

# MONTHLY NEWSLETTER



#9

12 April, 2023



“  
Rise  
Above.  
Inspire  
Greatness.  
”

## Principal Message:

Dear Parents/Guardians:

I want to thank students, staff and St. Michael's families for their thoughtfulness, energy and efforts throughout the Lenten season. There are so many wonderful things happening every single day from making pretzels to sell, volunteering in classrooms, and donating items to our 'adopted family' for Lent to name a few. Our school community has given generously to the family that we adopted for Lent so much so the project is complete! This family is now in a well equipped apartment with all the comforts of home; they are truly blessed because of the generosity of this wonderful school family. Our community's collective commitment to Catholic social justice is heartwarming and uniquely amazing!

Today, with the leadership of our Gr 4/5E and 5/6E class we celebrated a Holy Thursday celebration in the gym. Mrs. MacDonald and Mrs. Zoratti washed the feet of selected students in their class in front of the entire class as a way of reminding us of what Jesus did on this final day of the Lenten season. Students left the celebration with Jesus' message, "If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you should do as I have done to you." (John 13:2-17) A great reminder for us all in this new Easter season to be the example we want to see in others.

Along with the arrival of spring, we celebrate the resurrection of Christ and the new life it represents. Easter is rooted in joy and reminds us of the importance of spreading that joy and fostering that joyful community of faith. We have many spring activities planned to get involved in, be excited for, and to continue the generous support of our school community. Some important things to mark on your calendar are the Family Dance on April 20th, the 'Ticket to Ride with Friends' Gala on May 12 (adult only event at the school), and Graduation on June 3rd to name a few!

In all, I extend my wishes for peace and happiness to all during this season of renewal. May you be blessed with a well-deserved rest and family time over the Easter break. Above all, may God continue to bless St. Michael's School.

Happy Easter!  
Ms Schmidt

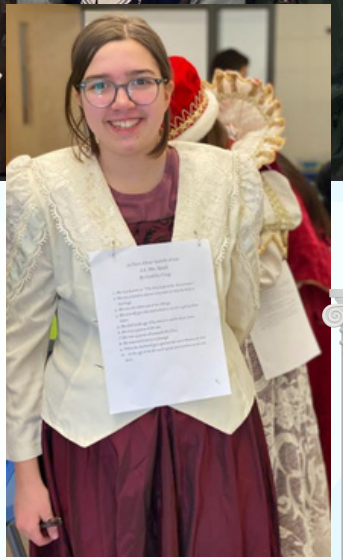
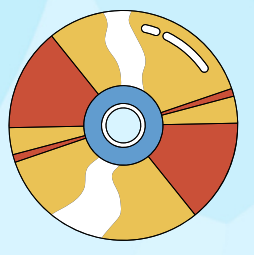
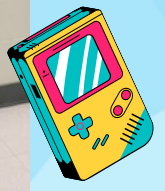




# PAST MONTH PHOTO HIGHLIGHTS!



Retro Day!



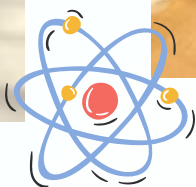
Renaissance Fair!







**Scientists in School!**





# FAITH FOCUS



## Easter 2023 - He Is Risen!!!

Easter Sunday is upon us. With Easter St. Michael's School like many schools have a week off. Many of us will be celebrating Easter by finding eggs and treats, having dinner with family and friends, and perhaps partaking in some hot cross buns. After the Easter weekend stores move on quickly to the next season.

However, in the Catholic Church Easter is a season celebrated for 50 days! It begins on Easter Sunday and is celebrated until Pentecost Sunday. There are a few important events we celebrate during this time.

First we begin with the octave of Easter. This refers to the eight days from Easter Sunday to the following Sunday. This is the time where the Church really turns up the volume celebrating the joy of the resurrection. In Scripture God tells the Israelites in Exodus to celebrate important feasts like Passover for eight days. Catholics see Easter as a feast of utmost importance, celebrating that Jesus is risen!

