



St. Michael the Archangel  
Our Angel of Protection

# January 2022

**“A Community of Faith Devoted to Students”**



## Principal's Message

Dear Parents/Guardians

Happy New year to you all and I hope you had a blessed Christmas. Times continue to be strange and surreal there is no doubt. We continue to put our faith in God and His most holy guidance. There is but no alternative other than soldier on. The need to be flexible remains and will continue to remain.

We do know at this point Diploma Exams are off the board. I believe this to be fair and just. Senior High teachers will meet on the 10th to determine finals moving forward. Semester 2 commences on January 31. Other key dates are Tuesday, January 18, 6:30 pm for Zoom PAC meeting. We are still in pursuit of a secretary for PAC as we speak. In addition our SMBI pro-day is scheduled for Friday, January 28.

Any news regarding the delivery of education from either Holy Spirit or the Alberta Government we will dispense as soon as information becomes available.

God Bless

Chris Sumner

## Final Exam Schedule - Sr. High

A final exam schedule for Sr. High students will be sent out to parents Tuesday, January 11. Regular instruction will take place now that Diplomas for this semester have been cancelled.

## Mission Mexico Day

Thank you to everyone who contributed to the Mission Mexico collection. We were able to raise \$67.00 to support the poorest of the poor in the mountains of the state of Guerrero Mexico.

## Christmas Concert

Thank you to all of the students and staff who participated in our annual Christmas Concert. A huge thank you goes out to Mrs. Pollock for her time and talent in delivering another fantastic concert. Well done everyone!

## Growing Great Kids

Many students were once again caught doing good deeds for others around the school. All names were entered into a draw for a \$20 Medicine Hat Mall Gift Card donated by the Conquerville Community Hall. Congratulations to our winner, Colin Matz who was spotted being a classroom “Roomba” cleaning up the floor. Great Job!

## 2022/23 School Registration

Parents of students currently enrolled at St. Michael’s School will be receiving an email from the Division in mid January which will include access to your 2022/23 Registration Update form. We ask that you complete the forms as soon as possible once you receive the email. Knowing who is returning allows us to better plan for the upcoming school year. Registration forms for younger siblings of current students who will be new to the school can also be completed.

Registrations for new families for the upcoming school year will begin on February 1, 2022.

Please see the attached poster.

## Hot Lunches

Peter’s Pizza lunch was scheduled to be served on January 6. Due to the delayed back to school the date will be changed. Families will be notified by email of the new date. Orders are due January 3. Thank you for supporting the Class of ‘22

Taco-In-A-Bag lunch is set for January 13. Orders are due January 6. The cost is \$5/bag. Proceeds will be used for our Year End Awards.

Pita Pit—Lunch served January 20. Order deadline is January 13. Winners of last month’s order are: Ciandra Klassen, Hudson Weatherhead, Tjijs Grol and Raegen Loddors. Thank you for supporting our Athletics Programs.

Miss Crooymans & the Junior High Religion Class will be sponsoring a “Sister School” in a developing country again this year. Once it has been determined which school Hot Dog sales will continue with proceeds going toward that project.

## A New Year’s Prayer

Eternal God, You gave us the greatest gift: the gift of life.

In the coming year, help us use it wisely.

May we grow in generosity, kindness and forgiveness, hope, faith and love.

Amen

Rabbi Evan Moffic



2022

# January 2022

Sun

Mon

Tue

Wed

Thu

Fri

Sat

						<b>1</b> <b>HAPPY NEW YEAR</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10 Welcome Back</b>	<b>11</b>	<b>12</b>	<b>13 Taco-In-A-Bag Lunch</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18 PAC Meeting 6:30</b>	<b>19</b>	<b>20 Pita Pit Lunch</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28 NO SCHOOL Staff PD Day</b>	<b>29</b>
<b>30</b>	<b>31 Semester 2 Begins</b>					



Looking forward to a new year with ...

# Holy Spirit Catholic School Division

## 2022/2023 REGISTRATION

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### Re-Registration Starts January 17, 2022

Families who already have students in our system should expect an email during the week of January 17-21, 2022 asking that the online "Registration Update Form" be completed for each child who will be attending during the 2022/2023 school year.

This update allows us to make sure the information on file is accurate and that any legal declarations, preferences and consents are renewed. It also allows our schools to plan for the upcoming school year.

Parents/guardians who are hoping to register younger siblings new to the division will also have the opportunity to do this at the same time that they re-register older students.



### New Student Registration Starts February 1, 2022

Students new to the division who wish to enroll for the 2022/2023 school year are invited to register online starting on February 1, 2022.

