

Upcoming Event Dates:

May 4th – Hats on for Mental Health

May 5th – Gr. 4 Bake Sale

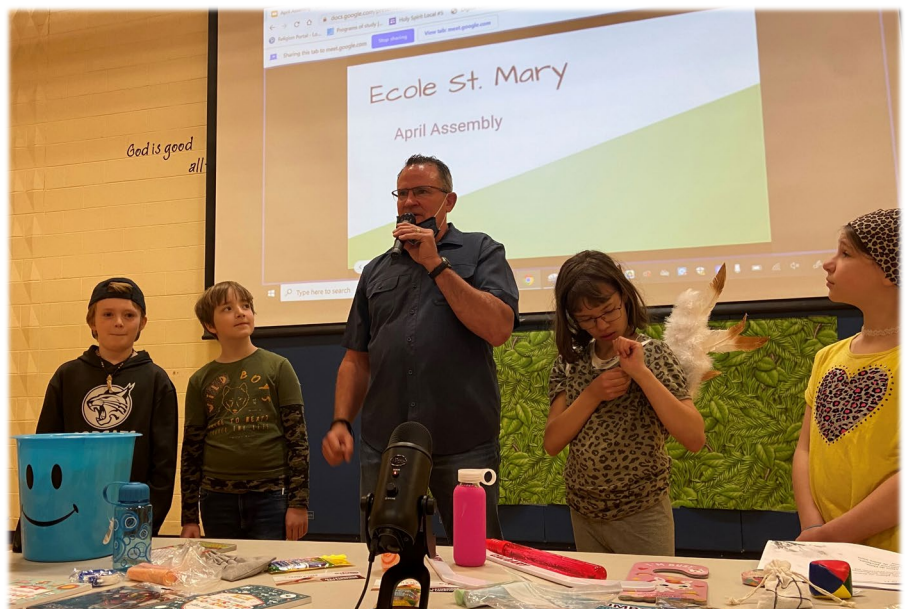
May 10th – Disney Day

May 23rd – NO SCHOOL – Victoria Day

May 24th – NO SCHOOL – PD Day

May 26th – Wear Blue to support Catholic Education

May 31st – Workout Wear Day & Month End Assembly



Principal's Message May, 2022

On the last school day in April we had our monthly assembly. It was also during this assembly that we made the decision to have some of our students attend in-person. The grades 6, 4 and 2 were invited to be the audience, while the remainder of the school stayed in their homerooms to watch the assembly virtually. Again, this stays true to our commitment to being conservative in our approach as we see the lessening of restrictions due to the pandemic – our attempt to ensure the safety of all. Our hopes are that we will have the grades 5, 3 and 1s provide the audience at our May assembly, and that all will be able to gather for our final June assembly. I can share that it was nice to feel the vibrance of the live audience as they showed their appreciation for the work that is done to execute an assembly – special thanks have to go out to Mrs. Mead and Mrs. Nelson for their continued efforts in leading our assemblies.

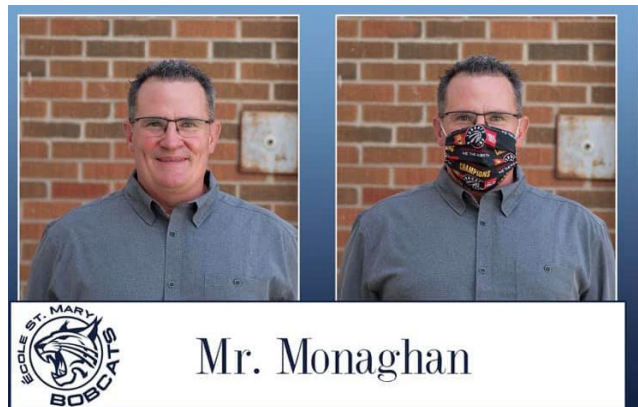
I am also pleased to share with our community that we will be permitted to attend Assumption Church on May 18, as we gather to celebrate our Marian Mass. Not only is this appropriate as May is the Month of Mary, our patron saint, but it is quite fitting that the responsibility for hosting this Mass is with our grade 2 students, many of whom will be receiving their First Communion at some point this month. I consider it a blessing when the community can gather to celebrate and partake in this most important sacrament. Congratulations also to all those who will be receiving for their first time the Blessed Eucharist.

It is also in the month of May, the second Sunday, that we celebrate all mothers. This year, Mother's Day is on Sunday, May 8. I would like to take this opportunity to extend my best wishes to all mothers. The sacrifices you have made are truly appreciated. I am also hoping that the thanks you deserve is not limited to this one day!

Catholic Education week runs from May 22 – May 28, highlighted by Catholic Education Day on May 26. We will be encouraging everyone in our community to wear blue as a sign of our solidarity. As I have mentioned many times before, we need to be vigilant in ensuring that we continue to fight for our right to have Catholic Education fully funded.

On a final note, we have met with the other schools on our block (St. Francis Junior High School and Catholic Central High School) to discuss our bell times for next year, as these are impacted by transportation and the ability of the provider to drop off and pick up our students. While we still need to present our request to senior administration, I can share that our start and end times will not have any major changes from this school year. We are hoping that school can begin as close as possible to 8:00 a.m., Mondays – Fridays, and end by 3:00 p.m. Mondays – Thursdays, with an end time around 12:30 p.m. for Fridays. Once our submission has been approved, it will be shared with all.

Thank you all for your continued support and prayers.
May God bless you all!



A word from Mme Bouchard (May 2022)

Here we are in May! It is the Easter season: He is risen, Alleluia, Alleluia! Spring brings with it nicer weather, new life, and hope. We are in the home stretch of the school year.

