

MONTHLY NEWSLETTER



ST. MICHAEL'S
SCHOOL

6

March 2025

Principal's Message:

"Rise Above. Inspire Greatness."

Dear Parents and Caregivers,

Are you aware that adolescents across the nation are facing a mental health crisis? Since 2010, major depressive episodes among teens have more than doubled. Academic performance has also declined in over 30 countries. Research presented in Jonathan Haidt's book *The Anxious Generation* points to a major shift: the ancient, play-based childhood was replaced by a phone-based childhood in the early 2010s.

As screen time increased—through smartphones, social media, and video games—children spent less time engaging in vital activities like face-to-face interaction, sleep, exercise, and reading. Haidt offers concrete recommendations to help reverse this trend, and I feel compelled to share them with you.



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Last March 11th, our Parent Council invited parents to the school and discussed the research, explored solutions, and mapped-out actions—both at home and within our school community. Change will require collective effort from parents, schools, and policymakers, but together, we can support our children through this critical phase of development.

In *The Anxious Generation*, Haidt proposes four key reforms for a healthier childhood in the digital age:

- 1 No smartphones before high school. Delay round-the-clock internet access by providing only basic phones (without social media or web browsing) until at least 9th grade (around age 14).
- 2 No social media before 16. Protect children from the pressures of social comparison and algorithm-driven content during key stages of brain development.



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3 Phone-free schools. St. Michael's has upheld a Cell Phone Policy since 2018. Our students and alumni appreciate this structure—it helps them focus in class and take healthy breaks from their devices. Parents also report that using the school phone ensures safer and clearer communication between home and school. (Click [here] to read our policy.)

4 More independence, free play, and real-world responsibility. Unstructured play and real-world experiences are essential for developing social skills, resilience, and confidence.

For practical tips on implementing these norms at home, visit freetheanxiousgeneration.com. If you'd like to discuss how we're approaching these changes at St. Michael's, we welcome your thoughts.

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

♥ Karen Schmidt - Principal

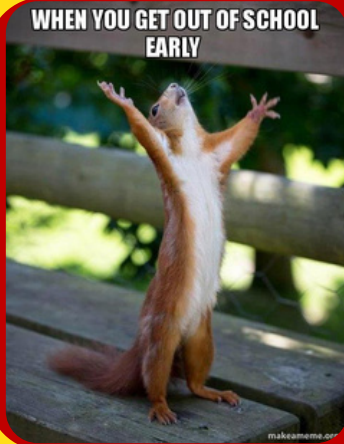


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REMINDERS & INFORMATION



Leaving Early?!

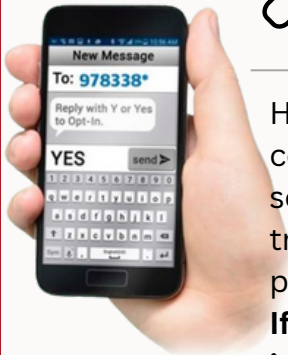
If your child needs to leave school early, please notify the office at 403-627-3488 as early as possible. Please also make sure you sign your child out in the office when they are leaving early!



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!

Contact Us:



864 Christie Avenue,
Pincher Creek, AB



403-627-3488



facebook



@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

MARCH

17 Div. Collab Day
(no school for students)
St. Patrick's Day 

18 Spiritual Dev't Day
(no school for students)

19 GRADE ONE
OPEN HOUSE
3:45pm @ the Den


21 Blue & Yellow
Down Syndrome Day 

25 Pizza-by-the-Slice
Hot Lunch 

27 CNP Music Festival
@ Community Hall - 1pm
Blackfoot Language Family
Night @ St. Mike's 5pm 

30 SMPC Music @
St. Mike's Church - 10am 


APRIL

4 Jr./Sr. High 24-Hour
Famine
Dress-up Day 

6 Tartan Day
(Nat'l Holiday) 

7 FOSM Meeting 

11 Knights of Columbus
'Christ is Risen'
Poster Contest (deadline) 

13 SMPC Music @
St. Mike's Church - 10am 



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



COOKIES &
JUICE BOXES
FOR KIDS



3:45 -
5:30 PM



GRADE 1 OPEN HOUSE

ST. MICHAEL'S SCHOOL

Is your child going into grade 1 next year? Are you unsure which program is the right fit for you?

Do you have questions about how to register?

Please Join us on Wed. Mar. 19 from 3:45 - 5:30 pm. Come meet the grade 1 teachers, tour the classrooms, and find out more about both our English and French Immersion programs.

Teachers will be available to answer questions and assist with registration.

We hope to see you there!

WEDNESDAY, MARCH 19TH

For more information
contact Patty Zoratti @
403-627-3488 or
zorattip@holyspirit.ab.ca

MARCH NEWSLETTER

March 2025 | Kindergarten



This Month in Kindergarten...

This month is all about stories. We will be listening to different types of stories, learning about characters, setting and story plots. We will also practice retelling stories in different ways.

As part of our Story unit, we will be pulling out the puppet theater and making our own puppets and sets.

I encourage you to read at home as much as possible.

March 5th is Ash Wednesday and the start of the Lenten season. We will be having an Ash Wednesday celebration then we will learn about the three pillars of lent (prayer, giving, and fasting) as we move through Lent towards Easter. We will also learn about St. Patrick and why we celebrate his feast day. Don't forget to wear green!

As the weather starts to improve, we will be using our observation skills to look for signs of seasonal changes that mark the end of the winter and the beginning of spring. Hopefully the weather will cooperate and we can get outside to explore in nature a little more.

In the last week of March you will be receiving a progress report for your child. This will be an anecdotal report outlining your child's progress in the areas of personal and social responsibility, early literacy, early numeracy and physical development. More information will be coming about our next parent teacher interview night.

Reminders

As the weather improves and the snow melts away the playground and backyard get extremely wet and muddy. Please ensure your child has proper outdoor clothing and a change of clothes in case they get wet.



Upcoming Events

- March 7th - Friday 2 (T/Th)
 - Pep Rally - wear red
- March 14th - Friday 1 (M/W)
 - Dress up like a photo of your younger self
- March 17th - No School
 - Division Collab Day
- March 18th - No School
 - Spiritual Development Day
- March 19th - Grade 1 Open House (3:45 - 5:30 pm)
 - come meet your child's grade 1 teacher, tour the classrooms and ask questions about the english and french immersion programs.
- March 21st - Friday 2 (T/Th)

Kindergarten



BLACKFOOT FAMILY LANGUAGE NIGHT



Join us for a great night of Elder teachings, games and great company.

