

UPCOMING DATES:

Sept 4th – NO SCHOOL – Labour Day

Sept 5th – 1st DAY OF SCHOOL!

Sept 11th – 1st Day for Kindergarten and ELP

Sept 21st – Opening Mass @ Assumption Church @ 9am

Sept 21st – Family blessing at 5:30 followed by Welcome back BBQ

Sept 25th – NO SCHOOL – PD Day

Sept 29th – Orange Shirt Day

Oct 2nd – Picture Day

Oct 6th – Terry Fox Run

Bell Times for 2022-2023

Grade 1 – 6's Mon – Thurs. **8:00am – 3:00pm**

Fridays **8:00am – 12:30pm**

Kindergarten Mon – Thurs. 8:00am – 11:10am

Early Learning Mon – Thurs 8:15am – 11:15am

Morning Supervision Starts at 7:45am.

If you choose to drop your child(ren) off before then that is your choice to leave them unattended.

Students need to be picked up by 3:10pm – There is no after school supervision.

Office Hours:

Monday to Thursday: 7:45am – 3:45pm

Friday: 7:45am – 1:15pm

After Hours:

Please leave a detailed message on our voicemail or you can email

esmooffice@holyspirit.ab.ca and we will get back to you as soon as we can.

Principal Message from Mme Bouchard

Welcome! On behalf of the staff at Ecole St. Mary, we would like to welcome you to the 2023-2024 school year which begins Tuesday, September 5, 2023. We hope you had a wonderful summer and we are very much looking forward to seeing you.

Back to school is a wonderful time; it is a new beginning, a time to connect, to reconnect and it is the beginning of a journey. We are looking forward to a wonderful year.

We have new staff members joining us this year. We welcome:

Mrs. Katie Rosen is returning from maternity leave in 6RE

Mme Pauline Eudes is back in French Immersion Kindergarten (KEI)

Mrs. Kelsey Rutkowski in 4/5SE

Mme Alaina Sulek as a PSIII practicum student in 3DI

Mrs. Frida Erickson in KCE

Mr. George Parenteau in ELP

At ESM, we use various methods of communication. School Messenger is used to share important school wide messages. Teachers will be communicating through Spaces, which is also our reporting platform. Please ensure to check regularly so that you can follow along with your child's education journey. We have monthly newsletters, our website, email (esmoffice@holyspirit.ab.ca,) Social Media Posts (Facebook, Twitter, Instagram.) A school wide 'Remind' message is sent weekly to inform families of special events for each week; be sure to sign up. Of course, you are always welcome to call our office (403-327-3098) if you have any questions. We are happy to help. Please note that we will be trying to go paperless as much as possible, so please keep your eyes open for Field Trip Forms digitally. More information will be sent to ensure you are aware.

Please consider joining us for our first School Council Meeting and AGM that is scheduled for Wednesday, September 20th in the ESM library. This is a wonderful group of parents that plan for our school. Mark your calendar for September 21st. We will have our Opening Mass at Assumption Parish at 9:00 am. That evening we will host the Welcome Back BBQ and Family Blessing, **which begins promptly at 5:30pm**. Because it is a religious celebration and blessing, doors close at 5:30pm and will reopen once the liturgy is complete for the BBQ. After that, you can meet your child's learning team! It is a wonderful way to kick off the year as a community.

Operations Updates for this year:

- **Morning Supervision begins at 7:45 am.** Buses arrive at 7:45 am. There is NO SUPERVISION before that time. Please do not plan to have your child dropped off before then. School begins at 8:00 am.
- **Do not park in the bus drop off zone, please.** There is a parent drop off zone past the flagpole. Please note, this is not for parking, it is only for drop off. It is a busy place so please ensure you are doing your part to help buses.
- **After School Pick Up:** The final bell rings at 3:00pm. Parents are asked to make arrangements to pick their children right after school. Please pick up your child outside their zone door.

