

St. Michael's School

May 2022



St. Michael the Archangel

Our Angel of Protection

“A Community of Faith Devoted to Students”

Principal's Message

Dear Parent's

As we near the end of yet another school year the roller coaster continues to hurdle down the tracks. We are confident however if we remain seated and focused the conclusion will end in a comfortable, successful landing. As the world continues to 'open up' so many activities have taken place for our children and more are yet to come. I will highlight a few shortly.

I sincerely hope you had a most blessed Easter and had some time to enjoy with family and friends.

In addition, I will be announcing before May end some Holy Spirit infrastructure additions that will be made over the summer. These structural improvements will benefit our children greatly. As you can see from the following list of activities our Grades 6, 9, 11 and 12's will be engaged in Provincial testing and Diplomas before year end. Please note Diplomas will be worth only 10% of students' final grades which is relatively fair in my view.

The following is a list of activities that are upcoming including a retreat from grades 1-12, a School Dance for grades 7-12, Elementary Track & Field, etc..

May 9 & 10 - 1st Aide Certification for grades 10-12 provided by PAC

May 13 - PULSE Retreat sponsored by Holy Spirit for Grades 1-12

May 13 - The Big Dance - grades 7-12 from 7:00 p.m. - 11:00 p.m.

Week of May 16 - Provincial Achievement Testes commence for grades 6 and 9 in the areas of ELA, Math, Social and Science

May 17 - PAC Meeting—in person in the library

Week of May 23 - World Catholic Education Week

May 25 - Elementary Track & Field at SMI - 12:30 p.m.

May 26 - World Catholic Education Day

May 26 - Showcase Evening - details will be forthcoming

May 28 - Grad Mass - 10:00 a.m. at St. Michael's Church (all welcome)

In addition to the above there is a myriad of field trips, activities, etc. that will be taking place as the world continues respectively to 'open up.'

Finally, we continue to pray for members of our SMI Family who are in need of our heart felt prayers. Our school community at large has lost family members this school year. May They Rest In Peace and God Bless their Families

In Christ,

Chris Sumner

Hats On!

FOR MENTAL HEALTH

Wear a special hat to school on May 4, 2022 to raise awareness of the importance of good mental health.



Grade 1/2 Class

The Grade 1/2 class will be visiting our local Food Bank on Thursday May 5 at 2:00 p.m. as a community service leadership project that ties into their 100 days of school celebration.

Kindergarten

Kindergarten will be increasing to 3 days a week beginning the week of May 9. Kindergarten students will attend full days every Tuesday, Wednesday and Thursday until the end of the school year.

World Catholic Education Week

World Catholic Education week will be celebrated around the world from May 23—27. This is a time for us to reflect on, recognize and celebrate Catholic Education. May 26 is designated World Catholic Education Day and we would like all students and staff to wear blue and or your school clothing to show your support of our catholic school and catholic education. The staff would like to thank our parents for choosing catholic education and St. Michael's School.



School Dance

The Grad Class of 2022 are holding a School Dance fundraiser on Friday, May 13 from 7:00-11:00 p.m. The theme of the dance is "Spring Semi-Formal" and is for students in grades 7-12. The cost is \$7.00 each. For more information please contact Mrs. Gutfriend (Grad Advisor).

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 Lainey Johnson. Lainey was spotted helping a Grade 1 student on the glider. Thank you to the Conquerville Hall for donating the gift cards each month.

Smart Money



The Grade 7-10 students will be attending an online "Smart Money" conference on May 12 hosted by Enriched Academy. This will be a live, national event to educate and entertain students about the importance of personal finance.

Elementary Track & Field

The Elementary Track & Field day will be held on Wednesday, May 25 beginning at 12:30.

Everyone is welcome to come out and share the day with our Elementary students. Thank you to Mrs. Krauss and Mrs. Schlachter for once again organizing the day.