Thursday, March 27, 2025 • 6:00 PM • St. Michael's
School Den



Supper Provided



French Corner

French Immersion Program Grades 1-6



*Promoting bilingualism
for over 40 years!*

PRINCIPAL: KAREN SCHMIDT
ASSOCIATE PRINCIPAL: MARK WYNDER

Our Staff

Bonjour ! Hello! Merci for your interest in French Immersion! It would be our pleasure to meet with you to discuss this exciting opportunity for your child(ren)!

Gr.1-2 French Immersion:

Dominique Plouffe-Chandler

- *35 years teaching in French Immersion at St.Michael's School, K-Grade 6
- *B.Ed, McGill University; M.Ed, University of Lethbridge

Gr.5-6 French Immersion:

Celia Clinton

- *16 years teaching in the French Immersion and the English programs at St. Michael's School, K- Grade 8.
- *B.Ed, University of Lethbridge

Gr.3-4 French Immersion:

Angie Safranka

- *25 years teaching in the French Immersion and English programs at St.Michael's School, K-Grade 4
- *French B.Ed, Campus St. Jean, University of Alberta

French Language Monitor:

Vicky Lessard

- *8 years assisting teachers in the French Immersion program and subbing as an Educational Assistant
- *Lundbreck School graduate and former French Immersion student



French Corner

French Immersion Program *Grades 1-6*



- * Our French Immersion program starts in Grade 1 or Grade 2
- * No previous French language or French background is required
- * Transfers from other programs are welcomed!
- * Come in and observe classes or meet with a teacher to ask questions!
- * Support for Parents
- * French Homework Club
- * A taste of French (FSL) in Kindergarten for all
- * Enriched and supported learning as well as life-long opportunities for your child

What does French Immersion look like at St. Michael's School?

A quality, inclusive program offered in French to students in Gr. 1-6 within a nurturing, PreK-Gr. 12 school

Teaching of all subjects in French, except Religion classes

Participation in cultural events throughout the year including "La toussaint" (All Saints Day), l'Épiphanie (Epiphany), and "La francophonie" (a celebration of francophone culture)

All French Immersion students also participate in la Dictée P.G.L., perform as a French Immersion choir and take part in many exciting field trips over the years!

French Corner

French Immersion Program Grades 1-6

Advice for Parents

"You are not alone! Lots of support exists; We are happy to help along this exciting and rewarding, learning journey!"

~ Dominique Plouffe-Chandler,
Gr.1-2 French Immersion
teacher

"I went to a public school and learned French as a second language, completed an exchange to Chicoutimi, Quebec and was able to do my degree in French. Anything is possible if we try our best!"

~ Angie Safranka, Gr.3-4 French
Immersion teacher

"Be positive and supportive. Let your child(ren) teach you what they know, and learn alongside them."

~ Celia Clinton, Gr.5-6 French
Immersion Teacher

Get in Touch

Have more questions or need clarifications? Please feel free to contact us:



schmidtka@holyspirit.ab.ca

plouffed@holyspirit.ab.ca

safrankaa@holyspirit.ab.ca

clintonc@holyspirit.ab.ca

lessardv@holyspirit.ab.ca



403-627-3488



864 Christie Avenue
Pincher Creek, AB
T0K 1W0

To Register:

You can register for our program online or call the office for assistance.



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





FRENCH IMMERSION PROGRAM

DID YOU KNOW?

Our French Immersion Program starts in Grade 1 or Grade 2!
 No previous French Language or French background required.
 Transfers from other programs are welcomed!



Register here NOW!

Also offering:

- *Support for Parents*
- *French Homework Club*
- *French infused learning in Kindergarten*
- *Exciting field trips and cultural activities*
- *Enriched learning and life-long opportunities for your child*



Phone Number: 403-627-3488
Email: smpcoffice@holyspirit.ab.ca
WEBSITE: [HTTPS://SMPc.HOLYSPiRiT.AB.CA/](https://smpc.holyspirit.ab.ca/)

A PROUD HISTORY FOR OVER 40 YEARS !

A quality, inclusive program offered in French for students in Gr.1-6, in a nurturing PreK-Gr.12 school

Noah's Ark pre- school

registration



Open Registration : February 3, 2025

Please contact Mrs. McCollister if you have any
questions about the program!

Work #: 403-627-3488

Please visit **St. Michael's website** to register :

smpc.holyspirit.ab.ca

Bright Futures Begin Here

Holy Spirit Catholic School Division

2025/2026 REGISTRATION



Re-Registration Starts January 13, 2025

Families with students currently enrolled in our system should expect an email during the week of January 13-17, 2025 asking that the online "Registration Update Form" be completed for each child attending one of our schools in the 2025/2026 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 3, 2025

All Early Learning to Grade 12 students who are new to the division and wish to enroll for the 2025/2026 school year are invited to register online starting on Monday, February 3, 2025.

- Through play, 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, 2025.
- **Grade 1** registrants must be 6 years of age on, or before, December 31, 2025.
- **French Immersion** is also available. Enrollment starts:
 - in Kindergarten/Grade 1 at École St. Mary in Lethbridge.
 - in Grade 1 at St. Michael's School in Pincher Creek.



For More Information

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

To inquire about Kindergarten, you can contact your local school.

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 children are cherished and achieve their potential.


DRAGON ATHLETICS!

Follow our socials to stay updated!



@stmichaelspc

Go Dragons! Go!



stmichaelspc

Edit profile View archive

2,232 posts 680 followers 15 following

St. Michael's School

Year of the 🐉

New



@srboysdragons



srboysdragons

Following Message

35 posts 320 followers 14 following

Official account of the STM Dragons Sr. Boys
Sets W/L: 69/9
🏆: 2
🏆: 1
-2024 1A boys volleyball provincial hosts





St. Michael's School, Pincher Creek

720 likes • 950 followers



facebook

| Practices | Practices | Tournaments |
|--------------|--------------|----------------------------------------------------|
| <u>March</u> | <u>April</u> | |
| 5 | 7 | April 2 Jr. High Zone Qualifier - Crowsnest Pass |
| 6 | 8 | April 4 Jr. High League Tournament - Pincher Creek |
| 10 | 9 | April 7 Sr. High Zone Qualifier - Crowsnest Pass |
| 12 | 10 | April 12 Jr. High Zone Lethbridge |
| 13 | 14 | April 16 Sr. High Zones - Medicine Hat |
| 19 | | |
| 20 | | |
| 24 | | |
| 25 | | |
| 26 | | |
| 27 | | |
| 31 | | |



Badminton SCHEDULE

DRAGON ATHLETICS!