During the month of May, we celebrate the gift of Catholic Education. Catholic Education Day is May 26th. We will wear blue that day to show our support. There will be a newsletter that will be shared to show how we live out the Marks of a Catholic School at ESM and throughout our district. Please be sure to take a look; it is incredible what is happening in our schools.



May is the month of the Blessed Mother Mary. We will be celebrating our Marian Mass on May 18th at 9:00 am at Assumption Parish. The mass will be hosted by our grade 2's and our 4NE class. You are more than welcome to join us at the church, which is so exciting. Father Kevin will be presiding. Congratulations to the students from ESM who have received or will receive their first Holy Communion over the coming weeks! May God watch over you and bless you.

During our gospel time together, we will be focusing on prayers of petition. We will also celebrate St. Mary, knowing that she can help us in our prayers of petition. We will also share a decade of the Rosary together each week in honor of our Patron Saint. Happy Mother's Day to all the moms. Saint Mary, please pray for us and for all mothers. Happy May!



REGISTRATION

If you have NOT completed your Registration – Please do so online through your Parent Power school account.

Or make an appointment with the Office.



House Teams:

Congratulations to the Silver Dolphins for winning the Ice Cream party in April.

Samaritan Stars:

As the students do good deeds and display exemplary actions/attitudes, their fellow classmates can nominate them and put their name in the "Samaritan Stars" jar. From here we draw names to win a cheque for \$25.00 which is graciously donated by Ward Bros. Construction. Thank you, Ward Bros., for your continued generosity to our school!

For the month of April our winners were: Clarissa 6RE and Elise 3DI

TRANSPORTATION:

The 2022-2023 Transportation Registration forms will be emailed when they are ready. Please keep an eye on your emails as this form will need to be filled out for your child(ren) to ride the school bus next year.



School buses are provided by Southland Transportation.

Bus Maps can be found at:

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

Download the MyBusSchool App.

This is the best way to monitor changes and updates to your child(ren)s bus routes.

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/>

COVID UPDATE:

We are excited to say that we are slowly getting back to normal. Teachers are booking field trips and we are having our classes join in the gym for assemblies. We are excited to gather together for our Marian Mass on the 18th as well.

We still have the policy:

If you are sick- stay home. If a child is “a little sick” please keep them home.

Below is the link for the Alberta Government Webpage with isolation guidelines if your child does test positive for Covid. They are required to isolate. How long they isolate depends on their vaccine status. If they are a close contact in the same household they should isolate as well.

<https://www.alberta.ca/isolation.aspx>

House Keeping Items:

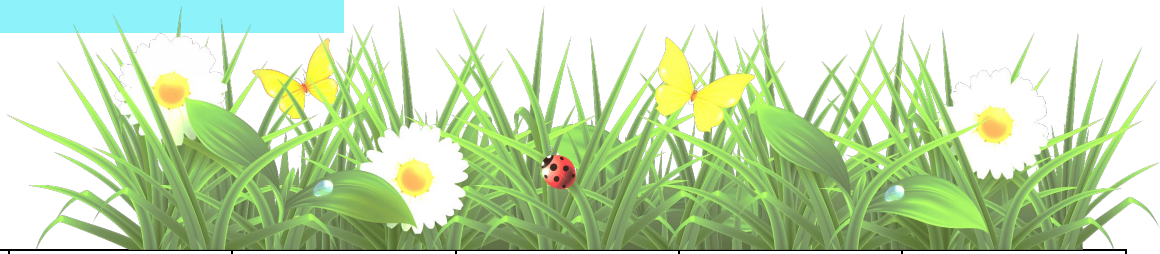
- ✚ Send a Water Bottle with your student. There are fill stations but no water fountains.
- ✚ If you have moved, please email esmoffice@holyspirit.ab.ca with your address change.
- ✚ Our monthly newsletter is sent out at the beginning of the month and can be found on the website.
- ✚ Closed Campus – We still remain a closed campus and all visitors are welcome to make an appt or check in at the office.
- ✚ Call the office if your child will be late or absent for any reason. 403-327-3098
- ✚ Complete your registration for next year. – Call the office if you need assistance.

May 2022 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Grade 6 Retreat	3 Wellness day	4 Hats on for Mental Health	5 Gr. 5 Mass in Slow Motion Bake Sale	6	7
8 Mother's Day	9	10 Disney Day	11 Student Retreat	12	13	14
15	16	17	18 Marian Mass 9am	19 Gr. 6 ELA Part A. Exam	20	21
22 Catholic Education Week	23 NO SCHOOL Victoria Day	24 NO SCHOOL PD DAY	25	26 Catholic Education Day – Wear Blue	27	28
29	30	31 Workout Wear Day				

June 2022 Calendar



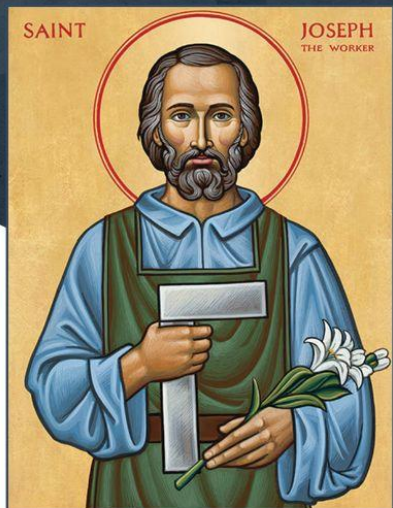
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Kindergarten Family Fun Night	3	4
5	6	7	8	9	10	11
12	13 NO SCHOOL PD Day	14 Gr. 6 PAT ELA	15 Gr. 6 P.A.T. MATH	16 Gr. 6 P.A.T. SCIENCE	17 Gr. 6. P.A.T. SOCIAL	18
19	20	21 Indigenous Awareness Day	22 Closing Mass	23	24 ESM Talent Show	25
26	27 SPORTS DAY	28 LAST DAY OF SCHOOL DONE @ 12:45	29	30		

