

Newsletter #7

February 10, 2023



**Rise Above!
Inspire Greatness!**

PRINCIPAL MESSAGE:

Dear Parents/Guardians:

February is going strong! We've had great weather days, and our hearts are warm in preparation for Valentine's Day next week! Along with celebrating love, February is Black History Month, a month where we promote 'Random Acts of Kindness', promote anti-bullying with Pink Shirt Day, and near the end of the month, begin our Lenten journey on Wednesday February 22nd.

February is truly a season of both personal and spiritual growth and it is a great time to consider personal change for the better! During Lent we are invited once again to turn back to God and prepare our hearts for Easter. We have 40 days to be more patient, loving, compassionate, positive, helpful, grateful, and kind to all people who cross our path. Ask Jesus for the willingness to change and become more like him. This is how we become holy. The plethora of other February events challenge us to remember other values like the importance of kindness, sharing our love for one another. It's a time to challenge ourselves to do even better at promoting those traits with each of us. Saint Josephine Bakhita is our focus saint this month. She is the patron saint of Sudan, and the first black woman to be declared a saint in the early 1990s. Above all of the virtues we discuss through February, she reminds us that these simple rules of kindness, love and grace are rooted in our faith.

It has been wonderful to feel the enthusiasm and see our community come together in so many fabulous ways so far this year. Our school is vibrant with visitors, events, and tons of fun activities! Thank you to all of the families who are attending events, athletic games, and even choosing to volunteer in your child's classroom! We appreciate your feedback on social media, and other ways! We have such a strong parent community that truly does contribute to the family vibe we promote in our school community. One important way you can also support our school is by kindly filling out the Assurance Survey that will be arriving in parent mailboxes soon. This is an annual government survey sent to specific grades each year. This year, Holy Spirit is really calling on more parents to provide feedback. Here at St Michael's, we feel your support, and would love for the government to hear your voice too through the survey.

In the meantime, I'm excited to see you at many of our upcoming events/activities listed below and in our school calendar.

In all you do through February, I wish you a wonderful remainder of the month. I pray that the 'Family Week' in a couple weeks is an ideal time for you to spend time with your own families making happy memories.

Above all, may God continue to bless St. Michael's School!

♥ Ms Schmidt

Past Month Photo Highlights!

Dragon Days

OUR JUNIOR HIGH STUDENTS PARTICIPATED IN A BUNCH OF ACTIVITIES, SUCH AS ART, SEWING, STEM, SKATING, SWIMMING, COOKING, AND MORE!



Literacy Day

OUR ELEMENTARY SCHOOL STARTED A NEW BOOK FOR 1 BOOK 5 SCHOOLS! THE BOOK THIS YEAR IS THE VERY, VERY FAR NORTH!



Exam Week

HIGHSCHOOL STUDENTS WROTE THEIR EXAMS AND DIPLOMAS IN JANUARY! WE ARE SO PROUD OF THE HARD WORK THEY HAVE ALL DONE!



FAITH FOCUS



You may recall that this year we have started a new three year faith plan in Holy Spirit Catholic Schools. This plan was designed in consultation from teachers, students and administrators. The overarching theme that came out was to arise as we came out of a few very interesting years, so the three year faith plan was entitled Arise! Pilgrims of Hope. One of the guiding Scriptures for this year comes from Jeremiah 29:11-14. It reads: 11 For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. 12 Then when you call upon me and come and pray to me, I will hear you. 13 When you search for me, you will find me; if you seek me with all your heart, 14 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.

As we approach Lent it is a great time to reflect upon this Scripture. The days are starting to get longer. While there are still a few cold nights ahead, the days will soon be getting warmer. We will enter a time where we celebrate the cornerstone of our faith, the Resurrection of our Lord! Our faith plan calls us today to seek out God, to see the great plans He has for us, and to know He is waiting for us to reach out and connect with Him. I want to encourage you to set aside some time in prayer asking God what he wants of you this coming season of Lent and for 2023. God is calling us to Arise, and He will give us more than enough to do so when we walk with Him!

Mark Wynder
Associate Principal



About Us

[facebook](#)

864 Christie Avenue, Pincher Creek, AB

403-627-3488

[@stmichaelspc](#)

mikeadmin@holyspirit.ab.ca

<https://smpc.holyspirit.ab.ca/>

Office Hours:
Mon - Thurs
8:00am - 4:00pm
Friday
8:00am - 2:00pm

Dates to remember



Family Day - No School!