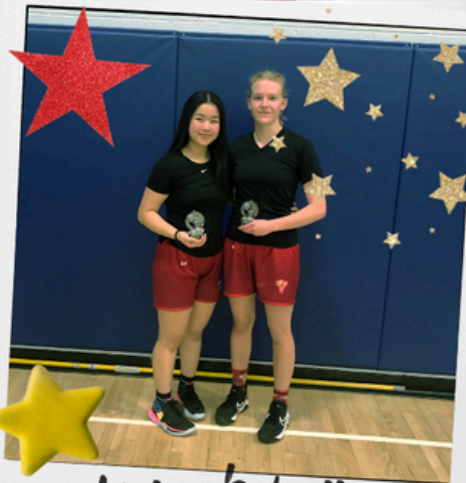
CHAMPIONS!



Sr. Boys Basketball 2025



Hey now...



Kyla & Bella

Sr. Girls 2025









2025

Flowers From Friends

**Friends of St. Michael's
"Flowers From Friends"
Spring 2025 Fundraiser**



Follow us on Facebook
Questions? Email:
thebluemousegh@outlook.com

| Item # 1 \$45 | | Item # 2 45 | | Item # 3 \$70 | | Item # 4 \$30 | | Item # 5 \$35 | | Item # 6 \$30 | |
|---------------------------------------------------------------------------------------------------------------------------------|----------|--------------------------------------------------------------------------------------------------------|----------|---------------------------------------------------------------------------------------------|----------|------------------------------------------------------------------------------------------|----------|-------------------------------------------------------------------------------------------|----------|--------------------------------------------------------------------------------------|----------|
| 12" Hanging Basket | | 12" Patio Planter | | 15" Patio Pot | | 12" Hanging Tomato Tumbler | | 12" Hanging Strawberry Basket | | Six Pack Assorted Herbs | |
| Beautiful hanging basket filled with a variety of sun loving annuals. Ready to hang on the deck to enjoy for the entire summer. | | Bright and beautiful filled with sun loving annuals. A great way to dress up your front step or deck ! | | This large square pot is full of sun loving annuals. A lovely addition for any sunny spot ! | | These produce hundreds of red cherry tomatoes. Hang in a sunny spot & enjoy all summer ! | | Enjoy delicious fresh strawberries from your hanging basket in your favorite sunny spot ! | | Variety pack of fresh herbs- great for cooking ! Plant in your favorite sunny spot! | |
|  | |  | |  | |  | |  | |  | |
| # Ordered | \$ Total | # Ordered | \$ Total | # Ordered | \$ Total | # Ordered | \$ Total | # Ordered | \$ Total | # Ordered | \$ Total |
| | | | | | | | | | | | |
| Total Dollar Value Of Orders Above | | | | | | | | | | \$ | |
| Name: | | | | | | | | | | | |
| Circle preference of contact by PHONE or TEXT | | | | | | | | | | | |
| Contact Number: | | | | | | | | | | | |

- ☐ Enclosed Cash
- ☐ Enclosed Cheque To Friends of St. Michael's
- ☐ E-Transfer to: friendsofstmichaels23@gmail.com

PLEASE INCLUDE ORDER DETAILS ON ETRANSFER NOTES

****All orders must be picked up at the school on May 21**

We cannot hold the orders for later pick up

GST Already Included in Price Above

Order Deadline is March 28, 2025

Order Pickup: St. Michael's School Wednesday, May 21st between 3:00pm and 6:00pm

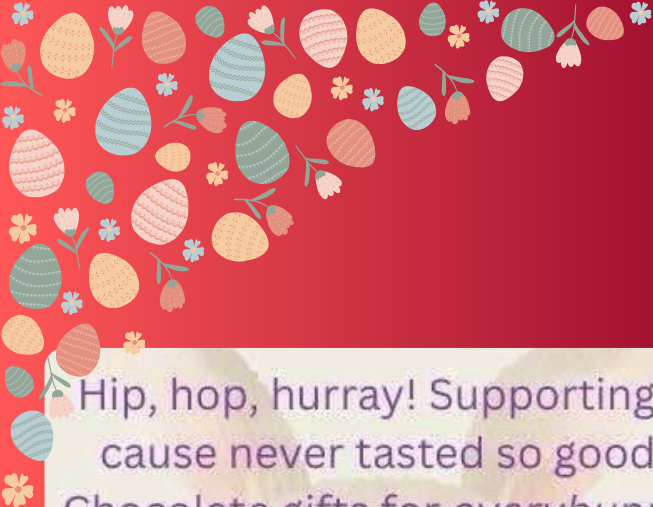
Thanks For Your Support ! Proceeds Fund Student Activities !

****Images are a sample only, colors and style may vary****

ORDER DEADLINE - MARCH 28

email: friendsofstmichaels23@gmail.com

Friends of St. Michael's



Hip, hop, hurray! Supporting a cause never tasted so good. Chocolate gifts for *everybunny*. To order, follow the steps below.

Friends of St. Michael's Easter Fundraiser



PROGRAMS

- Seasonal Fundraising
- Chocolate Bar Fundraising
- Group Together & Save
- Business Gifting
- Visit Purdys.com

Love Chocolate? Let's Chat

Welcome to Friends of St. Michael's

Please enter your email address to Support this cause and help Friends of St. Michael's to raise money with delicious chocolates.

[JOIN A CAMPAIGN](#)

First Name

Last Name

Cell Phone

Password

Password must be: At least 8 characters in length and include at least 1 lowercase, 1 uppercase, 1 number, and 1 symbol.

Confirm Password

☐ Sign up to Purdys Chocolatier promotional emails. By submitting this form, you agree to receive email marketing messages from Purdys at the submitted email address. You can withdraw your consent at any time by following the unsubscribe instructions in any email we send to you. [Privacy Policy](#)

☐ Sign me up to receive text updates from Purdys. By checking the box above, I agree to receive recurring automated marketing text from the mobile number provided. From Purdys on 1-833-976-9008. Consent is not a condition of purchase. Msg frequency may vary. Standard msg & data rates may apply. Reply HELP for help and STOP to cancel. See Terms and Conditions.

[JOIN A CAMPAIGN](#)

Friends of St. Michael's

Fundraising Sales Goal: \$1,000.00

Product Total: \$0.00

Profit: \$0.00

Supporter Deadline: 03/31

Supporter Pickup: 04/18

Pickup Address: 563 Broadview Street, Pincher Creek

Contact: Lynne DeCock, noahsaricksdy@gmail.com, 403-627-7939



Thank you for your support!

