

MONTHLY NEWSLETTER



4

December 18th 2023

ST. MICHAEL'S
SCHOOL

Principal Message:

“

Rise
Above.
Inspire
Greatness.

”

**“This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength.”
- Nehemiah 8:10**

Dear Parents & Guardians:

This third week of Advent has the theme of ‘joy’ and is most fitting for the energy, and vibrant excitement that is filling the hallways and classroom on a daily basis. Children young and older alike are preparing in many ways for the holidays ahead. It’s so important within the excitement of the season to be mindful of the fragile lives that are experiencing heightened grief, sickness, loneliness and increased stress. The bible quote above reminds us that even in difficult times, finding joy in the Lord, and giving God a chance reminds us that within our faith lies our strength. We are all called as Christians to find that joy in our Lord, and to be hopeful for a better day tomorrow. So, as we prepare our hearts, and lives for the coming of our dear Lord Jesus, let us all take time to slow down, to find that inner joy and remember that trusting in God above all things is where we will find our true happiness and strength.

May your journey through Advent be filled with hope, peace, joy and love, and above all help you to find the happiness you truly deserve this Christmas season.

I pray you enjoy some well deserved rest and family time over the holiday break and I’m excited to welcome 2024 into our school lives with positivity and hope for continued good things to come!

May God continue to bless St. Michael’s School.

♥ Ms Schmidt

**The joy of the Lord
is your strength.**



Nehemiah 8:10

Drama 10 enjoyed Shakespeare in Love In Calgary!



Mini Volleyball Team!

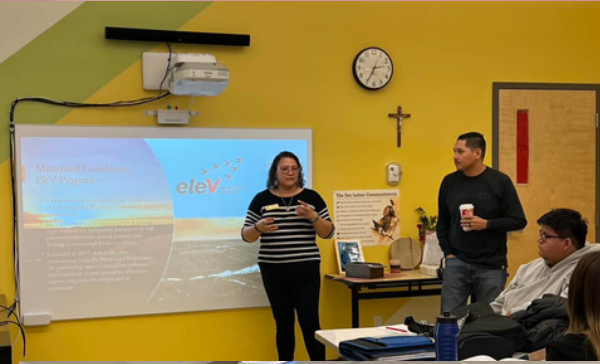


Jr/ Sr High Drama Play



Jr/Sr high put on an amazing performance of "The best Christmas Pageant Ever"

Education Navigators for Post Secondary Institutions gave a presentation to our Piikani Nation students - Thank You!



Cheering on the Sr. Boys volleyball team

Family Christmas Carnival





FAITH FOCUS



Faith Focus: Advent's Journey of Hope and Anticipation

In this special season of Advent, we embark on a spiritual journey marked by hope and anticipation for the birth of Jesus Christ. This month let us dive into the heart of Advent's significance, embracing its symbols and values.

First off, Advent gets its name from the Latin word "adventus," meaning "coming", as we prepare for the coming of Christ at Christmas. As well it marks the beginning of the liturgical year and invites us to pause, contemplate, and open our hearts to the profound message of hope and love.

During Advent we light candles on the Advent wreath. These four candles symbolize the weeks leading to Christmas—each candle representing hope, peace, joy, and love. Lighting them guides us, reminding us of the gradual illumination of Christ's light in our lives.

Our faith thrives in action. During Advent, we are actively encouraged to display hope, peace, joy, and love through acts of kindness. Simple gestures become powerful expressions of the love Christ brought into the world. As well, during Advent let us take moments for personal and family prayer. Reflect on Scriptures and the anticipation of the Messiah's arrival. By coming together in prayer, we reinforce our community bonds and strengthen our Catholic identity.


As we approach Christmas, I pray the spirit of Advent fills us all with hope, inspiring us to live our faith in meaningful ways. Let's journey together, supporting one another, and awaiting the joyous celebration of the Nativity.



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

Last day of school

December 22nd

First day back

January 8th 2024

Christmas Banquet

December 21st @ 6:30pm
For JR/SR High students



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



Leaving Early?!

