

St. Michael's School

January 2023

"A Community of Faith Devoted to Students"



Congratulations



We would like to thank the Auction Committee for all of their hard work again this year. The night was a great success raising over \$36,000 for the school as well as \$875 for the Food Bank. The money raised for the school will help with several programs including music, art, options field trips and more. Congratulations on another great job.

Mission Mexico

Thank you to everyone who contributed to the Mission Mexico collection. We were able to raise \$77.00 plus \$110 from the profits from the Taco In A Bag lunch. Thank you everyone who supported our efforts.

Growing Great Kids

Many students were once again caught doing good deeds for others around the school. The winner of the \$20 Medicine Hat Mall gift card was Nykoa Thacker who was spotted helping Miss Crooymans after school prepare an art project. Good job Nykoa and all other students who were recognized at our December Birthday Assembly. Thank you to the Conquerville Community Hall for sponsoring the gift card each month.

Exam Schedule

The exam schedule is attached. Please see the letter from Mr. DeJong outlining the exam guidelines and attendance.

Christmas Concert

Thank you to Mrs. Pollock for another successful Christmas Concert. Congratulations to all the participants for another great evening. Thank you to the CWL for providing goodie bags for the young students.

Hot Lunches

Peter's Pizza lunch will be served on Thursday, January 12. Orders are due no later than January 8. Money raised supports the Grad Class of 2023.

Hot Dog Day is set for Tuesday, January 17. Proceeds will be split 50/50 between Chalice and our concession. Orders are due by January 11.

January 19 will see our next Pita Pit day. Orders are due by January 12. The winners of one free item are Brooklyn Weatherhead, Cate Remijn, Levi Nelson and Ewan MacLean. Profits will toward helping our Athletic Programs.

Parent Council will be serving a FREE hot lunch on January 24 for all students and staff. On the menu is Chilli a bun and an orange. Thank you to all the volunteers who help make these lunches possible.

Taco In A Bag will be served on Tuesday, January 31. Orders are due by January 25. Profits will help support our Year End Awards.

Thank you to everyone who continues to support these fundraising endeavors.

January 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1 Happy New Year	2 NO SCHOOL	3 NO SCHOOL	4 NO SCHOOL	5 NO SCHOOL	6 NO SCHOOL	7
8	9 Welcome Back	10	11	12 Peter's Pizza Day Parent Council Meeting 5:30	13	14
15	16	17 Hot Dog Day	18	19 Pita Pit Lunch	20	21
22	23	24 PAC FREE Hot Lunch	25	26	27	28
29	30	31 Taco In A Bag Lunch				



St. Michael's School

*A Community of Faith
Devoted to Students*

302-2 Avenue East, Box 990, Bow Island, AB T0K 0G0
Phone (403) 454-2132

December 22, 2022

RE: Student Attendance During Exam Week

Dear Parents & Guardians,

Thursday January 19, 2023 is the last day of high school regular classes of the first semester at St. Michael's School. The exam schedule, including both final and diploma examinations, commences the following day January 20th and continues until January 27th. As Monday January 30th is a PD day, the second semester for the high school will start on Tuesday January 31st.

Please be aware that all exams begin at 8:45am. Please be diligent in ensuring students arrive on time for exams as late entries often cause significant disruption to students already writing and important writing details are communicated at the beginning of every exam. Students will not receive extended time when they have arrived late to an exam.

Students who miss an exam will not be permitted to rewrite the exam unless they have communicated to their teacher the nature of the absence prior to the exam. In cases of emergency circumstances, school administration will intervene on behalf of the student to ensure a reasonable solution. The exam make-up day is only for students who have rescheduled exams prior to exam week. Students who do not communicate the need for a rescheduled exam in advance, will not be permitted to write on the exam make-up day. Diploma exam dates are mandated by Alberta Education and may not be changed for any circumstance. Students who are absent for a diploma exam, may write it during the next designated date in the following semester.

As a reminder, regular high school classes do not run during the exam schedule and students will not be under teacher supervision after the completion of their exams. Students are to leave the school after the completion of their exams. Regular classes for junior high and elementary will continue according to the usual schedule. Please contact school administration for clarification or inquires.

Exams can bring extra stress upon students. While the school staff works faithfully to prepare students for exams, parents and guardians ought to ensure that students are studying, getting enough sleep, and managing stress. Please contact the school's counselling services for support regarding strategies parents can utilize for students during exams.

Sincerely,

Mark DeJong
Principal
St. Michael's School

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 First Day after Christmas	10	11	12	13 Soc. 30-1 Diploma A	14
15	16	17	18	19	20 Religion 10-12 Final Exam	21
22	23 Soc 30-1 Diploma B Social 10 Final Exam Social 20 Final Exam	24 Bio 30 Diploma Exam	25 Science 10 Final Exam	26 Physics 30 Diploma Exam	27 Exam Make Up Day	28
29	30 PD Day No School	31	1	2	3	4

January

Arise!

