



St. Michael the Archangel

Our Angel of Protection

St. Michael's School - BI

March 2023

"A Community of Faith Devoted to Students"



Ski Trip

The Grade 5-12 students will be travelling to Hidden Valley Ski Resort on Thursday, March 2. Parents are welcome to join! Please contact Mrs. Weatherhead to volunteer to be a supervisor. Thank you to Mrs. Weatherhead for organizing this trip. Thank you also to our parent volunteers.

Report Cards

Report cards for all students will be sent home March 16. Parent/Teacher Interviews will be held on March 23 from 4:00-8:30. Please return your interview request form (attached) no later than March 21. You will be contacted by email on March 22 to inform you of your interview time.

Fundraising Association Workshop

Fundraising Associations (FRAs) are separate, legal entities with distinct rules to follow, responsibilities to comply with and liabilities to consider. Positive, collaborative, mutually respectful relationships with the principal and school council are integral to the success of each and in the best interests of students. Clarity of who has authority for what is essential.

Would you like to learn more about a Fundraising Association? Please attend this workshop facilitated by the Alberta School Councils' Association on April 3 from 6:30 to 8:00 p.m. either through ZOOM or in person at the school. Register at least 24 hours in advance using this following link:

<https://us06web.zoom.us/meeting/register/tZcvcOmvrDliG9ZKdBNf8YZtY8P2Fu3Sxjdk>

Please contact smbiparentcouncil@gmail.com for more information.

Thank You

Thank you to all the parents who filled out the Values Survey distributed by School Council and Administration. The results of the survey will be presented at the March School Council meeting. Everyone is welcome.



Mini-Basketball

Mini-Basketball for Grades 4-6 students will be with practices starting March 7. Games will be played during the lunch break starting at 11:50. Teams will be coached by our Senior High students. A huge thank you goes out to Mrs. Mastel who will once again be live streaming the action. Thank you to Ms. Matulin for continuing to organize our Mini-Ball program. Please see the attached schedule

Hot Lunches

Peter's Pizza lunch will be served on Thursday, March 2. Those that will be skiing that day will receive their pizzas on March 3. Profits go toward the Grad Class of '23.

Hot Dog Day is set for Tuesday, March 7. Proceeds will be split 50/50 between our concession and Chalice.

The next Pita Pit day will be Thursday, March 16. Winner's of the one free item are Soto Kouremenous, Grayson Biegel, Bentleigh Fortier and Braden Neufeld. Profits go toward our Athletics Department

Parent Council will be serving their FREE hot lunch on Tuesday, March 21. The meal will be Shepherd's Pie, Bun & Cookie. Thank you to our parent volunteers for always providing wonderful meals for our students and staff to enjoy.

Taco In A Bag will be served Tuesday, March 28. All profits go toward our annual Awards Day celebration.

Please remember that hot lunches can be purchased through School Cash Online.

Thank you to Mrs. Mastel for organizing all of our hot lunches.

Prayer for Lent

Invite Us Deeper

Almighty and ever living God,
you invite us deeper into your world, your people, your Lent.
May this time be one of outward focus;
seeking you in those we often ignore.
Help us live a Lent focused on freedom, generosity, and encounter.
Give us hearts hungry to serve you
and those who need what we have to give.

Amen



March 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Gr. 5-12 Ski Trip	3	4
5	6	7 Hot Dog Day	8	9 Hat Day K-Grade 4 Skating 1:00-2:00	10	11
12	13 No School Division Staff Spiritual Development Day	14 No School Division Collaboration Day	15	16 Report Cards Pita Pit Day	17 Happy St. Patrick's Day No School Staff PD Day	18
19	20	21 P/T Interview Requests Due	22 School Council Meeting 5:00 pm	23 Parent/Teacher Interviews	24	25
26	27	28 Taco In A Bag Day	29 Board of Trustees Meeting 6:30 at St. Michael's School	30	31	

Mini-Basketball Schedule 2023



All games and practices start at 11:50 unless otherwise indicated.

***** Thanks to Mrs. Mastel, all of the games will be live-streamed.***

Practices:

Date:	Teams:
Mar. 07	1 + 2
Mar. 09	3 +4

Games:

Date:		Teams:
Mar. 10		2 vs. 4
Mar. 16		1 vs. 3
Mar. 21		1 vs. 4
Mar. 23		2 vs. 3
Mar. 28		2 vs. 1
Mar. 30		3 vs. 4

Playoffs:

3rd vs. 4th: Tuesday, April 04th at 11:50.

1st vs. 2nd: Thursday, April 06th at 12:15.

Mini-Basketball Rules:

- 4 on 4 play
- 15 minute game
- clock runs continuously
- everyone to see equal playing time
- no press (cannot check until offense has crossed the center line)
- 3 fouls and the player is out of the remainder of the game
- Coach(s) must be present for team to play



Parent/Teacher Interview Schedule

In-Person Interviews for K-12 students will be held March 23 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 no later than March 21. You will be notified of your interview time by email on March 22. **Please be respectful of the time allotted for your interview .**

I/We _____ would like to schedule an interview as follows:

Mrs. Kruass _____

Mrs. Weatherhead _____

Miss Crooymans _____

Mrs. Gutfriend _____

Ms. Matulin _____

Mr. Allen _____

Mrs. Alman-North _____

Mr. DeJong _____

Miss Cymbaliuk _____

Please indicate the preferred time for your interview to begin

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

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

OFF-CAMPUS NEWS



Medicine Hat College Open House

MHC invites students & families to their upcoming
Open House!

Medicine Hat Campus - Saturday, March 4 -1pm to 3pm

Brooks Campus –Friday, March 3 - 5:30pm to 8:00pm

- The first 100 attendees at Medicine Hat Campus and first 20 attendees at Brooks Campus will receive an MHC swag bag
- Attendees who register can enter to win \$100 of MHC swag and other Medicine Hat prize packs from local businesses
- Out of town visitors can enjoy a special room rate at Medicine Hat's Holiday Inn Express

Register at : <https://www.mhc.ab.ca/FutureStudents/OpenHouse>



Upcoming Career Transitions Virtual Career Exploration Sessions

Join these sessions to hear professionals discuss their profession and educational background.

Tuesday, March 7 @ 4:30pm - Realtor

Wednesday, March 8 @ 4:30pm - Occupational Health & Safety Officer

Thursday, March 9 @ 5:00pm - Dentist

Tuesday, March 14 @ 4:30pm - Helicopter Pilot

Tuesday, March 21 @ 5:00pm—Ophthalmologist

Thursday, March 23 @ 4:00pm - Parks Interpreter

Thursday, March 30 @ 4:00pm - Chef

To register for these or to watch numerous recorded past career sessions go to : careersteps.ca/exploration-sessions/

FEED YOUR FUTURE STEP INTO A CAREER IN AGRICULTURE!