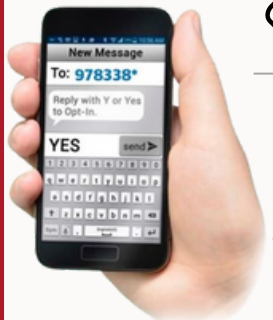
If your child needs to leave school early, please notify the office at 403-627-3488 as early as possible. Please also make sure you sign your child out in the office when they are leaving early!



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 ATHLETICS!



St. Michael's Senior Boys Volleyball Team went to Provincials November 22nd in Vermillion. And came home Second in the Province

what an outstanding accomplishment!!

Thank you to the exceptional coaching, phenomenal families, and fans who have supported them throughout the entire season! Go Dragons Go!!

Dress Code:

- No spaghetti straps/halter tops/one shoulder shirts/tube tops.
- Tank top/muscle shirt straps must be at least 4 centimeters in width
- Bra straps must not show
- Underwear, that of both ladies and gentlemen must not show Midriffs must be covered.
- Shorts and skirts must be fingertip length (arms straight down at sides).
- No hoodies with the hood up, sunglasses, during instructional school hours, or during formal extra curricular activities such as the awards ceremonies
- T-shirts/shirts/hoodies must not have advertising which depicts controversial, obscene, rude, inappropriate and/or drugs and alcohol content on them.



ONE BOOK, FIVE SCHOOLS!

The Friends of the Crowsnest Library are thrilled to announce that TC Energy has approved the grant application allowing us to continue with the One Book, Five Schools Program.

Thank you, TC Energy! We are very grateful for this generous grant. This program was initiated by the Crowsnest Pass Literacy Foundation ten years ago, and is now continuing under the Friends of the CNP Friends of the Library Society.

The launch of the event will be in January 2024 with a book chosen by representatives from the schools involved—HAS, ISS, Livingstone, Canyon St. Michael's— and Myrna Dembicki as the volunteer Coordinator of this event.

Stay tuned for more information coming about our 11th annual One Book, Five Schools event. Thank you again to the Social Impact Team at TC Energy.



FAMILY SCHOOL LIAISON COUNSELLOR

NEWS LETTER

Date

DECEMBER 2023



What we are learning

-Roots of Empathy is a program that grade 7s get to experience this year! We talk about Empathy and how we can use it to be aware of how we treat others. Once a month we have a parent and baby visit that brings so much joy to the class and school!!

-Some of the other classrooms are experiencing Social Emotional Learning. Please click the link to see what this is about!

<https://www.youtube.com/watch?v=ikehX9o1Jbl>

Just for FUN

SEL

<https://www.youtube.com/watch?v=gGa9yieENKM>

Empathy

<https://www.youtube.com/watch?v=KZBTYViDPIQ>

Christmas

<https://www.youtube.com/watch?v=qq-9Ah6MJ1Y>

Coloring

<https://www.easypeasyandfun.com/wp-content/uploads/2023/11/Printable-Christmas-Coloring-Pages-1-15-11.pdf>

Internet Safety

<https://keltymentalhealth.ca/safe-tech-use>



Holy Spirit Catholic School Division Presents:

Mental Health Learning Sessions

Location Please RSVP at

First 50 registrations get a free dinner!

<https://www.surveymonkey.com/r/7R9L8CC>



or email willistone@holyspirit.ab.ca to confirm registration.

(online & in-person)

Every session will take place in-person at the Sandman Signature in Lethbridge (320 Scenic Drive S, Lethbridge).

Online sessions will be available on Google Meet.

Time

Doors open at 5:00pm with dinner served at 5:30. Presentation will start at 6pm and go to 7:30pm.

Resiliency and Self-Care

Ft. Lethbridge Family Services

Jan
16
2024

Feb
15
2024

Healthy Relationships

Ft. Lethbridge Family Services

ADHD - Understanding the Diagnosis and Treatment Strategies

Ft. Aleigha from True Balance Counselling

Mar
20
2024

Apr
18
2024

Emotional Regulation - How to help our kids when they have big feelings

Ft. Allie and Bailey from True Balance Counselling

Digital Detox

Ft. Lethbridge Family Services

May
14
2024

Christmas Break:

Last day of School
before Christmas Break is
December 22nd.
Classes resume
January 8th 2024.

