit and confidently aim for the great goal of holiness. In this way,...you will be fully yourself."



We hope you are enjoying the Mass Transit Cards to discuss the Sunday Gospel with your family. To access the April cards, click [here](#).

Sources: Loyola Press, "How to Raise Kids Who Care", Institute for Catholic Education



*"Be kind to one another, tender-hearted, forgiving one another,  
as God in Christ has forgiven you."*

(Ephesians 4:32)



# Call for Audit Committee Public Members

---

The Holy Spirit Roman Catholic Separate School Division is requesting applications from members of the public to fill two (2) positions on the school division's Audit Committee as public members.

Under the new *Education Act*, the school division's Audit Committee is to be comprised of three (3) trustees and two (2) members of the public.

The Committee will be responsible for:

- recommending external auditors to the Board;
- reviewing the annual financial statements and reporting to the Board; and
- ensuring appropriate internal controls exist and are maintained.

Qualifications for the public members:

- Ideally have financial experience and/or a professional accounting designation;
- Independent to the school division; and
- No financial or personal interests with the school division's audit firm, KPMG.

Public members will be compensated for their time on the Audit Committee, as per [Board Policy 18, Appendix A: Trustee Compensation, Allowances and Reimbursement Rates](#). If you are interested in serving on the Audit Committee, please submit a letter of interest that includes a brief summary of your work experience and qualifications to:

**Lisa Palmarin, Secretary-Treasurer**

The Holy Spirit Roman Catholic Separate School Division  
620 12B Street North, Lethbridge AB T1H 2L7

Email: [secretarytreasurer@holyspirit.ab.ca](mailto:secretarytreasurer@holyspirit.ab.ca)

Fax: 403-327-9595

Deadline for applications is on or before April 30, 2021

For further information, please contact Lisa Palmarin, Secretary-Treasurer, by phone (403-327-9555) or email ([secretarytreasurer@holyspirit.ab.ca](mailto:secretarytreasurer@holyspirit.ab.ca)).





Meet your Local  
RCMP Officers  
Virtually

**Wednesday**

**April 7, 2021**

**6:30 PM**

Must Register in advance to  
receive the zoom link

**Call 403-545-2200**

This is a great opportunity  
for community members  
to have a say on what  
issues the RCMP should  
focus on in our region.  
They want to hear from  
you !





### 5 Ways to Experience Joy Through Your Senses

The past year has been challenging. Take time to truly experience joy, a feeling of great pleasure and happiness.

When we add moments of joy into our life it helps us manage stress, to feel less overwhelmed and to foster resilience.

The best part is that you don't need anything fancy, just your five senses: Touch, Sight, Sound, Taste, and Smell.

Slow down today and notice how your senses can help you to experience joy.

### Sight and Sound

Spending time outdoors, looking and listening to everything around us, positively impacts both our physical and mental well-being.

Go outdoors and take notice of:

- what do your eyes see that bring you joy? Perhaps it is children playing or all of the colours found in nature.
- what the weather is like, warm or crisp?
- what is beneath your feet and the sounds you hear with each step you take?
- what your mood is like and what feelings you are experiencing? Make a playlist of your favourite songs to walk with! Does fresh air, music and movement improve your mood and help you experience joy?

### Touch

When we are mindful about the world around us, it may improve our mood and allow us to experience joy.

- Feel the warm sun, or a warm cup of your favorite beverage.
- Soak up the warmth and snuggle with kid, pets, or other loved ones.
- Tickle fight with kids, or try a foot massage
- Create a sensory guessing game: Close your eyes and feel roughness or smoothness of different objects in the house. i.e. sandpaper, feather, ice cube, rice. Play a guessing game and try to stump one another.

### Taste and Smell

Taste and smell are vital to our experience. Our body's ability to provide nourishment is related to how we experience these senses. When we slow down and pay attention to what we are eating we can experience the feeling of joy.

- Think of warm cookies fresh out of the oven - imagine the smell and taste.
- Scents can remind us of past joy. The familiar scent of a candle or perfume can bring calm and serenity
- Dip fruit into melted chocolate. Eat slowly and savour.
- Cook food in a slow cooker and savour the aroma that fills your home.

### MORE RESOURCES

[www.ahs.ca/helpintoughtimes](http://www.ahs.ca/helpintoughtimes)

[www.ctrinstitute.com/blog](http://www.ctrinstitute.com/blog)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642