May

Together on the Journey

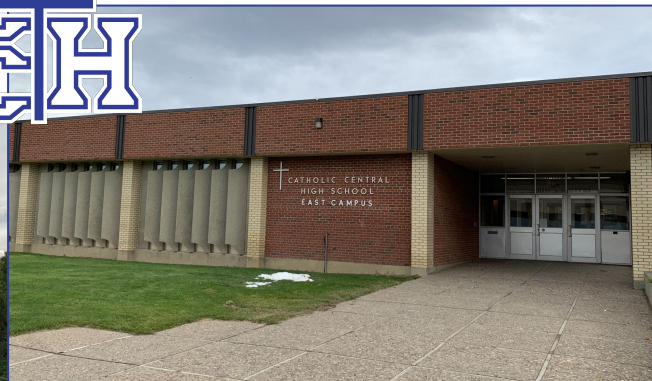
"Whoever is faithful in a very little is faithful also in much; and whoever is dishonest in a very little is dishonest also in much."

Luke 16:10



St. Joseph

Schools: Catholic Central High
St. Joseph



ST. JOSEPH

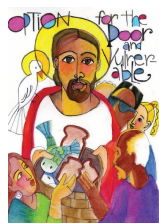
St. Joseph is a silent figure of the New Testament. The Gospel does not record one spoken verse for St. Joseph. He was "of the house and lineage of David" (Luke 2:4). St. Matthew identifies Joseph as "an upright man." He was engaged to Mary when he discovered that she was pregnant. He "decided to divorce her quietly" (Matthew 1:19), nevertheless, the Angel of the Lord appeared to him in a dream, revealing to him that Mary had conceived by the power of the Holy Spirit, and commanded that he take Mary as his wife and Jesus as his own Son. Without question or hesitation, St. Joseph did as the angel commanded. Throughout the Gospel he faithfully obeyed the commands of God: taking his family to the safety of Egypt to flee the wrath of King Herod; returning to Nazareth; presenting his child in the Temple; and traveling to Jerusalem to celebrate Passover. St. Joseph worked as a carpenter. He passed this trade onto his Son. Tradition holds that St. Joseph died before Jesus began His public ministry since he was never referred to in the Gospels. For example, he was not mentioned at the cross when Jesus entrusted the care of His mother to St. John the apostle, indicating she was a widow with no other children to care for her. St. Joseph is the Patron Saint of the Universal Church, fathers, workers, travelers, and a happy death.

Catholic Social Teaching

St. Joseph, as the patron saint of workers, reminds us of the dignity of work. The Dignity of Work is one of our Catholic Social Teachings.



- 1**
God made each person, so every life is important and should be protected.



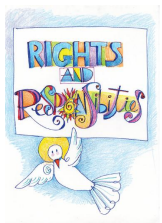
- 4**
God wants us to help people who are poor, who don't have enough food, a safe place to live, or a community.



- 2**
God made us to be part of communities, families and countries, so all people can share and help each other.



- 5**
Work is important in God's plan for adults and their families, so jobs and pay should be fair.



- 3**
God wants us to help make sure everyone is safe and healthy and can have a good life.



- 6**
God made everyone, so we are all brothers and sisters in God's family wherever we live.



- 7**
The world was made by God, so we take care of all creation.

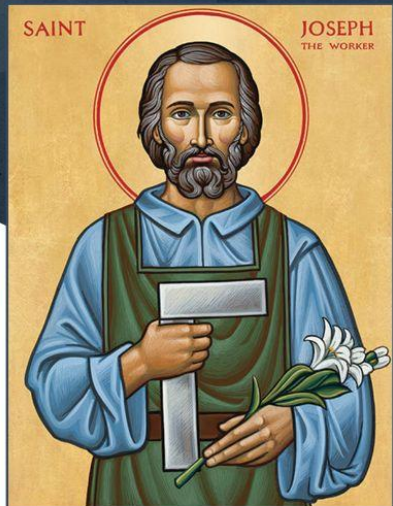
Click [here](#) for a poster of the seven themes of Catholic Social Teaching for children. Click [here](#) for a poster of CST 101 Themes from Catholic Social Teaching for adults from Catholic Relief Services.



Did you know, December 8 2020 to December 8 2021 was the Year of Saint Joseph? Pope Francis wrote an Apostolic letter called "Patris Corde" (With a Father's Heart) to celebrate the 150th anniversary of the declaration of Saint Joseph as Patron of the Universal Church.

May

Together on the Journey



St. Joseph

Schools: Catholic Central High
St. Joseph

WEEK TWO

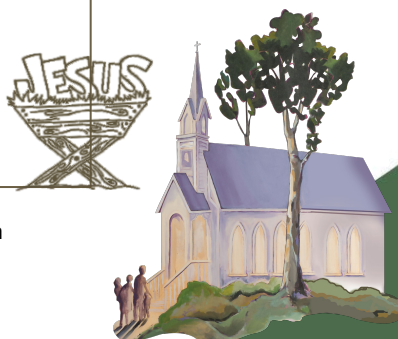
Joseph put the will of God and the good of his wife before his own desires. What is something you can do to put the good of others before your own desires?



