

House Team Winners

February – Grey Whales

March – Golden Hawks

Upcoming Event Dates:

April 14th – Autism Awareness (April 2nd). Wear blue to earn 10 points for your team

April 22nd- Earth Day – Wear Blue/Green/Brown and Earn 10 points for each color. OR earn 30 points if you dress up as the Earth or Mother nature.

April 28th – Disney/Superhero Day – 10 points for dressing as your favorite Disney Character or Superhero.



Principal's Message:

To think, as we begin the month of April, we will only be at school for one day before we begin the Easter break. While some equate this day as an opportunity to play practical jokes as an extension of 'April Fools', it may take away from the religious significance. Thursday, April 1 is Holy Thursday, the commemoration of the Last Supper of Jesus Christ, when he established the sacrament of Holy Eucharist prior to his arrest and crucifixion. Some might suggest, outside of the Resurrection, that this is the most important day in our liturgical year.

Fundamental to our faith is the understanding that Jesus Christ died for our sins and was risen from the dead – the Resurrection. The Easter season reminds us of the sacrifices that Jesus made for all humanity. While through the season of Lent students were reminded to fast (fast from those things that separate us from God's love), to give alms (to give generously to others) and to pray (pray always and pray all ways), at Easter we are reminded to rejoice. We need to rejoice in all that God has done for us, and to be grateful for all that we have.

While rejoicing might seem to be difficult as we are now more than a year into the pandemic and dealing with the various ways it has impacted our lives, I do believe our sufferings pale in comparison to what Jesus had to endure. I also know that our current faith theme challenges us to be grateful and to be gracious. A key understanding of being grateful is to acknowledge the presence of God and to give thanks. I can't think of a better time within our liturgical year to do so.

As we get ready for this school year to end, preparations are well under way for next school year. Thanks to all who have already re-registered their children; this greatly assists us when we look at staffing for next year and how we can best serve the needs of students. We are also accepting new registrations and are looking at various ways to advertise all the great things that are happening within our school, one of which was a promotional video created by Erv Fehr. To view this video, please follow this link:

https://www.youtube.com/watch?v=sYp_j-QIfI

You are also more than welcome to share this with as many people as you would like.

Another thing I would like to bring to everyone's attention in regards to our school year coming to an end is the departure of our grade 6 students. Traditionally, we have had our grade 6 classes attend an outdoor camp for three days to celebrate their elementary years. Due to current circumstances, we are unable to do this. However, we are still wishing to recognize these student leaders. We are hoping to purchase some meaningful gifts for these students as well as setting time during the school day to do some fun activities. Of course, all of these plans come with a cost. The grade 6 parents have developed a sub-committee to raise funds to help support these endeavors. Please pay attention to information within this newsletter as well as messages that are going to be relayed via the school about opportunities to help support.

I hope you all are able to enjoy a most blessed Easter. Our Easter break runs from April 2 – 11. Students are expected to return to classes on Monday, April 12.

God bless!



April Message Mme Bouchard 2021:

Welcome to April! We are in our final week of Lent. The first week of April is Holy Week, the most sacred week in the liturgical year. It begins on Palm Sunday with the Gospel of the Passion of the Lord, the Church celebrates the triumphant entry of Jesus into Jerusalem. It marks the beginning of the journey to the cross.

The 5SE class will be sharing the Stations of the Cross with all classes on Holy Thursday. Good Friday is April 2nd. Easter Sunday is April 4th. Upon our return to school after the Easter break, our 1KI class will be sharing a Celebration of the Resurrection Liturgy. Then we can rejoice!

Our Lenten journey is meant to transform us. Throughout Lent, did you pray more? Did you choose to engage in Almsgiving? Did you fast from something? Did you choose to be more grateful? In turn were you able to be gracious in your everyday life? Have you been 'Transformed by the Journey?' If nothing else, this whole pandemic is forcing us to look at things differently, even our faith. How has this journey transformed you? What might you carry with you as you continue on the path after Lent?

During our Gospel Time, we have been exploring prayers of intercession. For the coming month, we will focus on prayers of praise. We will continue to learn about the Fruits of the Spirit and recognize these gifts in our lives.