ORDER DEADLINE - MARCH 31

Contact Lynne DeCock - 403-627-7939

[Click here for full catalogue](#)

[Click here for order form](#)



Friends of St. Michael's

Give back with your favourite chocolates!
Here are the 2 ways to shop & support:

Option 1

1. Go to the link shared by your Coordinator.
2. Follow the instructions to log in or register.
3. Click **JOIN A CAMPAIGN** & start shopping!

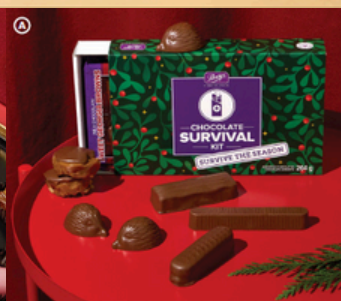
Option 2

1. Scan the QR code below:

fundraising.purdys.com
2. Click **JOIN A CAMPAIGN**
3. Enter the Customer Number:

& follow the instructions.

(If you don't have the link or customer number, please contact your Coordinator.)



[Click here for order form](#)

[Click here for full catalogue](#)

ORDER DEADLINE - MARCH 31

Contact Lynne DeCock - 403-627-7939

Friends of St. Michael's

Friends of St. Michael's School Foundation

CO-OP GIFT CARD FUNDRAISER



- This is Friends of St. Michael's Foundation's largest fundraiser of the year. Pincher Creek CO-OP generously donates 10% of proceeds off every card bought directly from the Friends Foundation
- Need fuel, groceries, or hardware? Great for stocking stuffers. Cards can be used at any CO-OP location
- Easy to sign-up. Request forms are available at the school office or contact Diana Shortt @ 403.627.7740
- This helps the Foundation support student activities and athletics at St. Michael's School, Pincher Creek
- Thanks to CO-OP and to you for supporting this fundraiser!

<https://www.facebook.com/FriendsOfStMichaels>

friendsofstmichaels23@gmail.com

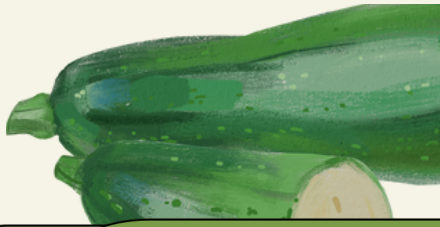


Nutrition Month



March is Nutrition Month, and we're berry excited to focus on Vegetables & Fruits for 2025!

While most Albertans know that these foods are vital for growing strong, healthy bodies, families often face challenges such as affordability and picky eating behaviours.



Setting the Plate

- Teach kids how to explore different vegetables & fruits in their diet!
 - The [Canada Food Guide](#) recommends that half of your plate be vegetables & fruits.
 - Include vegetables and fruits with snacks. Cut-up vegetables and fruits can be a great snack for children and adults.

Cost and Affordability

- Fresh, frozen, and canned vegetables and fruits have similar nutritional value.
- Frozen and canned options are often more affordable and store longer!
 - Look for low sodium canned vegetables and fruits packaged in water.
- Check unit prices to get the best price.

Reducing Waste

- Use up leftover vegetables & fruits in recipes like stir-fries, soups, or smoothies.
- Use every part of the vegetable & fruit! Potato peels can be used to make crispy chips and broccoli stems can be used in stir-fries.
- Lunch box tips: Pack vegetables & fruits in separate containers to prevent moisture transfer which can make them soggy.

Routines

- Offer vegetables & fruits at meals and snack. Let children decide if they want to try them and how much to eat.
- Children may be more likely to try foods that they help to prepare. You can give them small jobs such as washing the vegetables.
- Try starting the day with smoothies made with frozen vegetables & fruits or top yogurt or cereal with chopped fresh fruit!

Additional Information



- [10 reasons to buy frozen vegetables and fruits](#)
- [Tips to Spend Less Money on Food](#)
- [Reduce Food Waste](#)
- [Storing vegetables and fruits](#)
- [Feeding Toddlers and Young Children](#)

Find a Dietitian

- For nutrition information, call Health Link at 811 to speak with a dietitian. AHS dietitians offer one-on-one or group support - find one near you at ahs.ca/Nutrition.



Nutrition Month Calendar for Children- March 2025

| Slow Down Sunday | Make It Monday | Tips Tuesday | Wacky Wednesday | Trivia Time Thursday | Fun Friday | Supportive Saturday |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| <p>Visit: bit.ly/NM2025CalendarChildren or scan here</p>  | <p>SCAN ME</p>  | <p>Celebrate Nutrition Month with a calendar full of nutrition tips, tricks, and take-homes.</p> <p>Click on the underlined links to learn more!</p> | <p>Alberta Health Services</p> <p>Created by Registered Dietitians, Essential partners in health</p> | <p>1 Questions about nutrition? Phone 811 to speak to a registered dietitian for FREE.</p> | | |
| <p>2 Try vegetable and fruit yoga! Mimic the shapes of fruits or veggies. For example, stretch tall like celery.</p> | <p>3 Blend up some Smoothies are a fun and tasty way to pack in your vegetables and fruits.</p> | <p>4 Aim to fill half your plate with vegetables and fruits at each meal and include at least 1 with each snack.</p> | <p>5 Click here for creative ideas to offer vegetables and fruits!</p> | <p>6 Eating plenty of colourful vegetables and fruits gives your body different vitamins and minerals that help you stay healthy!</p> | <p>7 Did you know that bananas are actually berries, but strawberries aren't?</p> | <p>8 To learn more about vegetables and fruits, check out Canada's Food Guide website!</p> |
| <p>9 Plan to use recipes that use up leftovers.</p> | <p>10 Plant your own vegetable garden with these tips!</p> | <p>11 Canned foods are budget-friendly and nutritious! Click here for 8 staple canned goods.</p> | <p>12 Use coupon or discount food apps to compare prices before shopping.</p> | <p>13 Did you know that frozen vegetables and fruits are often less expensive and just as nutritious as fresh ones?</p> | <p>14 Try out imperfect produce when grocery shopping. They are often more affordable and just as tasty!</p> | <p>15 Wondering how you can eat healthy on a budget? Read here for tips.</p> |
| <p>16 Follow a father and child as they plant seeds and watch them grow in Growing Vegetable Soup.</p> | <p>17 Start and decorate a compost bin for your vegetable and fruit scraps!</p> | <p>18 Use overripe bananas for muffin recipes or freeze them for smoothies.</p> | <p>19 Vegetable scraps can be stored in the freezer until you have enough to make a soup broth.</p> | <p>20 Fun Fact: Best before date and expiry date aren't the same thing! Learn more before you spend more!</p> | <p>21 Did you know you can regrow celery? Just cut the stalks, place the base in water, and plant it once roots grow!</p> | <p>22 Wondering how to reduce your food waste? Look no further than this handout.</p> |
| <p>23 Have a vegetable dipping station! Check out these colouring pages!</p> | <p>24 Get your kids involved in prep! Try cutting vegetables and fruits into fun shapes.</p> | <p>25 Need some child friendly recipes? See the following resources: AHS and Have A Plant.</p> | <p>26 Fruit detectives! Teach kids how to identify vegetables and fruits by their colour, smell and taste with their eyes closed.</p> | <p>27 Don't forget about Avocados! Avocados are fruits too.</p> | <p>28 Check out the 'Toolkit for Educators: Explore Fruits and Veggies' for fun</p> | <p>29 Adults offer different foods; children decide whether to eat them. Learn more about feeding</p> |