Find your FIT.

STEM opportunity for Girls
Grades 9-12 and Post-Secondary

Feed Your Future

Free 1/2 day virtual workshop
Thursday, March 23, 2023

Empowering young women to pursue
careers in Agriculture and STEM!

Keynote Speaker presentations on
Skill Development, Networking,
Entrepreneurialism and Leadership.
Learn from successful women in Ag.



Register at: <https://www.feedyourfuturecareer.ca/workshop-registration>

R.A.P. and Work Experience Students

Don't forget to hand in or email your pay stubs or time sheets
to Mr. Boschee or Mrs. Gurr.



High School Youth Research Summer (HYRS)

July 7—August 18, 2023 at the U of L

The HYRS program is for students in grade 11 and who want to:

- participate in hands-on work with research groups
- join a team of PhD, Master and Bachelor students
- work on multidisciplinary projects which may include:
genetics, neuroscience, bioengineering, molecular imaging

Deadline to apply is March 17, 2023



For more information and to apply go to:

<https://www.ulethbridge.ca/node/2982>

Young Women in Trades and Technology (YWITT) Information Night

March 9 from 6pm-8pm at Medicine Hat College Trades Atrium

Learn about high school internship opportunities for young women and hear from women in skilled trades.

For more information and to register call Kristi Liboiron at
403-793-5390

or email: KLiboiron@nextgen.org



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



St. Michael's School Council Meeting

Date: February 9, 2023 (not yet approved)

Attendance: Mr. Mark DeJong, Mrs. Jill Weatherhead, Mr. Tom Machacek, Stephanie Hlady, Jaap Remijn, Kim Van Ham, Mitch & Cindy Hansen, Mrs. Nicole Gutfriend, Melinda Mastel, Nora Van Tryp, Michelle Maclean, Cassandra Kielstra, Sara Weatherhead, Dylan Thurston

Call to Order: 5:00pm

1A. Opening Prayer and Treaty Acknowledgement

B. Welcome

C. Nora approves January minutes. Kim seconds. All in favour

No additions to agenda. Cassandra approves agenda as presented. Melinda seconds. All in favour.

2A. Student Council Report- Dylan Thurston

February selling Crush for a Crush. Sold approximately 400 this week. Additional sales going to Chalice. Next birthday assembly doing Minute to Win it activities with school families. Family C winning, then Family H.

B. Principal Report-Mr. Mark Dejong

-Assurance Survey-should be accessible to all parents by next week

-Joint Use Agreement (Town of Bow Island) Tennis Court-Courts are in very rough condition and can not be safely used. We would be comfortable with looking at an agreement but need to see what grants they are looking at applying for.

Playground-usable for anyone except during School hours and are ok to remove sign

Soccer Field-Continue use and upkeep as usual

-Update on Fundraising Totals

Below are the amount in each of these Fundraising accounts.

Taco (Year End Awards)-\$310

Hot Dog-(concession/Chalice)-\$256

Pita Pit (athletics) \$433

Pizza (Grad)-\$177

-DREC Report

Faith Plan 2022-25- Arise! Pilgrims of Hope

February Saint Josephine Bakhtaran

-Lent - Ash Wednesday during Reading week, Divisional Spiritual Development Day March 13, Mass with Bishop at 9:30am, Holy Thursday-Stations of the Cross

-Important Dates-Ash Wednesday Feb 22, World Day of Prayer March 3, SD Day March 13, Good Friday April 7, Easter Sunday April 9, SPICE/Blueprints April 27-30/May 2-5, World Catholic Education Day May 18, Pentecost Sunday May 28

-Catholic Education Week May 15-19 (looking for new ideas)

Stephanie asked if our website could be updated. Mark will look into this.

C. Associate Principal Report-Mrs. Jill Weatherhead

- Update on Values Survey-We have received 12/36 families for surveys. All students 5-12 responded and 8 staff. Results will be provided in March.
- Update on SDP-6 ice times, 8 basketball sessions. Judy and Jonah Van Ham donated their time for dry land training when ice wasn't available.

D. Chairperson Report- Mrs. Stephanie Hlady

-A lot of work done on Operating Procedures. Reminder to register children for 2023/34 school year.

E. Treasurer Report-Mrs. Kim Van Ham

Chequeing ATB -\$54, 345.60

Cashable GIC- \$30,000(This does not reflect the recent moves into GIC)

GIC 1 year \$5,000

Total :\$89, 345.60

Money has recently been moved:

\$10,000 in Redeemable GIC at 4.5%

\$10,000 Non-Redeemable GIC at 4.5%

Kim motions to move financial report. Jaap seconds. All in favour.

F. Trustee Report

-First Aid Training- Mr. Mark Dejong will look at providing available days to Staff to complete their First Aid, providing substitutes for the teachers. Big thank you to Mark for working on this initiative for the Staff

-Mental Health Days-no plans as yet. Have asked for a proposed plan.

-Recycling computers-no update

-Budgeting Process is underway

-March 29 Board Meeting at SMBI-everyone welcome and School Council will work on putting presentation together

-ASCA Conference and AGM

-School Council Chair meeting with Board of Trustees March 6

G. Teacher's Report - Mrs. Gutfriend

January Hot Lunch was a big hit

Planning March 9 Hidden Valley students 5-12

Badminton is starting next month

February 29 Grade 3/4 Math Games with parents

Grade 1 &2 celebrating 100 days of school. Collecting 100 boxes of KD for the Food Bank

Winter Walk today

Jr. & Sr. Report Cards sent out

February 23/24 Teacher Convention in Lethbridge in person

3. Fundraising Committee- Mrs. Michelle Maclean

-No additional meetings

-Final donation came in so can run some of the follow up advertising

4. Hot Lunch Program

-January Hot Lunch-Beef on a Bun with veggies

-February Baked Spagehti, Caesar Salad, Garlic bread, whipped topping for dessert

Old Business

- Update on Scoreboard- quote for \$16,000. Looking at donation from Bow Island Playschool to cover the remaining. Looking to purchase tomorrow and will include installation.
- Operating Procedures- Draft Operating Procedures was presented. Reviewed the Mission and Code of Ethics. Reviewed the main highlights.
- Kim makes a motion to approve the presented Operating Procedures. Nora seconds. All in favour. Cassandra makes a motion that the Fundraising Clause will not take into effect until September. Melinda seconds. All in favour.
- Feedback on Priorities- was submitted to the Board. Had a discussion around what items we could work towards as well as increasing enrollment

New Business

- Fundraising Association Workshop- April 3 6:30-8:00pm prepared by ASCA
- Random Act of Kindness February 17- Cassandra will look at planning something for teachers/bus drivers.

