

## **Newsletter #7**

March 15, 2022

### Principal's Message

'Rise Above! Inspire Greatness!'

Dear Parents/Guardians:

There are so many things that make March magnificent! We finally break out of the winter mold and are greeted with sunbeams and the restlessness of spring arriving. Excitement is beginning to generate on our playground, within the walls, and even with my gardening fingers yearning to play in the dirt! It's a time of anticipation for our Lord and Saviour at Easter, a time for reflection, reporting and goal setting! Our basketball athletics are shining- and our seniors are off to Provincials this week! First time in St. Michael's history that both teams have qualified together! Go Dragons Go!

We are thrilled to be able to come together in many ways this month, both for academics, and for entertainment. So please take a good read of the newsletter, plan to come in if you haven't already and see all of the magnificent things happening in our school!

With that, just a friendly reminder of a few things:

- ☐ The Alberta Education Assurance Survey (AEA) has been mailed to parents. This survey is VITAL to our goal setting, our Continuous Improvement Plan, and feedback from you is needed! Please consider completing and submitting before the end of the month.
- □ Alaskan Nets Movie Night- 14+ on March 17th @ 7 pm in our Den. Come enjoy a fabulous movie and concession. (Trailer: CLICK HERE) All proceeds go toward our Outdoor Court.
- ☐ Academic Awards Evening is March 24th @ 7 pm. In the school Den. Come and celebrate our hard working students with us!
- □ Elementary Interviews are March 29th here in the school. This will be a student showcase of learning and conferences will be held in classrooms! Take the time to tour, set goals and enjoy your child's showcase of their learning!

With whatever you get up to in the remaining weeks of March, take time to slow down, reflect, and find joy. With so much going on in the world, and in our lives, take time to indulge on whatever blessings March brings to you!

Ms. Schmidt





## FAITH FOCUS:

3-Year Faith Plan – "Making Our Mark: Journey of an Intentional Disciple"

2021-2022 Theme – Transformed by the Journey
Calls to Action – Be Committed... Be Accountable...

### What Do I See at Calvary

This year we kicked off Lent in a very blessed way! We were able to take all of Junior High and Senior High to an Ash Wednesday mass at our parish. As well, all of Elementary attended a prayer service with Father Myles in our school gym where they were able to receive ashes. It was so good to see Father Myles with our whole school community once again, and it was great to see students wearing their ashes throughout the day.

This year during Lent we are working through a series of reflections based on the work of Arden W. Mead where we are looking at the images in Scripture on the road to Calvary. Within these reflections we are looking at images such as the donkey Jesus rode into Jerusalem and asking ourselves what is it that God needs from our lives. Or perhaps we see the image of the bowl of water and the towel, which Jesus used to wash the disciples' feet at the Last Supper, where we learn from Jesus the importance of developing a willingness to serve others. Whether it be through one of these symbols or any of the others, such as the cross, the whip, the crown of thorns, or the empty tomb, Scripture has given us many images for us to reflect upon and find hope in this lenten season. Take some time this Lent to go through Scripture and find a symbol that inspires or challenges you to grow closer to God!

### Important Upcoming Faith Dates:

- March 14 Spiritual Development Day
- April 15 Good Friday
- April 17 Easter Sunday

### Words from St. Michael Parish:

★ Please visit the Parish website at: www.catholicdirectory.com/canada/pincher-creek/church/st-michaels -parish



### **School Events:**



Our Academic Awards Ceremony is one of the most sacred and important events we host at our school. We've held off on a ceremony in hopes that we'd be able to meet in person. FINALLY with the easement of restrictions we will all gather on

Thursday March 24th @ 7 pm

### In the St. Michael's School Den

(\*this date has been updated from our tentative date of Feb 17th for a virtual ceremony)

### Outdoor Basketball Court Update

Interested in participating in our exciting initiative? Check out more information here:

LINK TO INFORMATION



### DONATE TODAY!

Thank you EVERYONE for your support. Even if you can't buy chocolates from us, it would mean the world if you could share this fundraiser link to everyone you know!

Happy chocolating!





Want to know the most DELICIOUS way to support us? Order <u>Purdys chocolates</u> from our fundraiser!

This year, we're hoping to raise \$1000 for the Outdoor Basketball Court, and we need YOUR help!

From now until March 18th, you can order
Purdys treats from our fundraiser by joining our
campaign and browsing the tastiest selection
of chocolates online. Shop gifts for family,
friends, neighbours AND yourself in one
convenient place. After all orders are
submitted, we'll sort, distribute, and let you
know when you can collect your goodies. (Apr
4-8 week)

What you'll need to order:

- Our campaign number: 62200
- 2. Go to our fundraising website: https://fundraising.purdys.com/1503514-93183
  - 3. Click "Join Campaign"
  - 4. Shop, shop, shop away!