Feb 20, 2023 is Family Day, and there will be no school on this day.



Family Week - No School!

Feb 21-24, 2023 is Family Week, and there is no school for those days.

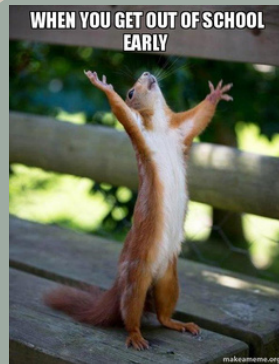


PD Day - No School!

Feb 27, 2023 is a PD Day, and there is no school for students on this day.



Please click the calendar to the left to view the full year school calendar!



Leaving Early?!

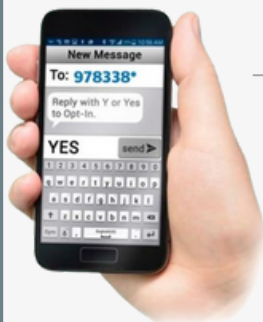
If your child needs to leave school early, please notify the office at 403-627-3488 as early as possible. Please also make sure you sign your child out in the office when they are leaving early!



Arriving Late?!

Please stop in the office to sign in if you arrive to school late! Elementary school students are considered late after 8:30am, and Junior/Senior High students are considered late after 8:40am.

School Communication



Holy Spirit Catholic School Division uses SchoolMessenger to improve our schools' communication with parents and guardians. This service does not replace other school communication methods. It is simply intended to extend beyond what we've traditionally used to ensure timely communications and reduce the amount of papers being sent home.

If you would like to receive text messages for school closures please click here for instructions and more information!

DRAGON ATHLETIC HIGHLIGHTS!



Sr. Girls Win Gold!

Our Sr. Girls placed first in the Coalhurst Tournament!

Jr. A Boys take Gold!

Our Jr. A boys placed first in their tournament!



Sr. Boys Win Consolation!

Our Sr. boys won Consolation at the Black Diamond Tournament!



Jr. A Girls win Consolation!

Our Jr. A girls won consolation at their tournament!



Jr. B Boys take first!

Our Jr. B Boys won first at their game against Halton!

Winter weather is here again!
Please send your child to school with
appropriate winter gear as we still go outside for recess!



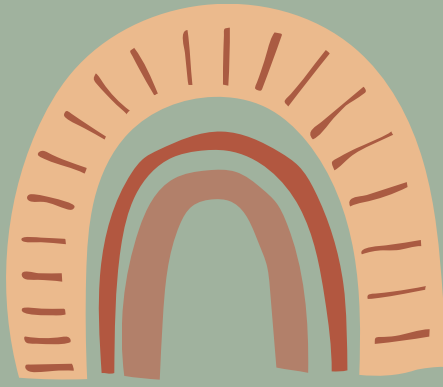
We are well into our One Book, Five Schools read along.
The Very, Very Far North!
I hope everyone is enjoying the book so far.

New titles are arriving from all the funds raised at the book fair, Thank you!

Hoping everyone has a restful Reading Week!!

Mrs. Marsh





From Your School Counsellor!



February 2023



RESOURCES

There are lots of great resources in our community, as well as surrounding communities and online.

If you have a specific resource that you are looking for, I can help with that!

Sensory Backpack Lending Program

Sensory Backpack Lending Program
Looking for a fun way to learn with your young child?
Please contact me to borrow a backpack of learning fun!

INTRODUCTION

Hello St. Michael's families! My name is Shaylen, the children call me Miss Shay. I am so pleased to be working with your children and the amazing staff here!

Please feel free to reach out to me via text/call at 403-634-2151
I am here Monday to Friday

CHECK THESE OUT!

Parent Creek Family Centre - Check out their Facebook page for some amazing Winter Program activities!
<https://www.facebook.com/PCfamilycentre>

For the Adults- Check out Pincher Creek Adult Learning for some great classes! They are also affiliated with several colleges! 403-627-4478
<https://www.facebook.com/profile.php?id=100065156544297>

FREE ONLINE RESOURCES

<https://instituteofchildpsychology.com/resources/>

<https://docs.google.com/document/d/1QZax1DKUCLzgukL147PdhVkk2RJQFrZ0/edit>

<https://docs.google.com/document/d/18xRdNaiF6GnMOiH2LI8PtJ5qDy7ywhdt/edit>



Looking forward to a new year with ...