Showcase Evening

The school is planning another exciting Showcase evening set for March 26 from 6:00-8:00 pm.

Mark your calendars as you won't want to miss what the students have to offer. Watch for more information in the near future.

Student Council Activities



Student Council is planning a fun week of Spirit activities for students in May.



May 16 - School Spirit (wear your swag or something blue)

May 17 - Tourist Tuesday

May 18 - Backwards Day

May 19 - Neon/Decade Day

May 20 - Invisible Day (NO SCHOOL)



Huge Thank You

Through tremendous effort, our running long jump pit is getting remodeled. It is the first time in many years that it has received this kind of attention. Thanks go out to Coach Laura Reusser, her family the Hintz family and all of the track & field athletes for donating their time and energy to make this happen. It is an enormous undertaking. A huge thank you also goes out to Laidlaw for donating the sand and gravel to fill the pit. Students are looking forward to using this pit for many years to come.



gg86504877 GoGraph.com

Hot Lunches

Peter's Pizza lunch will be served on Thursday, May 5. Funds raised support the Grad Class of '22.

The next Pita Pit lunch will be served May 12. Proceeds help support our athletics programs. Winners of the one free item are: Emily Nelson, Nixon Van Ham, Grayson Biegel and Samuelle Biegel. Congrats everyone

Parent Council will be serving a FREE barbeque lunch on Wednesday, March 25. Students will have a choice of burgers or hot dogs along with veggies and watermelon. As this is track & field day an order form will be sent home for parents to order and pay for extra meals for those attending the track meet.

The next Taco In A Bag lunch is set for Thursday, May 26. Proceeds help support our annual year end awards.

Hot Dog Day will be held on Tuesday, May 31. Funds raised will go toward Chalice.

We would like to thank everyone for your continued support of our fundraising efforts.

Concession

As the school year winds down please be aware that we will not be ordering any more sausage rolls until next year.



Hail Mary

Hail **Mary**, full of grace, the **Lord** is with thee.

Blessed art thou among women, and blessed is the fruit of thy womb, **Jesus**.

Holy **Mary**, **Mother** of God, pray for us **sinners**,

now and at the hour of our **death**. Amen.

"A partial indulgence is granted to the faithful who ... raise their mind with humble confidence to God."

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May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Hat on for Mental Health	5 Gr. 1/2 visit Food Bank Peter's Pizza Lunch	6	7
8 Happy Mother's Day	9 1st Aid for Sr. High	10 1st Aid for Sr. High	11	12 Pita Pit Lunch	13 PULSE School Dance 7:00 pm	14 Retreat
15	16 Spirit Day - Wear school swag or blue	17 Tourist Day PAC In Person Meeting 6:30	18 Backwards Day	19 Neon/Decade Day	20 SMBI Day NO SCHOOL	21
22	23 Victoria Day Holiday NO SCHOOL	24	25 PAC FREE Hot Lunch Elementary Track & Field 12:30 Div. Board Meeting 6:30	26 World Catholic Education Day Taco In A Bag Lunch Showcase Evening	27	28 Grad Mass 10:00 am
29	30	31 Hot Dog Lunch				

*An entertaining opportunity for students
to learn about managing money!*



Enriched
ACADEMY

Smart Money: TOP MONEY TIPS FOR Teens



Live, Interactive Event! Thursday, May 12th

Why Bring Your Students?

- Learn the importance of building personal finance skills through a super fun, 30-minute session designed just for students.
- Unique experience with no prep-work required (optional pre & post activities available).
- Access to additional resources.
- Win a visit from the ice cream truck for your entire class — and plenty more great class prizes!

Details:

- Choose from **one of eleven 30-minute sessions** offered throughout the day.
- Designed specifically to entertain and educate **grades 7 to 12** with a focus on engaging, interactive activities and practical advice.
- All sessions led by the experts from Enriched Academy and include Q&A time, interactive quizzes, and the opportunity to win great prizes for your class.