Next Meeting: March 22 at 5:00pm

Adjournment: 7:30pm

St. Michael's School
School Council
Operating Procedures
Approved

1. DEFINITIONS

In these Operating Procedures:

- A. "School" means St. Michael's School;
- B. "Council" means the School Council for the School;
- C. "School Board" means the Board of Holy Spirit School Division
- D. "Parents" means parent, guardian or primary caregiver of any child enrolled in an educational program at the School, including the ECS program.
- E. "Regulation" means the School Councils Regulation as provided through Alberta Provincial Legislation;
- F. "School community" means persons other than parents (as defined in 1D above) who have, in the opinion of the majority of the Members of the School Council, an interest in the well-being of the students and the School;
- G. "Operating Procedures" means the governing document serving the same purpose as Bylaws referenced in the Regulations.

2. AUTHORITY

The St. Michael's School Council derives its authority to participate in the education of our students through Alberta Provincial Legislation, hereinafter referred to as "*legislation*".

3. MISSION STATEMENT/PHILOSOPHY

St. Michael's School Council Mission

Our mission is to provide for the intellectual, spiritual, and well being of our students, rooted in the Gospel Message of Christ. As followers of Christ and His teachings, we will, as a team work together to facilitate communication between the school, community, and church to provide a learning environment where students may achieve their potential.

4. OBJECTIVES

The objectives of the School Council, in keeping with the legislation are to:

- A. Represent the parent perspective by providing advice to and consulting with the Principal and the School Board on matters relating to the

- School such as: the School philosophy, mission and vision, policies, improvement plans, programs and directions, and budget allocations to meet student needs;
- B. Foster a positive, collaborative environment with a variety of opportunities for meaningful engagement by Members of the School community;
 - C. Support special events that will support and enhance student learning, encourage participation and promote the well-being of the School community;
 - D. Produce a Report of our School Council and communicate the results of this Report to the School Board and the School community;
 - E. Share information with parents and the community and facilitate communications with all educational stakeholders;
 - F. Adhere to School Council's Code of Ethics;
 - G. Consult with other School Councils and provincial organizations;
 - H. Support an approach to education in which decisions are made collaboratively;
 - I. Advise School Boards, Alberta Education or other provincial organizations on broader educational issues;

5. GOVERNANCE, MEMBERSHIP and DECISION MAKING

St. Michael's School Council uses a Town Hall Operating Style

- A. The membership of the School Council shall consist of:
 - i. All parents, as defined in 1D above
 - ii. The Principal of the School
 - iii. One or more teachers and staff of the School, elected or appointed by the teachers
 - iv. One or more high school students elected or appointed by the students
 - v. Others as decided by the School Council
- B. The voting Members of the School Council shall consist of: Parents as defined in 1D
- C. The non-voting Members of the School Council shall consist of: Others as defined in 1F
- D. The parent/other ratio may vary at times, but the number of parent Members must always exceed the number of administration, staff, students and/or community representatives.

6. DECISION MAKING

Decisions at School Council meetings will be made by consensus as much as possible.

- A. A decision made by consensus must be stated clearly and recorded as such in the minutes of the meeting.
- B. If a decision is made by a vote, the motion must be moved, seconded and passed by the majority of School Council voting Members present at the meeting at which the vote was taken.
- C. There will be no voting by proxy.

7. QUORUM

A. Quorum will be attained when the majority of voting Members present at any meeting are parents of students enrolled in the School, and the Principal or designate is present.

- B. In the absence of a quorum:
 - i. If the parents and School Council Members present agree to proceed in the absence of a quorum, the School Council may continue for the purposes of discussion of issues.
 - ii. No motions shall be considered or approved.
 - iii. No decisions by consensus shall be reached.

8. EXECUTIVE and TERMS of OFFICE

The positions of the Executive shall consist of: Chair, Vice-Chair (or Co-Chair), Secretary and Treasurer. All Executive positions must be filled by parents as defined in 1D above.

- A. Every parent is eligible to be elected to an Executive position on the School Council. Employees who are parents are permitted to sit on the executive of a School Council with School Board approval
- B. The terms of office are from the close of the Annual General Meeting to the close of the following Annual General Meeting.
- C. The Executive of the School Council will be elected by parents attending the Annual General Meeting or in the event of vacancies after the Annual General Meeting, elected by the voting Members present at a subsequent School Council meeting;
- D. Any Executive Member may resign his/her position by providing written notice to the Executive and the Principal.

- E. Any Executive Member may be removed from the Executive at any time with cause by a majority vote of the Executive whenever, in its judgment, the best interest of the School Council will be served.
- F. Unless authorized at any meeting and after notice for same shall have been given, no Member of School Council shall receive any remuneration for his/her services.
- G. The Executive will carry out the day-to-day operation of the School Council.
- H. The Executive with approval of the majority of the Executive Members will be able to spend money out of the Discretionary Fund as needed & will benefit the School
- I. The Executive will have an organizational mtg with the Principal and/or Associate Principal after the AGM and before the next School Council mtg

9. DUTIES OF THE EXECUTIVE MEMBERS

A. Chair

It is expected that the School Council Chair will be a parent of a student enrolled in the School. Unless otherwise delegated, the Chair of the School Council will:

- i. Chair all meetings of the School Council;
- ii. Coordinate with the Principal and/or Associate Principal and Secretary to establish meeting agendas;
- iii. Communicate with the Principal on a regular basis;
- iv. Decide all matters relating to rules of order at the meetings;
- v. Ensure that the School Council Operating Procedures are current and followed;
- vi. Be the official spokesperson of the School Council;
- vii. Ensure that there is regular communication with the whole School community;
- viii. Be an ex-officio member of all committees but does not need to attend meetings of the committees;
- ix. Review any communication to the School community prior to distribution and include the Principal in same;
- x. Stay informed about School Board policy that impacts School Council;
- xi. Have signing authority, if required, on any financial accounts together with the Members of the Executive.
- xii. Comply with the School Councils Regulation by providing the School Board with an annual report that summarizes the School Council's activities for the previous School year, including a financial statement

relating to money, if any, handled by the School Council, no later than September 30th;

- xiii. Have general responsibility for all activities of the School Council.
- xiv. Assume responsibility, in consultation with the School Council, for communicating with the Fundraising Committee or other parent groups within the School;

B. Vice-Chair

Unless otherwise delegated, the Vice-Chair of the School Council will:

- i. In the event of resignation, incapacity or leave of absence of the Chair, fulfill the Chair's responsibilities;
- ii. In the absence of the Chair, supervise the affairs and preside at any meetings of the School Council;
- iii. Promote teamwork and assist the Chair in the smooth running of the meetings;
- iv. Keep informed of relevant School and School Board policies;
- v. Prepare to assume the position of Chair in the future;
- vi. Have signing authority with Executive members.
- vii. Assist the Chair and undertake tasks assigned by the Chair.