We hope you all have a
restful Christmas Break

Pincher Creek Community Early Learning Centre Is Hiring!!

Click the links below for information!



Pincher Creek Community Early Learning Centre (PCCELC) is hiring!

Please click the links below for more information.

[Early Learning Centre Director](#)

[Early Childhood Educator](#)





December

St. Margaret of Castello

Feast Day: April 13

“O God, who illumined the heart of St. Margaret with Your light, and welcomed her into Your fatherly embrace, we beseech you: be our light so that we may not be lost in the darkness of the world, and may reach you where the light shines eternally: with Christ Jesus our Lord. Amen!”

St. Margaret of Castello - Pray for us!

**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!**



KIDSPORT PINCHER CREEK
2023 INCOME CUT-OFFS INFORMATION

Let's get kids back to sport this fall! If your family income is at or less than the following Income Cut-Offs, we welcome your application for funding of up to \$350 per child, per year towards your child's sport registration fee(s). Applicants to live within the Town or M.D. of Pincher Creek and registered in an ongoing sport or activity that is led by a qualified coach or instructor.

Household Size (Includes Kids)	Income Cut-off
2 Persons	\$54,864
3 Persons	\$67,449
4 Persons	\$81,891
5 Persons	\$92,880
6 Persons	\$104,752
7 or more Persons	\$116,627

TO APPLY:

Complete a KidSport Application Form and attach a copy of **one of the following** to verify your income eligibility.

- Notice of Assessment for EACH adult in the home for the most recent tax year
- Child Health Benefit Letter
- Subsidized Housing
- Canada Child Benefit Notice
- Income Support
- Three Consecutive Pay Stubs



OR:

- Complete a KidSport Application Form and have it **signed by an Endorser** i.e. school principal, social worker, member of clergy, doctor etc. that can verify your family situation or need.

FOR MORE INFORMATION:

Pincher Creek KidSport c/o of the Recreation Office
895 Main Street, Pincher Creek, AB T0K 1W0

Phone 403-627-4322 or email pinchercreek@kidsport.ab.ca

Application forms can also be accessed at <https://kidsportcanada.ca>

Parent ADHD Information Sessions

These are educational sessions for parents and caregivers who want to learn about ADHD. The purpose of these sessions is to provide current introductory information around ADHD. The Zoom link below is the same for all ADHD parent sessions. Participants can choose to attend any of the sessions as many times as they like.

Session Date:	Topic of Session:
September 19, 2023, 6-7 p.m.	What is ADHD & How to Talk to Your Child/Teen About It
October 3, 2023, 6-7 p.m.	How Medication, Sleep, Exercise & Nutrition Impact ADHD
October 17, 2023, 6-7 p.m.	How ADHD Impacts Self-Regulation & The Importance of Coregulation
October 31, 2023	Halloween – NO SESSION
November 14, 2023, 6-7 p.m.	Tools for Effective Parenting a Child/Teen with ADHD
November 28, 2023, 6-7 p.m.	Navigating School Systems & Community Services
December 12, 2023, 6-7 p.m.	What is ADHD & How to Talk to Your Child/Teen About It
December 26, 2023	Christmas Break – NO SESSION
January 9, 2024, 6-7 p.m.	How Medication, Sleep, Exercise & Nutrition Impact ADHD
January 23, 2024, 6-7 p.m.	How ADHD Impacts Self-Regulation & The Importance of Coregulation
February 6, 2024, 6-7 p.m.	Tools for Effective Parenting a Child/Teen with ADHD
February 20, 2024, 6-7 p.m.	Navigating School Systems & Community Services

To Register: Please call Access Addiction & Mental Health at 1-888-594-0211 – Choose option #3 for the SOUTH ZONE.

Keep Calm and Parent On Information Sessions

These educational sessions are designed for parents/caregivers who want to understand the foundation in which to support their child/teen's self-regulation in conflict, while preserving/obtaining a healthy parent/child relationship. Coregulation will also be a focus providing opportunities for parents to reflect on their own ability to self-regulate when in conflict. The Zoom link below is the same for all sessions. Participants can choose to attend any of the sessions as many times as they like.