WEEK FOUR

The angel revealing Jesus' name to Joseph is very important, because in ancient Jewish culture, it was a father's role to give a child his or her name, and naming a child was a sign of adoption. Joseph, in obedience to God, adopted Jesus, making Him heir to the kingship of David, which the Old Testament tells us was a requirement to be the Messiah of Israel. Jesus became part of the family of King David by being adopted, and we become part of the family of Jesus, God Himself and King of the Universe, by being adopted into His family at our baptism. Thank God for the gift of baptism - when you were adopted by God. Say a prayer also for children who are adopted, for their birth parents, and for their adoptive parents.

Sources: *Daily Lessons from the Saints* by Fr. Brice Higginbotham
Who Was St. Joseph by [Catholic Straight Answers](#)



Feast Days and Celebrations May 2022

- 1 Feast of St. Joseph the Worker
- 8 Mother's Day
- 26 Ascension of the Lord
- 26 World Catholic Education Day
- 23-27 Catholic Education Week

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

WEEK ONE

In the Gospel of Matthew we learn two important things about Joseph. First, he descended from the great King David. Second, he is the husband of Mary, of whom Jesus was born. We can often find ourselves afraid, ashamed, or frozen because we define ourselves by our worst moments. Do not be afraid! You are a child of God, who is King of the Universe. Like St. Joseph, live your life with courage! Take a moment to read this Scripture from 1 Peter 2:9 and ponder who you are as a child of God.

"But you are a chosen race, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvelous light." (1 Peter 2:9)

WEEK THREE

Joseph honoured and cared for his family. This month is Mother's Day. Think of how you can love others in your family and show you care for them.



WEEK FIVE

Throughout the Gospels, Joseph did as God desired. He didn't complain. He didn't argue. He didn't over analyze. He simply followed the will of God as faithfully as he could in every situation. Pray this prayer to St. Joseph...

Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you God entrusted his only Son; in you Mary placed her trust; with you Christ became man.
Blessed Joseph, to us too,
show yourself a father and guide us in the path of life.
Obtain for us grace, mercy and courage,
and defend us from every evil. Amen.

Sunday Gospel Readings

May 1st/3rd Sunday of Easter
John 21:1-19

May 8th/4th Sunday of Easter
John 10:27-30

May 15th/5th Sunday of Easter
John 13:1, 31-33a, 34-35++

May 22nd/6th Sunday of Easter
John 14:23-29

May 29th/ The Ascension of the Lord
Luke 24:44-53

Building Community Connections



In our Catholic faith, the time of Easter is all about having faith in new beginnings and believing in the promise that we can all rise up! The coming weeks provide an opportunity for each of us to create a positive outlook, trying something new and leaving the things that drag us down in the past and behind us. The season of Spring provides an opportunity for growth and it is really a chance to see infinite potential in ourselves and the world around us!

We hope that through our Building Community Connections Publication you are able to find the many ways and opportunities to rest, be still and really better understand why you are here and why you do what you do. We also hope that you find inspiration to rise and set your intentions to begin anew.

If you would like to submit information for Building Community Connections, please email hssupportservices@holyspirit.ab.ca

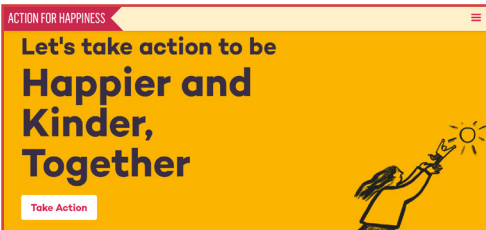


[Carbondale - Sartoris Backroads | Alberta, Canada](#)

Sartoris Road from Crowsnest Pass south to the Carbondale River affords an intimate view of this landscape rejuvenated by wildfire.



[Writing-on-Stone Park](#) contains the greatest concentration of rock art on the North American Great Plains. Writing On Stone is a World Unesco Heritage Site.



Action for Happiness brings people together and provides practical resources. We help each other learn evidence-based skills for happier living, feel a sense of belonging, and commit to personal action to create more happiness for ourselves and others. [Join the movement.](#)



PRESCRIPTION TO GET ACTIVE

It's exactly like it sounds...

[A prescription for you to engage in physical activity.](#) This uniquely designed prescription gives healthcare partners the opportunity to discuss the importance of physical activity and grant patients access to community recreation. This motivational tool breaks down barriers and encourages patients to find the right activities for them as they work towards a healthier life.



All ladies need a coffee break from time to time.

[Westside Community Church.](#)

Tuesday, May 10, 2022 / 7:00 - 8:30 PM

Chat, share, encourage, fellowship. Bring your own beverage!

Join us! Let's get to know each other better!



The Asian Heritage Festival is back in-person.

Saturday, May 28 at 11:00am at the Multicultural Centre. There will be a fun-filled day of delicious Asian foods for purchase, entertainment, cultural displays, games and children's entertainment! Admission is free. For questions or to sign up: 403-320-1577 / info@saea.ca or www.saea.ca



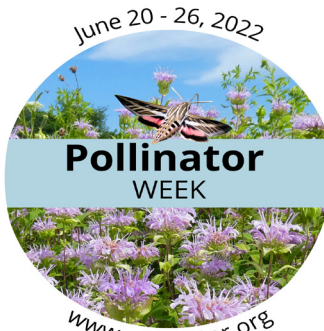
"Dance for Ukraine" a special benefit concert for Ukraine will be taking place at the Yates Memorial Theatre on Sunday, May 15 at 1:30pm. Guests can choose the amount they wish to donate to humanitarian aid for Ukraine, as tickets will be by donation.



