

Upcoming Event Dates:

Nov. 10th – Camouflage Day

Nov 11th – NO SCHOOL- Remembrance Day

Nov 12th – NO SCHOOL- Non-Operational Day

Nov 15th – Rock your Mocs Day/turquoise ribbon

Nov 24th – Div. Board Meeting

Nov. 30th – Tie-Dye Day



EVERYONE is required to wear a mask. Parents are required to provide their child(ren) with a mask. Please send your child with an extra mask in their backpack as accidents do happen.

- **We DO NOT always have spares that are the appropriate size for your child(ren).**



Principal's Message

November, 2021

In the month of November, our school will be examining prayers of intercession. As a reminder, the month of October was dedicated to looking at prayers of thanksgiving. If you read my October message, I did reference a number of things for which I am thankful. However, I failed to mention my gratefulness for being able to teach in a Catholic school which is publicly funded. Currently, there are only three provinces in Canada that still fully fund Catholic Education: Ontario, Saskatchewan, and Alberta. It is essential that we recognize our right to Catholic Education as something that is precious and that must be maintained within our province; please continue to advocate for the right to have Catholic Education fully funded.

On November 7, Catholic school communities in Alberta will be celebrating Catholic Education Sunday. This year's theme is "Catholic Education: Rebuild, Restore Renew Together." This seems a rather fitting theme, not only as we continue to deal with the impacts of the pandemic, but as it suggests that our ability to rebuild, restore and renew needs to be done as a community – working together.

As blessed as we are to have the right to an education rooted in the Good News of Christ, we are also blessed to be living in a country at peace. Remembrance Day, as the name indicates, is a time when we are called to reflect on the sacrifices that so many have made that we can live in peace. As a school, we will celebrate these sacrifices on November 10. The grade 1/2RE class will be putting together a presentation, 'A Celebration of Peace', to be shared with all our classes. Unfortunately, due to FOIPP restrictions, we cannot make this available to our public. The school will be closed on November 11 (Remembrance Day) and again on November 12. Much like last year, this day is being recognized as a Wellness Day.

When we return from the long weekend, we will be recognizing the following week as 'Rock Your Mocs'. November is National Native American Heritage Month, and many schools in the country have dedicated the week of November 15 – 19 to participate in special events. Our school will be encouraging students to wear their moccasins on Monday, November 15. Please see Mrs. Shade's message in regards to what she is doing to prepare our students and what else they might be able to do to participate and show their support for this day.

Our next School Council meeting is scheduled for Wednesday, November 17. Again, more information in regards to Council and how to participate can be found on our home page. However, I did want to bring to everyone's attention that this year's Council is very much in support of wanting to purchase items to help enhance the school. As such, they will need to do some fundraising. Two of the activities that are scheduled to begin in November include a bottle drive and the Poinsettia fundraiser.

The last Sunday of November, November 28, is also the first Sunday of Advent. Advent begins the new liturgical calendar and is the season consisting of the four Sundays prior to Christmas where Christians prepare for the coming of Christ. More information regarding our Christmas festivities will be shared in the December newsletter as so much is still contingent upon restrictions that may be in place as a result of the pandemic.

In the meantime, I would ask for your continued prayers for all our community as we continue to do our best to serve the students entrusted to our care.

God bless!

Dan Monaghan



Mme Bouchard's November Message 2021

Welcome to November!

During the Gospel time throughout October we shared together a decade of the Blessed Rosary and learned about how St. Francis devoted his life to service. We also shared prayers of Thanksgiving; we have so much to be thankful for. Throughout November, Saint Catherine, as a witness of wisdom, will accompany us on our journey. We will be focusing on prayers of 'Intercession,' thinking of and praying for others. We will also be focusing on different Saints throughout the month as a continuation of All Saints' Day and recognizing that there is a Communion of Saints praying for us and cheering us on. We will continue to be accountable and committed to growing in our faith as we walk hand in hand Together on the Journey.

November is the month of remembrance. November 1st – All Saints' Day where we pray to the saints already in Heaven. November 2nd is All Souls' Day, when we pray for all those who have gone before us. November 11th is Remembrance Day, when we take time to remember all the brave men and women who lost their lives in the line of duty. We are so lucky to live in a country like Canada where we have our freedom. Many thanks to those who have sacrificed for us.