- Our **Early Learning Program** is designed to stimulate the growing curiosity of children 3 and 4 years of age.
- Our **Kindergarten** is designed for children 5 years of age on, or before, December 31, 2022.

For information about our Early Learning and Kindergarten Programs, or to discuss your child's specialized programming requirements, contact our Early Learning Coordinator at 403-381-8495 or [earlylearning@holyspirit.ab.ca](mailto:earlylearning@holyspirit.ab.ca).



### For More Information

If you need assistance with the online registration process, or have any questions, contact your child's school or visit the school division's website at [www.holyspirit.ab.ca](http://www.holyspirit.ab.ca).



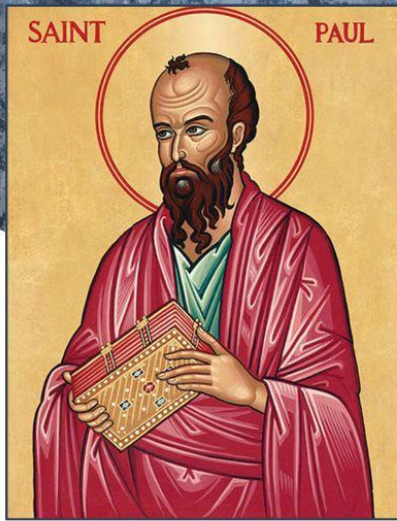
**Holy Spirit Catholic School Division**

...where students are cherished and achieve their potential.



# January

Together on the Journey



**St. Paul**

School: St. Paul

*"My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God."*

1 Corinthians 2:4-5



## ST. PAUL

St. Paul is one of the most influential of all the saints. Many of his writings are contained in the Bible and have influenced the growth and development of the Church since the first century. St. Paul was originally known as Saul. He was a Roman citizen and a Jewish Pharisee who believed in the strict observance of God's Law. He persecuted the early Christians and was present at the martyrdom of St. Stephen. While on the road to Damascus, Saul had an encounter with the risen Christ. His encounter convinced him that Christ had come for all and the observances of Jewish Law were not necessary for those who believed in Christ. He was subsequently baptized and took the name of Paul.

Paul spent his life travelling and preaching, primarily to the Gentiles. In 67 AD, Paul was arrested in Rome and was beheaded under Emperor Nero. Throughout his life, he established churches and remained in communication with the faithful, often writing letters to answer questions and resolve disputes. The letters that have survived have become part of the Bible.

## Evangelization is the Work of God

## Reflections on the Conversion of St. Paul



### 7 TIPS FOR YOUR CONVERSION PROCESS

- 1 The people in your life didn't change, you did**  
The only difference is that you walk with the Lord now.
- 2 You can't be holy overnight**  
Holiness is a lifetime process. Keep going!
- 3 You may feel tempted to give up**  
Don't get discouraged and don't try to silence your conscience.
- 4 Remember that faith is not a feeling**  
Let your goal be to love God at all times, even when it gets hard.
- 5 Keep praying and learning**  
The spirit must be trained, set some real resolutions.
- 6 Talk about God**  
Bring God everywhere you go, with your words and actions.
- 7 And remember...you are Catholic everywhere**  
Be a Catholic outside your group or movement, the world needs you!

All of us are called to conversion — probably not in a sudden dramatic fashion like Saul — but still constantly day by day we are called ever more to surrender our lives to Christ. He calls us too by our own name with great mercy and tenderness; he calls us to abandon our special resistance to his will and plan for our lives and to conform ourselves to his will and plan.

If we are to respond to that call we, like Paul, must give ourselves up to prayer, stopping the whirl of frantic activities and putting ourselves before God, saying like Paul: "What shall I do?" (Acts 22:10).

St. Paul's conversion is not just an interesting historical episode from the beginning of the Church — it is paradigmatic for our own continued journey of conversion. All of its elements can be applied to ourselves.

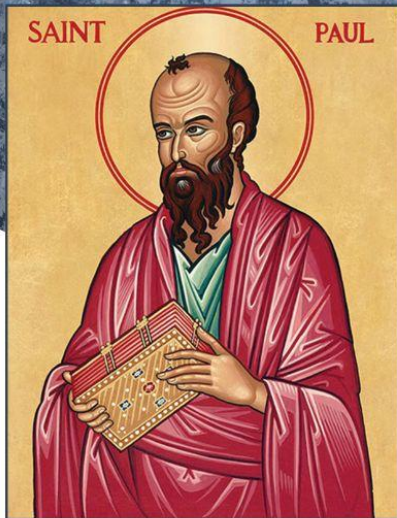


*"Therefore encourage one another and build up each other, as indeed you are doing."*

- 1 Thessalonians 5:11

# January

Together on the Journey



St. Paul

School: St. Paul

## WEEK ONE

Paul's conversion was quite dramatic. Not all of us will have a similar conversion experience in our relationship with God. Consider the infographic on page one - is there one area that speaks to you the most and might be an area for growth in your life?