Many struggle with being able to afford access to health services not covered by the government in Canada. This can range from mental health care to wellness services such as accessing a Naturopath or a personal trainer.

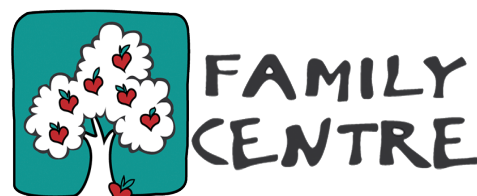
[Wellness Association](#) is a Canadian Membership Organization that provides information access and funding for health services that are not covered by the government.

Wellness Association on [Facebook](#)



[Take Part in Pollinator Week Canada - June 20-26!](#)

Pollinator Week is an annual celebration in support of pollinator health that was initiated and is managed by Pollinator Partnership. It is a time to raise awareness for pollinators and spread the word about what we can do to protect them. The great thing about Pollinator Week is that you can celebrate and get involved any way you like! Help save the pollinators!



[Family Centre - Dealing With Disobedience](#)

Why do my children not listen to me? Why do I feel like I'm always repeating myself? This Triple P discussion group will help you plan how to deal with disobedience. You'll learn strategies on how to prevent problems and teach your children to follow instructions, cooperate, and contribute to your family. Discover that you are not alone! Child care provided for in-person group. Virtual option available Thursday, May 26 at 6:00pm - 8:00pm / Cost: Free



[Family Centre - Come Build With Us](#)

What can you do with a paper roll tube? How can we use this Lego block? As children use self-expression, creativity, and design they will be introduced to concepts in construction including gravity, patterns, cause and effect, stability, balance, and shape. [Register here](#) for this free program which is open to families with children 0-12 years.



Every Saturday is Anime Saturday at [Nikka Yuko](#). Watch your favourite anime shows inside the Bunka Centre every Saturday.



[Mental Health Help Line](#)

1-877-303-2642 (Toll Free)

The Mental Health Line is a 24/7 confidential service that provides support, information, and referrals to Albertans experiencing mental health concerns.



Pincher Creek Women's Shelter-Crisis Line:
1-888-354-4868
Office: 403-627-2114
<https://pcshelter.ca/>

YWCA Harbour House (women, children)
Phone: 403-320-1881
Toll free: 1-866-296-0447
Lethbridge Shelter & Resource Centre
Phone: 403-327-1031
Wood's Homes
Phone: 403-317-1777

Safe Haven
Women's Emergency Shelter
Taber, AB
Crisis Line: (403) 223-0483
Reach out, Connect, Let us help You

Chinook Sexual Assault Centre
Healing starts with Believing
Here for all genders and all ages throughout Southwestern Alberta
403-694-1094 / 1-(844)-576-2512
502-740 4 Ave South
#IBelieveYou #UHaveThePower
Sexual Assault is a Criminal Act
It is NOT Your Fault

Whenever you need to talk, we're open.
Text 686968
KidsHelpPhone.ca
Call 1-800-668-6868
Message at Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone
Kids Help Phone



“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.*

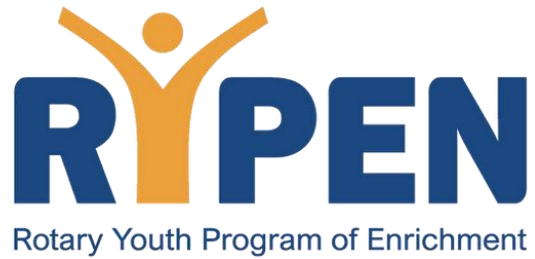
Our Catholic faith is the foundations of all that we do.

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 10, 2022.

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

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

Rotary
District 5360



Date

RE: YOUTH RECRUITMENT - RYPEN

To Whom it May Concern,

The Rotary Youth Program of Enrichment (RYPEN) is an annual 4-day camp for aspiring leaders, aged 13 to 17. This once in a lifetime event is free to participants and sponsored by Rotary Clubs across the District 5360. RYPEN will run on September 16 to 19, 2022 at a camp on the Little Bow Travers Reservoir.

The camp is led by a group of committed professionals, many of them Rotarians, to make RYPEN a memorable experience. All adults at the camp carry current police record checks and have completed the Rotary Volunteer Application Process.

To ensure a successful event, we are reaching out to you to help us identify youth who will be interested to attend the camp. RYPEN is ideal for teenagers who are looking to grow, develop their leadership skills, expand their comfort zone, and try out a new adventure. Participants must be between 13 and 17 years old when the camp happens.

When considering someone as a participant, think about whether this person has demonstrated perseverance, courage, and resourcefulness. Academic standing should not be the deciding factor. Any young person that would benefit from developing their skills and confidence is welcome. Participants should be confirmed by June 30. This camp does fill up quickly, so we encourage participants to register as early as possible.

To register a youth, we recommend reaching out to your local Rotary club first to inquire about their available spots as this number will vary between clubs. You can find your nearest club at <https://rotary5360.ca/clubdirectory>. If your local club's spots have already been filled the youth can sign up for a waitlist for a limited number of community sponsorships. However, we strongly recommend connecting with your local club first as there is no guarantee when signing up for community sponsorship. More information, including the sign-up form, can be found on our website www.rypen5360.org.

Thank you for supporting us in finding youth that will benefit from this amazing experience. If you have any questions at all, please reach out to me or you can email rypen5360@gmail.com.