On Wednesday, November 10th, we will be holding our **Celebration of Peace**. This service is being presented by our 1/2RE class and will be shared virtually with all classes.

Thank you for your generous food donations! We collected 857 pounds of food for the Lethbridge Food Bank. Please know that we are keeping you and your family in our prayers. We pray for your health, for your safety and for your happiness. May God Bless you and keep you.

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Serenity Prayer

~Kiera Bouchard



House Team News:

September's Winner was the Golden Hawks! Congratulations!

October's Winner was the Brown Bears! Congratulations

Samaritan Stars:

This year we have chosen to change our Perfect Attendance monthly draw to our "Samaritan Stars" draw instead. In light of the always changing world we live in we don't want to encourage kids to come to school if they are sick just because they can be entered in a draw. Instead, as the students do good deeds and display exemplary actions/attitudes, their fellow classmates can nominate them and put their name in a jar. From here we draw names to win a cheque for \$25.00.

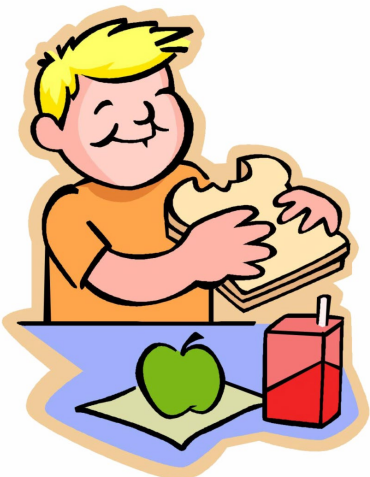
For the month of September our winners were: Marvin in 1KI and Rowan in 1KI. For the Month of October are: Mitchell 1KI and Khloe 1DI!

Rock Your Mocs



Founded in 2011, Rock Your Mocs is a worldwide Native American & Indigenous Peoples movement held annually during November which is also National Native American Heritage Month in the U.S.A. It is a day where all members of your communities can be proud to wear their moccasins. It's easy to participate by wearing moccasins to school, to work or wherever your day takes you. Even easier, the event takes place where you are, where you're going and where you live. Rock Your Mocs is a fun way to unify Aboriginal, First Nations, Alaskan Native, Indigenous Peoples globally by participating in this movement. **This year we are celebrating Rock Yours Mocs day here at Ecole St. Mary's on Nov. 15, 2021.** So please feel free to take part, join in and wear your moccasins to school that day! Alternatively, you are also encouraged to wear your turquoise ribbon and/or the moccasin craft that was created in the class.

MINDFUL MUNCHIES



We are blessed to be able to provide a breakfast program and bag lunches to our students. We have 3 staff members, Mme. Talbot, Mrs. Osorio, and Mr. George, that will greet the students at their zone door entrances with the breakfast carts in the morning. As well as the teachers are able to grab bag lunches for students at their lunchtimes for those who need a little more. If you have any questions regarding our Breakfast Program or Mindful Munchies feel free to contact the office.

TRANSPORTATION:

School buses are provided by Southland Transportation.

Bus Maps can be found at: <https://www.southland.ca/lethbridge/>

Please DO NOT PARK IN THE BUS ZONE.

Bus times are between 7:30am-8:30am and 2pm-3:30pm

The Parking lot is for Staff only.

Download the MyBusSchool App.

This is the best way to monitor changes and updates to your child(ren)s bus routes. Southland has made changes to many routes and time during the month of October. This is also the best way to check for delays.

For the most up-to-date routes please go to the southland website:

<https://www.southland.ca/lethbridge/>

OUR SOUTHLAND RIDERS CAN USE...

MyBusStop



REAL-TIME SCHOOL BUS TRACKING FOR:

- ROUTE STOPS
- ROUTE SCHEDULES
- TRAFFIC
- BUS LOCATION
- BUS PROGRESS
- POSSIBLE DELAYS

ECOLE ST. MARY'S CODE:
FBS6XT7WPK

For more information, visit: www.holyspirit.ab.ca/transportation/mybusstopapp

Angel Tree Christmas Campaign:

Lethbridge Family Services, Angel Tree Christmas campaign, strives to ensure all families have an enjoyable Christmas by providing those in need with a Christmas bundle for each child.