Healthy Children



March 2025 Family Newsletter



Concussions and children: What parents need to know

There are lots of ways for children to be active both indoors and outdoors. While we can help protect children during activities to prevent injuries, such as wearing a helmet or other protective gear, there are always some risks, like scrapes, bruises and concussions.

Whether it's from playing a sport or a fall on the playground, it's important for parents to know the signs and symptoms of a concussion and how to prevent them. If you think your child could have a concussion or a head injury, seek help from a healthcare provider. When it comes to concussions, your immediate attention is needed to help your child heal. Encouraging protective gear, like helmets, is important to make sure children are protected from concussions.

What is a concussion?

A concussion is a brain injury that can range from mild to severe. A concussion can result from any blow or hit to the face, head, neck or body where a person's head gets jarred. This can happen from playing sports, and from other activities, such as biking, playing in the playground, or even falls at home.

Since concussions affect the brain, they can lead to a range of symptoms that affect many parts of a child's life. For school-aged children, concussion symptoms can look like any of the following:

- Mental
 - Having a hard time remembering things that happened before or after the injury

[click for a bigger view](#)

Nutrition Month

March 2025 Nutrition Services

Focus on Vegetables and Fruits

March is Nutrition Month and this year we are encouraging Albertans to eat more vegetables and fruits! Most people are aware that vegetables and fruits are an important part of a healthy eating pattern – they are packed with vitamins, minerals and fibre. Including vegetables and fruits daily may help to reduce your risk of heart disease, stroke, and certain types of cancer. Eating vegetables and fruits everyday can sometimes be challenging – 80% or more of Albertans are not getting enough.

Tips to Save Money

Food costs have increased recently. Here are our top 3 tips to save money on vegetables and fruits:

Tip #1: Buy frozen or canned vegetables and fruit.

People often ask if frozen or canned vegetables and fruits are just as nutritious as fresh. The truth is, fresh, frozen, and canned are similar in terms of their nutrition. Produce that is canned or frozen is picked at its peak ripeness and there is less risk of spoilage before it's eaten. Less waste, lower cost, and you can stock up during sales! Frozen and canned options are also time-savers as the preparation has already been done for you. Buying frozen or canned produce offers year-round variety that otherwise might not be available. Try adding frozen or canned vegetables into pasta sauce, casseroles, soups or stir-fry. Frozen or canned fruit can be added to yogurt, cereal, baking or smoothies.

Tip #2: Reduce waste.

Vegetables and fruits are among the top wasted foods in households. To help reduce waste, [plan your meals](#) before you head to the grocery store, so you only buy what you intend on using.

Take inventory of what vegetables and fruits you already have in the fridge, freezer, and on your shelves. Note that 'best before' dates are not the same as expiration dates. Expiration dates are about food safety, whereas 'best before' dates are about freshness. So just because a food is past its 'best before' date doesn't mean it needs to be tossed! Find out more [here](#). When buying fresh, consider what options are best for your family, for example, pre-washed and pre-cut fruits, vegetables and salads can be convenient, but are more expensive. However, if this means you are more likely to eat them instead of throwing out unprepared produce, then this may be an option for you. It can also be helpful to pre-wash and cut your produce for easy access during the week, so you are more likely to eat it and less likely to have waste. To help preserve freshness, store produce in the fridge vegetable drawer when possible. Find more storage tips [here](#).

Tip #3: Be aware of prices.

Compare stores and sales using flyers or [apps](#) (many of your favorite stores will price match)! Check unit prices – often a bag of apples, onions, potatoes or carrots will cost less than bagging your own individual pieces. Buy produce with varying degrees of ripeness so they are ready to eat at different times. If you can use it right away (or [freeze](#) it) buy produce that is discounted and nearing its best before date – that 50% off bag of broccoli might be perfect for tonight's supper! Some stores offer 'less than perfect' produce that is just as healthy and delicious at a lower cost.

St. John the Baptist

"This is the one of whom the prophet Isaiah spoke when he said, 'The voice of one crying out in the wilderness: "Prepare the way of the Lord, make his paths straight."'" - Matthew 3:3



Proclaim! Pilgrims of Hope

St. John the Baptist 6 B.C.-30 A.D. (Feast Day: June 24)

John the Baptist was born to Zechariah and Elizabeth in the 1st century B.C. We can read the most detailed account of this in the Gospel of Luke, where the angel Gabriel visits them prior to visiting Mary. This has led to the placement of John the Baptist's feast day as six months before Christmas, on June 24. John's public ministry is conducted in the desert, where he is described as a voice 'crying out in the wilderness', wearing clothes made of camel hair and eating locusts and wild honey. He baptizes his followers in the Jordan River, in order to forgive their sins, and calls for repentance in advance of the coming of the Messiah. In this way, we recognize John the Baptist as a prophet of Christ. The Gospels describe John's baptism of Christ:

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased. (Mark 1: 9-11)

At some point after this, John the Baptist is taken prisoner by Herod, and then beheaded (which is confirmed by the Roman historian Josephus). John the Baptist is the last of the prophets that heralded the coming of Christ, and serves as a model for us in a variety of ways. He speaks of the need for repentance and a healthy understanding of our own sins and flaws. He points to Christ, drawing our attention to him. Finally, his constant witness to Christ, which led him to his death, reminds us to always speak the truth and to put God first in our lives. As we begin Lent this month, may he help us to repent and to prepare the way of the Lord.