- **Breakfast and Lunch programs:** We will have breakfast grab and go items for students as they arrive in the morning. We also have lunch items for students if they require food. These programs begin on September 11th.
- If you are coming to the school, please make an appointment. **Parents and guardians must check in at the office.** Thank you for your cooperation.

It is going to be an incredible year. Thank you for choosing Ecole St. Mary for your child's education. We look forward to partnering with you in your child's education for a successful year full of learning, fun and growth.

Yours in Christ,
Kiera Bouchard

September Message from Mr. Harper

Hello! Bonjour! Oki! For those of you that are new, welcome to our ESM community! For those of you returning, we are so glad to see you again and can't wait to hear about your summer holidays! I am very excited to begin my second year at Ecole St. Mary. I'm looking forward to an even better year than the last!

We are beginning year two of our faith theme, which is guided by the phrase, Build! Pilgrims of Hope. Build! is the call word for this second year, changing from Arise. This year, our faith focus will be that God is in our minds. We will focus on the Corporal Works of Mercy, Catholic Social Teachings, the Theological Virtue of Faith, and the Synodal Focus on Participation. We will do our best to build our understanding of how to respond to and engage with our faith, community, and society. This year, our entire school division will participate in a Chalice project to raise money for a school for the visually impaired called St. Odilia, found in northern Zambia. Please look forward to more information as the year progresses! I can't wait to see what ideas and projects are built around our faith theme this year.

We want to welcome everyone to our opening Mass on September 21st at 9:00 AM at Assumption Church and our Family Blessing the same day, on September 21st at 5:30 PM at Ecole St. Mary School. Please put these dates in your calendar. We look forward to seeing you there. Information about upcoming Masses and celebrations can be found on our school calendar and monthly newsletter! Each class will host a celebration or Mass throughout the year, and teachers will communicate with families when their child's class will be participating. We will continue to share the upcoming Sunday Gospel each week as we learn more about the Catholic faith.

This year will be marvelous, with many fantastic opportunities for our school community. We are grateful that we will be able to celebrate them with all of you.

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

Nehemiah 2:18

New Staff Members:



Kelsey Rutkowski

Hello, my name is Kelsey Rutkowski. I am a new Grade 4/5 teacher at Ecole St. Mary's. I am ecstatic to start teaching and help support student learning in the most engaging ways possible. I graduated from the University of Lethbridge with a double degree in Political Science and Drama, then with my Bachelor of Education. I started my university career by stage managing. After enjoying my time as a stage manager, I thought I would try teaching as a major because many skills translated over. I have been a cabin leader at an overnight camp for many years, and I use what I learn from camp to help me as a teacher. I taught grades 7 and 6 before my role now. A little more about me is that I have a husky fur baby named Taya. I love to go camping and skiing. I can also play the saxophone, clarinet, and guitar. I am grateful for the opportunity at Ecole St. Mary's. I cannot wait to meet and get to know everyone. Thanks!



Alaina Sulek

Bonjour! My name is Alaina Sulek. I am a PS3 students who will be working with Madame DeJager in grade 3. I am excited to work at École St. Mary for the semester. I grew up in Rocky Mountain House. Since then, I have attended the University of Lethbridge as a French and education student.

In my spare time, I love being outside with my family and friends. Some of my favorite hobbies are rock climbing, biking, and reading. I am looking forward to getting to know everyone.

STUDENT DROP OFF/ PICK UP

Students can be dropped off no earlier than 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.

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.

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/>

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:
34R2B7L4P0

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

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. This program will start on September 11th.

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.

CHECK IN AT OFFICE

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.

We are currently in need of some Parent Picture Day Heroes to help with calling classes down to the gym.