This years' Angel Tree campaign registration will be completed online by each individual family.

1. If your family is in need and would like to receive support from this wonderful program, please follow the link to register

your child or children. They will receive a toy gift bundle.

Lethbridge Family Services : www.lfsfamily.ca

2. If you are interested in providing a donation

for families in need, donations are made by clicking on the following link:

Canada Helps: www.lfsfamily.ca

3. Registration Deadline is **NOVEMBER 30, 2021 (NO EXCEPTIONS).**

Please feel free to call or text if you have questions or are in need of assistance.

Kristine Savage, Family First Facilitator

403-894-2643

Angel Tree for Kids Registration is Now Open!

Eligibility:

Children (18 years and under) are eligible
to receive gifts
Families living in Lethbridge and area.

Register online at www.lfsfamily.ca

Registration Open

October 4 - November 30, 2021



Contact:

Lethbridge Family Services

Rosie Digout

Phone: 403-327-5724

Email: rdigout@lfsfamily.ca



About Angel Tree for Kids Campaign: At Lethbridge Family Services, we collect new, unwrapped toys during November and December and distribute them to children and youth in Lethbridge and area whose families need help at Christmas.



COVID-19 is still here

We remain as a CLOSED Campus.

Please call the school before you arrive. 403-327-3098

MASKS

EVERYONE is required to wear a mask.

Please send your child with their own mask and an extra one in their backpack. We DO NOT always have the appropriate size for your child(ren). Please be safe!

For more information about our 2021/2022 school year visit our division website at





https://www.holyspirit.ab.ca/resources_publications/news/whats_new/updated_guidelines_for_2021_2022

House Keeping Items:

- ✚ Send a Water Bottle with your student. There are fill stations but no water fountains.
- ✚ If you have moved, please email esmoffice@holyspirit.ab.ca with your address change.
- ✚ Our monthly newsletter is sent out at the beginning of the month and can be found on the website.
- ✚ Closed Campus – Visitors must come to the office
- ✚ Call the office if your child will be late or absent. 403-327-3098
- ✚

November 2021 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7 Daylight Savings Fall back 1 hour.	8	9	10 Camouflage Day *Orders due for Hot Dog Lunch & Poinsettia Fundraiser	11 NO SCHOOL Remembrance Day 	12 NO SCHOOL Non-Operational Day	13
14	15 Rock Your Mocs day 	16	17	18 Hot Dog Hot Lunch! 	19	20
21	22	23	24 DIV Board Meeting @ CEC	25	26	27
28 1st week of Advent	29	30 Tie- Dye Day				

December 2021 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Advent Mass 9am@ ESM K-Parent Meetings	2 K-Parent Meetings	3 Report cards sent home	4
5 2 nd week of Advent	6	7	8	9	10	11
12 3 rd week of Advent	13	14	15	16	17 Last day before Christmas Break	18
19 4 th week of Advent	20	21	22	23	24	25 Christ is Born
26	27	28	29	30	31	

CHRISTMAS HOLIDAYS

CHRISTMAS HOLIDAYS

November

Together on the Journey

*“Desire therefore my words; long for them and you will be instructed.
Resplendent and unfading is Wisdom, and she is readily perceived
by those who love her; and found by those who seek her.”*

Wisdom 6:11-12



School: St. Catherine



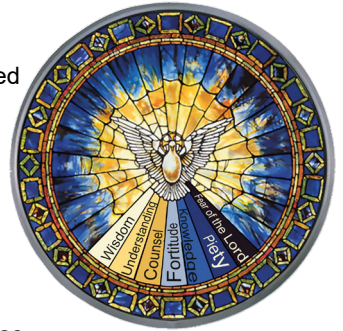
ST. CATHERINE OF ALEXANDRIA

Catherine was born around 287 in Alexandria, Egypt. She was of noble birth, possibly a princess. She was educated and an avid scholar. When the emperor Maxentius began persecuting Christians, Catherine visited him to denounce his cruelty. Maxentius summoned fifty orators and philosophers to debate her. However, Catherine was moved by the power of the Holy Spirit and spoke eloquently in defense of her faith. Her words were so moving that several of the pagans converted to Christianity and were immediately executed. Catherine was eventually ordered to be executed on a breaking wheel. When Catherine was presented before the wheel, she touched it and a miracle occurred that caused the wheel to shatter. Unable to torture her to death, the emperor simply ordered her beheaded. One account claimed that angels took her body to Mt. Sinai. In the sixth century, the Emperor Justinian ordered a monastery established in her name. The monastery, Saint Catherine's, remains to this day and is one of the oldest in the world.