Session Date:	Topic of Session:
September 21, 2023, 6-7 p.m.	Ages & Stages – How Development Impacts Parenting Expectations
October 5, 2023, 6-7 p.m.	Building Communication Skills with Our Children/Teens
October 19, 2023, 6-7 p.m.	Examining How Boundaries Impact the Parent/Child/Teen Relationship
November 2, 2023, 6-7 p.m.	Understanding Anger and How to Manage Conflict
November 16, 2023, 6-7 p.m.	Examining How Family Roles Impact the Parent/Child/Teen Relationship
November 30, 2023, 6-7 p.m.	How to Balance Technology in Your Family
December 14, 2023, 6-7 p.m.	Ages & Stages – How Development Impacts Parenting Expectations
December 28, 2023	Christmas Break – NO SESSION
January 11, 2024, 6-7 p.m.	Building Communication Skills with Our Children/Teens
January 25, 2024, 6-7 p.m.	Examining How Boundaries Impact the Parent/Child/Teen Relationship
February 8, 2024, 6-7 p.m.	Understanding Anger and How to Manage Conflict
February 22, 2024, 6-7 p.m.	Examining How Family Roles Impact the Parent/Child/Teen Relationship

To Register: Please call Access Addiction & Mental Health at 1-888-594-0211 – Choose option #3 for the SOUTH ZONE.



Supporting your teen in the digital world

Some days it can seem like your teen is always on a screen—a smart phone, computer, video game, TV, or other digital device. If you wonder about effects on their well-being, you're not alone.

Research confirms that there are benefits to using technology—it can help teens learn, socialize, play, and bond with family. But there can also be negative impacts on physical and mental health (like physical inactivity, isolation, and exposure to harmful content or behaviour).

Interestingly, both zero screen time and excessive screen time can be hard on teens and their families. The better approach is to empower teens to use digital devices responsibly and safely, and in ways that support their overall well-being. Here's what you can do.

Keep lines of communication open

Talk openly with your teen about what they're doing online. This will build trust and boost the chances they'll come to you if they have a problem or an uncomfortable experience. These ideas can help:

- Ask your teen about their views on different apps, games, and social networks. Show them that you're interested in what they're doing on devices. Listen to their opinions, even if they're different from your own.
- Encourage your teen to talk freely about their online experiences, including anything that feels awkward. Remind them that they can come to you any time without fear of being judged or getting in trouble.

Healthy Teens

- Join your teen in digital experiences—play video games together or try a new app. Watch how they engage with digital media. Ask questions and talk about what you notice. This can prompt conversations.

Empower online safety

Together with your teen, stay on top of technology trends. Explore new platforms and learn together about parental controls, privacy settings, and permissions.

Talk about the dangers of sharing personal information or connecting with strangers online. Teach your teen different ways to protect themselves. For example:

- Encourage them to connect online only with people they know in real life. Tell them that if they're going to meet someone they've only met online, you need to know and supervise.
- Remind your teen not to share passwords with anyone other than family. Help them with privacy settings for devices, accounts, and profiles.
- Ask your teen for their permission before you share photos or videos of them online. Encourage them to do the same for others.

Create healthy boundaries

As much as you can, try not to dwell on the amount of time your teen spends on devices. Instead, focus on the quality of their online experiences. Encourage them to take part in digital activities that are engaging, interactive, and educational (instead of passive or solo).

Consider making a [family media agreement](#). It can help set clear expectations around using technology and staying safe online. Work together to land on something that's in line

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with your family values and flexible enough for each person. Be open to negotiation with your teen. Let them take responsibility for shaping and respecting the rules.

Prioritize offline experiences

Try not to let digital devices interfere with offline activities for your family. These tips can help:

- Make device-free zones in your home (like common areas where people hang out).
- Set aside devices for most meals and snacks. Shift the focus to conversations.
- Encourage everyone to put their devices away at least an hour before bedtime, and to keep them out of bedrooms.
- Put away your own technology when your teen is around, especially if they're interacting with you. Give them your full attention—they'll appreciate you for it, and you'll set a great example.