September 2023 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5 1 st day of school	6	7	8	9
10	11 1 st day for Kindergarten and ELP Breakfast and lunch program begin	12	13	14	15	16
17	18	19	20 School Council Meeting 6pm	21 Opening 9am Mass @ Assumption Church 5:30 Family Blessing and Welcome back BBQ	22	23
24	25 NO SCHOOL PD Day	26	27 Div. Board Meeting	28	29 Orange Shirt Day 	30

OCTOBER 2023 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 PICTURE DAY 	3	4	5	6 Terry Fox Run	7
8 	9 Thanksgiving NO SCHOOL	10	11	12	13	14
15	16	17	18	19	20	21
22	23 DIV PD DAY NO SCHOOL	24	25 Div Board Meeting	26	27	28
29	30 Picture Retakes	31 Halloween 				



Saints of the World Journal

Month	Saint
September	1 <u>St. Vincent de Paul</u>
October	2
November	3
December	4
January	5
February	6
March	7
April	8
May	9
June	10
<u>Division Parishes</u>	

September

Build! Pilgrims of Hope



“...if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday.”

Isaiah 58:10

St. Vincent de Paul 1581-1660 (Feast Day: September 27)

St. Vincent de Paul was born in France in 1581, and lived in the countryside with his family until the age of 15, when he entered the seminary to train as a priest. He didn't start out intending to become a great saint; in fact, it took him quite a while to figure out how to really live out his vocation. Over time, his heart was changed and became more compassionate towards the poor. Once he began working simply to respond to the basic needs of those around him from a Christian stance, his work blossomed. He worked with the *Daughters of Charity*, a group of lay women who worked extensively with the poor and sick. They collected donations for distribution that created homes for abandoned children, a hospice for the elderly, and freed galley slaves.

He can be a great model for us in our daily lives then, if we are struggling to determine our vocation or to find ways to contribute to the common good. In all of his endeavours, St. Vincent de Paul started by recognizing and promoting the dignity of those around him. This legacy lives on today, in the *Society of St. Vincent de Paul*, founded in 1833 by his followers. This Catholic society is open to all who want to love and serve their neighbour. In Canada the [Society of St. Vincent de Paul](#) serves more than 350,000 people each year.



“Building” In Our Schools

This year, the call in our Holy Spirit Catholic School Division Faith Plan is to *Build!* Last year, there were so many ways in which students and staff in our schools showed how to *Arise* in our faith, and we are looking forward to sharing the different ideas that schools have around “building” over the course of this year.

One project that we are all contributing to this year is raising funds to assist in the building of St. Odilia's School in Zambia. You can find out more about this school [here](#); please consider how you might be able to help us with this project!

Corporal Works of Mercy — Shelter the Homeless —

Speaking in Washington, D.C. in 2015, Pope Francis said:

I can imagine Joseph, with his wife about to have a child, with no shelter, no home, no place to stay. The Son of God came into this world as a homeless person. The Son of God knew what it was to start life without a roof over his head. We can imagine what Joseph must have been thinking. How is it that the Son of God has no home? Why are we homeless, why don't we have housing? These are questions which many of you may ask, and do ask, every day. Like Saint Joseph, you may ask: Why are we homeless, without a place to live? And those of us who do have a home, a roof over our heads, would also do well to ask: Why do these, our brothers and sisters, have no place to live? Why are these brothers and sisters of ours homeless?

People experience homelessness for many different reasons. Our faith encourages us to reach out and encounter those without the stability of a home, affirming their human dignity, and assisting them in seeking solutions to the challenges they face.

What might some practical suggestions be?

- help elderly neighbours care for their homes and do repairs
- support and/or volunteer at a homeless shelter
- support and/or volunteer for charitable agencies who care for the homeless, build homes, and provide support in the wake of natural disasters
- consider becoming a foster parent

Dignity of the Human Person

Through the course of this year, we will look each month at one of the Catholic Social Teachings. The aim of Catholic Social Teaching is to shine the light of the Gospel on our contemporary world, allowing us as disciples of Christ to look at the world around us with new eyes, and to take action.