My prayer for you is that you find joy in the celebration of Easter, that you and your family are healthy and happy, and that the beauty of new life of spring is rejuvenating.

May God Bless you over the Easter holidays.

"Love knows no limit to its endurance, no end to its trust, no fading of its hope; it can outlast anything. It is, in fact, the one thing that still stands when all else has fallen."

1 Corinthians 13:7-10



Grade 4 Parents – We need your Help!

As an annual check-up on the education system, the Accountability Pillar provides an opportunity for Alberta Education and school authorities to ensure that we are equipping students for success.

The Accountability Pillar uses a set of 16 indicators. Data on these indicators consists of surveys of students, parents and teachers on various aspects of education quality, student outcomes such as dropout and high school completion rates, and provincial assessments of student learning. This year's survey will also provide an opportunity to reflect on the impact of COVID-19.

From March to the end of April, Alberta Education will be conducting the annual Accountability Pillar Survey. **Beginning March 25, parents of students in grades 4, 7 and 10 should receive a survey from Alberta Education.** We are asking that you take the time to please complete this. Alternatively, if you have not received a survey by April 12, and are wishing to participate, please contact the school.

All surveys are anonymous and ask questions about experiences with your school. In addition to English and French, the parent survey is available in Chinese, Punjabi, Arabic, Blackfoot, Dene, Cree, Korean, Spanish, Tagalog and Urdu.

Your participation in the survey helps provide important information on the quality of education your child is receiving, so we encourage you to return your survey promptly. The survey will close on April 23, 2021.

YOUR VOICE MATTERS!



Arts Alive and Well in Schools will be moving ahead this year in a new way. They are taking it virtually! One of the great things about this is that EVERY student can participate.

The exhibit will be called:
Virtually Installed: **Lethbridge Schools. Students. Art.**

Here is the link that students or parents can go to to submit their work. It does take you to the Lethbridge School Divisions website because they are the hosts. Artwork can be submitted through the site by students and families. If a student submits a piece that they created at home and a piece that was created at school, they will be asked to choose one. Every student can submit ONE piece.

Deadline for submissions is April 27th, 2021. The exhibition will be open May 3rd and voting will happen from May 3rd-21st. Winners will be posted the last week of May

<https://www.lethsd.ab.ca/departments/instructional-services/virtually-installed-lethbridge-schools-students-art>

KidSport & Jumpstart:

Extra-curricular activities are so important to children's growth but for some families these extra costs don't make it possible. KidSport and Jumpstart subsidy does make it possible. If your kids are interested in joining any extracurricular activities (soccer, gymnastics, summer camps, karate, baseball, football, swimming lessons, etc.) please contact our Family First Facilitator, Kristine Savage, and she would be happy to assist in these registrations and applications.

Kristine Savage
savagek@holyspirit.ab.ca
403-894-2643



Have you completed your child(s) re-registration yet?

We are now in the 6th week since registration has opened for the Holy Spirit Catholic School Division. If you require assistance, please do not hesitate to contact the school office at 403-327-3098. We do have laptops for use in the office if you require a device to complete the registration on. We will be making reminder calls will be made after the Easter Break.

God Bless,

Sarah Lencucha



Sarah Lencucha

God Bless

Access to the online registration can be found on our website: esm.holyspirit.ab.ca OR holyspirit.ab.ca
Be sure you are filling out the “**2021-2022 K-12 Registration Update Form**”

Please ensure that your child has extra masks in their backpack. 1 is not enough to get them through the whole day.
Thank you!!!



Perfect Attendance

Congratulations to all of our students who show up every school day ready to learn. ESM pulls 2 names from our perfect attendance each month. Those 2 winners receive a certificate and \$20.00. **For February 2021 the winners were Conner in 1RE and Liam in 1DI. For March 2021 the winners were Emi in 5/6BI and Stefan in 2MI.**

Students need to check in at the office when they are late. Please remind your child to go into the office and not just walk by so that the office staff doesn't have to play "Guess who's under the mask".