The Apostles' Creed

"I believe in the Holy Spirit..."

The word Spirit is a translation of the Hebrew word ruah, which means breath, air, or wind - these multiple meanings suggest the various ways in which we feel the movement of the Spirit in our lives. We also use many different symbols for the Holy Spirit — fire, wind, doves, water, light — representing the multitude of gifts that we receive in the Spirit. Traditionally, we think of the seven gifts of the Spirit given at Baptism and sealed at confirmation:

- **Wisdom** - the ability to see things from all sides, to see not only the facts but the relationships between them.
- **Understanding** - the ability to see from others perspectives, to accept and care for others.
- **Counsel** - the ability to judge rightly, seeking input from those around us.
- **Knowledge** - Seeing the world around us as it is.
- **Fortitude** - the strength to follow our conscience in spite of obstacles or difficulties.

- **Piety** - reverence for the value of every thing and person that God has created - to see God's holiness reflected in the world around us.
- **Fear of the Lord** - sometimes known as awe and wonder, the ability to be amazed, to realize the powerful presence of God at all times.

Further, we think of the signs of the Spirit — the fruits of the Spirit — as evidence of its work in our lives. The twelve fruits are *kindness, joy, peace, patience, goodness, long-suffering, humility, fidelity/faith, modesty, self-control, chastity, and love.*

We can notice that in all of the above, there is relationship — that the Spirit, as a relationship, enlivens, animates, and directs us into right relationship with God and with each other.

As we seek to become *Pilgrims of Hope* this year, let us continue to contemplate the Creed, and how our proclamation of the Creed unites us to one another and to all Christians through time and space.

"Proclaiming" In Our Schools

To help raise money for the Chalice Project and St. Odilia's School, St. Joseph School, Coal Dale's Leadership class recently held a Hot Chocolate Fundraiser. Not only did the students and staff have a blast putting this together, they were able to raise over \$600 through the event! A big thanks to everyone who helped make this fundraiser a success!

If you are interested in more information about our Chalice project, or St. Odilia's School, you can reach out to Aaron Skretting, Director of Religious Education, or view [here](#).

The Jubilee Prayer: [English](#) | [French](#) | [Spanish](#)



Pope's Prayer Intentions - For Families in Crisis

Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.

[Home Page](#)

Holy Spirit Division News

THURSDAY, MARCH 13, 2025

Here in Spirit



Holy Spirit Catholic Schools
Newsletter

**click for
a bigger
view**



Braiding Indigenous Spirituality and Catholic Values

We will explore the intersections of Indigenous spirituality and Catholic values, highlighting how these two belief systems can coexist and enrich one another.

Honouring Smudging and Prayer

We are called to honour the rich spiritual practices that shape both Indigenous and Catholic traditions. Smudging and prayer hold immense value for fostering well-being in individuals and communities alike.

Smudging: A Sacred Indigenous Tradition

Smudging is a spiritual practice used by many Indigenous cultures to purify and cleanse individuals, spaces, and energies. Each aspect of the ritual—from the choice of sacred medicinal plants, such as sweetgrass, sage, cedar, or tobacco, to the reverent gestures involved—is deeply meaningful. It's important to understand that while anyone can smudge for themselves, only those who have been transferred the rights may lead smudging ceremonies for groups.

Protocols vary across Canada's diverse Indigenous cultures, but some common themes remain: Smudging is a time for prayer, reflection, and grounding, done with humility and intention. Whether performed individually or as a group, Smudging helps to foster spiritual well-being and create a sense of connectedness. Many of our Elders say there is no wrong way to smudge. In the Blackfoot culture, a smudge is held in a wooden box; within the box is clay from a badger hole. Charcoal is lit to become the source of heat for the sweetgrass and or other medicines. Traditionally a smudge would be used in a talking circle. The one to speak would smudge, guiding them to speak with intention and truth and others to listen without judgement. Smudging is also done at the start of any event to bring Ayo'htsipaitapiyao'p (Source of Life) into the space; creating a sacred space.



Holy Spirit Division News



Help us **Build** a Classroom for St. Odilia School for the Visually Impaired

Holy Spirit Catholic School Division is committed to building up the kingdom of God, and creating Christ-centred learning communities where students are cherished and achieve their potential. In this year's faith plan, *Build! Pilgrims of Hope*, we are reflecting on the passage from Nehemiah 2:18:

I told them that the hand of my God had been gracious upon me, and also the words that the king had spoken to me. Then they said, "Let us start building!" So they committed themselves to the common good.

As part of our common commitment to putting our gifts at the service of the common good, and our examination of Catholic Social Teachings and the Corporal Works of Mercy this year, we have partnered with Chalice in building a new classroom block for St. Odilia School in Zambia. St. Odilia School is a Catholic school run by the Sisters of the Child Jesus. Chalice, the Canadian Catholic child sponsorship organization, has been supporting St. Odilia since 2011 as part of their Kawambwa sponsor site. Over that time, Chalice has installed water and solar power in the school, launched a robust school farm, and supported their campus meal program. Hundreds of Chalice sponsored students attend St. Odilia, as it is one of very few schools in Zambia that serves children with visual impairments, physical disabilities, and albinism. Enrollment is increasing yearly, which means that the school's infrastructure cannot accommodate all of their students comfortably nor offer all of the programs that would support the needs of their students. Our project seeks to build a new classroom block of three classrooms and two offices that would support present students and allow future growth. If you have questions, would like more information, or would like to partner with us in this project, please contact Aaron Skretting at skrettinga@holyspirit.ab.ca or 403-327-9555.

Let all things be done for building up.

1 Corinthians 14:26



LEARN MORE



Chalice



DONATIONS

KEY STATS



Kawambwa
Zambia



495 Students



59 Orphans



99 Most
Vulnerable



28 Total Staff



SWIM CLUB!

SWIM FOR THE LOVE OF IT...SWIM FOR LIFE!
**DOLPHINS IS QUALITY SWIM TRAINING FOR SKILL
DEVELOPMENT AND FUN COMPETITION.**



MINIS/JUNIORS

MON/WED OR TUES/THURS 4-5PM

INTERMEDIATE

MONDAY TO FRIDAY 5-6 PM

If your child can swim 15 meters, they can be a Dolphin!

DEVELOP SKILLS. STAY ACTIVE.
MAKE NEW FRIENDS!

For more information, please reach out on Facebook or text
Eliza 403-627-9489 or Jessica 403-632-5479

SEASON: MAY 1- JUNE 27
Competition Swimming NOT REQUIRED!

