



St. Michael the Archangel

Our Angel of Protection

St. Michael's School

March 2022



Principal's Message

Dear Parents,

I hope your Family Week was well spent and refreshing. We pray for continued progress with the pandemic and now turn our prayers to the Ukraine where lives, including civilians are being lost daily. We pray for the intervention of Christ and His holy hand.

We are happy to announce we are celebrating Ash Wednesday tomorrow with Father in recognition of the commencement of Lent. Father has been very active in our school visiting classrooms these past weeks which is indeed a blessing. He is connecting well with the children and staff. We are prayerful for further opportunities in the many areas of education that open us to visitors, field trips, etc..

Elementary reports will be distributed this Friday with Parent/Teacher Interviews to take place on March 10. Junior/Senior reports will be distributed on March 31. Options week takes place from March 21-25 for our grades 10-12. Options will include; Indigenous Option, Art Option and a Cooking and Culture Option. All three are terribly unique in their own right and should provide an invaluable experience for our students.

Parents, you should have by now received your Alberta Education Accountability Surveys from the government. Please take the time to fill them out as your feedback is always welcomed.

Finally, if you have yet to register your children for next year please do so. Our current numbers for next year play a magnanimous role for Holy Spirit in determining staff allocation on all fronts; regular teaching postings, education assistant allotments and even has potential impact on office and custodial staff.

We pray for our world and more specifically for our children and their future. God bless You All in the great work you do in raising such fine young people.

In Christ,

Chris Sumner

Jr. High Orientation

An in-person information evening is scheduled for March 1 at 6:00 pm for all parents of students in Grades 6 & 7. Join us to find out about the CTF program, Power School for parents, the Edwin program, Leader In Me program, Athletics, Flex and anything you may have questions about. We look forward to seeing you there.

Kindergarten Open House

Open House on March 23 & 24 from 9:00—4:00. All parents along with their child are welcome to drop in or call the school for an appointment on either day. This is an opportunity to meet the teacher, explore the classroom, tour the school and find out what St. Michael's Kindergarten has to offer. If you or anyone you know has a child who will be 5 on or before December 31, 2022 check us out.

Ash Wednesday

Ash Wednesday is March 2 and begins our Lenten Journey. We are excited to have Father Wojciech at the school for our Ash Wednesday service at 10:00 in the school gym.

**Jr./Sr. Report Cards
Go Home
March 31, 2022**

Options Week

Options Week for Grades 10-12 students will be held March 21 to 25. Students in Kindergarten to Grade 9 will not attend school during this time. Grade 10-12 students will have the opportunity to participate in one of the three options being offered. Mrs. Gutfriend will be teaching a First Nations option which will include a guest speaker from Kootenai Brown Pioneer Village, Mr. Allen will be teaching "Cooking & Culture" and Miss Croymans and Mrs. Biegel will be teaching Art. It looks like a full week ahead.

2022/23 Registration Updates

Please remember to complete your 2022/23 School registration update form as soon as possible. If you need assistance please contact the school. The completed form gives us the most accurate up-to-date information about our students.

Sr. High Orientation

An in-person information evening is scheduled for March 29 at 6:00 p.m. for parents of students in Grades 9 & 10. Join us to find out about the RAP program, High School Credits, My Pass, Student Council, ASLC, 7 Habits, Online Learning, Options Week, Student Laptops and anything you may have questions about. We look forward to seeing you there.

Elementary Report Cards

Report cards for Kindergarten to Grade 6 will be sent home on Friday, March 4. Parent/Teacher Interviews for Elementary students will be held on Thursday, March 10 from 4:00-8:30. Interviews will be conducted in the same form as we had in November. You can choose either in-person, by face-time/zoom or a telephone call. Please complete and return the attached form or email the school (johnsond@holyspirit.ab.ca) by Tuesday, March 8.

Hot Lunches

Peter's Pizza will be served on March 3. Thank you for supporting the Grad Class of 2022

Taco-In-A-Bag will be served March 10. Orders are due March 3. Proceeds go toward our year end Awards

Parent Council will be serving a FREE hot lunch for all students and staff on Tuesday, March 15. On the menu, Shepherd's Pie. Thank you to Parent Council for all that you do for our school.

Pita Pit lunch is set for March 17. Thank you for supporting our school Athletics program. Winners of one free item are: Mary Remijn, Ryker Collins, Ewan MacLean and Soto Kouremenos.

The next Hot Dog Day is set for March 29. Proceeds go to Chalice to help support those less

100th Day of School

The Grade 1/2 class will be celebrating the 100th Day of School on Tuesday, March 7. They are requesting your help as they try to collect 100 food items to be donated to our local Food Bank. They are excited to put their counting skills to good use.

Lent

Lent is a 40 day season of prayer, fasting and alms giving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer, we serve by giving alms and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully.

Many know of the tradition of abstaining from meat on Fridays during Lent, but we are also called to practice self-discipline and fast in other ways throughout the season (less screen time, less gossip etc.). In addition, the giving of alms is one way to share God's gifts—not only through the distribution of money, but through the sharing of our time and talents (visit seniors & shut-ins, lend a hand to someone in need).

Prayer

Lord, I know how much you love me. It's hard for me to feel it sometimes, but I know you love is always with me. Help me to use your love as a way to persevere in my Lenten intentions. I am weak, but I know with your help, I can use these small sacrifices in my life to draw closer to you. Amen.