Holy Spirit Catholic School Division

2023/2024 REGISTRATION



Re-Registration Starts January 16, 2023

Families with students currently enrolled in our system should expect an email during the week of January 16-20, 2023 asking that the online "Registration Update Form" be completed for each child attending one of our schools in the 2023/2024 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, 2023

All Early Learning to Grade 12 students who are new to the division and wish to enroll for the 2023/2024 school year are invited to register online starting on Wednesday, February 1, 2023.

- Our **Early Learning Program** is designed to stimulate the growing curiosity of children 3 and 4 years of age.
- **Kindergarten** is designed for children 5 years of age on, or before, December 31, 2023.
- **Grade 1** registrants must be 6 years of age on, or before, December 31, 2023.
- **French Immersion** is also available. Enrollment starts:
 - in Kindergarten/Grade 1 at École St. Mary School in Lethbridge.
 - in Grade 1 at St. Michael's School in Pincher Creek.



For More Information

Contact our Coordinator of Early Learning Coordinator to discuss Early Learning, Kindergarten, or your child's specialized programming requirements by phone (403-381-8495) or email (earlylearning@holyspirit.ab.ca).

Contact our French Language Consultant to discuss French Immersion programming by phone (403-331-4458) or email (urquhartw@holyspirit.ab.ca).

Contact your child's school, or visit the division's website (holyspirit.ab.ca), if you need assistance with the online registration process or have any questions.



Holy Spirit Catholic School Division
...where students are cherished and achieve their potential.

Pincher Creek Soccer Association

Get signed up for soccer! Early registration is Feb 11th at Ranchland Mall 1-4pm. Mass Registration night is March 2nd 6-8pm. Early Bird discount if you register before March 5th! Click this photo to be brought to the PCSA Facebook page for more info!



2023 OUTDOOR SOCCER REGISTRATION

Online Registration opens February 1, 2023 – March 5, 2023

www.lethbridgesoccer.com

403-320-5425

Boys and Girls

U4 – U7 (Co-Ed) \$125.00

U9 & U11 (Male and Female Divisions) \$190.00

U13 - U18 (Co-Ed) - \$190.00

Season will run April – June 2023



LFC Competitive information available online at www.lethbridgesoccer.com or visit our Facebook Page at Lethbridge Soccer Association. LFC Registration for evaluations will open online February 1, 2023

School Council meetings are held on the first Tuesday of each month at 7:00PM here at the school. Feel free to join us and give your input!



Pink Shirt Day!

February 15th, 2023



QUEST 2023
FOR EXCELLENCE™



SCHOLARSHIP

You could win one of 40 cash scholarships of \$1,000 each



HAVE YOU ALWAYS DREAMED OF FLYING ACROSS THE OCEAN, DISCOVERING A NEW CULTURE, TRYING NEW FOOD OR LEARNING A NEW LANGUAGE? LET'S MAKE YOUR DREAM COME TRUE!

DURING THE EASTER BREAK OF 2024 THE CURRENT GR. 9-11 STUDENTS HAVE THE OPPORTUNITY TO TRAVEL TO ITALY! IF YOU WOULD LIKE MORE INFORMATION PLEASE CONTACT MS. MANONI!



SCHOLARSHIP

Are you active in your community, or do you have ideas on how to make it a better place to call "home"? Submit an essay** up to 1,250 words, and you could win \$1,000. Answer one of these questions:

1. What does a "bright future" look like for you?
2. How have you demonstrated leadership or charity within your community to make it a better place?
3. How can we ensure fair and affordable housing for all Canadians?



CRITERIA

To be eligible, entrants must be a Grade 12 student attending high school in Canada* in the September 2022 – June 2023 academic year. Entrants must have not previously participated in a commencement ceremony.

APPLY

Submit an online essay from September 12, 2022 to March 13, 2023.

Go to blog.remax.ca/quest-for-excellence
For inquiries email questforexcellence@remax.ca

RE/MAX CANADA

*Except Quebec. **All essay entries become the property of RE/MAX Canada. Photos and names of winners may be used in print publications and media. Each Office Independently Owned and Operated. 22_304114

St. Michael's School Prayer

FATHER, WE GIVE YOU OUR SCHOOL.
MAY IT BE A PLACE WHERE WE LOVE TO
LEARN,
AND LEARN TO LOVE; A PLACE WHERE
EVERYONE
IS RESPECTED, AND ALL ARE CHERISHED.
ST MICHAEL, GIVE US THE COURAGE TO
STAND UP FOR OTHERS AS YOU DID.
UNITE OUR SCHOOL FAMILY IN LOVE,
TRUTH,
AND COMPASSION. WALK WITH US, GUIDE
US,
AND PROTECT US, AS WE BECOME WHO
YOU WANT US TO BE.