C. Secretary

Unless otherwise delegated, the Secretary of the School Council will:

- i. Act as a recorder at each meeting and ensure that the minutes are prepared accurately to reflect the directions agreed to at the meeting;
- ii. Keep minutes, correspondence, records and other School Council documents, and ensure that all relevant documents (as per legislation) are given to the school to be available to the public in an accessible location in the School, for a period of 7 years;
- iii. Maintain a dated record of all the Members of the School Council who have knowingly provided their contact information, in compliance with PIPA;
- iv. Distribute, as determined by the School Council, agendas, minutes, notices of meetings and notices of other events;
- v. Ensure the appropriate management, in compliance with the Personal Information Protection Act of any personal information collected on behalf of the School Council;
- vi. Keep informed of relevant School and School Board policies;
- vii. Have signing authority with Executive members.
- viii. Assist the Chair and undertake tasks assigned by the Chair.

In the absence of the Secretary, the School Council shall choose a recording Secretary for the meeting.

D. Treasurer

Unless otherwise delegated, the Treasurer of the School Council will:

- i. Keep accurate records of all financial transactions for 7 years;
- ii. Ensure that records are available upon request of the School Board, public or School community;
- iii. Be responsible for the deposits of all monies paid to the School Council in whatever bank, trust company, credit union or treasury branch the School Council may order. Deposits from the Fundraising Committee will be made in conjunction with a member of the Fundraising Committee.
- iv. Have signing authority on any financial accounts together with the Executive.
- v. Present a balance sheet & profit & loss budget vs actual report to the School Council & prepare a general ledger for the Chair for School Council meetings, and prepare the financial statements for the annual report;
- vi. Supervise the affairs and preside at any meetings of the financial committee.
- vii. Keep informed of relevant School and School Board policies
- viii. Assist the Chair and undertake tasks assigned by the Chair
- ix. Pay all accounts receivable using the rules of signing authority. Two Executive Member signatures are required for cheques and two Executive Members must give verbal approval for an e-transfer

E. Fundraising Committee Chair, Hot Lunch Chair, Others as decided by the School Council

These Members will:

- i. Share their professional knowledge, expertise and life experience;
- ii. Encourage feedback and participation from community groups and individuals;
- iii. Communicate information of interest to the School Council and the School community;
- iv. Share information from School Council meetings with the community;
- v. Have a clear understanding of the School Council's objectives;
- vi. Attend School Council meetings;
- vii. Identify possible topics for agendas;

- viii. Serve as a liaison between the School Council and their organization or area of responsibility.
- ix. Keep informed of relevant School and School Board policies

10.VACANCIES

With the exception of the School Council positions filled by the Principal and teacher representative, any vacancy of the School Council will be advertised to the parent community. Elections for a vacant position will be held at subsequent meetings of the School Council until the vacancy is filled.

11.MEETINGS

School Council meetings may be held in-person or using a virtual or online platform suitable for conducting School Council business, or a combination of the two. The executive, in collaboration with the principal, will determine the format of the meetings. Virtual meetings may include electronic voting which will be determined by the executive (ie. Raise Hand feature, chat window, mic, ballots via private messaging).

A. Annual General Meetings

Where the School Council has not been operational the year prior, an Establishment Meeting will be held in accordance with legislation; otherwise, an Annual General Meeting of the School Council will take place once each School year.

The School Council will hold an Annual General Meeting within 30 days following the first instructional day of each School year. Notice of the Annual General Meeting will be given to parents and the School community not less than 7 days before the date of the meeting via email, newsletter, and other media as decided. The notice will be given in the manner determined by the Chair. The notice will describe the matters to be dealt with at the Annual General Meeting.

- i. All parents as defined in 1D above are eligible for election.
- ii. All parents as defined in 1D above are eligible to vote at the Annual General Meeting.
- iii. The business of the Annual General Meeting shall include:
 - a. the election of Executive Members
 - b. presentation of the financial statement of the previous year, if any.
- iv. And may also include:
 - a. plans and budget for the upcoming year;

- b. discussion of any major issue in which all parents should have input such as changes to the Vision or Mission of the School or School Board, School policy, or other major changes in the School program or focus;
- c. Report from the School Council.

B. Special General Meetings

- i. The School Council Executive may at any time give notice of a Special General Meeting of the School Council. Notice will be given at least 5 days before the meeting. The notice will state the time, date and place of the meeting, and describe the matters to be dealt with.
- ii. At any Special General Meeting, all parents in attendance shall have the right to vote.

C. Regular Meetings

A minimum of five (5) regular School Council meetings will be held per School year or as called by the Executive. It will be decided when these meetings will take place at the Annual General Meeting. The meetings will take place at the School, unless otherwise advertised.

Any School Council Member may be suspended or expelled for the duration of the School year from attendance at any Regular School Council meetings, if, upon a majority vote of voting Members present at Special General Meeting called for that purpose, it is determined to be in the best interests of the School Council to do so.

12.MEETING AGENDAS

The Chair and/or Secretary will work in partnership with the Principal and/or Associate Principal to establish the agendas for all meetings. Agenda item requests must be made through the Chair, who will, if necessary, consult with the Secretary and Principal/Associate Principal as to the appropriateness of the item requested.

13.COMMITTEES

The School Council may develop committees in coordination with Parents and the Executive that consists of School Council members and/or school community members. Employees can be members of Committees. Committees will meet outside of School Council meetings to complete their

assigned tasks as per the direction of the School Council and report on their activities at School Council meetings.

14.POLICIES

Subject to any provincially or School Board-mandated policies and/or regulations, the School Council may make and implement its own policies that it considers necessary to carry out its functions.

