

# St. Michael's School

## May 2021



St. Michael the Archangel  
Our Angel of Protection

### Principal's Message

Happy Spring;

As we gear down for the home stretch, which will invariably be busy as year end always is, I hope and pray all of our stakeholders are doing as well as can be expected. We live in challenging times to say the least with life styles as well as education changed dramatically, yet through continued perseverance (as hard as that can be) and primarily through the grace of God we shall continue to thrive and move forward. We are in constant prayer for our children particularly.

We have tried to be as innovative as possible while still recognizing the guidelines as set by the province and have implemented Mini-Ball this year which turned out to be a rousing success as echoed by the students, Tech-Free Tuesday's (not as popular yet), Thundering Thursday's and will be moving forward with pickle ball, dodgeball and perhaps swimming under the guidance of Holy Spirit. In addition we are looking at an Elementary as well as High School Track and Field Meet on separate days adhering to responsible guidelines. Sometimes the notion should be reflected in rather what we can do as opposed to what we cannot do (once again easier said than done).

In the next bulletin we will be releasing our exam schedule for Junior and Senior High courses. Our Superintendent, Ken Sampson, did forward Holy Spirit correspondence to parents concerning the new Alberta Draft Curriculum last week. Please be assured Holy Spirit as well as most Catholic School Districts in Alberta (and public) will not be participating for various reasons.

Finally, a reminder grades K-9 will not be in session next week as Options Week will be taking place. The three offerings will be as follows:

- 1) FNMI Art and History—Guests include Treffrey Deerfoot—author, artist, speaker and Deborah Falk—author
- 2) Financial Literacy—Guests include Andrea Lidders, Deborah Sumner, Veronica Enair and Jessica Boyd
- 3) Sewing—Guests include Gwen Young

## Principal's Message Continued

We are happy to announce that two of our grade 8 students; Samuelle Biegel and Dyllan Thurston will be participating virtually in MINERVA—a STEM program exclusively for girls run out of Medicine Hat during the week of May10.

### World Catholic Education Week

Each year Catholic Education is celebrated around the world. May 10 - 14 has been designated as World Catholic Education Week. Thursday is Blue Day. Please wear blue to show your support of Catholic Education. We would like to thank our parents for your continued support and commitment to Catholic education and St. Michael's School.

### Hats On For Mental Health

The first Wednesday in May, Albertans are invited to wear a hat to raise awareness of the importance of good mental health. As this is Options Week we are setting May 14 as our Hats On For Mental Health Day. All students and staff are encouraged to wear a hat to show your support.

### Student Council

May 17—21 is Spirit Week. The schedule is as follows:

- Monday, May 17—Era Day
- Tuesday, May 18—Job Day
- Wednesday, May 19—Farmer/Western Day
- Thursday, May 20—Sports Day
- Friday, May 21—PJ Day

Thank you Student Council for bringing a little

### Growing Great Kids

At the April Birthday Assembly students were again recognized for their acts of kindness and good deeds. The winner of the \$20 Medicine Hat Mall gift card was Karis Mastel. Karis was spotted helping friends reach things that were too high for them. Good Job! Thank you Conquerville Hall for donating the gift card.

### Kindergarten

Kindergarten will be increasing to 3 days a week beginning the week of May 18. Kindergarten students will attend full days every Tuesday, Wednesday and Thursday until the end of the school.

### Hot Lunches

Peter's Pizza Hot Lunch will be served Thursday, May 13. Orders due May 9. Funds raised go toward the 2021 graduating class. Thank you for your support.

Taco In A Bag lunch will be served May 18. Again pre-orders are necessary and due May 11. This is a FREE HOT LUNCH. Thank you Parent Council for always looking after us.

Hot Dog Day will be held May 25. Order must be placed no later than May 18. Funds raised will go towards our school in Tanzania. Thank you for your support.

Pita Pit Lunch will be served May 27. Order deadline is May 20. Proceeds will be used for our Year End Awards. Winners of one free item are Samuelle Biegel and Connor Pahl.