Sincerely,

Jerry Firth, Camp Coordinator

On behalf of the RYPEN Leadership Team



CONSERVATORY SUMMER CAMPS

Wonderful Wizarding World (Ages 8 - 12)

July 11 - 15 | July 25 - 29

Content Creators: YouTube, Podcasts and Musical Coding, Oh my! (Ages 8 -12)

July 18 - 22 | August 8 - 12

Mini-U Music School (Ages 5 - 7)

August 2 - 5

Raise Your Voice!: A Broadway Junior Musical (Ages 13 - 20)

August 15 - 19

VISIT OUR WEBSITE FOR MORE INFORMATION:

www.ulethbridge.ca/music-conservatory/programs
music.conservatory@uleth.ca



Vaping 101: What it is, and how to help your child

Vaping rates have surged among young people recently. As a parent or caregiver, it's natural to want to learn more and to wonder how to support your child. In this edition, we'll answer common questions about vaping and offer tips for fact-based, meaningful conversations.

What is vaping?

Vaping is a common term for using electronic cigarettes (e-cigarettes), devices that heat liquid containing nicotine, flavours, and chemicals to create an aerosol. When someone vapes, they inhale the aerosol into their lungs, and exhale it into the air. Vaping mimics the experience of smoking conventional cigarettes.

E-cigarettes go by different names, like *e-cigs*, *vapes*, *vape pens*, *mods*, or *e-hookahs*. They're also known by brand names. In this article, we'll call them **vapes**.

What do vapes look like?

Vapes come in different shapes and sizes. Disposable vapes look the most like cigarettes. Rechargeable ones look more like pens or USB flash drives, which makes them easy to conceal. Some vapes are hidden in stealth products, like watches, hoodies, or gaming devices.

Vapes have batteries, a heating element, a mouthpiece, and a place to hold vape liquid.

Healthy Children

May 2022 Family Newsletter

What is a vape liquid?

Vape liquid is a mix of chemicals, flavours, and different levels of nicotine. It usually comes in small pre-filled or refillable cartridges or pods.

Vape liquid goes by names like *e-juice*, *e-liquid*, *vape juice*, *vape liquid*, or *oil*. It often has flavours that entice kids and teens, like fruits, candies, tropical drinks, or desserts.

How harmful is vaping?

Vaping is relatively new, so scientists are still learning about its long-term effects on health. Here's what we know right now:

- Most vapes have nicotine, which alters brain development and can affect memory and concentration. Nicotine is also highly addictive. It causes intense cravings and nasty withdrawal symptoms. Young people tend to get hooked on nicotine more easily than adults.
- Both vaping liquid and the aerosol created by vaping contain harmful substances. Some are known to cause cancer and lung disease.
- In rare cases, defective vapes have caused fires and explosions. Vaping comes with a risk of burns and other serious injury.
- Young people who vape may be more likely to start smoking than those who don't vape.

Is vaping illegal?

Vaping is illegal for anyone under the age of 18 in Alberta. There are fines for minors who possess or use vaping products, and for adults who sell or give vaping products to

minors. This matters because most teens who vape report getting vapes and e-juice from their acquaintances, friends, and family.

How common is vaping in young people?*

The vaping rate among young people in Alberta has spiked recently. In 2014-15, 8% of Alberta students in grades 10-12 reported vaping in the last month. In 2018-19, that number jumped to 30%.¹

Research shows that vaping is also a concern among younger students. In 2018-19, 23% of students in grades 7-9 said that they had tried vaping.²

What do young people have to say about why they vape?*

Research tells us that kids and teens often underestimate the harms related to vaping.

As well, teens say they vape because it's enjoyable or like the buzz it gives them. Others vape out of curiosity or to try different flavours. Some vape because they believe it will help them reduce stress, or help them fit in with friends.²

How can I talk to my kids about vaping?

Talking about vaping isn't a one-time thing. Think of it as a conversation that happens in bits and pieces. With time and practice, talking about vaping will strengthen the relationship you have with your child, and boost the chances they'll come to you with questions or when they need help.

Try these tips for respectful conversations:

- Talk about vaping when it comes up in real time—like when you see it on TV or

Healthy Children

May 2022 Family Newsletter

when you drive by a vape shop. Ask open-ended questions like *what have you heard about vaping?*

- Get your child thinking about the consequences of vaping in ways that are meaningful to them. For example, try talking about how vaping could affect the amount of money they have, their sport goals, or their friendships.
- Help your child spot vaping-related advertising in movies, music, video games, and the like. Talk about what's being shown, and why. The tobacco industry is known for using unethical tactics to persuade young people to smoke or vape.
- Have conversations about what it means to be an independent thinker, and to make good decisions. Help your child reflect on their values and judgments. This boosts their ability to resist the influences around them, like pressure from peers.

If you find that your child won't engage in conversations about vaping with you, make sure they have a trusted, supportive adult they can talk to—for example, a teacher, coach, Elder, or faith leader.

What should I do if I find out my child is vaping?

Tell your child that you love and care about them, and that you're there to help.

Use open-ended questions to get a feel for why they're vaping, like *tell me some of the reasons you vape*. Listen to their answers, and be there to support them. Try not to criticize or lecture.

If your child needs help to quit vaping, talk to your health care provider or call 811 to speak with a Registered Nurse. If you need support to quit vaping or smoking, go to [AlbertaQuits](#) for information on phone-based quit counselling, text messaging, support groups, and more.