- A. The policies of the School Council will be reviewed at the beginning of every new School Council term to decide if each policy will be implemented for the new School Council and its term.
- B. Topics on which School Council may wish to develop guiding policies include, but are not limited to: Elections, Communication (Internal and External), Record Keeping, Fundraising, Privacy, Location of Meetings, Official Correspondence Address, New Member Orientation, School Council Evaluation, and Social Media.

15.SCHOOL COUNCIL FUNDRAISING

Subject to any provincially or School Board-mandated policies and/or regulations, the School Council may raise funds that do not require incorporation to obtain (e.g., not casinos, bingos).

- A. The School Council will, where possible, encourage the Fundraising Committee to do the non-charitable fundraising for the School and the School community. Any non-charitable fundraising done outside of the Fundraising Committee will need to be approved by School Council.
- B. School Council will deposit in a bank account operated by School Council any funds raised by the Fundraising Committee
- C. School Council funds given to the School will be subject to the School Board's policy on School Council fundraising and/or School-generated funds.
- D. In the absence of mutually agreed terms, School Council funds given to the Fundraising Committee will be subject to the policies of the Fundraising Committee.
- E. Alcohol may be served at fundraising events upon approval of the Principal. Employees may attend such events at their own discretion

16.FUNDRAISING COMMITTEE and OTHER GROUPS OF PARENTS

The School Council recognizes and appreciates the efforts of other groups of parents striving to support and enhance the educational opportunities in the School.

- A. The School Council will communicate regularly with the Fundraising Committee and/or other groups of parents to support their activities and to solicit support for School Council activities.
- B. The School Council may develop policies to promote a productive, open and transparent relationship with the Fundraising Committee and/or other groups of parents.

17.CODE OF ETHICS

All School Council Members shall:

- A. Abide by the legislation that governs them;
- B. Be guided by the mission statement of the School and School Council;
- C. Endeavour to be familiar with School policies and operating practices and act in accordance with them;
- D. Practice the highest standards of honesty, accuracy, integrity and truth;
- E. Recognize and respect the personal integrity of each member of the School community;
- F. Declare any conflict of interest;
- G. Encourage a positive atmosphere in which individual contributions are encouraged and valued;
- H. Apply democratic principles;
- I. Consider the best interests of all students;
- J. Respect the confidential nature of some School business and respect limitations this may place on the operation of the School Council;
- K. Not disclose confidential information;
- L. Limit discussions at School Council meetings to matters of concern to the School community as a whole;
- M. Use the appropriate communication channels when questions or concerns arise;
- N. Promote high standards of ethical practice within the School community;
- O. Accept accountability for decisions;
- P. Not accept payment for School Council activities.

18.DISPUTE RESOLUTION

- A. The School Council shall abide by the Dispute Resolution process outlined in the School Board's policies and regulations to address disputes between the principal and the school council with respect to policies proposed or adopted for a school.
- B. The School Council shall apply every effort to resolve internal disputes using the steps outlined in these Operating Procedures. If at any time, 5

parents and 50% of the Executive Members of the School Council believe a dispute causing significant impairment of School Council operations is occurring, they may deliver a signed written letter to all Executive Members and the Principal requesting a Special General Meeting, and the following will apply:

- i. The Chair will call a Special General Meeting of the School Council;
- ii. The Secretary will provide a minimum of 5 days written notice to all parents and School Council Members of the date, time, place and purpose of the Special General Meeting;
- iii. At the Special General Meeting, all parents and School Council Members present will have an opportunity to hear and discuss the issues causing the dispute;
- iv. On motion, a vote shall be taken respecting a proposed resolution to the dispute;
- v. If a majority of voting Members present vote in favour of the resolution proposed, the School Council will immediately act upon it.

19.PRIVACY

The School Council shall adhere to the Personal Information Protection Act (PIPA) and shall not use or share personal information for purposes other than those of School Council business.

20.DISSOLUTION

As per Alberta Provincial Legislation, only the Minister of Education has the authority to dissolve a School Council. If the School Council is dissolved, the Principal may establish a Principal's Advisory Committee to perform some or all of the duties of the School Council until the next school year. The Principal will perform the duties as outlined in Alberta Provincial Legislation with respect to the re-establishment of the School Council within forty (40) School days after the start of the next School year.

21. REVIEWS and AMENDMENTS

Subject to any provincially or School Board-mandated policies and/or regulations, the School Council may make any changes to these Operating Procedures deemed necessary to carry out its functions.

- A. The Operating Procedures must be reviewed by the School Council by October 30th of each School year or within 60 days of the start of the School Council term.

- B. Notice of proposed changes to the Operating Procedures will be provided to the School community no less than the day of the meeting.
- C. The Operating Procedures of the School Council may be amended by a majority vote of the voting Members present at any scheduled Regular, Special or Annual General meeting of the School Council.

These Operating Procedures have been accepted by a majority of the Members entitled to vote at a Regular, Special or Annual General meeting of the School Council.

Date_____

Chair's Name

Chair's Signature

Secretary's Name

Secretary's Signature

Principal's Name

Principal's Signature

Nutrition Times

February 2023 Nutrition Services



Shop Smart!

With recent inflation trends, many families have noticed the cost of food increase. Here are some tips to help you plan your grocery shopping, compare foods, and choose items that cost less.

Meal Planning

Before you head to the store, spend some time at home to plan out your meals. Start by reviewing your schedule, and think about your activities for the week. This may affect the type of foods you buy, as you may have less time to prepare meals on certain days. For a helpful meal planner and recipe ideas, check out [Cookspiration.com](https://www.cookspiration.com).

Compare Stores

If you have many stores that sell food in your area, compare prices. Think about reviewing ads, flyers, or apps to see the cost of foods you typically buy. If you travel a long distance or go to many stores to buy food, you might also spend more money on transportation – think about your best option.

Compare Prices

At the store, compare brand names, store brands, and generic brands to get the lowest price. Consider bringing a calculator or using an app to compare unit price or add up how much you're spending at the store. If you shop online, you can see how much you're spending before you complete the order.

Bulk Food Bins

Buying foods in bulk bins often costs less because it uses minimal packaging. You may save money because you can buy only the amount of food you need. This is also helpful to reduce food waste.



ABC Brand Cereal

725g
5RC

\$3.98

\$0.55
per 100g

Unit Price

Unit price is the best way to compare the cost of similar food items, and can usually be found on the price tag. The unit price tells you the cost per 100g, kilogram, pound, litre or other unit of weight or volume.

Using the unit price can help you see which food costs less for the same amount of food, even if the packages are not the same size. See the example below to learn how to use it to compare foods.