### Elementary Track & Field

The Elementary Track & Field day will be held on Tuesday, June 1. Considering the health guidelines in effect at this time spectators will not be allowed. Thank you to Mrs. Krauss and Mrs. Schlachter who once again have been working hard to organize this event in these unusual time.

### AR Program

The program has been operating 133 school days with 49 student participating. They have completed 1232 quizzes passing 1138 of them. The school average is 87.7% GREAT JOB!

# May 2021

| SUN            | MON                                | TUE                             | WED                   | THU                                                  | FRI                          | SAT |
|----------------|------------------------------------|---------------------------------|-----------------------|------------------------------------------------------|------------------------------|-----|
|                |                                    |                                 |                       |                                                      |                              | 1   |
| 2              | 3<br>Options Week<br>No School K-9 | 4                               | 5                     | 6                                                    | 7                            | 8   |
| 9 Mother's Day | 10                                 | 11                              | 12                    | 13 World Catholic Education Day<br>Peter's Pizza Day | 14 Hats On For Mental Health | 15  |
| 16             | 17 Era Day                         | 18 Job Day<br>Taco In A Bag Day | 19 Farmer/Western Day | 20 Sports Day                                        | 21 PJ Day                    | 22  |
| 23             | 24 Victoria Day<br>NO SCHOOL       | 25 Hot Dog Day                  | 26                    | 27 Pita Pit Day                                      | 28                           | 29  |
| 30             | 31                                 |                                 |                       |                                                      |                              |     |

Creative Writing Piece

**The Cross**

Ancient cedar wood lies on the damp ground fulfilling no purpose. Twenty years ago, this simple piece of wood was part of the strongest, tallest tree in the forest; now forgotten by the woodcutters, it lies on the dirt floor, useless and unable to become something necessary.

Weeks pass and people saunter through the crowded forest, never thinking twice about the small piece of lumber propped up against the tree surrounding it. A young man appears behind a bush and begins to trudge over to where the plank lies. Looking down, he leans down and lifts the lonely log off the earth and begins his short journey home.

Stepping into his small cabin, he places the plank on a handmade table and immediately begins measuring. Making sure his measurements are precise, he carefully grabs his hand saw and moves his hand back and forth until he is left with two pieces. One might not know what he is about to create, but the young carpenter had a plan. After a few hours of cutting and carefully measuring, glancing down he lies one chunk on top of the other and begins hammering as straight as he is able to.

When his masterpiece is down, he props the t-shaped object against his door and prepares to go to the local market and sell it for the best price. Strolling down the cobblestone sidewalk, soldiers rush past the man doing whatever it is they do on a regular basis. Sitting in his regular spot, he places his showpiece beside him and waits for an offer. A group of soldiers approach the table and purchase the object not stating what it will be used for.

Days later, the young man hears shouts coming from the streets. Peeking out the window, he witnesses something that would scar him for the rest of his life. A man roughly the same age as him was being forced to carry the rod that he had made just a few days previous to this one. Blood drips down his sweaty face as the “criminal” stumbles up the hill to the village’s execution place.

When the man reaches the top of the hill, soldiers surround him, beat and strip him as if he were an animal. Laying the tired man down, they nail his hands and feet into the wood and prop him up and laugh as he struggles to catch his breath.

Hours pass and the man draws his last breath. The sky goes grey and thunder echoes throughout the sky. The man stands in awe as he realizes that the cross he made was part of something miraculous. Little did this man know that centuries later, his invention would still be recognized greatly throughout the world. It is a symbol that people will forever use and will help others to find the Saviour of this world. It will remind individuals of the path to the gateway into heaven that the man we call Jesus paved for us.