Pilgrims of Hope



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

Ephesians 4:2

St. Ignatius of Loyola 1491-1556 (Feast Day: July 31)

St. Ignatius of Loyola was a Spanish Catholic priest and theologian who was a cofounder of the Society of Jesus (Jesuits), known for their missionary work and teaching. As a young man, Ignatius was keen to be famous and joined the army. He was wounded severely in 1521 when a cannonball shattered his leg. He underwent many surgeries to repair his leg, which led to a long period of recovery. In his recovery, he read extensively about the life of Christ and the lives of the Saints (he had asked for books about knights, but no one brought him any). Once he recovered enough to walk (despite having a permanent limp), he made a pilgrimage to the Holy Land, and became increasingly more focused on the religious life. He engaged in more learning and eventually cofounded the *Society of Jesus*, and was the first Superior General of the order. Their main principle became *Ad Maiorem Dei Gloriam* (for the greater glory of God). This is often shown on the books that St. Ignatius holds in imagery; sometimes you will see the IHS instead (this is derived from the first three Greek letters in Jesus - iota, eta, sigma, a type of Christogram). He paid particular attention to the spiritual formation of recruits, and is known for his Spiritual Exercises, and the tradition that we know today as Ignatian Spirituality.



Holy Moments In Our Schools

Throughout the month of December, “Sock Drives” were held to collect warm socks for those in need. Our Lady of the Assumption alone (left), collected 1,085 pairs of socks and over 400 mitts, gloves, hats, and scarves. Thanks to everyone in the Holy Spirit School Division for demonstrating practical acts of kindness and creating warm memories for families in need!



The Spiritual Works of Mercy – Instruct the Ignorant

First, we have to consider also our own need for instruction (we always have more to learn). Even this step (as a form of witness) will begin to inform others as we ourselves seek the wisdom of Catholicism. We also need to teach from a stance of relationship, humility and gentleness. As St. Thomas Aquinas said, “To love is to will the good of the other,” and so we should teach and help one another out because of our love for them. When you find yourself in this position, pray to the Holy Spirit for guidance, and if in doubt, consult Scripture and the *Catechism of the Catholic Church*. We also have a model teacher for this work in Christ, who continually shows us in the Gospels how to embody what we have described here.

- Learn about our faith and be open to talking with others about our beliefs. There is always something more to discover about our faith.
- Go on a service trip or short-term mission trip. No time? Donate to support someone on their service trip.
- Volunteer to help with religious education programs at your parish. Invite someone to go to mass with you this weekend.
- Know your faith!

Sources:

[The Spiritual Works of Mercy](#)

[Instructing the Ignorant](#)

Adapted from: [The Fruit of the Spirit: Gentleness](#)

[Home Page](#)

The Fruit of the Spirit – Gentleness

When we think of gentleness, we might think of quietness, submission, softness or shyness. In the original Greek, the translation is closer to meek, which we might think of from the Beatitudes (...“the meek shall inherit the earth”). It turns out that we may be misguided if we think of only this version of the word. In Greek, it is better understood as the quality of dealing with people in kindness, humility and consideration; an expression of gentleness. Additionally, when used in a secular context, it could be meant to tame wild animals, to calm others, or to remain composed. When we think like this, and how Christ showed gentleness, we might ponder the restraint which he showed in his life. Despite his divine nature, he did not use power to enter the world to great fanfare, he came as a baby. Despite his divine nature, he did not use power to enter Jerusalem with armies. Despite his divine nature, he submitted to the will of the Father at the Crucifixion. In each instance, we might recognize that gentleness does not mean an absence of strength or power; more accurately, restraint to God’s will in our use of power, and recognition that we have access to that power through the Holy Spirit.

“Let your gentleness be known to everyone...”

- Philippians 4:5a

“He who carries God in his heart bears heaven with him wherever he goes.”

- St. Ignatius of Loyola



Reflecting on the life of St. Ignatius of Loyola...

Instruct the Ignorant

You may be familiar with the term Ignatian spirituality, or some of its aspects and practices. In and of itself, this is an example of how St. Ignatius embodies the spiritual work of mercy "instruct the ignorant". In many ways, this is a contemplative spiritual path that seeks to discern the will of God. We look inward to reflect on God's guidance and direction through the Holy Spirit. Whether you are completing the Spiritual Exercises, practicing the Examen, using other forms of Ignatian spirituality, or simply seeking to find God in all things, you have St. Ignatius of Loyola to thank for this tradition.