Senior Boys Basketball



We would like to wish our Sr. Boys Basketball team the best of luck as the head to the South Zone Championships on March 11 & 12. All games will be played at Coaldale Christian School and will be Live Streamed on the Coaldale Christian School's YouTube page. Search CCS Titans Live Stream. GO BEARS!

Mini-Basketball

Mini-Basketball will begin on March 28 with the finals played on April 14. Thank you to Ms. Matulin for organizing this event for our Grade 4, 5 and 6 students. Thank you also to our Sr. High students for volunteering to coach our young athletes.

SAVE THE DATE!
GRAD 2022
JUNE 24, 2022

March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Jr. High Orientation 6:00	2 	3 Peter's Pizza Day	4 Elementary Report Cards	5
6	7 Grade 1/2100th Day of School Celebration	8	9	10 Taco In A Bag Lunch Elementary P/T Interviews	11 Sr. B. Ball - South Zone at Coaldale Christian	11 Sr. B. Ball - South Zone at Coaldale Christian
13	14	15 PAC Free Lunch PAC Meeting 6:30	16	17  Pita Pit Day	18	19
20	21 Options Week No School for K-Gr. 9	22	23 Kindergarten Open House Division Board Meeting	24 Kindergarten Open House	25	26
27	28	29 Hot Dog Day Sr. High Orientation	30	31 Jr./Sr. Report Cards		

Parent/Teacher Interview Schedule

In-Person Interviews for K-6 students will be held March 10 from 4:00-8:30 p.m. by appointment. Interviews will be scheduled at 20 minute intervals. Please return this Interview Request Form or contact the school by email at johnsond@holyspirit.ab.ca or telephone (403) 545-2131 by 9:00 a.m. March 8. **Please be respectful of the time allotted for your interview in order to avoid line-ups so that we can maintain social distancing.**

I/We _____

would like to schedule an interview as follows:

Preferred Method of Interview

In Person _____ with the following teachers:

Mrs. Kruass	_____
Mrs. Weatherhead	_____
Miss Crooymans	_____
Mrs. Gutfriend	_____
Ms. Matulin	_____

Please indicate the preferred time for your interview to begin on March 10

4:00	5:00	6:00	7:00	8:00
4:20	5:20	6:20	7:20	8:20
4:40	5:40	6:40	7:40	

1st Choice _____ 2nd Choice _____ 3rd Choice _____

OR

On Line _____ By Telephone _____ On March 10

NEW UPDATED!

It's **100** Day!

Grade 1/2 will be celebrating our **100th** day of school on Tuesday March 8! We will be doing a variety of literacy and numeracy activities throughout the day to help us celebrate **100** days of school!

Please help us!

Can you help your child collect 100 items in a ziplock bag and bring to school before the 8th? We will do a gallery walk to take a look at everyone's collections. Items that have been brought in in the past are as simple as 100 popcorn seeds or as elaborate as 100 lego men! Be creative and have fun counting!

Can you help us collect food for the Food Bank? As leaders in our school we know that giving back demonstrates good citizenship in our school and town. Jesus, our greatest leader, also calls us to help the needy in our community. It will be fun to put a sticker on our hundred chart for every item of food brought in. Please help us fill at least one 100's chart by sending food items in anytime between Monday Feb 28th & Monday March 7th. Some items that we talked about that always go over well at the food bank and happen to have the number 100 on them are listed on the back of this note. Can you find the "100" printed on them? Feel free to get creative with your donation - they don't have to have the 100 on them to be accepted!

If you have any questions or concerns , please don't hesitate to call or email.

Thank you,

Mrs. Weatherhead



NEW UPDATED!



99 g is super close to 100!



OFF-CAMPUS NEWS



February Hours

All RAP and Work Experience students please remember to hand in or send your February time sheets or pay stubs to Mr. Boschee or Mrs. Gurr.



Lethbridge College

**OPEN
HOUSE**

MARCH 5

10am to 1pm

We are ready for you either in person or online.

Register at:

<https://explorele.ca>

March Online Career Exploration Sessions Hosted by Career Transitions

Kinesiologist—March 3

Plumber—March 24

Branch Manager—March 30

Optometrist—March 31

Register for any or all of these sessions at:

[https://careersteps.ca/exploration-sessions/
#1562036508521-0b6ad68b-85ba31f1-ba6f](https://careersteps.ca/exploration-sessions/#1562036508521-0b6ad68b-85ba31f1-ba6f)



Virtual Showcase Information Session hosted by CAREERS: The Next Generation

Agriculture and Plant Systems—**March 1**

Telecommunications and U21 Indigenous

Youth Career Pathways - **March 2**

Scaffolding Sessions—**March 8**

Register for any of these sessions at:

<https://www.careersnextgen.ca/>



CAREERS: The Next Generation Young Women in Trades and Technologies Spring Camp Medicine Hat April 20 & 21, 2022



Are you ready to discover your passion! Join our free in-person YWITT Camp for female youth in grades 10-12.

This year we will be accepting 6 female youth to participate in our 2-day camp.

During the camp, students will have the opportunity to explore several careers in the skilled trades, gain hands on experience, talk with female mentors who are working in the field, and connect with other young women with similar interests.