All of the Catholic Social Teachings are rooted in the inherent dignity of the human person, created in the image and likeness of God. Our belief in the sanctity of human life and inherent dignity are the foundation of our moral vision for society. As the Catechism of the Catholic Church notes:

“Being in the image of God the human individual possesses the dignity of a person, who is not just something, but someone.”

Consider the following questions in your reflection:

- How strong is your belief in your own human dignity?
- When you interact with family members and friends, can you honour and reverence the dignity of each person?
- Are there some people whose dignity you find challenging to uphold? How could you pray about overcoming these obstacles?

Learn more through one or more of these videos:

Catholic Social Teaching 101 - [Life and Dignity of the Human Person](#)

Duquesne University - [Human Dignity in the Catholic Tradition](#)

Caritas Australia - [Dignity of the Human Person](#)

FORMED - Symbolon Episode 9: [Building a Civilization of Love](#)

FORMED - Symbolon Episode 10:

[Protecting the Dignity of the Human Person](#)

“If we are faithful to God, we will lack nothing.”

- St. Vincent de Paul



Gospel Readings

September 3, 2023

22nd Sunday in Ordinary Time

Gospel Reading: Matthew 16:21-27

“...You are thinking not as God does, but as human beings do.” — Matthew 16:23

If you had to leave your house in a hurry, what five things would you take? What if you only had time to take just one of them? What would be the most important thing to save? In our Gospel today, St. Peter tries to stop Jesus from going into danger. He has decided that Jesus' life is the most important thing to save. But Jesus knows that saving his own life isn't the most important thing. He knows that eventually some people will kill him for speaking the truth, speaking out against injustice, and loving everyone, even those whom others don't think are worthy of love. But Jesus is willing to die rather than change the way he lives, and he knows that God can make new life come out of death.

Have you ever experienced a difficult situation only to find out later that God had a plan to use that for your good?

*For where your
treasure is,
there your heart will
be also.*

- Matthew 6:21

Prayer:

Lord, when I am struggling, help me to trust that you know what's best and you will use all things for my good, even those that are painful right now.

September 10, 2023

23rd Sunday in Ordinary Time

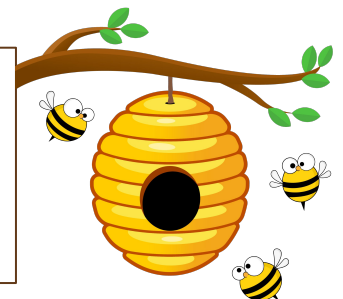
Gospel Reading: Matthew 18:15-20

“For where two or three are gathered together in my name, there am I in the midst of them.” — Matthew 18:20

When we discover someone is doing something wrong, how do we respond? Do we go to him and try to help him improve? Do we talk about him behind his back? Do we just ignore what he's doing and let him get into deeper trouble?

In our Gospel today, Jesus shows us that we have a responsibility to help each other improve. That's hard to do because our good intentions might be seen as butting in when it's not our business. But Jesus reminds us that he will be with us and wants us to care enough to make a difference in other people's lives. If we ask for his help, he will give us the right words to use. We must always speak the truth in love.

Discuss together what loving words you can use to help someone get back on the path to God. Consider times when you were corrected by someone and how you felt.



Pleasant words are like a
honeycomb, sweetness to the
soul and health to the body.
Proverbs 16:24

Prayer:

Please, dear Jesus, increase in me your gifts of courage and humility so that I may give and take constructive criticism with an open and loving heart.

Download this month's [Saint Prayer Card](#) - St. Vincent de Paul



[Home Page](#)

Gospel Readings

September 17, 2023

24th Sunday in Ordinary Time

Gospel Reading: Matthew 18:21-35

"Lord, if my brother sins against me, how often must I forgive him?" — Matthew 18:21

When someone hurts us, it's very common to want revenge. We often feel it's unfair if that person does not experience the same hurt inflicted on us.