For more information, go to:

- [Electronic cigarettes and vaping products](#)
- [Learning about how to talk with your child or teen about vaping](#)
- [Preventing kids and teens from vaping](#)

¹Government of Alberta, 2021. [Addressing the health harms of smoking and vaping](#).

²Government of Canada, 2020. [Detailed tables for the Canadian Student Tobacco, Alcohol and Drugs Survey, 2018-2019](#).

*Research in younger students is limited in this area.



Vaping and teens: Your questions, answered.

Vaping rates have surged among young people recently. As a parent or caregiver, it's natural to want to learn more and to wonder how to support your teen. In this edition, we'll answer common questions about vaping and offer tips for fact-based, meaningful conversations.

What is vaping?

Vaping is a common term for using electronic cigarettes (e-cigarettes), devices that heat liquid containing nicotine, flavours, and chemicals to create an aerosol. When someone vapes, they inhale the aerosol into their lungs, and exhale it into the air. Vaping mimics the experience of smoking conventional cigarettes.

E-cigarettes go by different names, like e-cigs, vapes, vape pens, mods, or e-hookahs. They're also known by brand names. In this article, we'll call them **vapes**.

What do vapes look like?

Vapes come in different shapes and sizes. Disposable vapes look the most like cigarettes. Rechargeable ones look more like pens or USB flash drives, which makes them easy to conceal. Some vapes are hidden in stealth products, like watches, hoodies, or gaming devices.

Vapes have batteries, a heating element, a mouthpiece, and a place to hold vape liquid.

Healthy Teens

May 2022 Family Newsletter

What is a vape liquid?

Vape liquid is a mix of chemicals, flavours, and different levels of nicotine. It usually comes in small pre-filled or refillable cartridges or pods.

Vape liquid goes by names like *e-juice*, *e-liquid*, *vape juice*, *vape liquid*, or *oil*. It often has flavours that entice kids and teens, like fruits, candies, tropical drinks, or desserts.

How harmful is vaping?

Vaping is relatively new, so scientists are still learning about its long-term effects on health. Here's what we know right now:

- Most vapes have nicotine, which alters the development of the teen brain and can affect memory and concentration. Nicotine is also highly addictive. It causes intense cravings and nasty withdrawal symptoms. Young people tend to get hooked on nicotine more easily than adults.
- Both vaping liquid and the aerosol created by vaping contain harmful substances. Some are known to cause cancer and lung disease.
- In rare cases, defective vapes have caused fires and explosions. Vaping comes with a risk of burns and other serious injury.
- Young people who vape may be more likely to start smoking than those who don't vape.

Is vaping illegal?

Vaping is illegal for anyone under the age of 18 in Alberta. There are fines for minors who possess or use vaping products, and for adults who sell or give vaping products to

minors. This matters because most teens who vape report getting vapes and e-juice from acquaintances, friends, and family.

How common is vaping in young people?

The vaping rate among young people in Alberta has spiked recently. In 2014-15, 8% of Alberta students in grades 10-12 reported vaping in the last month. In 2018-19, that number jumped to 30%.¹

Research shows that vaping is also a concern among younger students. In 2018-19, 23% of students in grades 7-9 said that they had tried vaping.²

What do young people have to say about why they vape?

Research tells us that kids and teens often underestimate the harms related to vaping.

As well, teens say they vape because it's enjoyable or like the buzz it gives them. Others vape out of curiosity or to try different flavours. Some vape because they believe it will help them reduce stress, or help them fit in with friends.²

How can I talk to my teen about vaping?

Talking about vaping isn't a one-time thing. Think of it as a conversation that happens in bits and pieces. With time and practice, talking about vaping will strengthen the relationship you have with your teen, and boost the chances they'll come to you with questions or when they need help.

Try these tips for respectful conversations:

- Steer your teen toward credible sources on vaping, and use it to kick-start family conversations.

Healthy Teens

May 2022 Family Newsletter

Try [Consider the Consequences of Vaping](#), a national campaign with youth-friendly videos, virtual games, and other resources.

- Talk about vaping when it comes up in real time—like when you see it on TV or when you drive by a vape shop. Ask open-ended questions like *what have you heard about vaping?*
- Get your teen thinking about the consequences of vaping in ways that are meaningful to them. For example, try talking about how vaping could affect the amount of money they have, their sport goals, or their friendships or romantic relationships.
- Help your teen spot vaping-related advertising in movies, music, video games, and the like. Have conversations about what's being shown, and why. The vaping industry is known for using devious tactics to persuade young people to vape.
- Have conversations about what it means to think and act independently, and to make good decisions. Help your teen reflect on their values and judgments. This boosts their ability to resist the influences around them, like pressure from peers.

If you find that your teen won't engage in conversations about vaping with you, help them find a trusted, supportive adult they can talk to—for example, a teacher, coach, Elder, or faith leader.

What should I do if I find out my teen is vaping?

Tell your teen that you love and care about them, and that you're there to help.

Use open-ended questions to get a feel for why they're vaping, like *tell me some of the reasons you vape*. Listen to their answers, and be there to support them. Try not to criticize or lecture.

If your teen needs help to quit vaping, talk to your health care provider or call 811 to speak with a Registered Nurse. If you need support to quit vaping or smoking, go to [AlbertaQuits](#) for information on phone-based quit counselling, text messaging, support groups, and more.

For more information, go to:

- [Electronic cigarettes and vaping products](#)
- [Learning about how to talk with your child or teen about vaping](#)
- [Talking with your teen about vaping: A tip sheet for parents](#)

¹Government of Alberta, 2021. [Addressing the health harms of smoking and vaping](#).