Register at: <https://www.tfaforms.com/4964100>

Your Off-Campus Team



Mark Boschee - Off-Campus Coordinator Cell: 587-220-4258 or Email: boscheem@holyspirit.ab.ca

Wendy Gurr - Career Practitioner - 403-327-4596 Ext 312 or Email: gurrw@holyspirit.ab.ca

Wendy McAdam - Dual Credit Liaison— 403-327-4596 Ext 313 or Email: mcadamw@holyspirit.ab.ca

Building Community Connections



March brings with it the promise of many things, such as gardening, warm(er) weather, sunny days, pie day (3.14), St. Patrick's Day (wearing green), and the elusive Pot of Gold. While we may all think of finding that Pot of Gold at the end of the rainbow, perhaps we have already found it. Maybe that Pot of Gold is our family and friends, our everyday happy moments, and the good each of us has in our lives. At times, we all feel overwhelmed and it's easy to focus on only the struggles but, perhaps by taking a moment each day to be thankful, we can change our mindset and start counting the blessings in our lives.

May you have all the happiness and luck that life can hold and - at the end of your rainbows - may you find your Pot of Gold and have a piece of pie.



If you would like to submit information for Building Community Connections, please email hssupportservices@holyspirit.ab.ca

Lethbridge Family Services



Volunteer at [Lethbridge Family Services](#). Help create a more inclusive city by volunteering as a community connector with individuals or families who are new to Canada. Volunteers help newcomers integrate and adjust into life throughout the community through conversation, activities, and socializing. Intake is completed on-line.



saccla

Southern Alberta Community Living Association

[SACLA](#) believes that all persons thrive when they are embedded in their communities. Rather than merely providing programming, SACLA encourages and creates opportunities for individuals to live in their communities through, citizenship, volunteerism and employment, while providing support to ensure success.

UPSIDE DOWNTOWN

CONCERTS + ART at SOUTHMINSTER
FREE TICKETS
ALLIED ARTS COUNCIL & GEOMATIC ATTIC
UPSIDE DOWNTOWN - Winter Edition, Concerts + Art
March 18 & 19, 2022, Southminster United Church.

[Reserve your free ticket\(s\).](#)

Canadian Mental Health Association

Mental health for all

[Bounce Back®](#) | [Reclaim your health](#)

Your well-being is worth it. With the right tools and practice, you can bounce back to reclaim your health. Bounce Back® is a free program from the Canadian Mental Health Association (CMHA) designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress, or worry.

FCSS

FAMILY AND COMMUNITY SUPPORT SERVICES

With support from provincial & municipal governments, all services are available at minimal or no charge to residents of all age groups. What does your local [FCSS](#) have going on?

BECAUSE WE Care
An Online Personal Growth Group for Helping Professionals
Wednesdays
March 9 to 30, 2022
2:00pm to 3:30pm
Contact Outreach and Education to register:
outreach@lfsfamily.ca or 403-327-5724

Compassion fatigue can be a natural outcome for helpers who do their job well. Find support, information, and connection as we explore resilience through personal insight and resources. Contact Outreach & Education to register: Outreach@LFSfamily.ca

HEART
HUMANITY + EMPATHY AND RESPECT TOGETHER
Online Personal Growth Group
UNDERSTANDING HOW THE SOCIAL CONSTRUCTION OF GENDER NORMS IMPACTS OUR MENTAL HEALTH
Thursdays
March 3 - 24, 2022
2:00pm to 3:30pm
Contact Outreach and Education for more information:
403-327-5724 or outreach@lfsfamily.ca

The boxes surrounding our experience of gender limit our self-perception, help-seeking, and relationships. Join HEART to have conversations that promote the deconstruction of gender norms. Contact Outreach & Education to register: Outreach@LFSfamily.ca

CHINOOK SEXUAL ASSAULT CENTRE
FROM HURTING TO HEALING
A peer support group for individuals who identify as male, and have experienced sexual abuse or sexual violence.
MARCH 15-MAY 3, 2022
TUESDAYS 6-8 PM
ONLINE MEETING PARTICIPANTS:
AGES 18+ MALE IDENTIFYING
Register at:
Admin@CSACleth.ca
Call: 403-694-1094
Cost: Free

MARCH 6TH
International Women's Day CELEBRATION CLASS!

This class is intended for girls, women and non-binary ages 7+ and all levels. The instructors will deliver a fun, taekwon-do class for all levels!

[More information here](#)

FOR AGE 10+ AND ADULTS
Painting Class
with Palak StudioInk
We're bringing back Saturday painting classes, so brush off your easel and gather around the table.
Register Now | 25 Seats Only
www.palakstudioink.com

Palak Studioink is offering [free painting classes](#) on Saturday mornings, so brush off your easels and gather around the table. Class size is limited to 25 people and is open for all ages.

You are welcome to this class as a beginner as well.

Registration is done through [Eventbrite](#)

What's your balance?

[30 Days of Self-Care](#)

If you're trying to find or maintain balance, remembering to do the small things can have a big impact on your mental health and ability to bounce back from adversity. Self-care is about making decisions and taking action in the interest of your health. Try each of these tips over the next 30 days. At the end, reflect on what works best for you and commit to making them part of your regular routine.

HELEN SCHULER NATURE CENTRE
Discover it here!
Monthly Calendar | March 2022
WINTER HOURS Tuesday - Sunday 1PM - 4PM

Book SALE
Coaldale Public Library
Friends of the Coaldale Public Library
When: Saturday Mar 26th 11-4pm
\$5 Bag Sale
Bring your own shopping bag
Line up by 10:30am

Friends of the Coaldale Public Library - Book Sale
March 12th - 11:00am - 4:00pm
\$5.00 / shopping bag.