In our Gospel today, Jesus tells us that his way is different. Instead of looking for ways to get back at someone, we should remember that Jesus forgave us even when we didn't deserve it. Just before Jesus died on the cross, he said to his Father "Forgive them, for they know not what they are doing." What an example He gave us! Even in the midst of suffering like a criminal, even though he was completely innocent, he forgave not only those who inflicted the pain that day but all people throughout the ages—even us. So, are we to forgive only once in a while? Jesus said there is no limit to the amount of times we should forgive others. For surely he didn't limit his forgiveness of us!

Pray today for people in prison and those who have been hurt by their crimes.



Prayer:

Lord, it's hard to forgive when I experience injustice. Only with your help can I imitate your great love. Come to me when I need to forgive someone, dear Jesus.

Matthew 18:21-22

September 24, 2023

25th Sunday in Ordinary Time

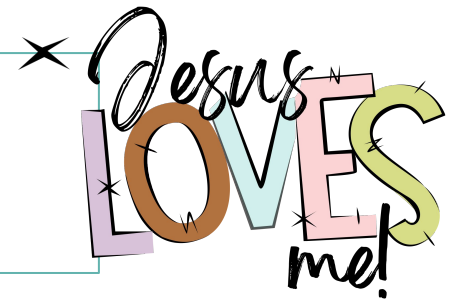
Gospel Reading: Matthew 20:1-16

"Thus, the last will be first, and the first will be last." — Matthew 20:16

In the Gospel today, we hear a parable about a landowner who pays all his workers the same amount of money, even though they did not all work the same amount of time. We may wonder why Jesus seems to be okay with that— isn't it unfair?

I remember when my son made the basketball team in junior high. Every day after school he and his teammates practiced for two hours. One day, a new student came to his school. The coach wanted him to feel welcome so he made him the starter for the next game. Without doing all the work the rest of the team had done, he received the same reward. Do you think that was fair? The team DID NOT! The following year my son started high school and his art and music teachers gave him opportunities to shine. He had natural talent in these areas, but so did other students. Was it fair? Perhaps the Gospel message is that instead of measuring our blessings against what others get, we should appreciate the many ways we are blessed.

Have you ever been jealous of someone else's success? Remember, God loves us all... in different ways!



Prayer:

Lord, please help me to appreciate your gifts, even if things seem unfair at times. Give me the patience to wait and see what generous ways you love me.

Sources:

[St. Vincent de Paul](#)

[Human Dignity: The Cornerstone of Catholic Social Teaching](#)

Image: [Beehive Hanging On A Tree Branch](#)

Division Parishes

“...not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.”

Hebrews 10:25

 <p>Assumption Church Lethbridge</p> <p>Father Kevin Tumback Father Santiago Torres</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am (Live-streamed) 6:00 pm</p> <p>2405-12th Avenue S. Lethbridge, AB T1K 0P4 Tel: 403-327-8931</p>	 <p>St. Basil's Church Lethbridge</p> <p>Father Kevin Tumback Father Santiago Torres</p> <p>Mass (Saturday): 7:00 pm Mass (Sunday): 7:30 am 11:00 am</p> <p>604 13 Street N. Lethbridge, AB T1H 2S7 Tel: 403-327-8931</p>	 <p>St. Martha's Parish Lethbridge</p> <p>Father William Monis</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am 11:00 am</p> <p>355 Columbia Blvd. W. Lethbridge, AB T1K 5Y8 Tel: 403-381-8891</p>
 <p>Ss. Peter & Paul Parish Lethbridge</p> <p>Father Gary Sedgwick</p> <p>Mass (Saturday): 8:30 am Mass (Sunday): 10:00 am</p> <p>643 12B Street N. Lethbridge, AB T1H 2L6 Tel: 403-328-4753</p>	 <p>St. Ambrose Parish Coaldale</p> <p>Father Ian Gagne</p> <p>Mass (Sunday): 9:00 am 4:00 pm</p> <p>1523-23rd Avenue Coaldale, AB T1M 1E2 Tel: 403-345-3400</p>	 <p>St. Catherine Parish Picture Butte</p> <p>Father Ian Gagne</p> <p>Mass (Sunday): 11:00 am</p> <p>762 Crescent Avenue Picture Butte, AB T0K 1V0 Tel: 403-732-4433</p>
 <p>St. Augustine Parish Taber</p> <p>Father Philip Van Tinh Le</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am</p> <p>5009-48th Avenue Taber, AB T1G 1T4 Tel: 403-223-2226</p>	 <p>St. Michael's Parish Bow Island</p> <p>Father Wojciech Jarzecki</p> <p>Mass: 9:00 am</p> <p>1101-1st Street E. Blow Island, AB T0K 0G0 Tel: 403-545-2023</p>	 <p>St. Michael's Parish Pincher Creek</p> <p>Father Myles Gaffney</p> <p>Mass: 10:00 am</p> <p>958 Christie Avenue; Box 339 Pincher Creek, AB T0K 1W0 Tel: 403-627-3071</p>