The Gifts of the Holy Spirit

St. Catherine was known for her wisdom which is one of the seven gifts of the Holy Spirit. These gifts are bestowed on the faithful when they receive the Sacrament of Confirmation. The gifts allow the faithful to become God's special instruments in this world.

Isaiah foretold that the Holy Spirit would rest upon the promised Messiah, Emmanuel, and that he would possess wisdom and understanding, counsel and fortitude, knowledge, fear of the Lord (Isaiah 11:2), and piety. As Jesus was blessed with these gifts by his Father, every believer is blessed with the same gifts by the Holy Spirit (1 Corinthians 12:8-10).



Wisdom is the first gift of the Holy Spirit. It is the ability to exercise good judgment. It is grounded in common sense and comes from life experience, thoughtful reflection, and learning life's lessons in "The School of Hard Knocks." Wisdom distinguishes between right and wrong, seeks and upholds truth and justice, and balances personal good with the common good.

Understanding is the gift of intelligence and enlightenment. It is the ability to perceive, comprehend, and interpret information; to have insight and discern meaning.

Counsel is good advice. It is the ability to teach and inform, guide and direct, warn and admonish, recommend and encourage. The Holy Spirit offers this special gift to parents, teachers, coaches, mentors, advisors, supervisors, elders, and the like. Counsel is not only the ability to give good advice, but to receive it as well.

Fortitude is an unwavering commitment to God or a proper course of action, and it shows itself in moral strength, courage, determination, patient endurance, long-suffering, a resolute spirit, stamina, and resiliency.

Knowledge is the ability to study and learn; to acquire, retain, and master a wide spectrum of information; and to put it to good use for constructive purposes.

Fear of the Lord is awe, reverence, and respect for God. It downplays human self-sufficiency and acknowledges that everything comes from God. Consequently, those who "Fear the Lord" gladly offer their praise, worship, and adoration to God alone.

Piety is the only gift not part of Isaiah's original list. Piety is personal holiness, the ability to live a decent life, free of sin, devoted to God, and obedient to God's will.

*"If any of you
is lacking in wisdom,
ask God, who gives to all
generously and ungrudgingly,
and it will be given you."*

- James 1:5

Click [here](#) to view a larger image of **The Gifts of the Holy Spirit**.

November

Together on the Journey



School: St. Catherine

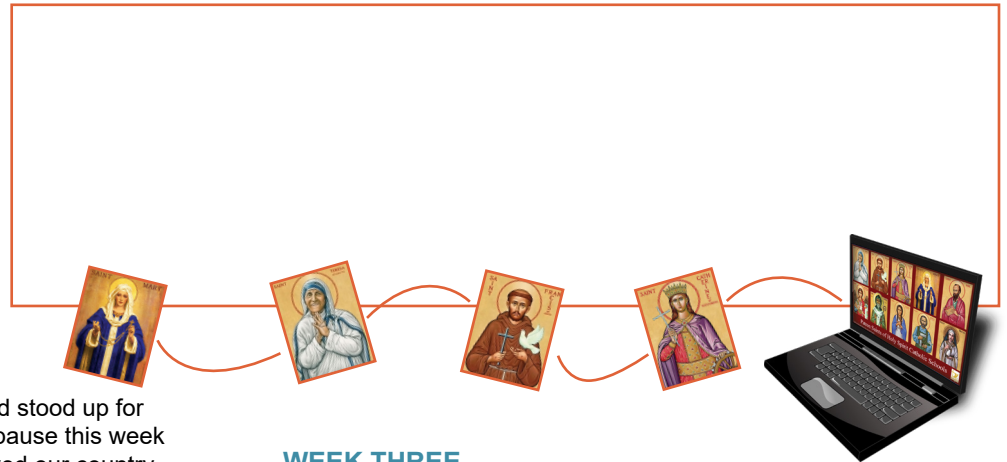
Feast Days and Celebrations November 2021

- 1 All Saints' Day
- 2 All Souls' Day
- 11 Remembrance Day
- 14 World Day of the Poor
- 25 Memorial of St. Catherine of Alexandria
- 28 1st Sunday of Advent

As you journey with St. Catherine this month...