Amount of Food	Price	Unit Price
430g	\$2.98	\$0.69/100g
700g	\$3.98	\$0.55/100g



Shopping Tips to Save Money on Food

Vegetables & Fruit

- Frozen vegetables and fruits with no added salt or sugar are just as nutritious as fresh, and store longer.
- Buy fresh vegetables and fruits when they're on sale or in season.
- Make sure to only buy vegetables or fruits you can use before they spoil, or freeze them to enjoy at a later date.

Whole Grain Foods

- Breads and flatbreads like naan, pitas, and tortillas can be frozen and used at a later date.
- Buy plain rice and pasta and add your own spices instead of using pre-packaged mixes.
- Plain cooked cereals like oatmeal are less expensive than pre-packaged instant cereals.

Protein Foods

- Larger amounts of milk or yogurt have a lower unit price, and are a good choice if you can use them before they expire.
- Slicing or shredding your own cheese may cost less if the grated or sliced versions aren't on sale.
- Frozen or canned fish may be less expensive than fresh.
- When buying meat, poultry, or fish, the amount of preparation before sale will affect the price. For example, boneless, skinless chicken may cost more than one that has skin and bones.
- Plan to use meat alternatives such as beans, lentils, and tofu each week. Dried beans are also less expensive than canned beans if you have time to cook them.

Upcoming Events & Classes

Infant and Toddler Nutrition Classes:

To look for upcoming classes, and to register, please visit szonenutrition.eventbrite.com/

Alberta Healthy Living Program: Classes are available to help manage chronic conditions. Topics include Diabetes, Weight Management, Virtual Grocery Store Tour, Healthy Eating to Reduce your Risk, Emotional Eating and more.

To register call: **Lethbridge 1-866-505-6654 or Medicine Hat/Brooks 1-866-795-9709.**

Contact

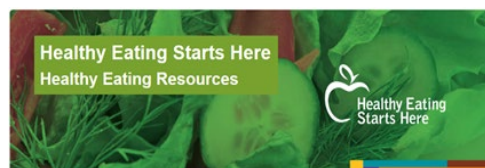
If you have questions, contact your local Registered Dietitian at Community Health Services:

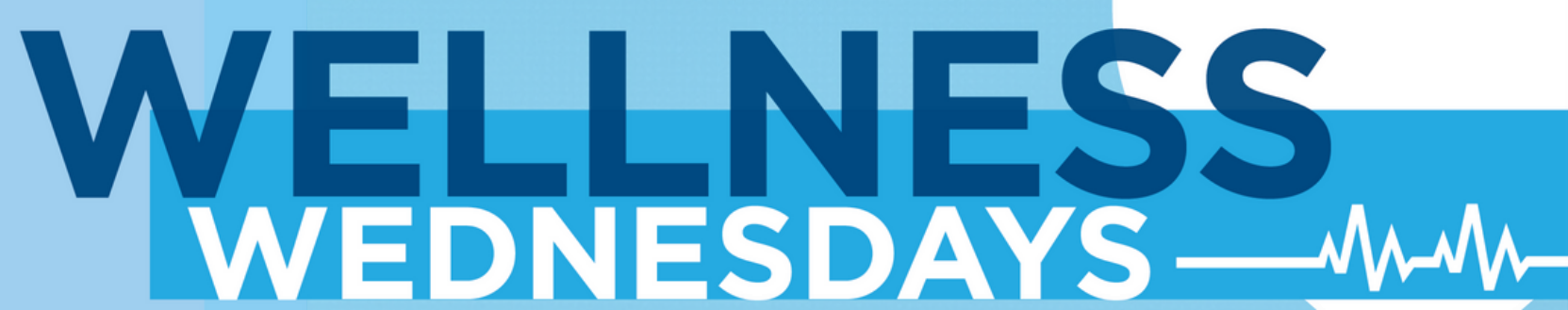
Medicine Hat 403-502-8200

Brooks 403-501-3300

Lethbridge 403-388-6666

For more information on this or other nutrition topics, go to www.healthyeatingstartshere.ca





WELLNESS WEDNESDAYS

EATING ON A BUDGET **COOK & CHAT** WITH EMILY MARDELL, RD



Wednesday, March 15, 2023

Join us via

Zoom at Noon or
at CASA at 11:30 am
(Lunch included at CASA)

Register here:

<https://bit.ly/EmilyMardell>



Healthy Lethbridge
HEALTHY COMMUNITIES ASSOCIATION OF LETHBRIDGE AND AREA

Funded by the Government of
Canada's New Horizons for
Seniors Program

Canada

March

Arise! Pilgrims of Hope



*"Surely goodness and mercy shall follow me all the days of my life,
and I shall dwell in the house of the Lord my whole life long."*

Psalm 23:6

St. Hildegard of Bingen 1098-1179 (Feast Day: September 17)

Abbess, artist, author, composer, mystic, pharmacist, poet, preacher, theologian—where to begin in describing this remarkable woman? Born into a noble family, she was instructed for ten years by the holy woman Blessed Jutta. When Hildegard was 18, she became a Benedictine nun at the Monastery of Saint Disibodenberg. Ordered by her confessor to write down the visions that she had received since the age of three, Hildegard took ten years to write her *Scivias* (Know the Ways). Pope Eugene III read it, and in 1147, encouraged her to continue writing. Her *Book of the Merits of Life* and *Book of Divine Works* followed. She wrote over 300 letters to people who sought her advice; she also composed short works on medicine and physiology, and sought advice from contemporaries such as Saint Bernard of Clairvaux.

Hildegard's visions caused her to see humans as "living sparks" of God's love, coming from God as daylight comes from the sun. Sin destroyed the original harmony of creation; Christ's redeeming death and resurrection opened up new possibilities. Virtuous living reduces the estrangement from God and others that sin causes.

Like all mystics, Hildegard saw the harmony of God's creation and the place of women and men in that. This unity was not apparent to many of her contemporaries. In 2012, Hildegard was canonized and named a Doctor of the Church by Pope Benedict XVI. Her liturgical feast is celebrated on September 17.



Holy Moments In Our Schools

At their weekly Gospel reflection time, a blindfolded student had to stay focused on and follow the voice of God instead of the 'voice' of poor choices and turning away from God. (Matthew 4:12-17) Bringing faith to life happens at St. Patrick Fine Arts!