AMEN



OFF-CAMPUS NEWS



Friday, Feb. 10, 2023

9:30 a.m. - 2:45 p.m.

Are you a high-school student considering a future in business? This conference will introduce you to mentorship support, provide job market advice and give you a crash course in management. You'll also meet current Dhillon School of Business students and get a glimpse of what it would be like to be a student at ULethbridge. Breakfast and lunch included.

Conference limited to 40 students.
Free admission for high-school students made possible by CPA Alberta.

Scan QR code for more information and registration:



Lethbridge College Winter Open House

10 a.m. to 1 p.m. Saturday, February 11

Explore over 60 academic programs and meet expert instructors.

Learn about support services that will help you be a successful student.

Register in advance to win one of three amazing prizes, including an e-scooter!

Register at: <https://explorelc.ca>



Highschool 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>

Re/Max Quest for Excellence Scholarship Program

Deadline March 13, 2023

The Quest for Excellence scholarship program is a cash scholarship that recognizes students for their ongoing community contributions and pursuit of leadership. They offer 40 scholarships of \$1,000 each.

Students must submit an online essay, up to 1,250 words in length.

For essay questions and for more information go to:

<https://blog.remax.ca/quest-for-excellence>

To apply and submit your essays online go to:

[https://click.email.remax.ca/?](https://click.email.remax.ca/?qs=880815e489749099c2e9ec6ddb7cff9c95c1c3d7d240025f53f40f92ffa90169f80ff1126d958587bc331220619c70deb087ad3a349bf09f)

[qs=880815e489749099c2e9ec6ddb7cff9c95c1c3d7d240025f53f40f92ffa90169f80ff1126d958587bc331220619c70deb087ad3a349bf09f](https://click.email.remax.ca/?qs=880815e489749099c2e9ec6ddb7cff9c95c1c3d7d240025f53f40f92ffa90169f80ff1126d958587bc331220619c70deb087ad3a349bf09f)



Upcoming Career Transitions

Virtual Career Exploration Sessions

Join these sessions to hear professionals discuss their

Tuesday, February 7 @ 4:30pm - Realtor

Wednesday, February 8 @ 5:00pm - General Practitioner
Oncologist

Thursday, February 9 @ 4:00pm - Speech Language Pathologist

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

Horatio Alger Association of Canada Scholarships

This association has a number of different scholarships available. They are offering 160 - \$5,000 scholarships for students in grade 11 and scholarships for students going into the trades. For more information go to:

<https://horatioalger.ca/en/scholarships/about-our-scholarships-programs/>

Your Off-Campus Team

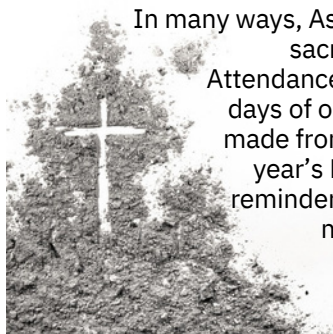
Mark Boschee - Off-Campus Coordinator Cell: 587-220-4258 or Email: boscheem@holyspirit.ab.ca

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





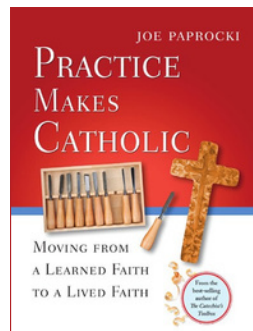
Ash Wednesday



In many ways, Ash Wednesday is the most visibly Catholic day of the year, a day on which Catholic sacramentality literally adorns most Catholics right on their foreheads.

Attendance at Mass on Ash Wednesday is typically greater than on certain other holy days of obligation - and Ash Wednesday is not a holy day of obligation! The ashes, made from burning the blessed palms (another sacramental) used on the previous year's Palm Sunday, are placed on our foreheads in the sign of the Cross as a reminder of our mortality and total dependence on God. It is this reminder of our mortality that makes us rethink how we are living at the moment.

(pp.6-7, *Practice Makes Catholic* by Joe Paprocki)



Interrelationship

The interrelationship between the physical and the spiritual is at the heart of Catholicism's sacramental spirituality. As a sacramental people, our belief in the Incarnation brings a heightened awareness of the importance of our physical bodies with relation to spirituality.