WEEK ONE

The internet provides us with access to great knowledge and some of the world's best teachers. Take some time to learn more about St. Catherine and her life. What is something that you've learned about St. Catherine that you didn't know before?



WEEK TWO

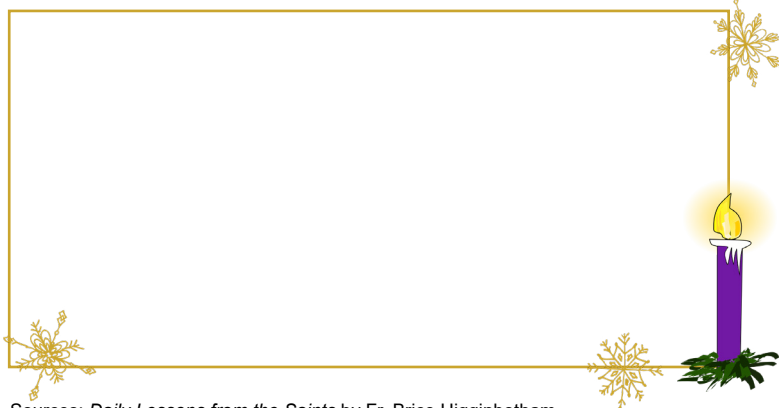
In her time, St. Catherine spoke against cruelty and stood up for those who were being persecuted. In our day, we pause this week to remember the sacrifices of those who have served our country, for those who have been victims of aggression and inhumanity, and to pray for peace. Take time this week to make a note and pray about how you can participate in bringing God's peace into the world.



Peace
on
EARTH
goodwill
to
MEN

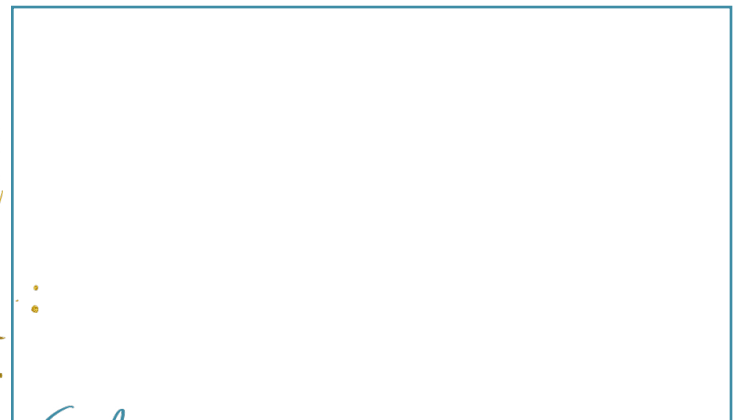
WEEK FOUR

The first Advent candle symbolizes hope. Each time a candle is lit we are one step closer to Christmas. We await with hopeful anticipation the celebration of the birth of Jesus. As we light the first Advent candle, may we put aside all worry and stress and allow our hearts to be open for the day when we celebrate Jesus' birth. What are you hopeful for this Advent season?



WEEK THREE

God answered Catherine's prayers, but not always in ways she expected. Are we prepared to receive God's answers to our prayers, even when they're not what we're expecting? If we are, we will receive, like Catherine, even more joy than we imagined. Write a prayer, or say a prayer in your heart asking God for His help with any problems you are having.



God answers prayer
John 15:7

Sunday Gospel Readings

- Nov. 7th/32nd Sunday in Ordinary Time
Mark 12:38-44
- Nov. 14th/33rd Sunday in Ordinary Time
Mark 13:24-32
- Nov. 21st/34th Sunday in Ordinary Time
John 18:33b-37
- Nov. 28th/1st Sunday of Advent
Luke 21:25-28, 34-36





Whatever the weather!