## WEEK TWO

When Saul (Paul) was suffering (temporarily blind), he entered into prayer and fasting, even though suffering usually makes us want to "check out." With St. Paul as an example, contemplate this verse and how it may help you during a difficult time: *"For I, the Lord your God, hold your right hand; it is I who say to you, 'Do not fear, I will help you.'"* - Isaiah 41:13

*"Do not fear, I will help you."*

## WEEK FOUR

Paul's mission flowed from his relationship with God. He took time away from the mission to seek the "one thing necessary" (Luke 10:42). When is the last time you went on "retreat"? It's the beginning of a new year. Look at your calendar this week and include time alone with God. Whether it's a specific location or alone in your room, think of ways to include God in your life.



Source: *Daily Lessons from the Saints* by Fr. Brice Higginbotham

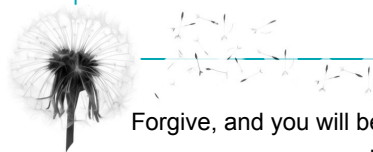
## Feast Days and Celebrations January 2022

- 1 The Solemnity of Mary, the Holy Mother of God
- 1 World Day of Peace
- 2 Epiphany of the Lord
- 9 Baptism of the Lord
- 14 World Day of Migrants and Refugees
- 18-25 Week of Prayer for Christian Unity

As you journey with St. Paul this month...

## WEEK THREE

Stephen had, like Jesus, prayed for God to forgive his murderers. God heard his prayer and extended forgiveness to Saul. But the rest of the Church still had to live the hard task of forgiveness. Could you have forgiven Saul? Ask for the grace to forgive your enemies or anyone who has hurt you.



Forgive, and you will be forgiven.

Luke 6:37b

## Sunday Gospel Readings

Jan. 2nd/Epiphany of the Lord  
Matthew 2:1-12

Jan. 9th/Baptism of the Lord  
Luke 3:15-16, 21-22

Jan. 16th/2nd Sunday in Ordinary Time  
John 2:1-12

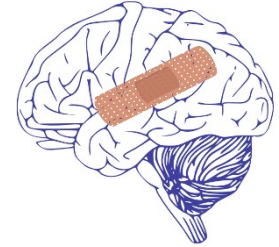
Jan. 23rd/3rd Sunday in Ordinary Time  
Luke 1:1-4; 4:14-21





# Your Brain on Stress

**Madison Long**, MSc Developmental Psychology,  
PhD candidate in Neuroscience, University of Calgary



**We've all felt it...sweaty palms, heart racing, and  
tunnel vision. It's stress!**

While some stress is good to live a productive life, excessive stress can hijack the body's usual response system, sometimes leading to mental health problems. Knowing how stress impacts our brain and our bodies helps us understand mental health problems and appreciate that they are real, physical processes in our brains; never "*just in someone's head*". And just like other medical illnesses or injury, brains and bodies can recover with the right support and treatment.

**This topic is a continuation of a partnership with Calgary Board of Education and pediatric resident physicians from the Alberta Children's Hospital. Initially delivered to students and faculty at junior high schools, this webinar aims to include the whole family and close the loop in communication on mental health.**

[Pediatricians in training hit Calgary schools to raise awareness about mental health | CBC News](#)

Join us to learn about the stress response system, stress coping strategies and support for mental health, and supporting loved ones who might be experiencing mental illness.

**Open to all -  
kids/teens alike**

**Thursday Jan 6 2022  
6:30 pm (mst)**

**Click here to  
register**

**What is a vape?**

A vape is an electronic smoking device that contains a cartridge of liquid (e-juice) that may contain nicotine or cannabis (THC) in a liquid form. The e-juice is heated into an aerosol cloud and inhaled by the user.

**What should parents look for?**

Parents should pay attention to an unusual attachment to a USB stick, sharpie, pen, lipstick, key fob, etc. These items may be a vape “disguised” as everyday items.

**What is in e-cigarette liquid?**

Nicotine, which is a highly addictive drug.

A combination of water, chemicals and propylene glycol, which is a food preservative and is in antifreeze and theatre fog.

