

UPCOMING DATES:

Oct 5th – Hot Lunch Orders Due. Purchases are made on School Cash Online.

Oct 7th – NO Kindergarten

Oct 10th – NO SCHOOL – Thanksgiving

Oct 11th – NO SCHOOL – PD Day

Oct 12th – 21st – Food Drive Collection

Oct 13th – Subway Hot Lunch (for those who ordered by Oct 5th)

Oct 13th – Fall Colour Day

Oct 24th – NO SCHOOL – Div. PD Day

Oct 26th – Picture Retakes!!!

Oct 31st – Halloween Dress up OR Black and Orange



Mme Bouchard October Message

September was incredible. It began with welcoming all of our students and parents back into the building. It was so wonderful to see parents walking in with their children for their first day of school after a couple of years of 'different.' It has been a long time coming. The year on a great note!

There are other amazing things to celebrate as well. We walked to mass for our Opening Mass, where we joined together in prayer to kick off the school year. We have had 2 assemblies, Gospel Time in person, the Welcome Back BBQ, Meet the Teacher, and a successful Terry Fox Run. These are amazing events that we have not been able to take part in over the last couple of years. This list does not even speak to the amazing things happening in classrooms. Students are settling in and the year is off to a great start. October is a lovely month. Fall is in the air, there is a focus on being grateful, and we have the Thanksgiving holiday. We have so much to be thankful for. I am thankful for our amazing students, families and staff. We are so blessed here at ESM. Thank you for allowing us to be a part of your child's journey.

Our breakfast and lunch programs are up and running thanks to the Holy Spirit Catholic School District and Mindful Munchies for the support. There are plans in the works for student wellness, clubs, events and intramurals. Grade 6 Volleyball Club has begun and our Div 2 Running Club has a large group of students running two times a week.

We had our first School Council meeting and our AGM. We had a great turnout. There are a lot of great plans for this year. Our first meeting was held on Wednesday, Sept. 14th, 2022. This year's executive was selected: Chair- Heather Wirzba, Vice-Chair Brody Prete, Treasurer- Wendy Blasetti-Hurley, Secretary- Mrs. Gerriane Timmerman. Thank you to our School Council for coming together to plan and support the students. Please mark your calendars to join us on the following dates for School Council: Oct. 12th, Nov. 9th, Jan. 11th, March 8th, May 10th,

During October, we have some important dates to note. **Tuesday, Oct. 18th we will have our Parent Information Evening for Spaces**, our new digital reporting tool. It will be held virtually, beginning at 6:00 pm. It will be important for parent engagement with Spaces and the parent evening so there is a good understanding of what to expect. As partners in your child's education, this is an important event. We will have our **Goal Setting Evenings** for you to meet with your child's teacher to discuss plans and goals for the year on **Oct. 26th and 27th**. We like to be proactive, and work with you and your child to begin with the end in mind and to set goals to achieve this year. For those needing assistance with Spaces, there will be staff on hand to help those evenings.

We have other big plans this year. We are planning to have the **ESM Carnival on Nov. 17th**. Please join us for a fun filled night where proceeds go to support activities all year long. We will also be having a **Christmas Concert this year on December 20th** at Southminster Church. More information to come, but please mark your calendars for these important events.

Please don't forget to refer to our ESM webpage for important information: <https://esm.holyspirit.ab.ca> . It is exciting looking forward to a year full of learning, fun, field trips, co-curricular activities and events that we have been missing over the last couple of years. We are so blessed to be working with you and we look forward to a wonderful October, Happy Thanksgiving and God Bless.