Simplified 5 Steps of the Examen

- Give thanksgiving
- Ask God for the light to see with his eyes
- Examine how one has lived the day, guided by the Holy Spirit
- Ask God for forgiveness and healing
- Resolve to live tomorrow well

St. Ignatius of Loyola, pray for us!



Gentleness

As we have seen, we might think of gentleness as restraint or composure. St. Ignatius certainly led a wild early life, but once injured on the battlefield, he learned more and more about the examples of the saints, and the life of Christ, and asked himself the question - What if I should do as these saints did? Over time, his dreams of love and adventure paled as he surrendered the life that he knew in order to enter more fully into his relationship with God. We might say that he became more detached. As he discerned God's will, he surrendered his own will to that of God, and in this, showed gentleness. Perhaps we can consider his life in the light of the words from Jeremiah:

Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the Lord, and I will restore your fortunes and gather you from all the nations and all the places where I have driven you, says the Lord, and I will bring you back to the place from which I sent you into exile.

- Jeremiah 29:12-14

Gospel Readings

January 8, 2023

Epiphany of the Lord

Gospel Reading: Matthew 2:1-12

"They were overjoyed at seeing the star and on entering the house they saw the child with Mary his mother. They prostrated themselves and did him homage." — Matthew 2:10-11

When the magi came into the baby Jesus' presence they were immediately overjoyed and fell prostrate to honor him. It was traditional for people to kneel down in front of a king to do him homage. Did you know that we too are called to show our King honor every single week? Who is our King? Jesus, of course! And we come into his presence in a special way every time we come to Mass. What is one way we can show him honor, as the magi did? One way is to genuflect slowly and reverently each time we enter his house. This is a sign of great honor, respect and love. In fact, each time you come into church and get ready to enter the pew, you should genuflect, make the Sign of the Cross and tell Jesus you love him. How honored our King must feel to be shown such respect and love!

Dear Father, thank you for giving us such a wonderful King to honor. May we always show him the love he deserves.

What are some other ways we can show honor to our King Jesus?

January 15, 2023

2nd Sunday in Ordinary Time

Gospel Reading: John 1:29-34

"On whomever you see the Spirit come down and remain, He is the one who will baptize with the Holy Spirit. Now I have seen and testified that he is the Son of God." — John 1:33-34

Once again this week the Gospel is showing us how Jesus was sent here with a mission to bring the love, forgiveness and healing of God. Jesus, the Son of God, was a messenger for God. First, he gave us the example to follow of being baptized. John the Baptist was so moved by his experience of baptizing Jesus that he became the first person to start pointing others to Jesus. Having been baptized, we are also called to be messengers for God pointing people to look at Jesus as an example of how to live.

Dear Lord, you gave us so many great examples of how to live our lives. Please teach us how to be messengers of God's love and forgiveness.

What are some ways we can be messengers of God's love and forgiveness in our own lives?

January 9, 2023

The Baptism of the Lord

Gospel Reading: Matthew 3:13-17

"After Jesus was baptized, he came up from the water and behold, the heavens were opened for him, and he saw the Spirit of God descending like a dove and coming upon him." — Matthew 3:16

Baptism is an important sacrament! It washes away original sin. It welcomes us into the body of Christ. It is a time when the Holy Spirit comes upon us in a special way and allows us to receive the gifts of grace God offers. What an important sacrament to receive! In fact, even Jesus was baptized. He did not need to have any sin washed away, since he didn't have any. So why was he baptized? He wanted to set the example of being in union with God. He wanted to show us that we should spend our whole life on earth using the graces from our baptism to help us understand what we need to do to help him build the Kingdom of God on earth. What a special gift!

Father in heaven, thank you for the sacrament of baptism. We are so blessed to be able to receive your Holy Spirit to help us live a life that is pleasing to you, so we can be your friends and helpers here on earth.

Do you remember your baptism? If not, ask your parents to tell you about it. How old were you? Who was there?

Gospel Readings

January 22, 2023

3rd Sunday in Ordinary Time

Gospel Reading: Matthew 4:12-23

"Come after me and I will make you fishers of people." — Matthew 4:19

Have you ever been fishing? It can be really fun. First, you find a nice quiet spot and set up all your gear. Then you bait your hook, cast it in the water, and wait for a fish to swim by and bite. When it happens, it is so exciting. You pull your fish in and want to show it to everyone because you are so proud. Now, if you look at today's gospel reading, you may ask yourself, how would you catch people? Jesus is trying to show us that if we use the same ideas you use in fishing, it is possible to 'catch people' and bring them to Jesus. First, you need to find a nice quiet spot so you can pray and ask Jesus to help you bring people to him. Then, the bait you use is love, kindness, patience; any good virtues can work. Just imagine how good it would feel to know you helped people experience love, acceptance, or peace like Jesus did. Then you would be a fisher of people.