Zone doors are open from 7:30a.m. until 8:10a.m. Zone 2 and Zone 3 doors will be locked thereafter.

- Zone 1 Entrance by Office (classes are from the upstairs hallway) 1KI 2MI 3DI 1DI 5/6BI
- Zone 2 Entrance by Mme V's Kindergarten class/across from the new park (main level hallway classes) 3ME 1RE 4NE 6RE 4CI
- Zone 3 (downstairs and additional classes from middle of school) 5DE 6MI 2/3DI 2GE 4/5GI
- Kindergarten: Kindergarten Classes have their own entrances that the kindergarten students will use to enter and exit at all times. If your kindergarten student is late please use their designated door and call the office to inform them of your student's arrival.

Fun Day House Team Winner's

St. Patrick's Day – Golden Hawks

Crazy Sock Day – Black Bears

Purple for Epilepsy – Brown Mustangs, Black Bears, Grey Whales, Green Gators and Red Robins

House Keeping Items

All Holy Spirit Schools' are a CLOSED campus, this includes ESM. We are asking that parents/guardians or visitors to please call the office to book an appointment prior to visiting the school. To reach the office call 403-327-3098. All visitors are required to wear a mask and sanitize upon entering and check-in with the office. Just a reminder that Gr. 4-6 are required to wear a mask – Kindergarten to Gr. 3, mask wearing is optional but recommended. There are currently no water fountains in the school that can be used but we have had multiple water bottle filling stations installed over the summer and they are still accessible to everyone. Please remember to send a water bottle with your child. Microwaves are still NOT available for student use at this time. Please pack their lunches with this in mind.

EASTER MASS TIMES:

- To find mass times and sign up for a mass at your parish for Holy Week and the Easter season please contact your parish. Contact information can be found on our Holy Spirit Website




https://www.holyspirit.ab.ca/faith/parish_connections/our_parishes

Donations

If you plan to go through your child(s) closet at any point during the year, please consider donating the gently used items to the school. We in need of girl's leggings/pants from size 10-16, boy's sweatpants size 8-16 and adults size XS-M, and shirts. Any helps! We are very appreciative of all of you.

April 2021 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Holy Thursday	2 Good Friday -NO SCHOOL 	3
4 EASTER SUNDAY 	5	6	7	8	9	10
Easter Break – No School						
11 Divine Mercy Sunday	12	13	14 Wear BLUE - Autism Awareness	15	16	17
18	19	20	21	22 Earth Day Wear blue green and brown 	23	24
25	26	27	28 Disney / Superhero Day Board Meeting @ CEC	29	30	1

May 2021 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
9 <i>Happy Mother's Day</i>	10	11	12	13	14	15
16	17	18	19	20	21 PD Day -NO SCHOOL	22
23	24 Victoria Day -NO SCHOOL	25	26 Board Meeting @ CEC	27	28	29
30	31					



Ecole St Mary Grade 6 Farewell Fundraiser

Grade 6 parents and students will be hosting a Virtual Bottle Drive fundraiser during the month of April. Monies raised will go toward Grade 6 farewell activities and a small gift for each graduating student.

To participate simply take your bottles to the North or South Ability Bottle Depot and let them know it is for Ecole St Mary.

Fundraiser Start Date: April 1, 2021

Fundraiser Finish Date April 30, 2021

Thank you for your support!

Please note, any funds not used this year will be held for future Grade 6 endeavors.

5 Ways to Experience Joy Through Your Senses

The past year has been challenging. Take time to truly experience joy, a feeling of great pleasure and happiness.

When we add moments of joy into our life it helps us manage stress, to feel less overwhelmed and to foster resilience.

The best part is that you don't need anything fancy, just your five senses: Touch, Sight, Sound, Taste, and Smell.

Slow down today and notice how your senses can help you to experience joy.

Sight and Sound

Spending time outdoors, looking and listening to everything around us, positively impacts both our physical and mental well-being.