WANTED

SCHOOL COUNCIL PARENT

REPRESENTATIVES



- **1 parent representative for each class for Pre-K to grade 6.**
- **1 parent representative for the whole of Junior High**
- **1 parent representative for the whole of Senior High**
 - Get the chance to represent your child's class monthly!
 - Share school news and activities to and with other parents in the class.
 - Get involved in planning & executing fun activities!
 - Meet once a month (1st Tuesdays at 7pm).

FOR MORE INFORMATION

Email: **Kathryn Marsh**
Parent Council Chair



ST MICHAEL'S SCHOOL
PINCHER CREEK
— Est. 1904 —

stmikesschoolcouncil.chair@gmail.com,
mikeadmin@holyspirit.ab.ca



'Tis The Season!!!



*Time to sign-up for our Easter 2026
Trip to England and Scotland!!
For current grades 9-11 ONLY*

*Come explore castles, Scotland's beautiful green hills,
London's landmarks and spend a day at Warner
Bros and become a Hogwarts student for a day!!*

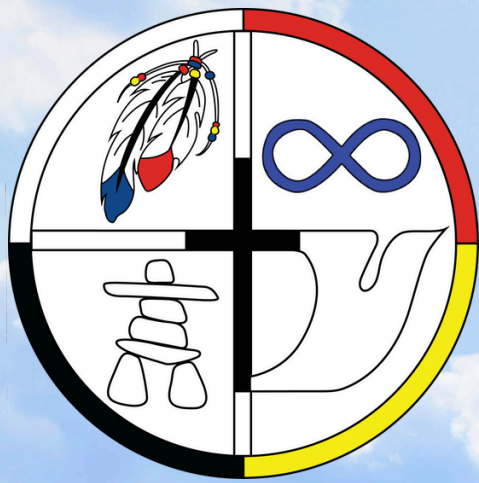
*Contact Manon Thauvette for more
information: 403 627-7933*



**We now accept
Debit/Credit!**



**Come into the office if you'd like to pay for student fees with debit/credit cards!
We can take MasterCard, Visa, AMEX, and apple pay!**



First Nations Metis and Inuit (FNMI)

Sheena Adamson
FNMI Academic Support
(Grad Coach)



Tracy Wolfe (Piitaaki)
First Nations (Niitsitapi), Métis
and Inuit Facilitator



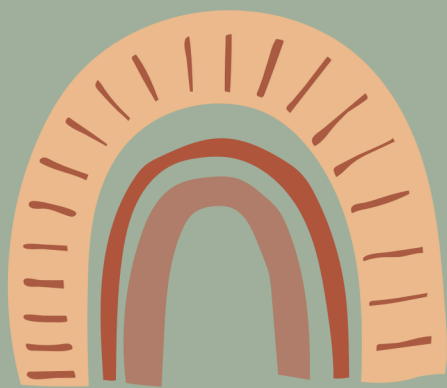
St. Michael's School
864 Christie Avenue, Pincher Creek, AB T0K 1W0
403-627-3488
smpcoffice@holyspirit.ab.ca



Iispok'ksikatkimayaa
"Striving for Higher Knowledge"

Thanks to a grant from the Department of Canadian Heritage's Indigenous Languages and Cultures program, our Niitsitapi Facilitator team is hosting a series of language events for families in the Holy Spirit Catholic School Division. We welcome our families to join our team and our Elders throughout the year at various schools. Please contact **Kendrick Fox** foxk@holyspirit.ab.ca or **Shelley Kirkvold** at 403 327-9555 kirkvolds@holyspirit.ab.ca for more information.

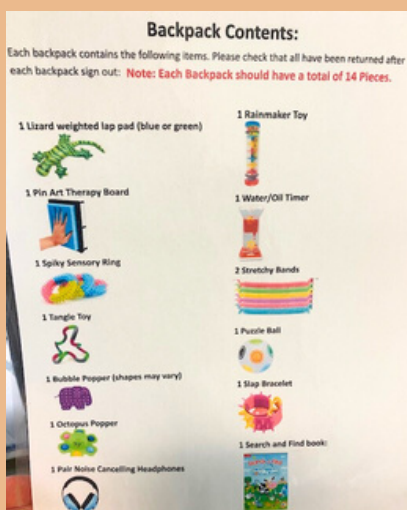
Good news! Billy Woitte, our Indigenous Student Wellness Access Guide (ISWAG) may be able to offer transportation if funding allows.



Family School Liaison Counsellor News

St. Michael's School

SENSORY BACKPACKS



These teaching/learning tools are in a convenient backpack and are ready to borrow!

Please call/text to borrow one! Shay
403-634-2151

COMMUNITY CONNECTIONS FOR ALL AGES

<https://www.facebook.com/napifriendshipassociation>

<https://www.pcfamilycentre.ca/calendar>

<https://www.brighterfuturesproject.com/parent-workshops>

<https://www.pincherlearn.ca/>

EXTRA RESOURCES

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

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

<https://healthymindslearning.ca/>





Understanding Assessment & Reporting

Grades 1-6

It is important for parents/guardians to understand how their children are doing in school. Research shows that students are most successful with active parent/guardian involvement in their learning.

Assessment happens every day, in every classroom, throughout the school year. Assessing a student's progress is one of the most important ways teachers support the continued learning of our students. Throughout the school day, students engage in learning tasks, activities, and discussions that have been designed by a teacher. Each learning opportunity is connected to the learning outcomes from [Alberta Programs of Studies/Curriculum](#). Teachers regularly use a variety of assessment methods to collect and interpret information about what students know and can do in relation to the intended learning outcomes. The primary purpose of assessment is to **improve student learning**.

Assessment:

- ➡ Guides the development of learning tasks
- ➡ Promotes learner engagement and adaptive learning strategies
- ➡ Leads to adjustments in instruction
- ➡ Is shaped by the nature of the learning outcomes

During a unit of study, students have multiple and varied opportunities to develop, demonstrate, check, and refine their understanding of learning outcomes. Throughout this process, teachers and students engage in formative assessment; a way of checking learning to decide what to do next. Teachers provide timely and descriptive feedback and plan for next steps in learning based on the needs of their students. Students participate in developing criteria for learning tasks, monitor their own progress, provide feedback to their peers, and identify goals and strategies to support their own growth and progress.

What is your child learning in school?

Alberta Education has a resource for parents/guardians who want to know what students are learning at each grade level. Visit [New LearnAlberta](#) to see what your child is learning!