Dear Lord, show me how to 'catch people' for your glory.

How do you try to "catch" others for Jesus?

January 29, 2023

4th Sunday in Ordinary Time

Gospel Reading: Matthew 5:1-12a

"Rejoice and be glad for your reward will be great in heaven."

— Matthew 5:12

Have you ever heard the expression "no pain; no gain"? It's sometimes associated with dieting. The idea is if you refrain from eating greasy or sugary foods that you might enjoy, you'll see the benefits when you step on the scale. It's hard to keep our eyes on the prize though, isn't it? Especially when the sacrifice we must make is painful. In today's Gospel, Jesus tells his followers that if we follow his example, we may suffer now, but we will experience joy in heaven someday. He said that we might be sad if we care for others who are hurting. We might face opposition when we stand up for people who aren't treated fairly. Others may not like us if we forgive people they don't think deserve to be forgiven. We won't be popular if we try to make peace when everyone else wants to get even. He said that all these things will bring us happiness in the long run. But it won't be easy day-to-day! It wasn't easy for Jesus either when he sacrificed his own life for us, but he thought we were worth it.

Dear Lord, help me to remember that though this life may bring pain at times, you have a wonderful place in heaven prepared for me.

Do you think it's worth it to be made fun of when you are following Jesus' example? Who can you forgive today, even if it seems like they don't deserve it?

Download this month's [Saint Prayer Card](#) - St. Ignatius of Loyola



January



Arise!
Pilgrims of Hope Journal

WEEK ONE

How is God trying to get your attention?

Additional Sources:

[The 5-Finger Daily Examen](#)

[Praying the Examen with Children](#)

[Examen for Children](#)

[What's a daily exercise to help me in my spiritual life?](#)

[Home Page](#)



January



WEEK TWO

Describe a teacher or mentor who has impacted your life?



WEEK THREE



What book are you most grateful for?



WEEK FOUR

What is God calling you to focus on in the next six months?



Dear Saint Ignatius,
you loved helping others to find Jesus in their hearts and souls.
You loved learning because as we learn more about God,
we are able to love Him more.
Please pray for all teachers to help their students
find God's truth and also His love. Amen.
St. Ignatius of Loyola, pray for us.



Prayer Source: *Lives of the Saints* by Bart Tesoriero

OFF-CAMPUS NEWS

WELCOME
2023

Dual Credit Opportunities with Olds College

Here are the courses being offered online with Olds College running from **February 27 to May 19, 2023**

Accounting Principles– Business Management Diploma—Introduction to financial accounting.

Veterinary Practice: The Team Connection—Animal Health Tech Diploma - Explore the service cycle and the software used in a veterinary practice.

Agriculture Electronics and Control Systems - Precision Ag Tech Diploma - Investigate the electronics, practical applications and digit diagnostics in precision farming.

Applied Ecology - Land & Water Resources Diploma Introduction to ecological principles and grassland ecosystems.

Accommodation Management - Hospitality & Tourism Management Diploma - Analysis of services and operations from a guest perspective.

Producing Horticulture Crops - Horticulture Tech Diploma - Students research field crop production, markets and processes.

Training for Performance - Business Management Diploma Sports Management Major - Students will analyze the basic science behind activity, energy systems and macro-cycles in sports training.

Deadline to apply is February 10, 2023

Contact Mr. Boschee or Mrs. Gurr for more information and/or how to apply.



Career Virtual Exploration Sessions

February 7 - 4:30pm - [Realtor](#)

February 8 - 5:00pm - [General Practitioner Oncologist](#)

February 9 - 4:00pm - [Speech-Language Pathologist](#)

Additional sessions and registration links for sessions in March and beyond can be found on our website: careersteps.ca/exploration-sessions

43 recordings from past sessions are also available.

Recordings with more information for students moving onto Post-Secondary is also available:

[Transition to Post-Secondary](#) - this recording helps students better understand the differences between high school and post-secondary, including tips and tricks on how to make the transition successfully.

[Student Finance, Scholarships and Student Aid](#) - this recording provides information on various ways to fund post-secondary education. Scholarships, grants, loans and more are discussed.



Grade 12 Checklist:

- Are your admissions application deadlines coming up?
- If you are going to live on campus apply for housing.
- Continue to explore possible sources of financial aid.

December Hours

All Work Experience students please remember to email or text your time sheets or pay stubs to Mr. Boschee or Mrs. Gurr.



HAPPY
NEW
YEAR
2023

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: gurrr@holyspirit.ab.ca