# The 7 Habits of Highly Effective Families

| B                                                                                                                                                                                                                | I                                                                                                                                                                                                                                                                           | N                                                                                                                                                                                                                                                     | G                                                                                                                                                               | O                                                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Habit 1   Be Proactive®</b><br>Identify any reactive behaviors your family wants to stop doing.                                                                                                               | <b>Habit 2   Begin With the End in Mind®</b><br>Choose a quote that represents what's most important to your family.                                                                                                                                                        | <b>Habit 3   Put First Things First®</b><br>Family time is a Big Rock!<br>Have a family date night.<br>What activity best fits your family?                                                                                                           | <b>Habit 4   Think Win-Win®</b><br>Talk about how you show courage as a family.                                                                                 | <b>Habit 5   Seek First to Understand, Then to Be Understood®</b><br>Write about three things you do as a family to show respect to one another.     |
| <b>Habit 6   Synergize®</b><br>Pick a date this month to synergize as a family with a "family meeting."<br>Complete a Plus/Delta Chart to identify what is going well for your family and what you could change. | <b>Habit 7   Sharpen the Saw®</b><br>Share a family meal together.<br>Take a family selfie and record the date of the meal.                                                                                                                                                 | <b>Habit 1   Be Proactive</b><br>Identify any proactive behaviors you want to start or continue doing.                                                                                                                                                | <b>Habit 2   Begin With the End in Mind</b><br>Write a goal that you want to achieve as a family in the next month.                                             | <b>Habit 3   Put First Things First</b><br>Write to tell about your family's three biggest priorities for the next week.                             |
| <b>Habit 2   Begin With the End in Mind</b><br>Discuss what your family wants to be celebrating at the end of this school year.                                                                                  | <b>Habit 5   Seek First to Understand, Then to Be Understood</b><br>What closes the door for understanding in your family?<br>Criticizing, talking about yourself, and giving advice are door slammers.<br>What can you do to open the door to listening for understanding? | <b>Student Name</b><br>_____                                                                                                                                                                                                                          | <b>Habit 6   Synergize</b><br>Identify and record two or three strengths for each member of your family.                                                        | <b>Habit 7   Sharpen the Saw</b><br>Exercise together as a family. How do you like to stay healthy and active?                                       |
| <b>Habit 7   Sharpen the Saw</b><br>Write about your favorite family traditions or create a new family tradition.                                                                                                | <b>Habit 1   Be Proactive</b><br>Identify any reactive language your family wants to stop using.                                                                                                                                                                            | <b>Habit 2   Begin With the End in Mind</b><br>Discuss and write about what you want your family to stand for.                                                                                                                                        | <b>Habit 3   Put First Things First</b><br>Make a "perpetual calendar" for your family. What important dates does your family commit to each week? month? year? | <b>Habit 4   Think Win-Win</b><br>Talk about how you show consideration as a family. Write about it.                                                 |
| <b>Habit 3   Put First Things First</b><br>Schedule one-on-one family time.<br>Use the prompt below to write about that time: My time with _____ was special because _____.                                      | <b>Habit 6   Synergize</b><br>Work together to complete a community service project.<br>Write to tell about how you used Habit 6.                                                                                                                                           | <b>Habit 5   Seek First to Understand, Then to Be Understood</b><br>Try using Habit 5 to fill in the blanks:<br>An eight-year old says to his parent, "I hate my teacher." Parent's response: You seem to feel _____ [feeling] about _____ [subject]. | <b>Habit 7   Sharpen the Saw</b><br>Try learning something new together. What did you learn?                                                                    | <b>Habit 4   Think Win-Win</b><br>Make an Emotional Bank Account deposit by doing something kind for an extended family member, neighbor, or friend. |

We are excited to share the 7 Habits with your family through a set of optional activities. Complete five in a horizontal, vertical, or diagonal row OR opt to complete all of the activities for full card BINGO. We've added lines to capture notes and reflections completed as part of the activities.