How is my child doing in school?

It's important to know how your child is doing in school. Knowing more about your child's interests, strengths and areas for growth are critical to help you support their learning. Conversations with your child's teachers and the school administration team are great places to ask questions and discuss specific concerns. Beyond these conversations and the ones you have at home with your child, there are a number of ways you can learn more about your child's learning, progress, and achievement.

Where can I find information about how and what my child is doing at school?

Regular communication between you, your child, and their teacher builds an understanding of student achievement over the course of the year. Communication can happen in a variety of ways throughout the year.

- Ongoing reporting through our digital portfolio platform, SpacesEDU, helps you understand how your child is progressing and learning toward grade-level outcomes.
- Informal communication occurs on an ongoing basis and serves to build shared understandings of what students know and can do in day-to-day learning experiences.
- Individual Student Plan (ISP) meetings, office hours, student learning conferences, and/or parent/teacher conferences

- General programming information shared throughout the year (via SpacesEDU or other methods) helps you understand what your child is learning and demonstrates some of their learning experiences, but does not provide details about individual student progress and achievement (e.g., field trips, celebrations of learning, student performances, agendas, etc.)

What does my child's SpacesEDU portfolio tell me?

The SpacesEDU portfolio is an ongoing communication tool about your child's learning. Both teachers and students are encouraged to create posts that share details about the learning but also communicates achievement over time. Most of the posts on your child's SpacesEDU portfolio will include the following components:

- Evidence of the student's work/learning (this may be a photo, video, audio recording or link to a file the student created)
- Curriculum Outcome(s) addressed by the project/learning activity
- Proficiency Scale with an achievement indicator to let you know where your child is at that time in relation to achieving the intended learning outcome
- Feedback/comments from the teacher to indicate areas for growth and suggestions on how to improve

Some SpacesEDU posts may include:

- A rubric that identifies the success criteria of a given learning task/assessment
- A student reflection on their learning
- An opportunity for parents/guardians to respond to the post

What is the Proficiency Scale?

The Proficiency Scale contains the achievement indicators used to describe to what extent a student has demonstrated achievement of Alberta Curricula outcomes. When a teacher attaches an achievement indicator to a post in your child's SpacesEDU portfolio, it serves as an indication of where the student is at a given point in time. The same outcome(s) may be revisited and reassessed throughout the year. Often the achievement indicators will be accompanied by teacher comments, specific to your child's growth, in the SpacesEDU portfolios.

| Not Yet | Basic | Proficiency | Excellent |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>The student has yet to demonstrate an acceptable level of performance in relation to the learner outcome(s). Evidence may be vague or undeveloped. Targeted adjustments to planning and instruction will be necessary for further learning in this area.</p> | <p>The student demonstrates the required level of performance in relation to the learner outcome(s). The student may not demonstrate the required level of performance consistently or may require support. Evidence may be adequate and/or concrete. Adjustments to planning and instruction may be necessary for further learning in this area.</p> | <p>The student demonstrates a good level of performance in relation to the learner outcome(s). The student consistently demonstrates this level of performance. Evidence may be clear and/or well-reasoned. Students achieving this level can be confident in being prepared for further learning in this area.</p> | <p>The student demonstrates an outstanding level of performance in relation to the learner outcome(s). The student consistently demonstrates this level of performance. Students achieving this level have excellent demonstration of grade level outcomes and can be confident in being prepared for further learning in this area.</p> |

GOLDEN GARBAGE PROGRAM

I would like to thank all clubs and businesses that helped support the program through their generous donations!

- Friends of St. Michaels
- Knights of Columbus
- Cowley Lions Club
- Pincher Lions Club
- McDonald's Pincher Creek
- The Bright Pearl Restaurant
- COOP Grocery Store
- COOP Gas Bar
- Antonio's Pizza
- Ascent Dental
- Little Tee's Hair Salon

Thank You

With Respect,
TREVOR CLINTON
SCHOOL CARETAKER



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.



**WANTED:
WORKING CAMERAS!!**



Mr. Smith is looking for old (working) cameras for his Photography options class this year. Please drop off any donations at the school office. Thank you!

St Michael's School

Cell Phone & Personal Electronic Device Policy

(Implemented Jan. 07, 2019/Updated May 2024)

Rationale

Cellphones **are not** considered acceptable devices for educational learning purposes. Although many students have iPhones, and Android phones, iPods, and smart watches, they do not meet the necessary requirements as an accepted learning device. St. Michael's School has Chromebooks, Laptops and iPads available for student use throughout the day.

During Class Time:

Elementary- No cell phones or PED's including smart watches.

Junior High School- Cell phones/PED's can be used on Phone Friday during nutrition break. (Gr 9 allowed their phones during lunch time in the Den)

High School - Cell phones can be used during breaks and spares.

Cell phones and Personal Electronic Devices (PED's) which are brought to school are expected to be placed into the classroom bin at the beginning of every class. Students also have the option to keep their phone 'out of sight' and silenced in their pocket/locker. If the device is visible during class time at all disciplinary action will be taken. This also includes use of smart watches- notifications must be turned off to be worn during instructional time.

Failure to adhere to school protocol surrounding responsible use will result in the following discipline:

1st offence – ➤ cell phone taken away and placed in the office. The device will be returned to the student at the end of the school day.

2nd offence ➤ cell phone taken away and placed in the office. Student will meet with administration prior to having their cell phone returned.

3rd offence ➤ cell phone taken away, placed in the office and returned to parent/ guardian.

Administration will meet and contact parent / guardian to discuss acceptable use and to return the device.

Images/Audio:

Devices capable of capturing, transmitting, or storing images or recording and storing audio **may NOT** be operated in restrooms, dressing rooms, or other areas where there is a reasonable expectation of privacy. Phones must be secured prior to entering the change room.

Under NO circumstances shall any video, picture capturing or audio recording device be used in any classroom without the express consent of the teacher and school administration. Special consideration shall be given to protect the privacy of students in the classroom if such permission is granted. Operation of any electronic device is prohibited in testing situations or where testing materials are present.

KIDSPORT PINCHER CREEK 2024 INCOME CUT-OFFS INFORMATION

Let's get kids active in sport! 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 | \$57,005 |
| 3 Persons | \$70,081 |
| 4 Persons | \$85,086 |
| 5 Persons | \$96,504 |
| 6 Persons | \$108,839 |
| 7 or more Persons | \$121,177 |

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 Pincher Creek 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>

**Even if families do not meet the requirements,
ALL applications will be considered!!**

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