LETHBRIDGE ICA

The [Integrated Coordinated Access \(ICA\)](#) network will provide streamlined access for residents to receive tailored support by connecting individuals to the appropriate community services through consistent system navigation and referral processes. This occurs through common language, agreed upon pathways for information and referral, and foundational training.

FAMILY CENTRE

Family Centre's Calendar of events:

Cooking Classes (adult & youth), Nature Play, Parent Cafe, plus so much more. [Latest News and Community Events.](#)

YOUTHONE

A [youth outreach organization](#)

focused on providing mentorship based, out of school programs and support services for teens 11-18.

Alberta Health Services

[Mental Health Help Line](#)

1-877-303-2642 (Toll Free)

The Mental Health Line is a 24/7 confidential service that provides support, information, and referrals to Albertans experiencing mental health concerns.



Pincher Creek Women's Shelter- Crisis Line:
1-888-354-4868
Office: 403-627-2114
<https://pcshelter.ca/>

YWCA Harbour House (women, children)
Phone: 403-320-1881
Toll free: 1-866-296-0447
Lethbridge Shelter & Resource Centre
Phone: 403-327-1031
Wood's Homes
Phone: 403-317-1777

Safe Haven
Women's Emergency Shelter
Taber, AB
Crisis Line: (403) 223-0483
Reach out, Connect, Let us help You

Chinook Sexual Assault Centre
Healing starts with Believing
Here for all genders and all ages throughout Southwestern Alberta
403-694-1094 / 1-(844)-576-2512
502-740 4 Ave South
#IBelieveYou #UHaveThePower
Sexual Assault is a Criminal Act
It is NOT Your Fault

Whenever you need to talk, we're open.
Text 688868
KidsHelpPhone.ca
Call 1-800-668-6868
Message at Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone
Kids Help Phone

March

Together on the Journey

"But you are merciful to all, for you can do all things, and you overlook people's sins, so that they may repent. You spare all things, for they are yours, O Lord, you who love the living."

Wisdom 11:23, 26



St. Patrick

Schools: St. Patrick Taber
St. Patrick Fine Arts

SPT



ST. PATRICK

St. Patrick was born in Roman Britain. At around fourteen years of age, he was captured by Irish pirates and taken to Ireland as a slave to herd and tend sheep. Patrick's captivity lasted until he was twenty, when he escaped after having a dream from God in which he was told to leave Ireland by going to the coast. There he found some sailors who took him back to Britain and was reunited with his family. A few years after returning home, Patrick saw a vision that prompted his studies for the priesthood. He was later ordained a bishop and sent to take the Gospel to Ireland. He converted many people and began building churches across the country. He often used shamrocks to explain the Holy Trinity.

The Three Pillars of Lent - Prayer, Fasting, and Almsgiving

Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully.



Prayer

Throughout the season of Lent, we are called to deepen our prayer life. For some of us, this means beginning a habit of daily prayer, setting aside time each day to share our hopes, joys, fears and frustrations with God. Praying first thing in the morning, or talking to God while on your way to school are simple ways to integrate prayer into everyday life.

Ideas for prayer include: [Praying the Rosary](#), [Stations of the Cross for Children: Prayers and Colouring Pages](#), Lenten Devotionals.



Fasting

During Lent, we "give things up" not to torture ourselves, but to free ourselves! By sacrificing things we find pleasurable, we are eliminating any stumbling blocks between ourselves and God's love. Our sacrifices should come from love, not a sense of guilt or obligation.

Ideas for fasting include: Limiting shopping; soda; video games; texting; social-media exposure, or ways to quiet our minds and open our hearts to transformation.



Almsgiving

One of the central lessons of the cross is compassion; the heavy burdens we carry help us to appreciate the suffering in others. Sharing our material goods is often just the beginning of real Christian giving. We are also called to share our time tending to people in need.

Ideas for almsgiving include: Donating toys and clothing to charity; Money Jar (collecting money during Lent and then giving it to a charity); acts of kindness or words of encouragement.

*"Hear, O Lord,
and be gracious to me!
O Lord, be my helper!"*

- Psalm 30:10

March

Together on the Journey



St. Patrick

Schools: St. Patrick Taber
St. Patrick Fine Arts

Feast Days and Celebrations March 2022

- 2 Ash Wednesday
- 4 World Day of Prayer
- 6 1st Sunday of Lent
- 13 2nd Sunday of Lent
- 17 Feast of St. Patrick
- 19 Feast of St. Joseph, Spouse of the Blessed Virgin Mary
- 20 3rd Sunday of Lent
- 25 Annunciation of the Lord
- 27 4th Sunday of Lent

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

WEEK ONE

God doesn't directly cause suffering, but He allows it so He can use it to draw us closer to Himself. St. Patrick himself was kidnapped into slavery as a teenager and spent most of his time alone. Can you think of a time of suffering in your life that God ended up using to bless you? Thank God for that today, and together, say the prayer of St. Patrick.

Christ with me, Christ before me, Christ behind me, Christ within me,
Christ beneath me, Christ above me, Christ at my right, Christ at my left,
Christ when I lie down, Christ when I sit, Christ when I stand,
Christ in the heart of everyone who thinks of me,
Christ in the mouth of everyone who speaks to me,
Christ in every eye that sees me, Christ in every ear that hears me.
Amen.