Join us with your class.
CLICK HERE !

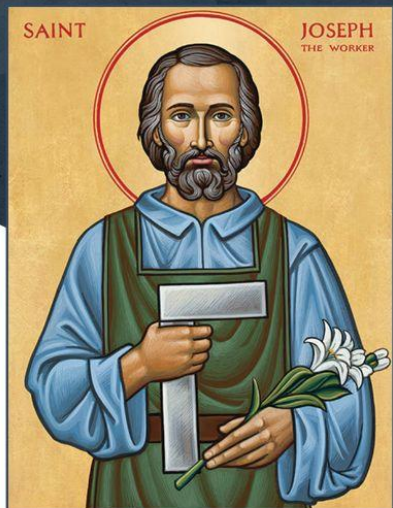
Register your entire class in under a minute and then simply click on the link at the designated time to join the fun.

May

Together on the Journey

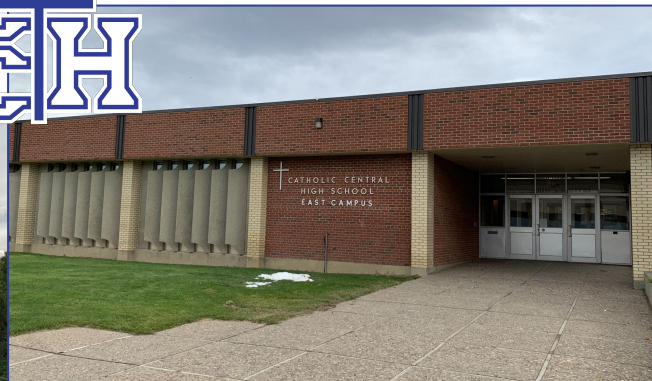
"Whoever is faithful in a very little is faithful also in much; and whoever is dishonest in a very little is dishonest also in much."

Luke 16:10



St. Joseph

Schools: Catholic Central High
St. Joseph



ST. JOSEPH

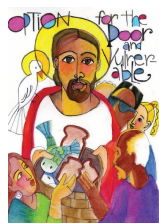
St. Joseph is a silent figure of the New Testament. The Gospel does not record one spoken verse for St. Joseph. He was "of the house and lineage of David" (Luke 2:4). St. Matthew identifies Joseph as "an upright man." He was engaged to Mary when he discovered that she was pregnant. He "decided to divorce her quietly" (Matthew 1:19), nevertheless, the Angel of the Lord appeared to him in a dream, revealing to him that Mary had conceived by the power of the Holy Spirit, and commanded that he take Mary as his wife and Jesus as his own Son. Without question or hesitation, St. Joseph did as the angel commanded. Throughout the Gospel he faithfully obeyed the commands of God: taking his family to the safety of Egypt to flee the wrath of King Herod; returning to Nazareth; presenting his child in the Temple; and traveling to Jerusalem to celebrate Passover. St. Joseph worked as a carpenter. He passed this trade onto his Son. Tradition holds that St. Joseph died before Jesus began His public ministry since he was never referred to in the Gospels. For example, he was not mentioned at the cross when Jesus entrusted the care of His mother to St. John the apostle, indicating she was a widow with no other children to care for her. St. Joseph is the Patron Saint of the Universal Church, fathers, workers, travelers, and a happy death.

Catholic Social Teaching

St. Joseph, as the patron saint of workers, reminds us of the dignity of work. The Dignity of Work is one of our Catholic Social Teachings.



- 1** God made each person, so every life is important and should be protected.



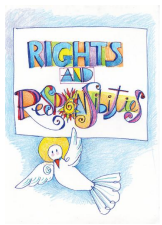
- 4** God wants us to help people who are poor, who don't have enough food, a safe place to live, or a community.



- 2** God made us to be part of communities, families and countries, so all people can share and help each other.



- 5** Work is important in God's plan for adults and their families, so jobs and pay should be fair.