Tips to get kids active outside on cold or wet days

As fall turns to winter, some kids can't wait to venture out into the cold, wind, and snow. They're unfazed by the weather and ready to build snow forts, skate, and explore. Others can be much more reluctant.

It's natural to have different comfort levels when it comes to spending time outside. Some kids need more support than others to brave the cold, but everyone benefits from heading out. When young people are physically active outdoors, they move and play more, sit less, and feel better. Help your kids and family keep active outdoors this winter, whatever the weather! Here's how to make it happen.

Layer up

Make sure your child knows [how to dress for](#)

[the weather](#). As temperatures drop, focus on keeping their head, hands, and feet warm and dry. It's okay to skip the big clothing brands—just try to find gear that fits well and keeps moisture out. Second-hand jackets and toques, mittens or gloves, and boots will do!

Teach your child to dress in layers, so they can add or remove clothing to keep comfortable. Watch for long scarves or drawstrings – they can get in the way of safe play. Younger kids may need some practice getting their gear on and off. Be patient and let them try independently.

Older kids might resist layering up at all. Listen to their concerns, and try to offer flexibility and choice. For example, negotiate

Healthy Children

November 2021 Family Newsletter

a temperature range for when winter jackets and toques are required, and another when they can wear hoodies and ball caps.

Explore the great outdoors

As much as you can, give your child time, space, and opportunity to be outside. Resist the temptation to direct their activities. Let them be curious, playful, and imaginative.

Each season presents unique opportunities for play and leisure. Whether they're splashing in rain, sliding on ice, or knee-deep in mud, kids can create their own ways to wonder, learn, and move outside. Young people of all ages benefit from spending time in nature in ways that make sense to them.

Follow your child's lead and join in the fun. Together, you can explore and play creatively with the weather! For example:

- On a windy day, fly a kite or make a wind sock
- On a wet day, jump in puddles or make a rain catcher
- On a snowy day, make a snow maze or build a snow sculpture

Shift the status quo

As a family, challenge the notion that outdoor activities are only possible in nice weather. Be intentional about getting out there, and take pride in adapting for all kinds of conditions. These ideas can help:

- Set a family goal for spending time outside each day. Start small and build up to longer outings as you find your groove.
- Get everyone involved in planning outdoor activities. Kids are more likely to

get excited about venturing out when they have a say in the decision-making.

- Challenge yourselves to try new activities—go ice fishing, shovel driveways in your community, or try stargazing! Use the [My Active Family Bucket List](#) for inspiration.
- Focus on having fun and being social. Some kids are more likely to head out when friends are involved. Look for after-school clubs and sports that involve spending time outdoors, and be sure to follow [public health guidance](#).
- Keep doing routine daily activities outside, even when it's cold and wet. Walk the dog together, bike to school or work, or go to the park! Instead of dwelling on the challenges the weather brings, focus on how good it feels to get moving outside.
- Celebrate coming back inside on a cold weather day! Peel off the layers, admire the rosy cheeks, and settle in with a warm drink or snack.

No matter what your family gets up to this winter, remember that it's not the activity or the destination that matters. The real win is quality time outside.

Get tips to keep your kids and family safe this winter at [MyHealth.Alberta.ca](https://myhealth.alberta.ca):

- [Quick tips: Staying active in cold weather](#)
- [Safety and winter activities](#)



Cold weather life hacks: How to keep older kids active outdoors all winter long

Winter weather is a reality in Alberta, so braving the elements is an essential life skill for teens. It can be tough to venture out in the face of cold, wind, snow, and ice—but it's important! Getting outside helps young people move more and sit less, and supports their mental health.

If your teen needs a little nudge to get active outdoors this winter, these life hacks can help.

Layer Up

As temperatures drop, talk with your teen about dressing for the weather. Encourage them to wear layers, so they can add or remove clothing to keep comfortable.