WEEK TWO

Even though Patrick was told by God in a dream to escape his slavery in Ireland and return to Britain, his attempts were met with many obstacles that were impossible for him to overcome alone. Think of difficulties, challenges, or obstacles for which you feel ill-equipped. Choose one of these to take to prayer.

"And this is the boldness we have in him, that if we ask anything according to his will, he hears us." (1 John 5:14)

WEEK FOUR

Thank God for the priest or deacon who baptized you. Say a prayer for him. Then say a second prayer thanking God for the many people who serve us, the Church, by giving glory to God and helping us become saints ourselves.

WEEK THREE

God revealed to Patrick his plans for him in a dream. He told Patrick to go and find the ship that was waiting to return him to Britain so that he could learn to preach the Gospel. When he found the ship, the sailors refused to take him! As Patrick began to return to the forest, praying as he walked, the sailors called him back and decided to take him on board anyway. After three days of sailing, they made land, then wandered through Scotland for 27 days, nearly starving. Realizing that Patrick was close to God, the sailors asked him to pray to God for help. Patrick responded by inviting them to pray to Jesus for help themselves, even though they were not Christians. They did, and on that same day, they found food. God provided sustenance for the rest of their journey. It's important to remember that with God, we are never alone. Who can you encourage to pray or pray with?

Sunday Gospel Readings

March 6th/1st Sunday of Lent
Luke 4:1-13

March 13th/2nd Sunday of Lent
Luke 9:28b-36

March 20th/3rd Sunday of Lent
Luke 13:1-9

March 27th/4th Sunday of Lent
Luke 15:1-3, 11-32

Sources: *Daily Lessons from the Saints* by Fr. Brice Higginbotham
[Why we pray, fast and give alms during Lent](#); [What is Lent?](#); [The 3 Pillars of Lent for Families](#)



How have you experienced
**WALKING
TOGETHER**
AS THE CHURCH?

CATHOLICYC.CA/ **SYNOD**



**2021-2023 SYNOD
ON SYNODALITY
MARCH 4-12**

NOVENA

A Novena is an ancient devotion that consists of 9 days of prayer in preparation for a feast day or for a specific intention. The original novena of prayer happened between the Ascension of the Lord and Pentecost as the disciples and Mary prayed in the upper room awaiting the coming of the Holy Spirit.

Following their example, all faithful of the Diocese of Calgary are invited to unite in the Diocesan Novena of Prayer for the Synod as we invoke the presence of the Holy Spirit and the Lord's guidance in preparation for the synod encounters that will take place in our parishes and communities.

The Novena will commence on March 4th and finish on March 12. It is a fitting time to begin the Novena on the first Friday of the month because of all the graces and spiritual promises of first Friday devotion. Many faithful also have a devotion to a Holy Hour before the Blessed Sacrament on first Friday. We invite you to bring the Synod and the Holy Father's intentions before the Lord during your time of prayer.



ROMAN CATHOLIC
DIOCESE
of Calgary

#ListeningChurch



For a synodal Church
communion | participation | mission

How have you experienced
**WALKING
TOGETHER**
AS THE CHURCH?

CATHOLICYC.CA/ **SYNOD**



NOVENA DAY 1

Father of love and compassion,
with trust in your great mercy we place
our Diocesan Phase of the Synod into your hands.
Be with each member of our Diocese
and guide them with the help of Your Holy Spirit.
Give us all the wisdom and the courage
to respond in new ways to the challenges we face
and to the needs of our brothers and sisters,
so that we may become ever more closely
the Church you are calling us to be.

**Today we pray specifically for the Bishop and the
Diocesan Synod Leadership Team that the Holy Spirit
may grant them the wisdom and insight they need to guide a
meaningful and fruitful synodal journey for our local Church.**

We make this prayer in the name of Jesus Christ Our Lord.
Amen.



ROMAN CATHOLIC
DIOCESE
of Calgary

#ListeningChurch



For a synodal Church
communion | participation | mission

How have you experienced
**WALKING
TOGETHER**
AS THE CHURCH?

CATHOLICYC.CA/ **SYNOD**



NOVENA DAY 2

Father of love and compassion,
with trust in your great mercy we place our
Diocesan Phase of the Synod into your hands.
Be with each member of our Diocese
and guide them with the help of Your Holy Spirit.
Give us all the wisdom and the courage
to respond in new ways to the challenges we face
and to the needs of our brothers and sisters,
so that we may become ever more closely
the Church you are calling us to be.

**Today we pray for the ones responsible for the
communications about the Synod, that the Holy Spirit
inspire them to create effective and inviting messages that
can touch the hearts of people to enter into the process.**

We make this prayer in the name of Jesus Christ Our Lord.
Amen.



ROMAN CATHOLIC
DIOCESE
of Calgary

#ListeningChurch



Synod
2021
2023

For a synodal Church
communion | participation | mission

How have you experienced
**WALKING
TOGETHER**
AS THE CHURCH?

CATHOLICYC.CA/ **SYNOD**



NOVENA DAY 3

Father of love and compassion,
with trust in your great mercy we place our
Diocesan Phase of the Synod into your hands.
Be with each member of our Diocese
and guide them with the help of Your Holy Spirit.
Give us all the wisdom and the courage
to respond in new ways to the challenges we face
and to the needs of our brothers and sisters,
so that we may become ever more closely
the Church you are calling us to be.