NOTICE TO PARENT OR GUARDIAN OF RELIGIOUS PERMEATION

Section 58.1 of the *Education Act* requires a school board to give notice to a parent or guardian when courses of study, education programs, institutional materials, instruction or exercises include subject matter that deals primarily and explicitly with religion. All of the schools in this division are Catholic Separate Schools, the essential purpose of which is to fully permeate Catholic theology, philosophy, practices and beliefs, the principles of the Gospel and teachings of the Catholic Church, in all aspects of school life, including in the curriculum of every subject taught, both in and outside of formal religion classes, celebrations and exercises. Every course of study and educational program, all institutional materials, instruction and exercises will at all times include subject matter that deals primarily and explicitly with religion.



FAIR NOTICE LETTER

Dear Parents / Guardians,

The Holy Spirit Catholic School Division is committed to providing safe learning environments for all students, staff, school visitors and community members. When a student behaves inappropriately, principals use progressive discipline to help a student take responsibility for their actions, change their behavior and learn from their mistakes.

When students' behaviors pose a potential threat to safety or serious harm, the Southwest Alberta Regional Violence Risk Threat Assessment Protocol (VTRA) helps principals take further steps to protect the well-being of students and staff. The protocol helps schools respond quickly to threatening incidents such as: possession of a weapon or a replica weapon, bomb threats or plans, verbal, written or electronic (internet, text) threats to kill or injure oneself or others or other threats of violence, fire setting.

The Southwest Alberta Regional VTRA Protocol outlines how a school responds immediately to threatening behavior. Principals may first bring together a School Threat Assessment Team, which ideally includes the principal / associate principal, a school based counsellor / jurisdictional lead and police of jurisdiction. If the situation is serious the principal may also consult the Superintendent of Schools and call in members of the Community Threat Assessment Team. This community team may include representatives of community agencies who work with us to keep our schools safer such as, but not limited to, local police, children's mental health organizations or Child and Family Services. Parents / guardians will be notified as soon as possible in the Stage I - VTRA Process. If parents / guardians cannot be reached, but a concern for safety still exists due to threatening behavior, the threat assessment may still proceed. Personal information shared throughout this process will respect and balance each individual's right to privacy with the need to ensure the safety of all.

This letter complies with procedure 2 of *Administrative Procedure 322: Violence Threat / Risk Assessment (V-TRA) Protocol*, which states that parents / guardians will be provided with "fair notice" that each threat will be taken seriously. Should you wish to further review this Administrative Procedure, please visit our website at www.holyspirit.ab.ca.

If you have any questions regarding the Holy Spirit Catholic School Division's use of the Southwest Alberta Regional V-TRA Protocol, please contact the Director of Support Services at the St. Basil Catholic Education Centre. We appreciate your support in ensuring our schools are safe environments for our students, staff and community partners.