Go outdoors and take notice of:

- what do your eyes see that bring you joy? Perhaps it is children playing or all of the colours found in nature.
- what the weather is like, warm or crisp?
- what is beneath your feet and the sounds you hear with each step you take?
- what your mood is like and what feelings you are experiencing? Make a playlist of your favourite songs to walk with! Does fresh air, music and movement improve your mood and help you experience joy?

Touch

When we are mindful about the world around us, it may improve our mood and allow us to experience joy.

- Feel the warm sun, or a warm cup of your favorite beverage.
- Soak up the warmth and snuggle with kid, pets, or other loved ones.
- Tickle fight with kids, or try a foot massage
- Create a sensory guessing game: Close your eyes and feel roughness or smoothness of different objects in the house. i.e. sandpaper, feather, ice cube, rice. Play a guessing game and try to stump one another.

Taste and Smell

Taste and smell are vital to our experience. Our body's ability to provide nourishment is related to how we experience these senses. When we slow down and pay attention to what we are eating we can experience the feeling of joy.

- Think of warm cookies fresh out of the oven - imagine the smell and taste.
- Scents can remind us of past joy. The familiar scent of a candle or perfume can bring calm and serenity
- Dip fruit into melted chocolate. Eat slowly and savour.
- Cook food in a slow cooker and savour the aroma that fills your home.

MORE RESOURCES

www.ahs.ca/helpintoughtimes

www.ctrinstitute.com/blog

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

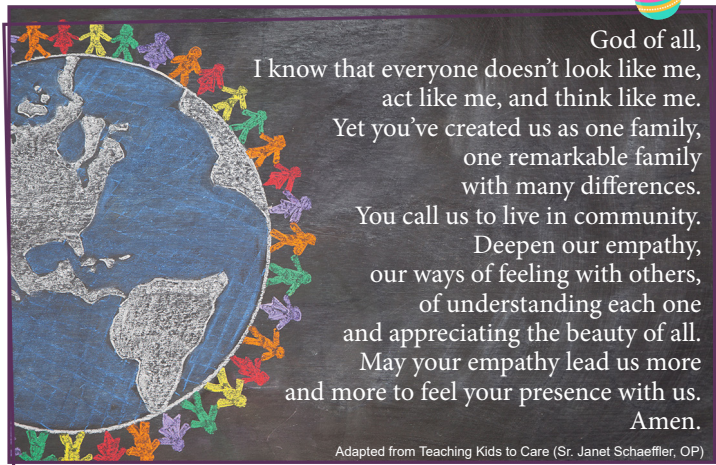




APRIL

Monthly Theme: Empathy in a Digital World

Special Days to Remember Month of the Holy Spirit	
1	Holy Thursday
2	Good Friday
3	Holy Saturday
4	Easter Sunday
17	Memorial of St. Kateri Tekakwitha
25	World Day of Prayer for Vocations



Click [here](#) for a printable version of this prayer.

Be Gracious

Alleluia! Jesus is risen! We rejoice that we are now celebrating the Easter season but on our recent journey through Holy Week, we recalled the story of the Passion and remembered the suffering of Christ. We experienced his pain as he was misjudged, persecuted, and ultimately crucified. And yet there was hope through the resurrection.

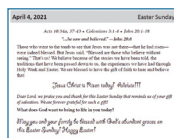
Jesus lives on in each of us - his goodness, his decency, his empathy, and his mercy are the gifts he has left us with. We are called to build the kingdom of God and one of the ways we do this is by teaching our children to be empathetic like Jesus. He felt the pain of others, he deeply understood their needs and entered into their experiences. Parents teach their children such important moral lessons every day. If you would like to read some ideas about how to cultivate empathy in your children, you might like to check out [this article](#).



Faith & Family

During this pandemic, we are hearing that some students are spending just too much time online. We all need a gentle reminder perhaps to put down our devices and "look up"! That includes the kids and moms and dads too! There's no better time to "look up" than in the springtime! Spend some time outside this spring - enjoy the nature that God created. Parents, what was your favourite thing to do outside when you were your child's age? Spend some time with your child enjoying that activity and creating a beautiful memory together! That memory will last a lot longer than the pleasure gained by any amount of time scrolling through social media.