Kiera Bouchard

October Newsletter From Mr. Harper

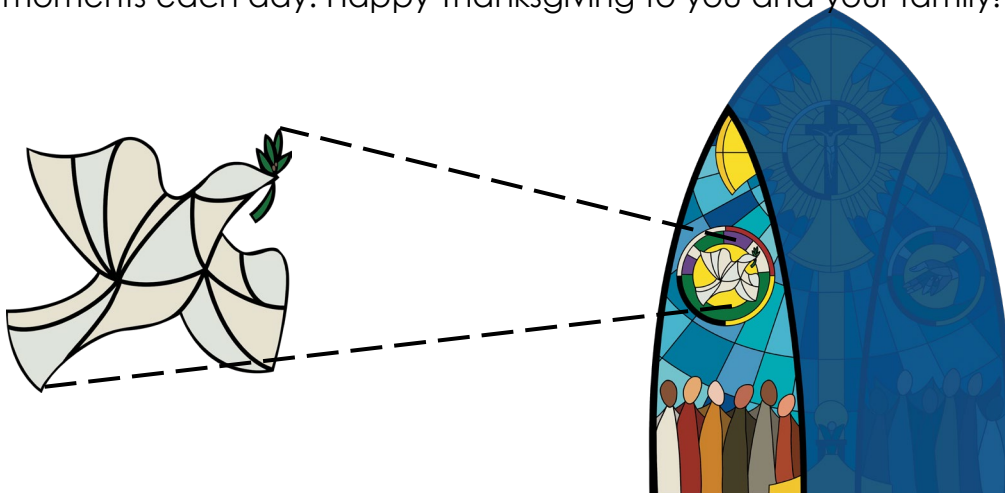
What a busy and exciting September! Every year for the past few years has required changes to routine and life, and it is nice that this year allowed some return to in-person celebrations and events. It is amazing that the students are so positive and resilient! You should be very proud of your child! Our community is a part of what makes ESM very special.

This year is the first year of our faith theme, Arise! Pilgrims of Hope. We are asked to think about our Faith and do our best to rise to God's expectations. When the opportunity arises, take the chance to speak about your Faith, God, and beliefs with others. Do not forget to read the family newsletter from the Religious Education Department. It is a wonderful way to explore our Faith and connect to our faith theme so you can enjoy the Faith journey with your child.

Mme. Bouchard and I are thrilled to have the opportunity to celebrate the Faith theme, Gospel, and our school each week. This year, we are sharing our Gospel Time virtually and in person in the gymnasium. We spoke about the Holy Spirit, who helps us remember Jesus' words and to accept one another this past week. The Dove represents the Holy Spirit in our Faith Theme artwork. During October, we will focus on Prayers of Thanksgiving and the fruits and gifts of the Holy Spirit. This month, St. Francis will show us the way as a witness of faithfulness.

We were blessed to have our Opening Mass at Assumption Church led by Father Kevin and our grade 6TE class. It was great to have Mass in person this year; thank you to all the parents and volunteers who celebrated with us. He then blessed our school families at our family blessing and BBQ. It was terrific seeing everyone! Our grade 2MI and 2/3PSI will lead our Thanksgiving celebration with the school on Friday, October 7th.

Ecole St. Mary is an outstanding school and has an amazing community. This year is going to be fantastic! Let us remember to give Thanksgiving for our world and our lives while creating many holy moments each day. Happy Thanksgiving to you and your family!





NO PARKING IN PARKING LOT

Parking lot is for STAFF ONLY.

You may park on the east side of the street. The west side, by the field, is for school **buses only**. In the morning the sidewalk between the flag pole and the parking lot is a drop off zone. Hug and Go. Please do not park there for long periods of time.

Kindergarten & ELP – There are school buses here at 11am for the high school shuttle. Please don't block the bus lane. Park on the East side of the street.

STUDENT DROP OFF/ PICK UP

Students can be dropped off at 7:45am. There will be no supervision before 7:45am if you choose to leave your child unattended at the school this is your parent responsibility.

School Fees were DUE SEPTEMBER 30th.



If you have not paid or need help accessing your school Cash online. Please contact the office! You will need to have a School Cash Online account to purchase hot lunches throughout the year for your child(ren) as well.

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 May our winners were: Anjelica 6MI and Delilah 4/5NE

HOUSE TEAMS

The students are assigned a house team (colour team) so be a part of for the year. This encourages the kids to interact with kids in other grades. Our leadership team comes up with special days and activities for students to earn points to go towards their house team.

For the Month of September the winning house team is: The GREEN GATORS!!!

WATER BOTTLES

We have water bottle fill stations and have not re-installed the drinking fountains for students. Please be sure to send water bottles with your child(ren) every day.