**Today we pray for our pastor and the parish synod
leadership team that they may be given the wisdom and
perseverance needed to prepare a meaningful and fruitful
synodal process for our local parish community.**

We make this prayer in the name of Jesus Christ Our Lord.
Amen.



ROMAN CATHOLIC
DIOCESE
of Calgary

#ListeningChurch



For a synodal Church
communion | participation | mission

How have you experienced
**WALKING
TOGETHER**
AS THE CHURCH?

CATHOLICYC.CA/ **SYNOD**



NOVENA DAY 4

Father of love and compassion,
with trust in your great mercy we place our
Diocesan Phase of the Synod into your hands.
Be with each member of our Diocese
and guide them with the help of Your Holy Spirit.
Give us all the wisdom and the courage
to respond in new ways to the challenges we face
and to the needs of our brothers and sisters,
so that we may become ever more closely
the Church you are calling us to be.

**Today we pray specifically for the grace of response for all
who are invited to participate in the synodal journey.**

We make this prayer in the name of Jesus Christ Our Lord.
Amen.



ROMAN CATHOLIC
DIOCESE
of Calgary

#ListeningChurch



**Synod
2021
2023**

For a synodal Church
communion | participation | mission

How have you experienced
**WALKING
TOGETHER**
AS THE CHURCH?

CATHOLICYC.CA/ **SYNOD**



NOVENA DAY 5

Father of love and compassion,
with trust in your great mercy we place our
Diocesan Phase of the Synod into your hands.
Be with each member of our Diocese
and guide them with the help of Your Holy Spirit.
Give us all the wisdom and the courage
to respond in new ways to the challenges we face
and to the needs of our brothers and sisters,
so that we may become ever more closely
the Church you are calling us to be.

**Today we pray specifically for listening ears and hearts,
and minds open to listening to others without prejudice.**

We make this prayer in the name of Jesus Christ Our Lord.
Amen.



ROMAN CATHOLIC
DIOCESE
of Calgary

#ListeningChurch



For a synodal Church
communion | participation | mission

How have you experienced
**WALKING
TOGETHER**
AS THE CHURCH?

CATHOLICYC.CA/ **SYNOD**



NOVENA DAY 6

Father of love and compassion,
with trust in your great mercy we place our
Diocesan Phase of the Synod into your hands.
Be with each member of our Diocese
and guide them with the help of Your Holy Spirit.
Give us all the wisdom and the courage
to respond in new ways to the challenges we face
and to the needs of our brothers and sisters,
so that we may become ever more closely
the Church you are calling us to be.

**Today we pray specifically that our journeying together
be rooted in listening together to the Word of God and
the celebration on the Eucharist in the communion of
the People of God.**

We make this prayer in the name of Jesus Christ Our Lord.
Amen.



ROMAN CATHOLIC
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Synod
2021
2023

For a synodal Church
communion | participation | mission

How have you experienced
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NOVENA DAY 7

Father of love and compassion,
with trust in your great mercy we place our
Diocesan Phase of the Synod into your hands.
Be with each member of our Diocese
and guide them with the help of Your Holy Spirit.
Give us all the wisdom and the courage
to respond in new ways to the challenges we face
and to the needs of our brothers and sisters,
so that we may become ever more closely
the Church you are calling us to be.

**Today we pray specifically that we may be attentive
to the experience of persons and peoples on the
peripheries.**

We make this prayer in the name of Jesus Christ Our Lord.
Amen.



ROMAN CATHOLIC
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**Synod
2021
2023**

For a synodal Church
communion | participation | mission

How have you experienced
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CATHOLICYC.CA/ **SYNOD**



NOVENA DAY 8

Father of love and compassion,
with trust in your great mercy we place our
Diocesan Phase of the Synod into your hands.
Be with each member of our Diocese
and guide them with the help of Your Holy Spirit.
Give us all the wisdom and the courage
to respond in new ways to the challenges we face
and to the needs of our brothers and sisters,
so that we may become ever more closely
the Church you are calling us to be.

**Today we pray specifically that our journey together will
bear fruit in new ways of being at the service of one
another at all levels of the Body of Christ.**

We make this prayer in the name of Jesus Christ Our Lord.
Amen.



ROMAN CATHOLIC
DIOCESE
of Calgary

#ListeningChurch



For a synodal Church
communion | participation | mission

How have you experienced
**WALKING
TOGETHER**
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CATHOLICYC.CA/ **SYNOD**



NOVENA DAY 9

Father of love and compassion,
with trust in your great mercy we place our
Diocesan Phase of the Synod into your hands.
Be with each member of our Diocese
and guide them with the help of Your Holy Spirit.
Give us all the wisdom and the courage
to respond in new ways to the challenges we face
and to the needs of our brothers and sisters,
so that we may become ever more closely
the Church you are calling us to be.

**Today we pray specifically that we may be formed as
disciples of Christ, as families, as communities, and as
human beings through our experience of this Synodal
journey.**

We make this prayer in the name of Jesus Christ Our Lord.
Amen.