A few weeks after Easter Sunday we celebrate the Ascension. The Ascension is traditionally celebrated on a Thursday, the fortieth day of Easter. In last month's newsletter I spoke about how our school learned about the importance of why Jesus had to return to the Father, so that the helper, or the Holy Spirit, could come and help all believers. On the Ascension we celebrate the affirmed hope given at the resurrection that through Jesus we will be united with God the Father for eternity.

Finally we celebrate the feast of Pentecost. This is celebrated on the 50th day of Easter. Here we celebrate the outpouring of the Holy Spirit upon the whole world. With the Holy Spirit we know God is present to us all at all times. This Easter season I encourage you to take a few moments each day to remember the joy we have in the Resurrection, and remember the celebration of Easter is just beginning with Easter Sunday!

**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

## Hot Lunch - April 19th!

April 19th is a Hot Dog Hot Lunch! Available to purchase on SchoolCash Online!

## Hot Lunch - May 4th!

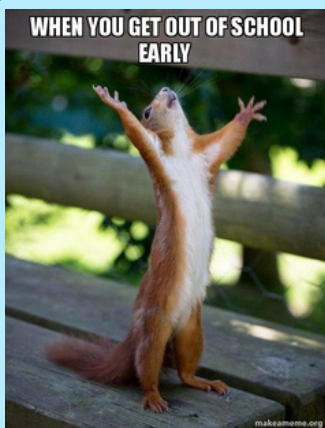
May 4th is a Pizza Hut Hot Lunch! Available to purchase on SchoolCash Online!

## Family Math Games Night!

May 16th at 5:00pm come to St. Michael's School for a fun night of math games! Grades K-6!



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 make it to Provincials!

Our Sr. Girls participated in the ASAA provincials this year!

## Sr. Boys make it to Provincials!

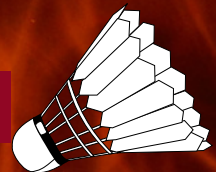
Our Sr. boys participated in the ASAA provincials this year!



This brings us to the end of basketball season. We are so proud of all of our basketball teams this year! You worked so hard and made our whole school proud!



We are now officially into Badminton Season!





# FNMI

Here at St. Michael's we have an incredible FNMI (First Nation, Metis, and Inuit) program, ran by two amazing ladies, Verna and Lori Jo! Verna teaches Blackfoot culture and language to all of our students in Grades K-6. Lori Jo provides academic support to our FNMI students. They do a great job to make sure all students feel safe and loved.

Each month we will have an FNMI Page in our newsletter to highlight events, ceremonies, fun facts, and a Blackfoot word of the month!



It was an honor to have Ira Provost come to our school and explain his Winter Count to our students!

Word of the Month: **oki** (Oh-Kee) -  
This is the Blackfoot word for greetings or hello!



# Library Corner



ROSES ARE RED,  
VIOLETS ARE BLUE,  
WISHING YOU  
A HAPPY EASTER...

-Mrs. Marsh





# Noah's Ark Early Learning Open House!

Come and check out our program! We are now accepting registrations for the 23/24 school year. We have classes for 3 and 4 year old's.

**Date/Time:** April 27, 2023 from 3:30pm-7:30pm &  
April 28, 2023 from 10:00am-2:00pm

**Where:** St. Michael's School, Pre K Room

For more information please call Lynne DeCock at 403-627-7939

## **LEADERSHIP BOTTLE DRIVE!**

Dear St. Michael's Families, the Leadership Class would greatly appreciate donations of empty bottles to help fundraise for their up, and coming trip to the University of Edmonton for a leadership conference. If you have bags of bottles that you are willing to donate, please label the bags as "St. Michaels Leadership Class" and drop them off at the Pincher Creek bottle depot. We will be collecting from now until the end of May. Thank you for your consideration and support!