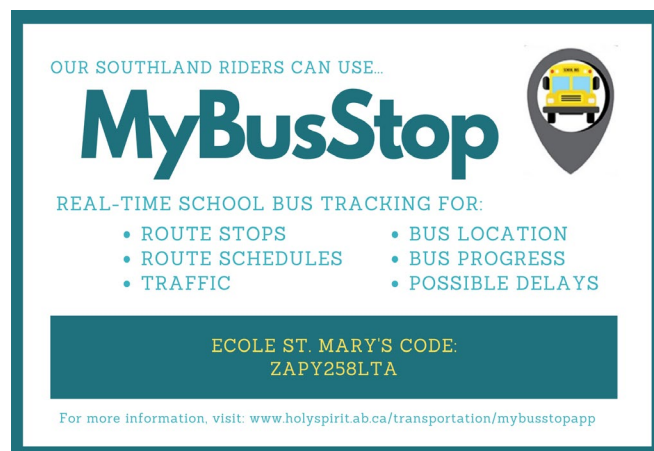
SCHOOL BUS

School buses are provided by southland Transportation. Please download the MyBusStop app for the most up to date information. You can also visit the Southland website

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

ATTENDANCE

Children thrive and succeed when they attend school regularly. We understand things come up, appointments made during school hours, emergencies, sickness etc. Please call the office to let us know if your child(ren) will not be at school on any given day. You can call 403-327-3098 or email esmoffice@holyspirit.ab.ca



BREAKFAST AND LUNCH PROGRAM

We are blessed to have a Nutrition grant this year to provide breakfast for those who need it. We also welcome back Mindful Munchies from the Lethbridge food bank who provide us with lunches for our students who forget or would otherwise go without. When the bell goes at 8am, students make their way to their classrooms. The kids pass by our Canteen when they come in in the morning and those who need a bit more to eat, or missed breakfast can “grab and go” a snack.

SICK KIDS

If your child(ren) is sick – KEEP THEM HOME.

We are thankful to be close to the end of the pandemic but Covid and other illnesses are still around us. We put this on the responsibility of you as a parent/guardian to keep your child home if they are sick. It is at the discretion of the homeroom teacher if students are not well enough to be in the class, they may be sent home.




PARENT VOLUNTEERS WELCOME!!

THANK YOU – to those parents and grandparents who came to our Terry Fox day! We had adults walking with classes and other directing traffic to make sure kids stayed on course.

Parents and community members are welcome at the school. You are still required to check in at the office and sign in if you are coming into the school for any school event. We will keep the distractions in the class to a minimum. If you are dropping something off for your child the office staff will deliver it for you. We are happy to accept volunteers this year! You can call the office and let them know if you are available with and what you would like to help with.

OCTOBER 2022 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5 Orders Due for Hot Lunch	6	7 NO Kindergarten	8
9 	10 NO SCHOOL Thanksgiving Day	11 NO SCHOOL PD Day	12	13 Fall Colour Day Subway Hot Lunch	14	15
16	17	18	19	20	21	22
23	24 NO SCHOOL Div. PD Day	25	26 PICTURE RETAKES 	27	28	29
30	31 Halloween Dress up OR Black/Orange 					

NOVEMBER 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 NO Kindergarten	5
6	7	8	9	10	11 NO SCHOOL Remembrance Day	12
13	14 SCHOOL CLOSED NO SCHOOL Wellness Day	15	16	17	18	19
20	21	22	23 Div. Board Meeting	24	25	26
27	28	29	30			

October

Arise!

Pilgrims of Hope



"May the God of hope fill you with all joy and peace in believing, So that you may abound in hope by the power of the Holy Spirit."

Romans 15:13

ST. THÉRÈSE OF LISIEUX 1873-1897 (Feast Day: October 1)

St. Thérèse was born on January 2, 1873 in France. After her mother died, her father and older sisters raised her. In 1886, on Christmas Day, Thérèse had an experience of intimate union with God. A year later, Pope Leo XIII gave her permission to enter the Carmelite Monastery at 15 years old.

Thérèse devoted herself to a life of holiness. She had a childlike trust in God, and although she struggled in the convent, she tried to perform acts of charity and sacrifice, no matter how small they were.