- 3** God wants us to help make sure everyone is safe and healthy and can have a good life.



- 6** God made everyone, so we are all brothers and sisters in God's family wherever we live.



- 7** The world was made by God, so we take care of all creation.

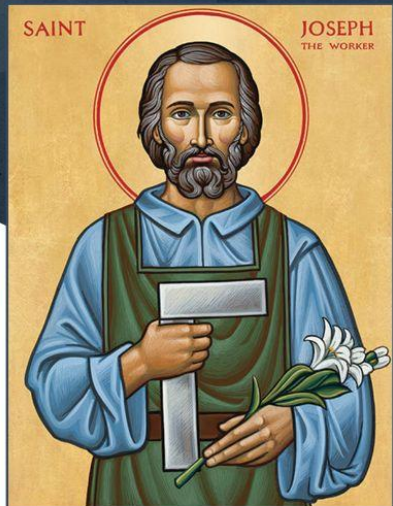
Click [here](#) for a poster of the seven themes of Catholic Social Teaching for children. Click [here](#) for a poster of CST 101 Themes from Catholic Social Teaching for adults from Catholic Relief Services.



Did you know, December 8 2020 to December 8 2021 was the Year of Saint Joseph? Pope Francis wrote an Apostolic letter called "Patris Corde" (With a Father's Heart) to celebrate the 150th anniversary of the declaration of Saint Joseph as Patron of the Universal Church.

May

Together on the Journey



St. Joseph

Schools: Catholic Central High
St. Joseph

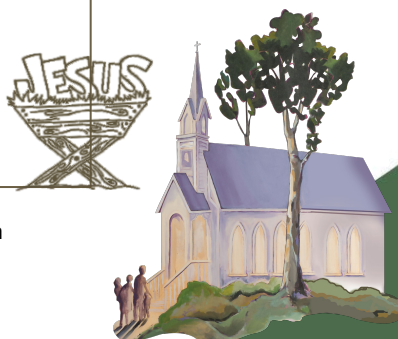
WEEK TWO

Joseph put the will of God and the good of his wife before his own desires. What is something you can do to put the good of others before your own desires?

WEEK FOUR

The angel revealing Jesus' name to Joseph is very important, because in ancient Jewish culture, it was a father's role to give a child his or her name, and naming a child was a sign of adoption. Joseph, in obedience to God, adopted Jesus, making Him heir to the kingship of David, which the Old Testament tells us was a requirement to be the Messiah of Israel. Jesus became part of the family of King David by being adopted, and we become part of the family of Jesus, God Himself and King of the Universe, by being adopted into His family at our baptism. Thank God for the gift of baptism - when you were adopted by God. Say a prayer also for children who are adopted, for their birth parents, and for their adoptive parents.

Sources: *Daily Lessons from the Saints* by Fr. Brice Higginbotham
Who Was St. Joseph by [Catholic Straight Answers](#)



Feast Days and Celebrations May 2022

- 1 Feast of St. Joseph the Worker
- 8 Mother's Day
- 26 Ascension of the Lord
- 26 World Catholic Education Day
- 23-27 Catholic Education Week

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

WEEK ONE

In the Gospel of Matthew we learn two important things about Joseph. First, he descended from the great King David. Second, he is the husband of Mary, of whom Jesus was born. We can often find ourselves afraid, ashamed, or frozen because we define ourselves by our worst moments. Do not be afraid! You are a child of God, who is King of the Universe. Like St. Joseph, live your life with courage! Take a moment to read this Scripture from 1 Peter 2:9 and ponder who you are as a child of God.

"But you are a chosen race, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvelous light." (1 Peter 2:9)

WEEK THREE

Joseph honoured and cared for his family. This month is Mother's Day. Think of how you can love others in your family and show you care for them.



WEEK FIVE

Throughout the Gospels, Joseph did as God desired. He didn't complain. He didn't argue. He didn't over analyze. He simply followed the will of God as faithfully as he could in every situation. Pray this prayer to St. Joseph...

Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you God entrusted his only Son; in you Mary placed her trust; with you Christ became man.
Blessed Joseph, to us too,
show yourself a father and guide us in the path of life.
Obtain for us grace, mercy and courage,
and defend us from every evil. Amen.

Sunday Gospel Readings

May 1st/3rd Sunday of Easter
John 21:1-19

May 8th/4th Sunday of Easter
John 10:27-30

May 15th/5th Sunday of Easter
John 13:1, 31-33a, 34-35++

May 22nd/6th Sunday of Easter
John 14:23-29

May 29th/ The Ascension of the Lord
Luke 24:44-53



Vaping 101: What it is, and how to help your child

Vaping rates have surged among young people recently. As a parent or caregiver, it's natural to want to learn more and to wonder how to support your child. In this edition, we'll answer common questions about vaping and offer tips for fact-based, meaningful conversations.

What is vaping?

Vaping is a common term for using electronic cigarettes (e-cigarettes), devices that heat liquid containing nicotine, flavours, and chemicals to create an aerosol. When someone vapes, they inhale the aerosol into their lungs, and exhale it into the air. Vaping mimics the experience of smoking conventional cigarettes.

E-cigarettes go by different names, like *e-cigs*, *vapes*, *vape pens*, *mods*, or *e-hookahs*. They're also known by brand names. In this article, we'll call them **vapes**.

What do vapes look like?

Vapes come in different shapes and sizes. Disposable vapes look the most like cigarettes. Rechargeable ones look more like pens or USB flash drives, which makes them easy to conceal. Some vapes are hidden in stealth products, like watches, hoodies, or gaming devices.

Vapes have batteries, a heating element, a mouthpiece, and a place to hold vape liquid.

Healthy Children

May 2022 Family Newsletter

What is a vape liquid?

Vape liquid is a mix of chemicals, flavours, and different levels of nicotine. It usually comes in small pre-filled or refillable cartridges or pods.

Vape liquid goes by names like *e-juice*, *e-liquid*, *vape juice*, *vape liquid*, or *oil*. It often has flavours that entice kids and teens, like fruits, candies, tropical drinks, or desserts.

How harmful is vaping?

Vaping is relatively new, so scientists are still learning about its long-term effects on health. Here's what we know right now:

- Most vapes have nicotine, which alters brain development and can affect memory and concentration. Nicotine is also highly addictive. It causes intense cravings and nasty withdrawal symptoms. Young people tend to get hooked on nicotine more easily than adults.
- Both vaping liquid and the aerosol created by vaping contain harmful substances. Some are known to cause cancer and lung disease.
- In rare cases, defective vapes have caused fires and explosions. Vaping comes with a risk of burns and other serious injury.
- Young people who vape may be more likely to start smoking than those who don't vape.

Is vaping illegal?

Vaping is illegal for anyone under the age of 18 in Alberta. There are fines for minors who possess or use vaping products, and for adults who sell or give vaping products to

minors. This matters because most teens who vape report getting vapes and e-juice from their acquaintances, friends, and family.

How common is vaping in young people?*

The vaping rate among young people in Alberta has spiked recently. In 2014-15, 8% of Alberta students in grades 10-12 reported vaping in the last month. In 2018-19, that number jumped to 30%.¹

Research shows that vaping is also a concern among younger students. In 2018-19, 23% of students in grades 7-9 said that they had tried vaping.²

What do young people have to say about why they vape?*

Research tells us that kids and teens often underestimate the harms related to vaping.

As well, teens say they vape because it's enjoyable or like the buzz it gives them. Others vape out of curiosity or to try different flavours. Some vape because they believe it will help them reduce stress, or help them fit in with friends.²

How can I talk to my kids about vaping?

Talking about vaping isn't a one-time thing. Think of it as a conversation that happens in bits and pieces. With time and practice, talking about vaping will strengthen the relationship you have with your child, and boost the chances they'll come to you with questions or when they need help.