Sincerely,
Ken Sampson, Superintendent of Schools



Kids Have Stress Too

Grades 1-3

Why focus on stress?

Kids Have Stress Too is a Canadian program that has 25+ years of supporting and promoting the mental well-being of children and youth.



Too much stress can cause problems for children including increased anxiety, behaviors, and illness. The program helps you increase your ability to understand how stress affects kids, model and teach effective coping strategies and find peace of mind. Strategies are focused for children in grades 1-3.



Thursday September 28, 2023

6:00pm-8:00pm @Family Centre Downtown.

Child are provided for in person session. Virtual option available.

FREE

Register online at: <https://www.famcentre.ca/program/>

Funded in part by:



Family Centre
Suite 225, 200-4 Ave. S.
Lethbridge, AB T1J 4C9
403-3320-4232
Website: www.famcentre.ca

Facebook: @lethbridgefamilycentre
Instagram: @familycentreyql
LinkedIn: @Family Centre Society of Southern Alberta
Helpseeker: Family Centre





WORRY DRAGONS

Grades 2,3,4

Family Center will run Worry Dragons, a program designed to engage youth to use their creative side to express fears, worries and anxieties and to learn new skills to respond to these feelings.

If you have a child in grades 2, 3 or 4 and would like more information or to register your child please contact:

Tanya Koopmans – Family First Facilitator

koopmanst@holyspirit.ab.ca

403-634-2712

Program will run Thursdays, October 5 – November 9th from 1-2pm

Parent Information Night: September 28th from 6-7 at ESM

Group size: 12 students





Welcome Back!

HELLO AND WELCOME TO THE NEW SCHOOL YEAR!

The Holy Spirit School Division has created a new mental health and wellness initiative for the school communities. This team is comprised of Billy Woitte and Emily Williston, and is called the (I)SWAG - (Indigenous) Student Wellness Access Guides - our focus is on helping our students and their families find the right supports for them in the community, providing further education and knowledge gaining for parents on mental health concerns the child may be experiencing and how they can help them work through these issues, as well as initiating an Artist in Residency program that will place emphasis on the benefits of art on healing within the schools.

Please stay tuned for further information on the parent presentation topics and benefits of attending these presentations (...prizes and food!...), dates and times will be released in the October newsletter!

We look forward to meeting you all and working together to create a year full of learning, connecting, and community!

Best wishes,
Your local (I)SWAG, Billy Woitte and Emily Williston
#StrongerTogether



Welcome to All Saints Parish Registration for First Reconciliation Grade 2 and up

Registration forms will be distributed from the schools .
Registration weekends will be held on the following dates:
September 9th and 10th from 10:00 am till 2:00 pm AND
September 16th and 17th from 10:00 am till 2:00 pm
At Assumption Church Hall.

Registration forms available on line at: www.allsaintslethbridge.org

"For if you forgive other people when they sin against you, your heavenly Father will also forgive you."
Matthew 6:14

Has your child missed a sacrament?

How can we help your family on your faith journey.

If you are looking for answers please call

All Saints Parish Office at 403-327-8931 and ask for Cyndi



Welcome to All Saints Parish Registration for First Eucharist Grade 2 and up

Registration forms will be distributed from the schools .
Registration weekends will be held on the following dates:
September 9th and 10th from 10:00 am till 2:00 pm AND
September 16th and 17th from 10:00 am till 2:00 pm
At Assumption Church Hall.

Registration forms available on line at: www.allsaintslethbridge.org

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty"

John 6:35

Welcome To All Saints Parish Registration for Confirmation Grade 6 and up

Registration forms will be distributed from the schools .
Registration weekends will be held on the following dates:
September 9th and 10th from 10:00 am till 2:00 pm AND
September 16th and 17th from 10:00 am till 2:00 pm
At Assumption Church Hall.

Registration forms available on line at: www.allsaintslethbridge.org

"Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love."