Please return this card by \_\_\_\_\_

All families that return BINGO cards with five in a row will be entered into a drawing for

All families that return fully completed BINGO cards will be entered into a drawing for

[illegible]





# MAY

Monthly Theme: Patience and Gentleness



## Special Days to Remember Month of the Blessed Virgin Mary

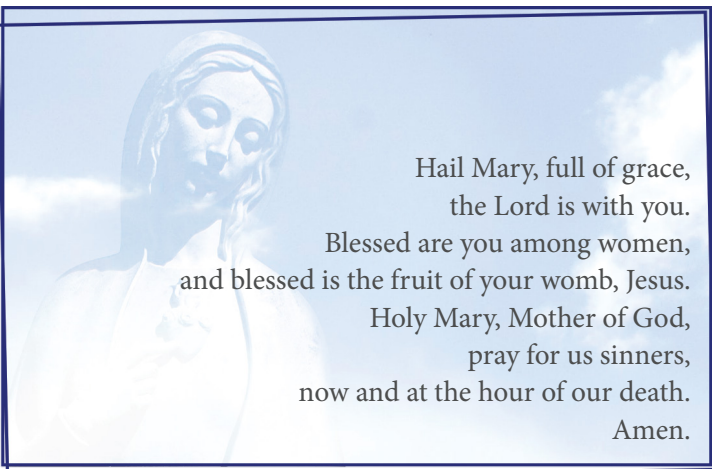
- 1 Feast Day of St. Joseph the Worker
- 9 Mother's Day
- 10-14 Catholic Education Week
- 13 World Catholic Education Day
- 16 Ascension of the Lord
- 23 Pentecost Sunday
- 30 Solemnity of the Most Holy Trinity
- 31 Visitation of the Blessed Virgin Mary

## Be Grateful

Our students love learning about the Blessed Virgin Mary all year long but in our Catholic Church, the month of May is dedicated to her, the first disciple of Jesus. Mary is such an important role model for us — she shows us how to live out the Gospel and how to pray. The Blessed Virgin is an incredible example of patience which is an important fruit of the Spirit. When the angel came to tell Mary that she had been chosen to bear a son, conceived by the Holy Spirit, she must have been scared. And yet, she freely chose to say yes to God. Mary abandoned herself to God's will and then patiently waited to give birth. She did not understand all the reasons she was chosen but she knew to trust God and to be patient as all would be revealed to her.

It is such a good lesson for all of us to be patient with our prayer. We like to think we are in control and we sometimes have difficulty putting ourselves completely in God's hands. Perhaps it makes us feel too vulnerable. And yet, Mary did exactly that and then patiently waited, knowing that she was part of God's plan. When we come to prayer, let us look then at Mary as our model. We can ask God for what we need or want, but we must be patient and tell the Lord that we will accept whatever he wills for us, as Mary no doubt did as she patiently awaited the birth of her son.

Let us be grateful that the Blessed Virgin Mary will be a patient intercessor for our prayers. Mother Mary, pray for us!



Hail Mary, full of grace,  
the Lord is with you.  
Blessed are you among women,  
and blessed is the fruit of your womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death.  
Amen.

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

## Be Gracious

A famous Catholic hymn is *Hail Mary Gentle Woman* and we often hear it during the month of May as we honour our Blessed Mother. One of Mary's many beautiful qualities was her gentleness. We strive to imitate her example of graciousness by being gentle with others. While some people think that gentleness is a sign of weakness, it is exactly the opposite. No one could ever accuse Mary of being weak — what strength she showed to say "Yes" to God as she became the Mother of Jesus!

Both Mary and Jesus showed us how to be gentle. They showed how to love with quiet strength. Gentleness is a fruit of the Holy Spirit and it is important to teach our children to be gentle with people's hearts. A good way to do just that is to remember to be gentle with our words. May would be a great month to issue a family gentleness challenge. Gather and make a list of gentle words that you will all commit to using regularly throughout the month - words and phrases like "please", "thank you", "you're welcome", "excuse me", "I am sorry", and "I accept your apology" are a good way to start. A month of being attentive to consistently using gentle words such as these in our family will help our children learn good habits that will help them learn how to be gracious with others as they navigate their world.

Excuse Me

## FAMILY GENTLENESS CHALLENGE

Pleasant words are like a honeycomb,  
sweetness to the soul and health to the body.