In her autobiography, "Story of a Soul," Thérèse wrote that her vocation was Love. She was called to show God's love to the world. In 1896, she fell ill with tuberculosis, and offered her sufferings as a sign of love for God. She died a year and a half later at the age of 24; her last words were, "My God, I love you." Thérèse's "little way" of loving God has inspired millions, and she is said to have interceded in many miraculous ways. She was proclaimed a Doctor of the Church in 1997 by Pope John Paul II, 100 years after she died.

Holy Moments In Our Schools

Each of our schools have started off their year in their own way, and finding their own unique ways to Arise! At Our Lady of the Assumption School, staff engaged in a faith formation project that culminated in a composite stained glass window that shows their ideas about this year's Faith Plan theme. Check it out the next time that you are there!

Have a picture of your students showing a spiritual work of mercy or fruit of the spirit? Being in communion with one another or learning about the saints? Send it our way and you may be featured.

The Spiritual Works of Mercy Counsel the Doubtful

Everyone has moments of doubt in their faith journey. Nevertheless, we should always remember that Christ is the Way, the Truth, and the Life and turn to him along our way.

- Listen to counsel and receive instruction, that you may eventually become wise." (Prov 19:20)
- The Cross of Christ "the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength." (1 Cor 1:25)
- Has someone asked you for advice? Orient your response to Christ, who is the Way, the Truth, and the Life.
- Follow Christ with the witness of your life so that others may see God's love revealed in your actions.
- Accompany a friend who is struggling with believing to join a parish group for service or faith formation, share a book you found useful in dealing with your friend's faith concern, and worship at Sunday Mass.

"My vocation is Love."

"You know well enough that Our Lord does not look so much at the greatness of our actions, nor even at their difficulty, but at the love with which we do them."

"There is only one thing to do: throw the flowers of the small sacrifices to Jesus."

(The above quotes are attributed to St. Thérèse)



St. Thérèse was declared a Doctor of the Church by Pope John Paul II in 1997. For a saint to be declared a Doctor, is a recognition of significant contribution to the theology of the Church.

The Fruit of the Spirit – Peace



Just like physical fruit needs time to grow, the fruit of the Spirit will not ripen in our lives overnight. As we mature in our faith, all the characteristics of our spiritual fruits will grow as well.

The second fruit of the Spirit is peace. The word 'peace' appears nearly 429 times in the Bible, which helps us understand why the phrase "Peace be with you" is so important in the faith community.

One of the strongest human desires is for peace, whether it be peace between nations, peace between neighbors or even peace within our own minds. Peace is listed in the top three characteristics of the fruit of the spirit. Without love, joy and peace, the rest of the fruits are not possible. God has also called us as Christians to be peacemakers.

In Philippians 4:6-7 we are told, "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

God's perfect peace is an amazing gift that is hard to understand. How can people find peace of mind when things are falling apart around them? The fruit of the Spirit of peace provides the inner peace of mind and contentment even in less-than-peaceful situations.

If you are having anxiety, take a moment to sit and be still. The peace that can comfort you during this time comes from the Holy Spirit within us. Having peace doesn't mean that you will not have conflict, stress or difficult times. Peace is knowing that our God is in control.



Reflecting on the life of St. Thérèse...

Counsel the Doubtful

When we think about counseling the doubtful, we might think about providing advice or direction to someone who is unsure, perhaps with a spiritual decision. For some, this means asking a spiritual director or priest for assistance. There are many places in the Bible that we might go to see examples of counsel being provided – for instance, the letters of St. Paul. St. Thérèse was known for seeking out spiritual direction, but over the course of her life, she also developed what has become known as *The Little Way*, which we can access and employ in our own lives. You may choose to watch the explanation found [here](#) for more information, but in essence, it means to do all of the little things in our lives with great love. This *Little Way*, while perhaps seeming simple, is so profound that Pope John Paul II proclaimed St. Thérèse to be a Doctor of the Church.