ROMAN CATHOLIC
DIOCESE
of Calgary

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Synod
2021
2023

For a synodal Church
communion | participation | mission



PERFORMING ARTS AT ST. FRANCIS JUNIOR HIGH PRESENTS

Disney

BEAUTY AND THE BEAST

© Disney

JR



Friday
MARCH

25

7:00 pm

Saturday
MARCH

26

2:00 and 7:00 pm

Sunday
MARCH

27

2:00 pm

Monday
MARCH

28

7:00 pm

Tuesday
MARCH

29

7:00 pm

Tickets \$15 • Available at sfjh.holyspirit.ab.ca

Directed by **Dino Caputo**

Music by **Alan Menken**

Lyrics by **Howard Ashman and Tim Rice**

Disney's Beauty and the Beast JR. is presented through special arrangement with and all authorized materials supplied by

Music Theatre International, 421 West 54th Street, New York, NY USA 10019

Tel. 212-541-4684

www.mtishows.com

Choreography by **Kristen Mazzuca**

Book by **Linda Woolverton**



Nutrition Month

MARCH 2022

Sharing
Sunday

Meatless
Monday

Try It
Tuesday

Wellness
Wednesday

30 Min or Less
Thursday

Fun Fact
Friday

Swap It
Saturday

Access online calendar at:

<http://bit.ly/nutritionmonth2022>



6 [Host a potluck](#) and ask guests to bring a traditional family meal. Share recipes using #NutritionmonthYYC on social media.



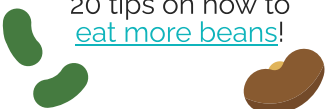
7 Not sure how to cook without meat? Check out [Cookspiration](#) and make 1 meatless meal this week.



14 Check out this meatless recipe for [3 sisters tacos](#). This is a cheap and flavourful meal.



21 Become a bean-believer with these 20 tips on how to [eat more beans](#)!



28 [Sweet chili tofu stir-fry](#) is a yummy way to give tofu a try.



1 Skip takeout pizza and try this fast and [healthy pita pizza](#) at home.



8 Want to eat more vegetables? Try eating them with creamy [hummus and black bean dip](#) to add flavour, fibre and protein!



15 No need to pack a suitcase! Try something new with these healthy [recipes from around the world](#).



22 Healthy fats are good for our brains. Try this [sesame ginger salmon](#) recipe that's full of them.



29 Looking for ways to cook with less salt? Try these ideas on how to [reduce salt intake](#).



2 Do not disturb: turn off your phone, and truly [enjoy your lunch](#) today!



9 [Eating with others](#) can build great social connections.



16 Happy Dietitians Day! Watch these [videos](#) and learn more about what a dietitian does.



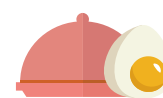
23 Wake up 10 min earlier and enjoy a stress-free breakfast at home today.



30 Changing eating habits is not always easy. Learn [how habits are formed](#) and how to change them.



3 Take 30 min to prep [freezer-friendly frittatas](#) for meals to come.



10 Kids in the kitchen: enjoy these [flourless yogurt blender muffins](#) in less than 30 min!



17 Let's celebrate St. Patrick's Day with these healthy and dietitian approved [dishes all in green](#)!



24 No time to cook breakfast? Prep quick [apple spice overnight oats](#) and skip cooking tomorrow morning.



31 We would love to hear your feedback! Please complete this [3-minute survey](#).



4 Can we get enough vitamin D from the sun in Canada? Find out [here](#).



11 Calcium is important to have strong and healthy bones. People over 19+ can find out if they're [getting enough calcium](#) with this calculator.



18 Are tomatoes a vegetable or fruit? Let's get this straight once and for all [here](#).



25 Did you know: it takes 20 minutes for the stomach to tell your brain you're [full after a meal](#). Slow down and enjoy your meals.



5 Swap to healthier choices when eating out using these [10 tips](#)!



12 Be kind to your heart and swap out deep-fried foods for oven baked alternatives. Start with these [crunchy turkey fingers](#) with oven fries!



19 Looking for new ways to enjoy water? Watch this video and learn how to swap sweet drinks for [fruit-infused water](#).



26 Keep the healthy swaps coming with these [7 tips](#)!



Developed by Calgary Zone
Public Health Dietitians





The perks of parent engagement: Why and how to support your child's school experience

In this article, we use the term parent broadly. We include all adults who play a primary role in caring for children, including biological parents, stepparents, grandparents, foster parents, guardians, aunts, uncles, and the like.

As the saying goes, the parent is a child's first teacher. We help our kids learn their earliest lessons—how to tie their shoes, how to be a good friend, how to ride a bike, and so much more. Yet as our kids grow, they settle into their school journey and become more independent. It can sometimes feel like they don't need us to play a role in teaching and learning anymore.

In fact, most children do want their parents to be part of their school experience. While they may not ask us to volunteer for every field trip, they do usually want parents to feel welcomed, connected, and valued in the school community.

By getting involved in your child's school experience, you show them that you value and care about their education. Research also suggests that you boost their chances of success—students whose parents are engaged in school tend to do better academically, enjoy school more, and stay in school longer.

Healthy Children

March 2022 Family Newsletter

Here are some practical things you can do to support your child's school journey.

Lend you voice

Share your unique insights and ideas on what's most relevant and important when it comes to your child's education. Alberta schools value parent voice—they want to know what matters to your family and community, and they aim to use your input to shape decisions.