The Spiritual Works of Mercy – Lent

So far in this school year, we have explored a variety of the Spiritual Works of Mercy:

- **Admonish the Sinner** - journey together while being supportive of others when they need correction. Learn to walk more closely with Christ.
- **Counsel the Doubtful** - listen to counsel and instruction, witness to God's love in your actions. Accompany friends who are struggling by helping them reorient towards Christ.
- **Pray for the Living and the Dead** - join together in praying for your fellow Christians in the Body of Christ, and the communion of the saints. Pray with and for others.
- **Instruct the Ignorant** - be open to learning more about your faith. Look for ways to increase your formation and speak with others about our beliefs.
- **Forgive Offenses** - while it can be difficult, we are called to forgive others as God forgives us. We are freed when we forgive.

As we continue through our Lenten days, we can draw inspiration from the saints as we engage in fasting, prayer, and almsgiving, and seek to grow in our own mercy towards others.

"Believing means entrusting oneself to a merciful love which always accepts and pardons, which sustains and directs our lives, and which shows its power by its ability to make straight the crooked lines of our history." (Lumen Fidei 13)

Sources:

[St. Hildegard of Bingen](#)

[The Fruit of the Holy Spirit: What Is Goodness?](#)

[St. Hildegard's advice for building healthy self-confidence](#)

[Home Page](#)

The Fruit of the Spirit – Goodness

What exactly is goodness? The word 'good' is used so frequently in our everyday lives that it almost loses its meaning. For example, how many times a day do we say, "good morning" and "good luck" and "good work"? But, the Bible tells us that the word 'good' actually means holy, pure and righteousness. Literally goodness is godliness.

Goodness can often be seen in our actions, but our heart also has to be pure. The goodness of Christ is to be demonstrated in our lives every day. Psalm 23:6 says, "Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever."

God calls us to be filled with goodness from the inside out, being holy in what we do and say because Christians should have a heart that seeks goodness. We are not to just do good works, because doing good works without a good heart is empty. The 'goodness' described as a fruit of the Spirit is not merely moral behavior, but an excellence of character. This goodness is only possible through God's grace and mercy.

Goodness is not about doing elaborate things to gain recognition. Oftentimes, it is the small acts of goodness we do throughout our day that mean the most to those around us. Is your friend having a bad day? Write them a note to let them know how much you care about them. Is someone putting you down? Pray for them.

It is in these acts of goodness that we reflect Christ's character and possess the fruit of the Spirit. While it may seem like no one notices, God does. Ultimately, when we show goodness, we bring glory to God's name.

"According to St. Hildegard...In the story of the creation of the world, God considers all his work—including humankind—to be very good."

- Marzena Devoud



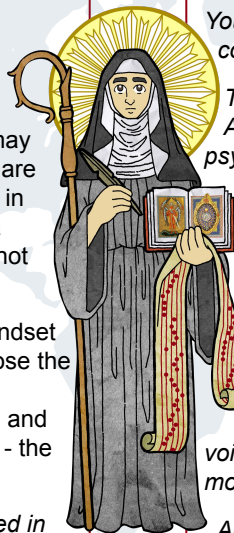
Reflecting on the life of St. Hildegard...

St. Hildegard Showed “Goodness”

As a Benedictine nun, Hildegard advocated and practiced moderation and balance—two things we recognize today as being important for well-being. As we have seen, she was also “good” at a great many things! Sometimes, we may be hard on ourselves, and overlook the ways in which we are both good at things, as well as good - holy inside and out, in what we say and do. While she thought of each of us as a ‘living spark’, a glimpse of the radiance of God, we might not always feel the same.

In [this article](#), the author delves into the effect that our mindset and beliefs can have on us when we think negatively, or lose the balanced sense of self. She references St. Hildegard of Bingen’s sense of harmony between body, soul and mind, and how important it is to look at ourselves fairly but positively - the way that God sees us. As she writes,

In a letter addressed to her friend Father Bertulf and quoted in a book by Hildegard Strickerschmidt, the German abbess stresses the danger of self-criticism. She writes, “You remind me of a man who looks at his face in the mirror, but does not rejoice because he is overwhelmed by doubts about his beauty.



Your heart then looks like a building visible from afar, but covered with fog ...”

The mental fog that St. Hildegard speaks of in the Middle Ages is a concept commonly used in contemporary psychology. Under the influence of negative thinking, we are unable to see our positive character traits.

Aren’t we dissatisfied most of the time with our own appearance when we look in the mirror? This inferiority complex, which destroys the joy of who we really are, can also affect our spiritual and intellectual life.

In her letter, St. Hildegard describes the abbot’s goodness, which was clear to everyone around him but which he himself was unable to appreciate. A little negative inner voice was poisoning his spirit, preventing him from making the most of his gifts.

According to St. Hildegard, we must seek the talents that lie dormant in us, rejoice in them, and cultivate them. God created humanity out of love, and made us his partners. In the story of the creation of the world, God considers all his work—including humankind—to be very good. St. Hildegard of Bingen, pray for us!

Gospel Readings

March 5, 2023

2nd Sunday in Lent

Gospel Reading: Matthew 17:1-9

“This is my beloved Son, with whom I am well pleased, listen to him.” — Matthew 17:5

During the Transfiguration, Jesus reveals his true glory to his closest friends. Similar to his baptism in the Jordan, the Father speaks from heaven to announce that Jesus is his “beloved Son.” Like a proud parent, God the Father is telling us that he is delighted by his son. He also tells us to “listen to him,” so we can follow Jesus and live how he lived: paying attention to the poor and the outcast, fighting for what is right, and bringing comfort to those who are hurting. If we listen to Jesus and follow him our hearts will get bigger and we will grow into everything God wants us to be.

Dear Lord, help us to walk in Jesus’ footsteps, and to listen to him. Give us courage to follow him wherever he leads us!

How can you improve your listening skills, to better hear God’s voice?

March 19, 2023

4th Sunday in Lent

Gospel Reading: John 9:1-41

“We know that God does not listen to sinners, but if one is devout and does his will, he listens to him.” — John 9:31

Many of us want to make our requests known to Jesus and then we want him to answer them exactly the way we want. But that doesn’t require much faith. In fact, it is almost as if we are blind to what it is that God may want for us. We choose only to see things the way we want. But Jesus wants us to open our eyes and take a step of faith, seeing him as the Son of God, who came to show us how to live and love. If we can step into that understanding of him, then we will be more willing to listen to his response to our prayers, even if it is not the answer we wanted. This is truly living out God’s will in our lives.

Father in heaven, thank you for loving us so much so that your answer to our prayers is always what we need, even if it’s not what we imagined. Please teach us to accept your answers with patience and gratitude.