Peace

Peace might seem like something that is in short supply right now. Conflict and turmoil seem to be everywhere we look, between and within nations, communities, and even ourselves. When we think of peace as a fruit of the Spirit, we mean that we have an interior peace – that there is order in our hearts. God, who is in our hearts, wants for us to be oriented to himself, and for us to seek his will for us. St. Thérèse, in her short life, is a model for us in seeking God's will. Living as a contemplative, she had lots of time to [spend in prayer](#); an abundance that we may not feel we have in our lives. But despite the suffering that she endured and the simplicity of her life, the legacy that she has left to us is her faithfulness in all of the little things – household chores, kindnesses, daily prayer – that allowed her to accomplish big things with peace and calm.

Gospel Readings

October 2, 2022

27th Sunday in Ordinary Time

Gospel Reading: Luke 17:5-10

"If you have faith the size of a mustard seed, you would say to this mulberry tree, 'Be uprooted and planted in the sea,' and it would obey you." — Luke 17:6

Do you have a favorite superhero? Superheroes are cool! They have special powers that regular humans don't. In some ways, Jesus had "special powers" too. But his "special powers" came directly from God. He had so much faith, love, and trust that he was able to do many miracles in God's name. In today's Gospel, when the apostles ask for more faith, Jesus tells them that we don't always need more faith, because if we use even the little faith we have, we can do great things in his name.

Dear Lord, show us to trust in the faith we have received from you. We know we can do anything in your name.

When I ask God for something, do I usually have faith that God hears my prayer? How do I feel if my prayer isn't answered in the way I had hoped?

October 16, 2022

29th Sunday in Ordinary Time

Gospel Reading: Luke 18:1-8

"Jesus told his disciples...about the necessity for them to pray always without becoming weary." — Luke 18:1

Most of us think of prayer as something to be done once in a while, in a quiet place, away from others. But today Jesus tells his disciples to pray always. If we applied what we think about prayer to what Jesus is instructing us to do, we would not get much done. We would be alone, praying all the time. So, we need to look at this another way. For example, one form of prayer may simply be the way we respond to others. Instead of being frustrated with a brother or sister over something they do, we can try to be patient with them and talk through what is bothering us. When we are using our bodies to do the things it was meant for: playing, learning, helping others, etc, we are praying! When we are enjoying our family and friends, being mindful of those who have less than us, and caring for the earth, we are praying too! There are many ways to pray besides being alone in silence.

Dear Lord, help me to understand that prayer can be time alone in conversation with you, as well as living my life in a way that is pleasing to you.

What are some of the various ways I can pray in my daily life??

October 9, 2022

28th Sunday in Ordinary Time

Gospel Reading: Luke 17:11-19

"And one of them, realizing he had been healed, returned, glorifying God in a loud voice; and fell at the feet of Jesus and thanked him" — Luke 17:15-16

Last week we talked about how sometimes all we need is a little faith to be able to do great things. Have you ever asked Jesus for something in prayer and he did answer your prayer? It is such a great feeling to know you have been heard by the God of all creation! But do we go back to praise and thank him, or do we get so excited about our prayer being answered that we forget to show appreciation to the giver of the gift? Those who give their thanks to God increase their faith. What a double blessing!

Dear Lord, please help us to always be thankful for all the prayers you answer, and even for those we feel you haven't answered. Either way, may our faith continue to increase.

What was one of my favorite experiences of a prayer being answered?

October 23, 2022

30th Sunday in Ordinary Time

Gospel Reading: Luke 18:9-14

"Whoever exalts himself will be humbled, and the one who humbles himself will be exalted." — Luke 18:14

In our house, one of the favorite phrases is 'Last one there is a rotten egg!' As a parent, I know it's all in fun, but I don't always like the spirit of competition it represents. So we have started practicing the idea that "it is a greater thing to be last than to be first," following what Jesus taught us in the Gospel a couple of months ago. Now instead of setting someone up to be the loser, it is teaching all of us to be more considerate and thoughtful of the others in our family. In the end it makes all of us feel a little more humbled, rather than just one of us feeling exalted.

Dear Lord, show us how to put others before ourselves. You gave us such a beautiful example of this. May we try to follow your example whenever possible.

How can I go out of my way to put others before myself, especially in my own family?