In the meantime, if you want some great tips to consider as you supervise your child's use of media, you might like to explore the resources at [Common Sense Media](#).



Be Grateful

We have discovered, especially this year, how important it is to be gentle with each other. Today, we engage so much in the digital world. Because of this, it is important that we teach children to be just as empathetic with the person they are interacting with online as they are with a friend sitting beside them in their classroom.

In the 2020 edition of The Catholic Perspective, the Institute for Catholic Education highlighted the life of Carlo Acutis. As they shared in this article, there are many young people who give wonderful witness to how to be empathetic in their online interactions, using the power of media for good. They noted, "The Holy Father offers the example of the newly beatified [Carlo Acutis](#) as a digital witness for young people. Carlo is being called a #DigitalDisciple and #CyberApostle for the way he witnessed to his devotion to the Eucharist in his online work...He created a website that gathered and shared information about Eucharistic miracles..." Carlo demonstrated beautifully how to live a dignified online presence.

"The Church recognizes the importance of digital culture, especially in the lives of young people." We are grateful that we have the gift of technology and our prayer is that we use it to help to share the Good News. "In our Catholic schools we are teaching our students that we don't equate faith in Jesus with the culture of 'influencers' and 'followers'", but to discover their own life in the context of their community of faith. (Institute for Catholic Education) Let us give thanks that we have good and holy people showing us the way to live good and holy lives - in person and online!



Catholic Education

All students in Alberta learn about digital citizenship but in our Catholic schools, digital citizenship is taught through the Catholic perspective which is always about maintaining and promoting the dignity of the human person. It is so important to teach our children how to be empathetic as they are learning to use digital media. We teach our students how to ensure their digital footprint is one in which they maintain their own dignity as well as the dignity of those with whom they are communicating.

This [document](#) created by the Institute for Catholic Education in Ontario is very much in line with what is happening each day in our Alberta Catholic schools too. Perhaps some of the items on this poster might be helpful to you as you work with your child's school to teach digital citizenship at home too.

Pope Francis offers this encouragement to young people: "You can become what God your Creator knows you are, if only you realize that you are called to something greater. Ask the help of the Holy Spirit and confidently aim for the great goal of holiness. In this way,...you will be fully yourself."



We hope you are enjoying the Mass Transit Cards to discuss the Sunday Gospel with your family. To access the April cards, click [here](#).

Sources: Loyola Press, "How to Raise Kids Who Care", Institute for Catholic Education



"Be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you."

(Ephesians 4:32)



“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 by June 11, 2021.

Nomination information is accessible on the division’s website at:

https://www.holyspirit.ab.ca/board_administration/board_of_trustees/share_the_mission_award



Call for Audit Committee Public Members

The Holy Spirit Roman Catholic Separate School Division is requesting applications from members of the public to fill two (2) positions on the school division's Audit Committee as public members.

Under the new *Education Act*, the school division's Audit Committee is to be comprised of three (3) trustees and two (2) members of the public.

The Committee will be responsible for:

- recommending external auditors to the Board;
- reviewing the annual financial statements and reporting to the Board; and
- ensuring appropriate internal controls exist and are maintained.

Qualifications for the public members:

- Ideally have financial experience and/or a professional accounting designation;
- Independent to the school division; and
- No financial or personal interests with the school division's audit firm, KPMG.

Public members will be compensated for their time on the Audit Committee, as per [Board Policy 18, Appendix A: Trustee Compensation, Allowances and Reimbursement Rates](#). If you are interested in serving on the Audit Committee, please submit a letter of interest that includes a brief summary of your work experience and qualifications to:

Lisa Palmarin, Secretary-Treasurer

The Holy Spirit Roman Catholic Separate School Division
620 12B Street North, Lethbridge AB T1H 2L7

Email: secretarytreasurer@holyspirit.ab.ca

Fax: 403-327-9595

Deadline for applications is on or before April 30, 2021

For further information, please contact Lisa Palmarin, Secretary-Treasurer, by phone (403-327-9555) or email (secretarytreasurer@holyspirit.ab.ca).