Share a time when your prayers were answered. Then try to think of a time when they were not answered the way you wanted them to be. How did you feel about God in both these situations?

March 12, 2023

3rd Sunday in Lent

Gospel Reading: John 4:5-42

“Jesus answered and said to her, ‘If you knew the gift of God and who is saying to you, ‘Give me a drink,’ you would have asked him and he would have given you living water.” — John 4:10

We know that water is important in the Bible - it is used to cleanse, to baptize, to give life, and to promote growth. What Jesus was saying to the Samaritan woman, and to us, is that HE can cleanse us, HE baptizes us and removes our sin, HE gives life through his name, and that HE carries us through our growth in the sacraments and our love for him. Jesus is the living water that is poured into our hearts and reaches every corner of our being!

Dear Father, thank you for this living water that you offer so freely to us. May it bring us into a deeper love for you.

What are some of the ways water is used in our Church’s rituals?

Gospel Readings

March 26, 2023

5th Sunday in Lent

Gospel Reading: John 11:1-45

"Martha said to Jesus, 'Lord, if you had been here, my brother would not have died. But even now I know that whatever you ask of God, God will give you.'" — John 11:21-22

When things are going your way and life seems good, it is easier to believe in Jesus, isn't it? But when things get tough and you are full of doubt, it may be easy to question Jesus. Martha shows us, in today's Gospel, what great faith looks like. She knew and loved Jesus very much. She saw how God had worked miracles through him. She saw how Jesus had brought peace and forgiveness to so many. No matter how hard her life seemed at the moment of her brother's death, she did not lose faith in Jesus. It made her believe even more. We, too, are called to this great faith. Whether things are good or tough, Jesus is always the same. He is always there for us and he loves us very much. We just have to have faith and believe.

Dear Lord, thank you for always being with us through good and difficult times. Please give us the faith to know you are with us even when we can't feel it.

Talk about a tough time in your life when you felt God's presence.

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



The Annunciation of the Lord

The feast of the Annunciation is celebrated on March 25, nine months before Christmas. This feast celebrates the day the Angel Gabriel appeared to Mary and asked her to be the Mother of Jesus. Mary was an ordinary girl from a simple town. Yet, God chose her from all time, and set her apart to be the mother of His Son. She was preserved from the stain of original sin from the very moment of her conception. This is the doctrine of *The Immaculate Conception*. Through her yes, Mary teaches us what our response to God should be. Being "Full of Grace" did not diminish Mary's ability to say no. She could have said no to the Angel but she freely chose to say yes.

"Mary showed complete trust in God by agreeing to be used as an instrument in his plan of salvation. She trusted him in spite of her nothingness because she knew he who is mighty could do great things in her and through her. Once she said "yes" to him, she never doubted. She was just a young woman, but she belonged to God and nothing nor anyone could separate her from him."

— St. Teresa of Calcutta —



March



Arise!
Pilgrims of Hope Journal

WEEK ONE

God helps us to persevere through our challenges. How were you able to focus on God this week?

Additional Sources:

[The Annunciation: The Handmaid of the Lord](#)

[Home Page](#)

WEEK TWO

Mercy is the foundation of the Church's life. When did you receive a second chance this week?

Do not, O Lord,
withhold your mercy
from me;
let your steadfast love
and your faithfulness
keep me safe forever.

Psalm 40:11



WEEK THREE

The Eucharist reminds us that we are not isolated individuals, but one body. When did you taste the goodness of the Lord this week?



WEEK FOUR

Christ is "the light which conquers darkness, and we are asked to keep alight the little flame that was entrusted to us on the day of our Baptism." Pray for God's help in keeping your flame alight.



O God, by whose grace your servant Hildegard,
kindled with the Fire of your love, became a burning and shining light
in your Church: Grant that we also may be aflame with
the spirit of love and discipline, and walk before you as children of light;
through Jesus Christ our Lord, who lives and reigns with you,
in the unity of the Holy Spirit, one God, now and forever. Amen.

St. Hildegard of Bingen, pray for us

Prayer Source:
[Novena To St. Hildegard Of Bingen](#)

Division Parishes

“...not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.”

Hebrews 10:25

 <p>Assumption Church Lethbridge</p> <p>Father Kevin Tumback Father Derek Remus</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am (Live-streamed) 6:00 pm</p> <p>2405-12th Avenue S. Lethbridge, AB T1K 0P4 Tel: 403-327-8931</p>	 <p>St. Basil's Church Lethbridge</p> <p>Father Kevin Tumback Father Derek Remus</p> <p>Mass (Saturday): 7:00 pm Mass (Sunday): 7:30 am 11:00 am</p> <p>604 13 Street N. Lethbridge, AB T1H 2S7 Tel: 403-327-8931</p>	 <p>St. Martha's Parish Lethbridge</p> <p>Father William Monis</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am 11:00 am</p> <p>355 Columbia Blvd. W. Lethbridge, AB T1K 5Y8 Tel: 403-381-8891</p>
 <p>Ss. Peter & Paul Parish Lethbridge</p> <p>Father Gary Sedgwick</p> <p>Mass (Saturday): 8:30 am Mass (Sunday): 10:00 am</p> <p>643 12B Street N. Lethbridge, AB T1H 2L6 Tel: 403-328-4753</p>	 <p>St. Ambrose Parish Coaldale</p> <p>Father Ian Gagne</p> <p>Mass (Sunday): 9:00 am 4:00 pm</p> <p>1523-23rd Avenue Coaldale, AB T1M 1E2 Tel: 403-345-3400</p>	 <p>St. Catherine Parish Picture Butte</p> <p>Father Ian Gagne</p> <p>Mass (Sunday): 11:00 am</p> <p>762 Crescent Avenue Picture Butte, AB T0K 1V0 Tel: 403-732-4433</p>
 <p>St. Augustine Parish Taber</p> <p>Father Philip Van Tinh Le</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am</p> <p>5009-48th Avenue Taber, AB T1G 1T4 Tel: 403-223-2226</p>	 <p>St. Michael's Parish Bow Island</p> <p>Father Wojciech Jarzecki</p> <p>Mass: 9:00 am</p> <p>1101-1st Street E. Blow Island, AB T0K 0G0 Tel: 403-545-2023</p>	 <p>St. Michael's Parish Pincher Creek</p> <p>Father Myles Gaffney</p> <p>Mass: 10:00 am</p> <p>958 Christie Avenue; Box 339 Pincher Creek, AB T0K 1W0 Tel: 403-627-3071</p>