Sources: [Saint of the day: Thérèse of Lisieux](#)
[The Spiritual Works of Mercy](#)
[The Fruit of the Holy Spirit: What is Peace?](#)

Gospel Readings

October 30, 2022

31st Sunday in Ordinary Time

Gospel Reading: Luke 19:1-10

"...you overlook people's sins, that they may repent." — Wisdom 11:23

Sin is a part of everyone's life. It is not something most of us like to talk about. Sometimes we don't like to talk about it because we are embarrassed that we did something we knew was wrong. Sometimes people think their sins are so bad that God cannot forgive them but in today's readings, God shows us over and over again how merciful he is. Mercy means that God will forgive us every time we ask him to, no matter what. He loves us so much, whatever we do. But that doesn't mean we should do whatever we want because we can ask for forgiveness later. God wants us to have a change of heart when we do something wrong and come back to him to start over again. So don't be afraid to ask, for our God is full of mercy and love.

Dear Lord, I don't want to sin and hurt others – and you – with my actions. I know that I will fail from time to time, so please help me not to be afraid to ask you for forgiveness.

When was the last time I went to confession to get a fresh start? When can I go again?

Download this month's [Saint Prayer Card](#) - St. Thérèse of Lisieux



Arise!
Pilgrims of Hope Journal

WEEK ONE

What small thing happened today that you are grateful for?



O magnify the
Lord
with me,
and let us exalt his name together.

- Psalm 34:3

October



Arise!

Pilgrims of Hope Journal

WEEK TWO

How would you like to simplify your life?



Simplify your life



WEEK THREE

What goal are you thankful for accomplishing?



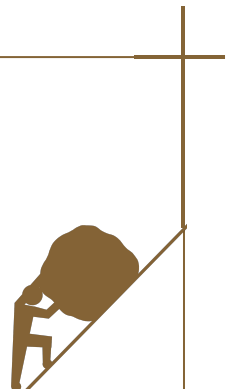
WEEK FOUR

Recall a time when you needed and received encouragement.



WEEK FIVE

What burden has God recently lifted?



ACE

VOLLEYBALL CLUB

Camps

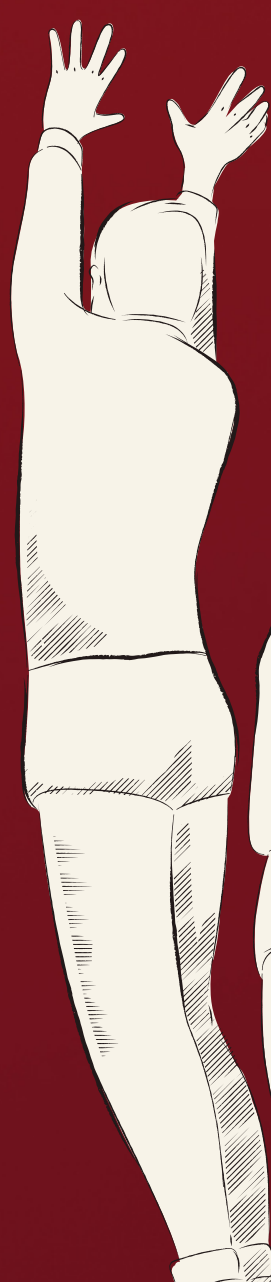
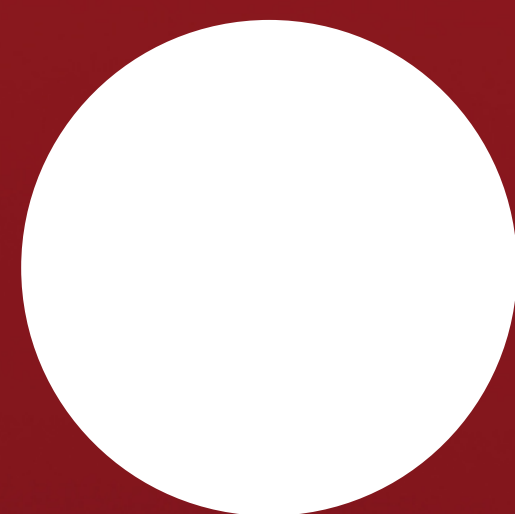
Mini Aces

Club

Full House

Clinics

*Register
today!*



SCAN TO REGISTER



Cubs to Kids



STARS
Volleyball



Intro to volleyball

8 Saturday sessions for U9 & U12's
Starting October 22

LIMITED SPOTS!