Sincerely,  
St. Michael's Leadership Class



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

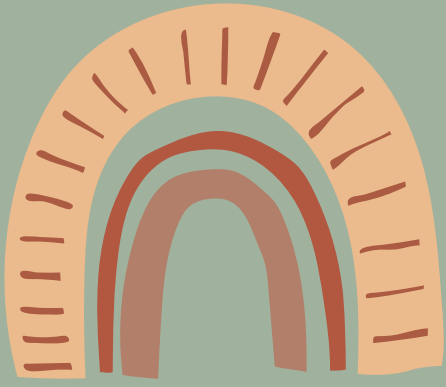
Contact our Coordinator of Early Learning Coordinator to discuss Early Learning, Kindergarten, or your child's specialized programming requirements by phone (403-381-8495) or email ([earlylearning@holyspirit.ab.ca](mailto:earlylearning@holyspirit.ab.ca)).

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

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







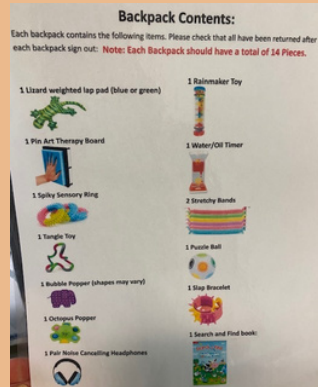
# School Counsellor April Newsletter



## SENSORY BACKPACK PROGRAM



Sensory Backpacks available to borrow on a weekly basis. Great learning tools in each backpack! Please call or text Shaylen @ 403-634-2151  
Sponsored By: Variety – The childrens Charity of Alberta



## UPDATE

Friendship Groups for Elementary students have been going well. Every other Wednesday and Thursday, small groups come together to discuss what a good friendship looks like, how to navigate conflict and discuss acceptance. Everyone is equal! We are currently working on a community project. Stay tuned for updates!

## ONLINE PARENTING INFO!

- <https://schools.healthiertogether.ca/en/get-the-latest/resources-for-families://www.triplep-parenting.ca/alb-en/triple-p/k-the-health-of-all-students>
- <http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/parenting/>
- <https://www.triplep-parenting.ca/alb-en/about-triple-p/positive-parenting-program/>

## LOCAL RESOURCES TO CHECK OUT

- ✓ <https://www.pcfamilycentre.ca/>
- ✓ <http://www.pinchercreek.ca/residents/fcss.php>
- ✓ <https://www.pinchercreeklibrary.ca/>





# OFF-CAMPUS NEWS



## Apply to Lethbridge College in April

Lethbridge College is offering students half off the application fee during April.

**BE READY.**



## Lethbridge College Exploratory Days



**May 1—12**

High School students in grades 10–12 are invited to come experience potential industries and careers with a series of program-specific sessions, designed to encourage authentic exploration.

Exploratory programming is formatted as day-long, hands-on experiences hosted across campus, with a broad range of offerings that align to student interests. From building apps and constructing benches, to conducting investigations and pitching business ideas. Sessions will provide students with the opportunity to participate in exciting projects, scenarios, tours and activities.

**Upcoming sessions will be held**

**May 1-12, 2023 at Lethbridge College between 9am to 2:30pm**

For more information and to register for Exploratory Days go to:

<https://lethbridgecollege.ca/youth-programs/exploratory-programming>

**BE READY.**

## Olds College Free AG Data Science Camp

**July 31—August 4**

This five-day overnight camp is offered free of charge to high school students in grades 11 and 12 interested in transforming the future of agriculture through data science and technology. Experience life as a Olds College student living in residence at Centennial Village. Students will be exposed to the principles of data literacy, informed decision making and emerging agriculture technologies. As part of the camp curriculum, students get to enjoy two afternoons exploring AgSmart 2023, an outdoor educational agriculture expo featuring live equipment and technology demonstrations.

**Deadline to apply is May 31 but spots are limited so apply early.**

For more information and to apply go to: <https://www.oldscollege.ca/programs/high-school-learning/camps/index.html>



## Olds College Discovery Day 2023

**May 10 from 10:00am to 3:00pm**

Register at: <https://www.oldscollege.ca/about/events-dates/discovery-day.html>



## U of L Merit Award



Are you currently in Grade 11 and planning to attend the University of Lethbridge immediately after high school? Then you should apply for the Grade 11 Merit Award.