(Proverbs 16:24)



Please



I'm Sorry

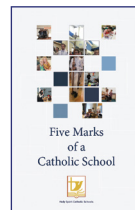


Thank You

## Catholic Education

This month we celebrate Catholic Education Week May 10-14. Thank you for choosing to send your children to Holy Spirit Catholic Schools. We often hear that our Catholic schools "feel different" and that is because all that we do is shaped by our belief in Jesus Christ and in our desire to educate our children in the Gospel values. The identity of our schools is guided by exemplifying the five marks of a Catholic school. Click [here](#) to learn more.

During the week of May 10, watch for a daily digital newsletter that will feature all of our Holy Spirit Catholic schools. They will be sharing how the five marks of Catholic schools come to life in our communities. We hope you enjoy it! Please continue to pray for Catholic Education in our province and again, thank you for your support!

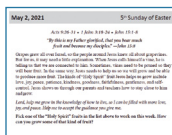


## Faith & Family

Catholics are very clear that when we pray to Mary, we pray to her as our intercessor to Jesus. She does not answer our prayers. She joins her prayers to ours and brings our prayers to Jesus. While we have many devotions to Mary, we never lose sight of this fact.

The Rosary is probably the most universally recognized Catholic devotion and we often try to devote more time to praying it in the month of May. The repetitive prayers, while we meditate on the life of Jesus Christ through the mysteries, bring great comfort. While the Rosary is the most popular of all Marian devotions, the end goal, as with all prayers to Mary, is always a deeper relationship with Jesus.

To learn more about praying the Rosary as a family, please watch this [video](#) by Joe Paprocki and for more Marian prayers, click [here](#).



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

Sources: *The Essential Guide to Catholic Prayer and the Mass* by Mary DeTurris Poust



"...with all humility and gentleness, with patience, bearing with one another in love..."

(Ephesians 4:2)

# OFF-CAMPUS NEWS



## U of L Grades 10 and 11 Information Night

The U of L will be holding a virtual Information Session on **Tuesday, May 11, at 6:00pm** for Holy Spirit students in grades 10 & 11 who are interested in attending the University of Lethbridge. This session will cover the importance of the grade 11 year as well as what students will need do, and what dates to be watching for, in their grade 12 year. There will be time to ask questions.

Parent are welcome to join.

The link to join is:

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

For more information contact Mrs. Gurr at:

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



## Parent Info Night

Lethbridge College is pleased to host a 45-minute online session from **6:30 p.m. to 7:15 p.m. on Monday, May 17**, to provide parents and guardians with an overview of what to expect from and for your future post-secondary student.

They will address some of the concerns you may have, and will review the supports they have in place to help student meet their goals. They will also provide you with some ideas on how to BE READY to support your students in their transition into post-secondary education. This event is open for parents and guardians of students in grades 11 and 12 and their students.

Attend the event live for a chance to win a gift from Lethbridge College.

Register at: <https://www.tfaforms.com/4898574?>

[tfa\\_2100=holyspirit](#)

**PARENT INFO NIGHT**



## Dual Credit Courses

Holy Spirit School Division is again offering dual credit courses for our students in partnership with Olds College and Lethbridge College starting in September 2021. Students aged 15 years and older can apply and not only earn high school credits but credits at the post-secondary level.

Courses offered from Olds College are:

- ◆ Agriculture Electronics & Control Systems
- ◆ Introduction to Veterinary Profession
- ◆ Managing Landscapes
- ◆ Marketing for Hospitality & Tourism
- ◆ Training for Performance (Sports Management)

Courses offered from Lethbridge College are:

- ◆ Animal Science
- ◆ Introduction to Design Software & Photography

Deadline to apply for these courses is:

May 15 for Lethbridge College

June 15 for Olds College.

**For further information and how to apply for any of these courses please contact Mr. Boschee or Mr. Sumner.**



## 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.

This months sessions are:

Dietitian—May 6 @ 4:00pm

EMS Paramedic—May 13 @ 4:00pm

Doctor—May 26 @ 4:30pm

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



## Virtual Trades Showcase

CAREERS: The Next Generation are offering free monthly Virtual Trades Information Sessions.

This month's session is:

**Sheet Metal - May 12**

Register for this session, or view past sessions at:

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



## 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)