²Government of Canada, 2020. [Detailed tables for the Canadian Student Tobacco, Alcohol and Drugs Survey, 2018-2019](#).

Because We Care



Responding to the Impact of Compassion Fatigue

Group Dates:

3 week group
 Thursdays, 2:00pm to 3:30pm
 April 14, 21, and 28, 2022

Participants:

Maximum 10
 Ages 18+
 Professionals

No cost to participants

Call to register

This personal growth group is designed for professionals who want to learn more about compassion fatigue and explore how to lessen the impact of it on their lives. The focus is to educate and foster a reconnection to your own insight and resources. Compassion Fatigue is an occupational hazard. While we cannot fully prevent it from happening, we can learn how to respond to CF effectively. This response impacts how we care for ourselves, which is foundational for maintaining mental health and healthy relationships.

We provide a confidential and safe environment through non-judgmental listening to enhance learning and personal expression.

Contact

Lethbridge Family Services
 Counselling, Outreach & Education
 Corrine Janzen, B.S.W., R.S.W.

403-327-5724, outreach@lfsfamily.ca

Promoting Mental Health and Wellness



true balance
 COUNSELLING

FREE LEARNING SERIES SPRING 2022

April 27

Worries, Anxiety and Our Children • Learn what anxiety is, why we feel anxious and how we know when anxiety becomes a problem • Learn about the pandemic's impact on anxiety and ways to help children cope with anxiety
 Presented by: Aleigha Arksey, Provisional Psychologist

May 4

Keys to Healthy Communication
 • Understand how to gain your partner's perspective • Explore the behaviors that fuel conflict • Learn tips to increase connection
 Presented by: Kelly Weitz, Provisional Psychologist

May 11

Building Self-Compassion • Decrease stress quickly by implementing self-compassion techniques • Enhance your ability to regulate emotions • Learn to relate to yourself with warmth and positivity
 Presented by: Damaris Malpica, Provisional Psychologist

May 18

Strengthening the Brain's Emotional Control Center
 • Understand how the brain works • Learn effective strategies to build children's emotional intelligence • Explore ways to support children to regulate emotions
 Presented by: Aleigha Arksey, Provisional Psychologist

May 25

What is Grief?: Understanding My Loss
 • Learn about the common misconceptions of grief • Understand the different types of loss • Explore strategies to cope during the difficult times
 Presented by: Kelly Weitz, Provisional Psychologist

June 1

Thankful for My Body: Healthy Body Image for Teens
 • Explore the impact of media on body image • Learn tips for healthy eating and body image • Understand intuitive and mindful eating
 Presented by: Sarah Henderson, Provisional Psychologist

In-Person 6:30-7:30 PM

Online 8:00-9:00 PM

Limited In-Person Registrations

For More Information or
 To Register For A
 Presentation:



403-327-2333



truebalancecounselling@gmail.com



www.truebalancecounselling.ca



BECAUSE WE Care

An Online Personal Growth Group for
 Helping Professionals

Thursdays
 April 14 to 28, 2022
 2:00pm to 3:30pm

Contact Outreach and Education to register,
outreach@lfsfamily.ca or 403-327-5724

Lethbridge Family Services
 Since 1910



GRIEF & LOSS FOUNDATIONS

ONLINE PERSONAL GROWTH GROUP

This group is for individuals who have experienced loss
 and would like to learn more about grief.

Wednesdays
 April 13 to May 4, 2022
 2:00pm to 3:30pm

Contact Outreach for more information: 403-327-5724 or
outreach@lfsfamily.ca

ASSERTING BOUNDARIES

Eight week psycho-educational peer support group.

May 4- June 22
Wednesdays 6:00-8:00 PM
Cost: Free

Participants:
18+ Female Identifying who
have experienced sexual
violence.

Facilitators:
Miranda Hargreaves, BHSc
Lisa Foster, Volunteer

This group will help to prioritize assertively saying no and welcoming yes on your own terms.



 **CHINOOK SEXUAL
ASSAULT CENTRE**

Register today by
calling 403-694-1094 or
emailing admin@csacleth.ca



Lethbridge Family Services

Grief & Loss Foundations



Group Dates:
4 week online group

Wednesdays, 2:00pm to 3:30pm
April 13, 20, 27, & May 4, 2022

No cost to participants

Call or email to inquire about registration

Participants:
Maximum 10
Ages 18+

This personal growth group is designed for individuals who have experience loss and would like to learn more about grief. The focus is to educate and foster discussion surrounding grief and loss, while strengthening coping strategies.

We provide a confidential and safe environment through non-judgmental listening to enhance learning and personal expression.


Contact

Lethbridge Family Services
Counselling, Outreach & Education

John Thompson, B.A., R.S.W.

Corrine Janzen, B.S.W., R.S.W.

403-327-5724, outreach@lfsfamily.ca
www.lfsfamily.ca

Lethbridge Family Services 
Since 1910

MAN UP

ONLINE PERSONAL GROWTH GROUP

Deconstructing messages of masculinity.



May 13, 20, & 27, 2022
Fridays, 10:00am to 11:30am

Contact Outreach and Education for more information:
403-327-5724 or outreach@lfsfamily.ca

HEART

HUMANITY = EMPATHY AND RESPECT TOGETHER

Presentation Series
Thursdays 2:00pm to 3:30pm

Gender Boxes	May 19
Gender Roles in Relationship	May 26
Gender Roles and Mental Health	June 2
Changing the Conversation	June 9

To register for any (or all) of the presentations
call or email Outreach & Education:
403-327-5724
outreach@lfsfamily.ca