Of course, many teens know [how to dress for cold weather](#)—they simply choose style over

comfort. If asking your teen to layer up feels like a losing battle, listen to their concerns and try to offer flexibility and choice. Try these tips:

- Negotiate a temperature range for when winter gear like jackets, toques, mitts, and boots is required. Be open to a different range for lighter gear like hoodies and shoes.
- Stay focused on keeping their head, hands, and feet warm and dry. Try not to stress too much about unzipped jackets or light sweaters.
- As much as possible, let your teen choose their gear, or even make it themselves. Try second-hand stores and

Healthy Teens

November 2021 Family Newsletter

online tutorials for tips on how to upcycle used clothing into cold weather items like sweaters, mitts, toques, socks, and insoles for boots.

Explore the great outdoors

Give your teen time, space, and opportunity to be outside. Resist the temptation to direct their activities. Let them spend time outside in ways that make sense to them.

You might be surprised at how curious and playful your teen can be—they may go for a winter walk, build a snow sculpture, or follow animal tracks. They may take photos, socialize with friends, or play pond hockey. It's not the activity or destination that matters—the real win is quality time outside.

Shift the status quo

As a family, challenge the notion that outdoor activities are only possible in nice weather. Be intentional about getting out there, and take pride in adapting for all kinds of conditions. These ideas can help:

- Let your teen take the lead in planning outdoor activities. Be open to activities that suit their interests, even if they're different than your own.
- Focus on having fun and being social. Many teens are more willing to head out when friends are involved. Encourage them to take part in after-school clubs and sports that involve time outside, and be sure to follow [public health guidance](#).
- Start a new family tradition—go ice fishing, tobogganing, or winter stargazing! Use the [My Active Family Bucket List](#) for

inspiration, and borrow equipment if you need it. Some recreation facilities, libraries, and community groups have lending programs for gear like snowshoes and skates. Friends and neighbours can also help.

- Keep doing routine daily activities outside, even when it's cold and wet. Walk the dog together, bike to school or work, or go to the park! Instead of dwelling on the challenges the weather brings, focus on how good it feels to get moving outside.
- Help your teen build practical skills for the winter weather, like shoveling the driveway or clearing snow off the car. Show them how to build a winter shelter or campfire. Teach them how to make warm drinks and snacks.

This winter, think about the cold weather life hacks you'd like to try. Use these and other ideas to brave the cold and get active together! You'll be glad you did.

Get tips to keep your family safe this winter at [MyHealth.Alberta.ca](https://myhealth.alberta.ca):

- [Quick tips: Staying active in cold weather](#)
- [Safety and winter activities](#)

Community Education Service



Improving emotional health and well being



National Child Day 2021

Stress and Healthy Coping Helping Youth Address Their Stress

Kimberley, Education Specialist, Canadian Mental Health Association – Calgary Region

Participants will learn:

- What is stress
- How can adults identify youth are stressed
- Healthy coping techniques
- Where to get help

FREE WEBINAR

**November 15, 2021
6:30 PM - 8:00 PM**

National Child Day is celebrated in Canada on November 20th in recognition of our commitment to upholding children's rights and raising healthy, safe and happy young people.

Register

Go to www.nationalchildday.ca to find out more.

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with **CMHA Calgary** and the **National Child Day Committee**.

Community Education Service



Improving emotional health and well being

Kids Have Stress Too™

Stephanie Sands, BSc

Ann Marie Urdal, Caregiver Support Facilitator

An introduction to key aspects of early childhood and brain development, and the crucial role parents and professionals play in buffering the impact of stress on kids. Learn strategies to help young children become aware of and manage stress in fun and engaging ways.

FREE WEBINAR

November 22, 2021
6:30 PM - 8:30 PM

[Register](#)

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with RVS, MHCB Stepping Stones to Mental Health.

Community Education Service



Improving emotional health and well being

Screen time The Good, the Bad & the Ugly

Dr. Caroline Buzanko | PhD, Registered Psychologist
Clinical Director | Koru Family Psychology

Many parents struggle with screen time. On the one hand, they know they should limit screens. On the other, they realize that screens are part of kids' culture. How much is too much? This workshop is critical for all parents who are wondering about the amount of screen time their children have. In this workshop, participants will learn:

- The effects of screen time on the developing brain
- The behavioural outcomes of too much screen time
- How and when technology can be beneficial

FREE WEBINAR

November 18, 2021
6:30 PM - 8:30 PM

[Register](#)

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with **Koru Family Psychology**.