Stay alert to signs of trouble

Be honest with yourself about how your teen is doing with screens. Even small changes in their mood or behaviour can be a sign that something isn't right. If you're concerned, reach out to a health care professional. Or for health advice or information 24/7, call 811.

For more information, go to:

- [How can you help your teen develop healthy cell phone habits?](#)
- [Digital technology: Tips for parents](#)
- [Parenting teens and tweens in the digital world](#)
- [Youth and digital technology](#)



Digital well-being and your child

Kids these days are growing up digital. They're using technology (like smart phones, tablets, TV, computers, and video games) to play, learn and spend time with friends. They're doing things online that many adults did in-person when they were growing up.

As a parent or caregiver, you play an important role in helping your child develop a healthy relationship with the virtual world. This is known as *supporting their digital well-being*. It means helping them enjoy the benefits of technology, while lowering the risks of harm. Supporting digital well-being isn't about enforcing strict limits on technology use. Instead, it's about building kids' skills to use technology responsibly and safely, and in ways

that promote their overall well-being. Here are some practical things you can do.

Teach digital citizenship

Show your child how to be a good online citizen. Explain why it's important to protect personal information online and model the behaviour you want them to follow. For example:

- Ask your child for their permission before you share photos or videos of them online. Remind them to do the same for other people.
- Involve your child in setting up accounts for apps, games, and streaming services. Help them understand the privacy settings and permissions you're setting up.

Healthy Children

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Talk about what appropriate behaviour looks like and feels like online. Emphasize respect and kindness.

Have open conversations

Talk with your child about what they're doing online. Having open and honest conversations builds trust and boosts the chances your child will come to you if they have an uncomfortable experience or problem. Try these ideas:

- Ask your child for their views on different apps, games, and social networks. Listen to their opinions, even if they're different from your own.
- Join your child in digital experiences. For example, play video games together or try a new app. Watch how your child is engaging with digital media—ask them questions and talk about what you notice.
- Remind your child that you're there for them, always. Encourage them to come to you if they need help handling an online situation.

Try media agreements

Consider making a [family media agreement](#)—it can help to set clear expectations around technology use and online safety. Work together to land on something that's in line with your family values and flexible enough for each person. For younger kids, talk through limits on time and content. For older children, be open to negotiation. Let them take responsibility for shaping and respecting the rules.

Promote meaningful experiences

Try not to dwell on the amount of time your child is spending on devices. Instead, focus on the quality of their online experiences. Help

them take part in digital activities that are engaging and interactive, instead of passive or solo. Here are some ideas you can do together:

- Video call a long-distance family member
- Watch how-to videos to learn new skills (like crafts, magic tricks, or recipes)
- Use digital tools to set goals and challenges for physical activity
- Try apps to explore interests and hobbies (like history, space, or nature)

Prioritize time offline

Try not to let digital devices interfere with offline activities in your home. Try these tips:

- Go screen-free for most meals and snacks. Shift the focus to family conversations.
- Encourage everyone to put their devices away at least an hour before bedtime, and to keep them out of bedrooms.
- Aim for a few days each week with less time on devices, and more time being physically active. Play outside or go for a nature walk. Try active games, yoga, or dance.
- Put away your own digital devices when your kids are around, especially if they're interacting with you. Give them your full attention—they'll appreciate you for it, and you'll set a great example.

For more information, go to


- [Digital technology: Tips for parents](#)
- [Media and your child: Making choices](#)
- [MediaSmarts: For parents](#)

(I)SWAG - (Indigenous) Student Wellness Access Guide
Billy Woitte and Emily Willison are new in the division and
their job is focusing on Mental Health and Wellness with our
Parents!

They are able to provide community resources, and help
bring awareness to mental health and wellness.

Emily Williston SWAG - Student Wellness Access Guide
Willistone@holyspirit.ab.ca Cell# 403-308-2445

Billy Woitte (I)SWAG Indigenous Student Wellness Access
Guide woitteb@holyspirit.ab.ca Cell# 403-635-4215



**Welcome to our new
FNMI facilitator
Tracy Wolfe!**

**Contact Tracy at the school anytime -
403-627-3488**

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