For this reason, Catholic spirituality involves our bodies.

At Mass, this is reflected in the many different postures we assume; sitting, standing, kneeling, genuflecting, bowing, raising our hands, and so on. When it comes to spirituality, we Catholics do not check our bodies at the door.

Spiritual wisdom tells us that any attempt to follow God more closely requires discipline, focus, and willpower. Before attempting to master one's intangible spiritual desires, however, it makes sense to master some tangible physical desires, the most obvious of which is our hunger.

We, too, are tempted to think that many things in life sustain us when truly, God alone sustains us. Through fasting, Catholics learn to practice self-denial, to lead a life of moderation that deepens our compassion for people in need, and to develop a deeper hunger and thirst for God.

Source: *Practice Makes Catholic* by Joe Paprocki, pp. 23-25

For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. 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.

Jeremiah 29:11-13

Ash Wednesday Services

Assumption Church
2405-12th Avenue S.
Lethbridge, AB
Ash Wednesday Mass: 9:00am, 12:05pm, 7:00pm

St. Ambrose Parish
1523-23rd Avenue
Coaldale, AB
Ash Wednesday Mass: 7:00pm

St. Michael's Parish
1101-1st Street E.
Bow Island, AB
Ash Wednesday Mass: 7:00pm

St. Basil's Church
604 13 Street N.
Lethbridge, AB
Ash Wednesday Mass: 9:00am, 12:05pm, 7:00pm

St. Catherine Parish
762 Crescent Avenue
Picture Butte, AB
Ash Wednesday Mass: 9:00am

St. Michael's Parish
958 Christie Avenue
Pincher Creek, AB
Ash Wednesday Mass: 7:00pm

St. Martha's Parish
355 Columbia Blvd. W.
Lethbridge, AB
Ash Wednesday Mass: 9:00am, 7:00pm

St. Augustine Parish
5009-48th Avenue
Taber, AB
Ash Wednesday Mass: 7:00pm

What Is a Sacramental

According to the Catechism of the Catholic Church, sacramentals are sacred signs instituted by the Church to prepare us to receive the fruit of the sacraments and to sanctify different circumstances of our lives (no. 1677).

Practically speaking, the myriad of little things that are sacramentals are the parts of catholicity that jostle against us in our everyday life, those little extras that often tell others we are Catholic. They are the images, actions and blessings that are unique to our faith; those sometimes humble reminders of what the Catholic faith is all about, like the crucifix on our wall.

Adapted from: *Sacramentals: What Are They?*

Additional Resources

[Prayer, Fasting, and Almsgiving: The Three Pillars of Lent](#) (YouTube)

[Pray, Fast, and Give Alms This Lent - Ash Wednesday Homily](#) (YouTube)

[The Significance of Ash Wednesday](#) (YouTube)

[Slow Prayer](#) by Andy Otto, *God In All Things*

Lent

Lent is the forty day season of conversion that begins on Ash Wednesday; a time of turning toward God in preparation for Easter. Fasting, prayer, and almsgiving are the three traditional disciplines of Lent.

Concerning Almsgiving



Almsgiving is a response to God, one that we can come to through prayer and fasting. It is a way to live out our gratitude for all that God has given us, reflecting the realization that we are the Body of Christ, responsible for each other.

MATTHEW 6:1-4

“Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.

“So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.”

Concerning Prayer



Prayer is conversation with God. It is essential for fasting and almsgiving because prayer gives us the strength to fast. Pope Francis said, “Lent is a privileged time for prayer.” In prayer, we draw closer in relationship with God. Relationship with God makes us grateful for the blessings we have received. Prayer is the cornerstone of our Lenten journey and is vital to all of our actions in life.

MATTHEW 6:5-15

“And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

because of their many words. Do not be like them, for your Father knows what you need before you ask him. “Pray then in this way:

Our Father in heaven,
hallowed be your name.

Your kingdom come.

Your will be done,

on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our debts,

as we also have forgiven our debtors.

And do not bring us to the time of trial,

but rescue us from the evil one.

“When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard

For if you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your trespasses.”

Concerning Fasting



For Catholics, fasting is not primarily an individual practice, but one that has social implications. While fasting, many Catholics donate the food they would have eaten (or the equivalent thereof) to an organization that feeds the hungry. In this way, fasting restores our relationships with our neighbours all over the world.

MATTHEW 6:16-18

“And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