Register at Lethbridgevolleyballclub.com



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+1-403-393-ARDB



coach@lethbridgevolleyballclub.com



REGISTER NOW!

www.lethbridgeskating.com

CANSKATE

CanSkate is our learn-to-skate program for children ages 3+! It focuses on fun, repetition, and basic skill development. Your skater will learn the fundamental skills needed for any ice sport or activity in this program.

CLASSES AVAILABLE ON
TUESDAYS/WEDNESDAYS/THURSDAYS/SATURDAYS

PARENT & TOT

Parent & Tot is similar to CanSkate, but geared towards younger skaters who may benefit from more hands on assistance from their parents. This program prioritizes learning through play and becoming comfortable on the ice!

CLASSES AVAILABLE ON SATURDAYS

CANPOWERSKATE

PrePowerSkate & CanPowerSkate are high energy power skating programs for hockey and ringette skaters. Skills, techniques and conditioning drills are taught in a progressive format with an emphasis on how they apply to game situations.

CLASSES AVAILABLE ON WEDNESDAYS

STARSKATE

STARSSkate is our figure skating program which offers both group and private lessons. Skaters train in the disciplines of ice dance, freeskate, skating skills and artistic, and have the opportunity to compete and test throughout the year.

CLASSES AVAILABLE MONDAY-SATURDAY

ADULTSKATE

AdultSkate is a combination of CanSkate, CanPowerSkate, and StarSkate instruction for adults of any age or stage. This program is a great way to learn the basics in order to keep up with your kids, and to make new friends!

CLASSES AVAILABLE ON TUESDAYS/THURSDAYS

Contest runs from October 3 – 21

The snow will begin falling soon, and the City of Lethbridge is looking for students and teachers to help name our City of Lethbridge snow plows.

Snow plows play an important role in keeping our city streets safe to commute on during winter months. Since the plows have such an important job, we thought they deserved names!

Please submit a scan or photo of your colouring page with your name, grade, school and snow plow name to communications@lethbridge.ca. Winners will be credited with naming one of our eight snow plows.

Contest Rules

- To enter, you must be a Lethbridge student
- The name should be creative and fun
- The name should be unique and checked against other possible uses or meanings (especially in the case of acronyms)
- The name will preferably be short, easy to pronounce, easy to remember and easily identifiable as a snow plow
- The snow plow should not be named after a person
- The name should not have any trademark implications
- Have fun!

Snow and plowing facts

1. The City of Lethbridge snow plow and sanding trucks use a mix of salt and sand to make the roads less slippery in winter. A liquid brine pre-wets each piece of sand and salt to help it stick to the road and create a rougher surface that's better for walking or driving on.
2. On most busy roads, snow is pushed to the side with plows. In other areas, like around schools, big snow banks are a hazard so the snow gets picked up and dumped somewhere else to melt. Find out how the City of Lethbridge clears snow in your neighborhood by visiting Lethbridge.ca/snow.
3. City of Lethbridge staff work very hard to keep Lethbridge's motorists safely on the move. Dedicated staff work 24 hours a day, 7 days a week to help maintain safe roadways.

Winter safety for kids

1. Don't sit or tunnel in snow banks near the road. These can look fun, but are too dangerous to enjoy. Have all your winter play in a safe spot, away from the road.
2. Be visible. Wear bright colours in winter so drivers can see you. Don't hide behind big piles of snow in parking lots or around the road.
3. Cross the street carefully. Make sure all traffic has stopped before you use a crosswalk, just in case the road is slippery. Don't climb over snow banks to cross the road or drivers might not see you.
4. Learn to walk like a penguin when roads or sidewalks are icy! Walk slowly, take small steps and point your toes out slightly to be more stable on icy paths.

Looking for more information on how to stay safe in the winter, visit:

<https://myhealth.alberta.ca/>.