Deadline to apply is June 30 and you cannot apply in your Grade 12 year. Go to: <https://www.ulethbridge.ca/future-student/high-school-student-awards>

## 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.



## Career Transitions

### Virtual Career Exploration Sessions

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

Tuesday, April 25 @ 4:00pm - Bricklayer

Wednesday, April 26 @ 4:00pm - Lawyer

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

## Your Off-Campus Team



Mark Boschee - Off-Campus Coordinator Cell: 587-220-4258 or Email: [boscheem@holyspirit.ab.ca](mailto:boscheem@holyspirit.ab.ca)

Wendy Gurr - Career Practitioner - 403-327-4596 Ext 312 or Email: [gurrw@holyspirit.ab.ca](mailto:gurrw@holyspirit.ab.ca)



← [Affordability Action Plan](#)

# Affordability Action Plan

## Affordability payments

Seniors, families with children under 18, and Albertans on core support programs can get \$600 to help with the rising cost of living. Find out how.

[Apply now →](#)

**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!**

**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!**







# “Share the Mission” Award Call for Nominations!

Nominations are now welcome for Holy Spirit Catholic School Division’s “Share the Mission Award.”

This prestigious award recognizes community members, parents, students, and school staff who have:

- Offered outstanding or long term service for the benefit of our students;
- Accepted demanding challenges and set new standards for the rest of us to follow;
- Contributed, through action and deed, to the Catholic atmosphere of our schools;
- Demonstrated involvement and leadership in community / parish organizations;
- Reflected the Mission Statement of the Holy Spirit School Division in all actions:

*We are a Catholic faith community, dedicated to providing each student entrusted in our care with an education rooted in the Good News of Jesus Christ*




*Guided by the Holy Spirit, in partnership with home, parish and society, our schools foster the growth of responsible citizens who will live, celebrate, and proclaim their faith.*

*Our Catholic faith is the foundations of all that we do.*

If you know of an individual or group deserving of the “Share the Mission Award,” please forward their name to Rhonda Kawa at [kawarh@holyspirit.ab.ca](mailto:kawarh@holyspirit.ab.ca) by June 9, 2023.

Nomination information is accessible on the division’s website or by clicking on this link:

[Share the Mission Award Nomination Form](#)

<p><b>Presented by</b></p>  <p><b>Rotary</b> District 5360</p>	 <p>Celebrating <b>25</b> Years of Youth Entrepreneurship</p>
<ul style="list-style-type: none"><li>• For youth 13-15</li><li>• Learn to set up and operate a business</li><li>• Plus other fun activities like zip line, paint ball, archery and more</li><li>• FREE to attend</li></ul>	<p><b>Application deadline May 15</b> <a href="http://www.rotaryayec.ca">www.rotaryayec.ca</a></p>
<p><b>August 13 - 19, 2023</b> <b>Eagles Nest Ranch</b></p>	



JOIN US AT LETHBRIDGE COLLEGE FOR

# EXPLORATORY DAYS • May 1-11

HIGH SCHOOL STUDENTS IN GRADES 10-12 ARE INVITED TO COME EXPERIENCE POTENTIAL INDUSTRIES AND CAREERS WITH A SERIES OF PROGRAM-SPECIFIC SESSIONS, DESIGNED TO ENCOURAGE AUTHENTIC EXPLORATION.

Exploratory programming is formatted as day-long, hands-on experiences hosted across campus, with a broad range of offerings that align to student interests. From building apps and constructing benches, to conducting investigations and pitching business ideas, sessions provide students with the opportunity to participate in exciting projects, scenarios, tours and activities.



Upcoming sessions will be held May 1-12, 2023  
at Lethbridge College between 9 a.m to 2:30 p.m.



SCAN THE CODE TO  
LEARN MORE ABOUT  
EXPLORATORY DAYS  
AND TO REGISTER FOR  
UPCOMING SESSIONS



## Sweet smiles: 7 tips to support your child's oral health

April is Oral Health month in Canada. It's a great time to brush up on what it means to have a healthy mouth. This year's theme is about **sugar intake and oral health**. It encourages families to learn about sugar and make informed choices for good oral health and overall health.