Try these tips for respectful conversations:

- Talk about vaping when it comes up in real time—like when you see it on TV or

Healthy Children

May 2022 Family Newsletter

when you drive by a vape shop. Ask open-ended questions like *what have you heard about vaping?*

- Get your child thinking about the consequences of vaping in ways that are meaningful to them. For example, try talking about how vaping could affect the amount of money they have, their sport goals, or their friendships.
- Help your child spot vaping-related advertising in movies, music, video games, and the like. Talk about what's being shown, and why. The tobacco industry is known for using unethical tactics to persuade young people to smoke or vape.
- Have conversations about what it means to be an independent thinker, and to make good decisions. Help your child reflect on their values and judgments. This boosts their ability to resist the influences around them, like pressure from peers.

If you find that your child won't engage in conversations about vaping with you, make sure they have a trusted, supportive adult they can talk to—for example, a teacher, coach, Elder, or faith leader.

What should I do if I find out my child is vaping?

Tell your child that you love and care about them, and that you're there to help.

Use open-ended questions to get a feel for why they're vaping, like *tell me some of the reasons you vape*. Listen to their answers, and be there to support them. Try not to criticize or lecture.

If your child needs help to quit vaping, talk to your health care provider or call 811 to speak with a Registered Nurse. If you need support to quit vaping or smoking, go to [AlbertaQuits](#) for information on phone-based quit counselling, text messaging, support groups, and more.

For more information, go to:

- [Electronic cigarettes and vaping products](#)
- [Learning about how to talk with your child or teen about vaping](#)
- [Preventing kids and teens from vaping](#)

¹Government of Alberta, 2021. [Addressing the health harms of smoking and vaping](#).

²Government of Canada, 2020. [Detailed tables for the Canadian Student Tobacco, Alcohol and Drugs Survey, 2018-2019](#).

*Research in younger students is limited in this area.



Vaping and teens: Your questions, answered.

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Healthy Teens

May 2022 Family Newsletter

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Try these tips for respectful conversations:

- Steer your teen toward credible sources on vaping, and use it to kick-start family conversations.

Healthy Teens

May 2022 Family Newsletter

Try [Consider the Consequences of Vaping](#), a national campaign with youth-friendly videos, virtual games, and other resources.

- Talk about vaping when it comes up in real time—like when you see it on TV or when you drive by a vape shop. Ask open-ended questions like *what have you heard about vaping?*
- Get your teen thinking about the consequences of vaping in ways that are meaningful to them. For example, try talking about how vaping could affect the amount of money they have, their sport goals, or their friendships or romantic relationships.
- Help your teen spot vaping-related advertising in movies, music, video games, and the like. Have conversations about what's being shown, and why. The vaping industry is known for using devious tactics to persuade young people to vape.
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For more information, go to:

- [Electronic cigarettes and vaping products](#)
- [Learning about how to talk with your child or teen about vaping](#)
- [Talking with your teen about vaping: A tip sheet for parents](#)

¹Government of Alberta, 2021. [Addressing the health harms of smoking and vaping](#).

²Government of Canada, 2020. [Detailed tables for the Canadian Student Tobacco, Alcohol and Drugs Survey, 2018-2019](#).



CONSERVATORY SUMMER CAMPS

Wonderful Wizarding World (Ages 8 - 12)

July 11 - 15 | July 25 - 29

Content Creators: YouTube, Podcasts and Musical Coding, Oh my! (Ages 8 -12)

July 18 - 22 | August 8 - 12

Mini-U Music School (Ages 5 - 7)

August 2 - 5

Raise Your Voice!: A Broadway Junior Musical (Ages 13 - 20)

August 15 - 19

VISIT OUR WEBSITE FOR MORE INFORMATION:

www.ulethbridge.ca/music-conservatory/programs
music.conservatory@uleth.ca