### **Registration Updates**

For students that are already attending St. Michael's School

Registration Updates
are very important as they hold your
child's place in St. Michael's School and
it helps administration to plan for the
next school year. Attached is a link
with detailed instructions to complete
the updates: Registration Update Instructions
(this will open a PDF at the bottom of the page)

### March Student Holidays

Friday, March 18:
Professional Development Day



### The Friends of St. Michael's

The Friends of St. Michael's are our school booster club. They support our school in many ways including: school activities, Dragon athletics, student awards, busing, Scientists in the Classroom, and much more.

Friends of St. Michael's Information Page

A HUGE THANK YOU to all in the community that supported this year's Citrus Fundraiser, which was a great success in raising funds toward school activities in 2022 and beyond! It was so good to taste wonderful oranges and grapefruit again!



AGM March 28th 7:00 pm St. Michael's School

## **School Council**

St. Michael's School Council

School Council Advisory: Chair - Christie Gustavison Vice Chair - Bart Denie Secretary - Leah Oyortey

School Council Info

Next School Council Meeting: Tuesday, April 5 @ 7:00 pm

As always, school council can be reached at stmikesschoolcouncil@gmail.com, or the chair directly at stmikesschoolcouncil.chair@gmail.com.

## What you Need to Know!

St. Michael's Website:

**Click here: St Michael's Website** 

Check out our school website for information such as: calendars, fees, staff contact information, our school handbook, bell times and so much more!

St. Michael's Live Calendars: School Events Calendar

2021-22 School Year Calendar

**Board Meetings and Briefs** 

**Students Leaving Early:** If your child has an appointment or needs to leave the school during the day, please make sure you let the office know ahead of time. Please keep in mind recess times for elementary and junior high and if at all possible try to pick up your child before or after as it is challenging to get students

back inside from recess in a timely manner. Thank you for your help with this!

Click here to view > Bell Schedule

### **Health & Wellness:**

**Healthy Kids** 

**Healthy Teens** 



**Friends Flower Fundraiser:** Our next fundraiser is the return of Flowers From Friends! Please use the order form below, and ensure you include your exact order details if paying by e-transfer! Deadline to place your order is April 1st, 2022 Thank you!





Performing Arts at St. Francis Junior High (Lethbridge) presents 'Beauty and the Beast' the musical, March 25- March 29, 2022. Tickets are \$15, with weekday shows at 7:00 p.m. March 25, 28, 29; Saturday performances on March 26, 2022 at 2:00 p.m. and 7:00 p.m. and a Sunday performance on March 27, 2022 at 2:00 p.m. For more information, please call 403-327-3402. Tickets are available through Eventbrite on the St. Francis Junior High website <a href="https://sfih.holyspirit.ab.ca/">https://sfih.holyspirit.ab.ca/</a>

### Hollywood Gala Night:

On Friday, May 6th we are hosting a fundraiser to support our St. Michael's Athletics! This will be a formal dance (for adults), with silent and live auctions, midnight buffet snack and alcoholic beverages. Tickets go on sale April 6th

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(through SchoolCash) as well as at the door. Tickets are \$25 and include a free drink ticket and snacks. All proceeds will go toward replacing aging athletic equipment. We hope to see you there!

What's Happening at the PC Pool? For those interested in lifeguarding (14 & up) the pool is offering a Bronze Medallion course Fri-Sun, April 22 - 24, 2022. Cost is \$160.00 Fri 2-6pm, Sat 8am-4pm, Sun 8am-4pm. As well, the pool is looking for kids 14 - 17 yr olds interested in working the pool desk. Drop off resumes at the PC Rec Dept (office in the pool).

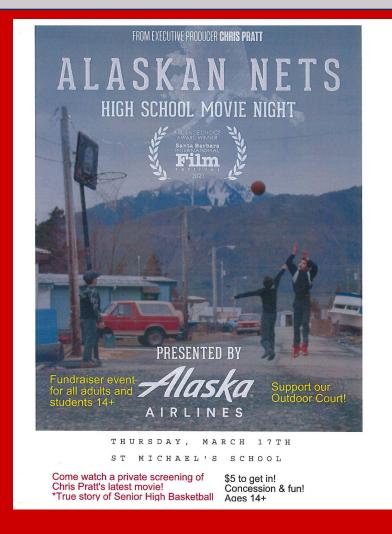
### Camp Columbus: Open for summer 2022!

Click here for more information: Camp Columbus Youth Camp

Registration starts March 15th.