Welcome to All Saints Parish Registration for Baptism

Does your child need Baptism? We can help you. Baptism preparation classes are held once a month at Assumption Parish Hall. Please call the office for more details.

Registration forms available on line at: www.allsaintslethbridge.org

"Whoever believes and is baptised will be saved....."

Mark 16:16





Welcome To All Saints Parish
Registration for
Confirmation
Grade 6 and up



Registration packages will be distributed from the schools and completed forms can be dropped off at the schools. Fees will be collected at the first workshop or may be dropped off at All Saints Parish Office.

Registration forms available on line at:
www.allsaintslethbridge.org

"Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love."





Lethbridge & District 4-H Clubs are looking for new members to join their clubs this fall!!



4-H IS A YOUTH DEVELOPMENT PROGRAM WITH A LONG,
RICH HISTORY IN ALBERTA AND AROUND THE WORLD.

LOOKING FOR MEMBERS 9 – 20 YEARS OF AGE
SOME CLUBS OFFER THE CLEAVER KIDS PROGRAM - 6 - 8 YEARS OF AGE
NO EXPERIENCE REQUIRED

4-H is a dynamic program whose projects encompass everything from active living, arts, science and technology, crafts, cooking, agriculture and so much more!

The 4-H program gives **URBAN** and **RURAL** youth and adults life-long skills such as co-operation, leadership, interpersonal relations, critical thinking, decision making, organization, public speaking and community service.

Check out the 4-H website for more information – www.4hab.com

Contact one of the clubs in the Lethbridge District

Green Acres Dairy 4-H Club – greenacresdairy4h@gmail.com – Toby Kleinsasser
Project: dairy

Lethbridge Coaldale 4-H Beef – 1daniels@telus.net or call/text 403-308-7191 – Kim Daniels
Project: beef

Lethbridge Northern 4-H Beef - treenavh@gmx.com – Treena Van Hierden
Project: beef

Readymade 4-H Multi Club - readymade4hclub@gmail.com – David Hodge
Projects: beef, sheep, arts, crafts, cats, shooting sports

TNT 4-H Multi Club – melanie.daniels84@gmail.com or 403-635-0564 – Melanie Daniels
Projects: pheasants, crafts, foods, wood turning, shooting sports, fishing & more

Turin 4-H Club – turinalberta4H@gmail.com or 403-360-4808 – Chelsea Nieboer
Projects: sheep, beef, sewing

Wild n Woolly 4-H – www.sheep@gmail.com or 403-634-7297 – Marina Grant
Project: sheep



Learn To Do By Doing





SWIM SESSIONS

STARTS

Sept 11, 2023

AT

Fritz Sick Pool

420 11 St S

Our club offers children an opportunity to swim at a variety of levels: from competitive, to swimming as a cross training opportunity or to swimming as a life skill.

SPARTANSAQUATIC.COM

AGES 6+

DATES

Our fall session starts Sept 11 and runs for 13 weeks.

FLEXIBLE

Our club offers a variety of times and days of the week as well as make-up classes.

SKILL LEVEL

Our beginner group is for kids who can swim a length of the pool independently.

COST


The fall session fees start at \$260 for the session.

ADULTS

Our club offers a Masters program for adults.



Join **LETHBRIDGE SPEEDSKATING**

lethbridgespeedskating.ca
leth_bridge_blades 



Youth ages 5 - 18
Recreational to Competitive Levels
Season runs September to March
Affordable Equipment Rental Available

FREE "Try B4U" Join held throughout the year
NEW "Learn to Skate" Program Tuesday Evenings

Contact Issa.sk8r@gmail.com



Interested in hockey but don't want the significant time or financial commitment that often comes with this great sport?

We offer an organized non-checking recreational hockey league for all genders aged 5-17. All skill levels are welcome.

One hour, once a week. Season runs from October to March.

Registration closes on September 17, 2023 - spots fill quickly so don't delay!

www.lethbridgerechokey.com