When the chemicals in e-juice are heated, they form new toxic compounds including formaldehyde and acetaldehyde, known to cause cancer; and acrolein which can severely irritate the eyes and airways. Added chemicals for flavour may not be safe to inhale and they can irritate the lungs and airways.

**Vaping is not harmless**

Vaping can increase your exposure to harmful chemicals and lead to nicotine addiction. The short and long term health effects are unknown. Recent reports show an increase in vaping-related injuries; including significant respiratory and health effects such as lung failure, seizures and even death.

Although rare, some vaping devices may catch fire or explode, leading to burns or injuries.

**Talk to your teen about vaping**

Talk to your teen about vaping early, even as young as age 10.

Know the facts so you can discuss the health risks and nicotine addiction.

Focus on the short-term effects of vaping – it can change the way your brain works, may make it harder to breathe, it costs a lot of money, and youth are the target of big companies looking for lifelong customers.

Correct misconceptions in a calm manner and take time to listen.

**MORE RESOURCES**

<https://www.canada.ca/en.html>

Search “About Vaping” and “Talk with Your Teen about Vaping”

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







## Handle with care: Ways to support your child's mental health

This pandemic has lasted much longer than many of us expected. Despite our best efforts to help kids adapt and stay well, there are still challenges. Some children continue to learn remotely. Others have gone a long time without play dates, after-school activities, or visits with extended family. In the face of so much disruption, it's natural to worry about how your kids are holding up.

When it comes to mental health, the day-to-day ways that you care for your child matter. Your support nurtures their well-being and helps

them cope with life's ups-and-downs. You play a key role in noticing problems and responding to them. As the pandemic carries on, here are some tips to help you care for your child's mental health.

### Check in

Every day, take a few moments to check in with your child. Ask them about their activities and interests, and how they've been doing. Encourage them to talk about their thoughts, feelings, and emotions.

# Healthy Children

January 2022 Family Newsletter

Checking in with your child can feel more natural while you're doing an activity together, like eating a meal, driving, or walking the dog. If it seems like they just aren't comfortable opening up with you, help them find a trusted adult they can turn to if they need help, like a teacher, coach, grandparent, Elder, or faith leader.

Reassure your child that you're there for them, no matter what. Give them your full attention—really listen to what they say. It's okay for your child to feel sad, mad, or upset about something. You may not agree or understand, or it may seem silly to you, but their difficulties are real to them. Try not to judge. Instead, show empathy and compassion.

## Surround them with calm, warmth and safety

As much as you can, provide a positive home environment that nurtures your child's healthy growth and development. Here are some things you can do:

- Love and accept them
- Encourage and support their interests, efforts, strengths, and passions
- Create predictable routines and set clear boundaries
- Help develop their social emotional skills, like how to handle challenging emotions, set goals, and solve problems
- Involve them in decisions that affect them
- Support and model healthy habits, like eating well, staying active, and getting enough sleep

- Unplug from technology as a family, especially at mealtimes, bed time, and during play
- Go outside together—unwind, move your bodies, and spend time in nature

## Help them learn about stress

Teach your child that stress is a natural response to challenging situations. Help them figure out what stress looks like and feels like for them—for example, they might feel nervous, shaky, or nauseous. Stress looks different for everyone. Recognizing it is the first step in handling it.

Help your child explore different ways to cope with stress. Role model the techniques that work well for you, and give them an opportunity to learn and practice what works for them. Here are some techniques you can try together:

- Physical activity, like running, dancing, or stretching
- Calming activities like yoga, art, or music
- Going outside, even for just a few minutes
- Breathing exercises like starfish breathing or box breathing – learn how with this 5-minute video: [Stress explained: Elementary edition](#)

For more information about mental health, visit:

- [Stress in children and teenagers](#)
- [Your child's mental health](#)

# Healthy Children

January 2022 Family Newsletter

## Be proactive about mental health

You know your child best. Ask yourself how they are doing at home, at school, and with friends. Watch for changes in the way they think, feel, or act. Keep an eye out for physical signs of distress, like headaches or tummy aches, sleeping problems, or lack of energy.

If your child is experiencing distress that's intense, long lasting, or causing problems in daily life, there are caring professionals and programs that can help. Many are low-cost or free.

- Your family physician can be a great first point of contact. Ask them about local options, like psychologists, social workers, support groups, or community organizations.
- Your child's teacher may be able to help. Ask them about supports for mental health at school, like counsellors, success coaches, or child and youth specialists. Many schools also offer mentoring groups or peer support networks.