This April, help your child keep their sweet smile! Try these tips to limit sugar and protect their teeth from tooth decay (cavities):

### **Talk with your child about sugar and oral health**

Sugary food and drinks increase your risk of tooth decay. Explain to your child that bacteria in our mouths break down the sugar we eat

and make acids that dissolve the surface of our teeth (enamel). This can lead to tooth decay. The good news is that when we eat and drink less sugar, we lower the risk of tooth decay.

### **Teach kids to be sugar detectives!**

Show your child how to identify sugar on a product ingredient list. Words ending in "ose" (like *sucrose* and *fructose*), or words such as *syrup*, *honey*, *molasses*, *fruit juice*, and *puree concentrate* are sugar products. When these words appear near the beginning of the list, the food or drink is higher in sugar. Help them choose snacks and drinks without these ingredients.



# Healthy Children

April 2023 Family Newsletter

## As a family, consider limits on sugary food and drinks

Talk with your kids about cutting back on snacks with added sugar, like candy, chocolate, and desserts. As a family, consider setting limits on sugary drinks like pop, iced tea, chocolate milk, and slushy frozen drinks. Try setting a goal you can work towards together.

## Keep low-sugar snacks on hand

Have tooth-healthy snacks in the fridge or pantry so kids can grab them on the go. Try whole fruits, raw vegetables, cheese cubes, hard-boiled eggs, plain yogurt, nuts, or seeds.

## Put away the sugar bowl

Encourage your kids to avoid adding sugar to their food before they eat it. Here are some tasty, nutritious ways to swap out sugar:

- Top plain oatmeal with berries.
- Eat vegetables and fruits in their natural form, without sweetened dips or sauces.
- Replace syrup with unsweetened apple sauce or plain yogurt.

## Make water your family's go-to drink

Try these tips to encourage your child to drink water throughout the day:

- Serve water with all meals and snacks.
- Encourage your child to keep a reusable water bottle with them at school.
- Remind them that water is the best way to quench thirst during physical activity or when it's hot outside—encourage them to skip sugary sport drinks and energy drinks.
- Replace sugary drinks with water.



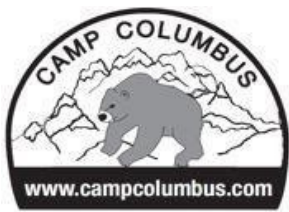
## Ask your dental professional about sugar and oral health

Limiting sugar is an important way to protect your child from getting tooth decay. Book regular appointments for your child to see a dentist, dental hygienist, or other dental professional. Ask them for advice on keeping teeth healthy.

If your family needs help covering the costs of dental visits, go to [ahs.ca/oralhealth](https://ahs.ca/oralhealth).

For more information, go to:

- [All about sugar](#)
- [Oral health: sugar, fluoride and nutrition](#)
- [Time to tame that sweet tooth](#)



## Camp Columbus

### Summer Jobs

Waterton Lakes National Park  
Alberta, Canada

#### POSITIONS AVAILABLE:

- Directors
- Assistant Directors
- Counselors
- Cooks

WE ARE LOOKING FOR: Applicants who are enthusiastic and have a strong interest in camping, but above all, possess the love, understanding and patience that is essential when interacting with children. They should be mature individuals who are capable, caring, and efficient in directing children in a gentle but firm way; to ensure a safe and fun filled camping experience. Applicants should be willing and prepared to contribute in a positive and effective manner at pre-camp meetings and training sessions.

Age Requirements: Director must be 18 years old minimum.

Counsellors must be 16 years old minimum.

#### TO APPLY CONTACT:

Lee Hochstein 403-627-8108

E-mail: [h.mariehelene@yahoo.ca](mailto:h.mariehelene@yahoo.ca)

For general information contact [info@campcolumbus.com](mailto:info@campcolumbus.com)

[www.campcolumbus.com](http://www.campcolumbus.com)

<http://www.facebook.com/campcolumbuskofc>

APPLICATIONS FOR EMPLOYMENT must be received by April 30 .



# ***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**