### Looking forward to a new year with ...

# Holy Spirit Catholic School Division 2022/2023 REGISTRATION



### Re-Registration Starts January 17, 2022

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

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

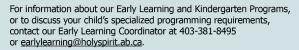
Parents/guardians who are hoping to register younger siblings new to the division will also have the opportunity to do this at the same time that they re-register older students.



### New Student Registration Starts February 1, 2022

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

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





### **For More Information**

If you need assistance with the online registration process, or have any questions, contact your child's school or visit the school division's website at <a href="https://www.holyspirit.ab.ca">www.holyspirit.ab.ca</a>.



### **Holy Spirit Catholic School Division**

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

## March 2022

13	Spiritual Development Day No School NO S0100L	15 1/2F to Mass	16	17 Mini Basketball 3:30-5:00  Screening of Alaskan Nets Movie Fundraiser 7:00 pm  St. Patrick's Day	PD Day No School	19
20	21	22	23 Board Meeting Lethbridge 6:00 pm	24 Mini Basketball 3:30-5:00 Academic Awards Gr. 7-12	25 Friday 1	26
27	Friends of St. Michael's AGM 7:00 pm  AGM Annual General Meeting	29 Elementary parent/ teacher interviews 4:00-8:00 pm In Person	30	31 Mini Basketball 3:30-5:00	Friday 2	2
3	4	5 Grade 10 to Mass School Council Mtg	6	7	8 Friday 1	9
10	η	12	13	14	15  Good Friday  Easter Break Begins	16

# Building Community



## Connections



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

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

## Lethbridge Family Services

Volunteer at Lethbridge Family Services. Help create a more inclusive city by volunteering as a community connector with help newcomers integrate and adjust into life throughout the community though conversation, activities, and socializing. Intake is completed on-line.



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



UPSIDE DOWNTOWN - Winter Edition, Concerts + Art March 18 & 19, 2022, Southminster United Church. Reserve your free ticket(s).



Canadian Mental **Health Association** Mental health for all

### Bounce Back® | Reclaim your health

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



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



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

to register: Outreach@LFSfamily.ca UNDERSTANDING HOW THE SOCIAL CONSTRUCTION OF **Thursdays** March 3 - 24, 2022 2:00pm to 3:30pm

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



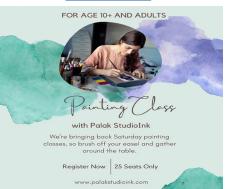




This class is intended for girls, women and non-binary ages 7+ and all levels. The instructors will deliver a fun,

taekwon-do class for all levels!

More information here



Palak Studioink is offering free painting classes on Saturday mornings, so brush off your easels and gather around the table. Class size is limited to 25 people and is open for all ages. You are welcome to this class as a beginner as well. Registration is done through Eventbrite



### 30 Days of Self-Care

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



Monthly Calendar | March 2022 WINTER HOURS Tuesday - Sunday 1PM - 4PM



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

### LETHBRIDGE ICA

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



Family Centre's Calendar of events

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

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



### 1-877-303-2642 (Toll Free)

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



**Pincher Creek** Women's Shelter-Crisis Line: 1-888-354-4868 Office: 403-627-2114

https://pcshelter.ca/

### YWCA Harbour House (women, children)

Phone: 403-320-1881 Toll free: 1-866-296-0447

### Lethbridge Shelter & Resource Centre

Phone: 403-327-1031

Wood's Homes Phone: 403-317-1777

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

Chinook Sexual Assault Centre Healing starts with Believeing Here for all genders and all ages throughout 403-694-1094 / 1-(844)-576-2512 #IBelieveYou #UHavethePower

Sexual Assault is a Criminal Act

It is NOT Your Fault

Whenever you need to talk, we're open.





**&** Call 1-800-668-6868 Message at Facebook.com/
CrisisTextLinepoweredbyKidsHelpPhone

Kids Help Phone 🙂

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

Wisdom 11:23, 26



St. Patrick
Schools: St. Patrick Taber
St. Patrick Fine Arts



ST. PATRICK

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

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

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



### Prayer

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

Ideas for prayer include: <u>Praying the Rosary</u>, <u>Stations of the Cross for Children: Prayers and Colouring Pages</u>, Lenten Devotionals.



### Fasting

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

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



### Almsgiving

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

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

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

- Psalm 30:10



St. Patrick Schools: St. Patrick Taber

St. Patrick Fine Arts

### Feast Days and Celebrations March 2022

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



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

### **WEEK ONE**

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

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

### **WEEK TWO**

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

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

### **WEEK FOUR**

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

### **WEEK THREE**

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



### **Sunday Gospel Readings**

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

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

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

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



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