- You can visit [ahs.ca/helpintoughtimes](https://ahs.ca/helpintoughtimes) for a directory of services, phone numbers, and virtual supports for handling financial pressures, unexpected challenges, and stressful situations.
- You can call **811** to speak with a registered nurse, any time of day or night.
- Your child can contact Kids Help Phone any time, to talk about anything:
  - By phone: **1-800-668-6868**
  - By text: Text **CONNECT** to **686868**
  - Through Facebook Messenger:  
Visit [KidsHelpPhone.ca/Messenger](https://KidsHelpPhone.ca/Messenger)

If your child is talking about suicide or has engaged in suicidal behaviour, don't leave them alone. Call **811** for support. If anyone is in immediate danger, call **911**.





## Just be there: How to support your teen's mental health

This pandemic has lasted much longer than many of us expected. Despite our best efforts to help teens adapt and stay well, there are still challenges. Some students continue to learn remotely, and others have gone a long time without in-person visits with friends or extended family. In the face of so much disruption, it's natural to worry about how your teen is holding up.

When it comes to mental health, the day-to-day relationship you maintain with your teen matters. Your presence and support nurtures their well-being and helps them cope with life's

ups-and-downs. You also know them better than anyone else does, so you play a key role in noticing and responding to problems.

As the pandemic carries on, here are some tips to help you be there for your teen.

### Check in

Every day, take a few moments to check in. Ask your teen how they've been doing and what they've been up to. Encourage them to share their thoughts, feelings, and challenges. Be honest about how things are going with you—this can help open up

# Healthy Teens

January 2022 Family Newsletter

and normalize conversations around mental health.

Checking in with your teen can feel more natural while you're doing an activity together, like eating a meal, driving, or walking the dog. If it seems like they just aren't comfortable opening up with you, help them identify a trusted adult they can turn to if they need help, like a teacher, coach, grandparent, Elder, or faith leader.

Reassure your teen that you're there for them, no matter what. Give them your full attention—really listen to what they say. It's okay for your teen to feel sad, mad, or upset about something. You may not agree or understand, or it may seem silly to you, but their difficulties are real to them. Try not to judge. Instead, show empathy and compassion.

## Surround them with calm, warmth, and safety

As much as you can, provide a positive home environment that nurtures healthy growth and development, and builds their independence. Here are some things you can do:

- Love and accept them
- Encourage and support their interests, efforts, strengths, and passions
- Try not to solve their problems for them; instead, help brainstorm solutions
- Listen to their opinions and give them an active role in making decisions
- Work together to set healthy routines for getting school work done and for things like staying active, eating well, and getting enough sleep

- Set boundaries and stick to them—just be open to negotiating as your teen matures
- Help them break big tasks into smaller, more achievable goals
- Encourage and model unplugging from technology, especially for meals, homework, and sleep

## Help them understand and manage stress

Teach your teen that stress is a natural response to challenging situations. Help them figure out what stress looks and feels like for them—for example, they might feel nervous, shaky, or nauseous.

Recognizing stress is the first step in handling it. Learn more with this handy [4-minute video](#) and encourage your teen to explore different ways of coping. Role model the techniques that work well for you, and give them opportunities to learn and practice what works for them. Some common techniques are:

- Breathing exercises
- Physical activity, like running, dancing, or stretching
- Calming activities like yoga, mindfulness, art or music
- Spending time in nature

For more information about mental health, visit:

- [Stress in children and teenagers](#)
- [MentalHealthLiteracy.org](https://www.mentalhealthliteracy.org)

# Healthy Teens

January 2022 Family Newsletter

## Be proactive about mental health

You know your teen best. If you have concerns about the way they are thinking, feeling, or acting, it's a good idea to get help. Identifying concerns early and responding to them can prevent future problems, and can make things easier for both you and your teen.

If your teen is experiencing distress that's intense, long lasting, or causing problems in daily life, there are caring professionals and programs that can help. Many are low-cost or free.

- Your family physician can be a great first point of contact. Ask them about local options, like psychologists, social workers, support groups, or community organizations.
- Your teen's teachers may be able to help. Ask about supports for mental health at school, like counsellors, success coaches, or child and youth specialists. Many schools also offer mentoring groups or peer support networks.

- You can visit [ahs.ca/helpintoughtimes](https://ahs.ca/helpintoughtimes) for a directory of supports for handling financial pressures, unexpected challenges, and stressful situations.
- You can call **811** to speak with a registered nurse, any time of day or night.
- Your teen can visit [jack.org/abhub](https://jack.org/abhub) for online resources to help them care for themselves and look out for others.
- Your teen can contact Kids Help Phone any time, to talk about anything:
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  - By text: Text **CONNECT** to **686868**
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