Here's what you can do:

- Take part in consultations that solicit parent feedback—most schools and school authorities seek parent input on annual plans, budgets, policies and procedures, and other priorities.
- Go to trustee forums or school council meetings—if you can't make it, read the minutes or ask for recordings.
- Fill out parent surveys, like school climate surveys or other assessments.
- Tune in for casual gatherings, both virtual and in-person. Some schools offer drop-ins with school administrators, grade-level meet-ups with teaching staff, or sharing circles with parents.

Consider a volunteer role

Consider volunteering, inside the school walls or out. Schools in Alberta welcome, respect, and value parent volunteer contributions. Most offer a variety of ways for you to share your time and talents. Ask school staff what you can do that makes a genuine contribution. Here are some examples:

- Help out with school committees, like the school health action team
- Organize walk-to-school or bike-to-school events or meeting spots
- Collect donations for the school breakfast or snack program
- Set up student art or cultural displays
- Support community clean-ups and greening activities
- Build sets for drama or music performances
- Take part in cultural or heritage events and celebrations
- Care for the school garden during the summer months

Learn alongside your child

Help your child to create positive day-to-day experiences and build healthy relationships at school. Your actions can help them feel comfortable, confident, and ready to learn. Try these ideas:

- Find out what your child is doing at school, and how you can reinforce learning at home. You'll find great information on school websites and in emails, e-newsletters, blogs, and social media channels. Some schools also offer parent education sessions, orientations, open houses, and the like.
- Take a few minutes each day to check in with your child. Ask them what they've been up to at school and how things are going. Give them your full attention. Help them brainstorm solutions to any challenges they might

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be facing, and make sure they can name caring adults to go to if they need help at school—like teachers, education assistants, bus drivers, and lunch supervisors.

- As much as you can, go to school events and activities—even virtual ones, like online school plays, music shows, or cultural celebrations. These are fun and novel ways to experience school life, bond with your kids, and get to know others in the community.

Remember, parents are important partners in education. Just like educators, we want kids

to be happy, healthy, and successful in life. Connect with your school community in the way that makes sense for you, your child, and your family. The perks will follow.

Additional resources:

- [Alberta School Councils' Association](#)
- [Community Education Service](#)
- [My child's learning: A parent resource](#)



Engaging with your teen's school experience: Tips to stay connected in the junior and senior high school years

*In this article, we use the term **parent** broadly. We include all adults who play a primary role in caring for teens, including biological parents, stepparents, grandparents, foster parents, guardians, aunts, uncles, and the like.*

While it may not always seem like it, most teens want their parents to be part of their school experience. They may not want you to volunteer for every field trip, but they do usually want their parents and families to feel welcomed, connected, and valued in the school community.

As your teen moves through the junior and senior high school years, your involvement in their school community shows them that you value and care about their education. Research also suggests that it boosts their chances of success—students whose parents are engaged in school tend to do better academically, enjoy school more, and stay in school longer.

Here are some practical things you can do to support your teen's school journey.

Healthy Teens

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Lend your voice

Share your unique insights and ideas on what's most relevant and important when it comes to your teen's education. Alberta schools value parent voice—they want to know what matters to your family and community, and they aim to use your input to shape decisions.

Here's what you can do:

- Take part in consultations that solicit parent feedback—most schools and school authorities seek parent input on annual plans, budgets, policies and procedures, and other priorities.
- Go to trustee forums or school council meetings—if you can't make it, read the minutes or ask for recordings.
- Fill out parent surveys, like school climate surveys or other assessments.
- Tune in for casual gatherings, both virtual and in-person. Some schools offer drop-ins with school administrators, subject-specific open houses, or sharing circles with parents.

Consider a volunteer role

Think about volunteering, inside the school walls or out. Schools in Alberta welcome, respect, and value parent volunteer contributions. Most offer a variety of ways for you to share your time and talents. Ask school staff what you can do that makes a genuine contribution. Here are some examples:

- Help out with school committees, like the school health action team or active travel committee.

- Collect donations for the school breakfast or snack program.
- Set up student art or cultural displays.
- Support community clean-ups and greening activities.
- Build sets for drama or music performances.
- Take part in cultural or heritage events and celebrations.
- Care for the school garden during the summer months.

Learn alongside your child

Help your teen create positive day-to-day experiences and build healthy relationships at school. Your actions can help them feel comfortable, confident, and supported. Try these ideas:

- Find out what your teen is doing at school, and how you can reinforce learning with real-world experiences at home or in the community. You'll find great information on school websites and in emails, e-newsletters, blogs, and social media channels. Some schools also offer parent education sessions, orientations, open houses, and the like.
- Take a few minutes each day to check in with your teen. Ask them what they've been up to at school and how things are going. Give them your full attention. Help them brainstorm solutions to any challenges they might be facing, and make sure they can identify caring adults to go to if they need help at school—like

Healthy Teens

March 2022 Family Newsletter

teachers, coaches, education assistants, and other support staff.

- As much as you can, go to school events and activities with your teen—even virtual ones, like online coffee houses, poetry slams, or debate nights. These are fun and novel ways to experience school life, bond with your teen, and get to know others in the community.

Remember, parents are important partners in education. Just like educators, we want teens to be happy, healthy, and successful in life. Connect with your school community in the way that makes sense for you, your teen, and your family.

Additional resources:

- [Alberta School Councils' Association](#)
- [Community Education Service](#)
- [My child's learning: A parent resource](#)