

UPCOMING DATES:

Oct 2nd – Picture Day

Oct 6th – Terry Fox Run

Oct 9th – NO SCHOOL Thanksgiving

Oct 23rd – NO SCHOOL – DIV PD day

Oct 30th – Picture Retakes

Oct 31st – Halloween dress up or Orange and black.



Principal's Message October. Bouchard

It is hard to believe it is October. The beginning of autumn has been beautiful. The year is truly off to a great start! I am constantly amazed at the greatness of our ESM school community. We are blessed by our students and our families.

Looking back, September was a month full of new beginnings and opportunities. Students are settling into the routines of the new year. We celebrated mass at Assumption with Father Kevin. It was lovely. Father Santiago joined us to lead us through the Family Blessing. We had our BBQ and 'Meet the Teacher.' It was a great evening. Thank you to all those who joined us. Thank you to our ESM staff for serving hamburgers, Tang and smiles! Thank you to Frito Lay for donating 400 bags of chips to our event.

Friday, Sept. 29th, we also recognized Orange Shirt Day. We had meaningful prayers and discussion. Mrs. Shade met with each class and each child placed an orange ribbon on the fence as a way to commemorate and remember. They shared a prayer in Blackfoot. Thank you to Mrs. Shade.

The School Council had their first meeting. The ESM School Council is an incredible group of parents. I would like to introduce our Council Executive for the 2023/2024 school year: Heather Wirzba as Chair, Brody Prete as Vice Chair, Wendy Hurley as Treasurer, and Gerianne Timmerman as Secretary. Thank you for your leadership and commitment to our school community. Thank you to all School Council members for your time, and care. We always have room for more so please join us if you are able.

As the school year continues, do not forget to check your child's Spaces. If you haven't already, please accept the invitation sent to you by your child's teacher. Spaces gives you the opportunity to journey along with your child's education. Rather than simply seeing the end product, the end grade, you can see your child's progress, their strengths and areas for growth. We are partners in your child's education, so do not forget to reach out to your child's teacher if you need any help or understanding. We are here to help.

As we ease into fall, there is so much beauty in the world around us. Looking at the changing colours, the beauty of nature and all of God's gifts. It is truly a time to be Thankful. It is funny that it aligns perfectly with Thanksgiving, the time where we give thanks and gratitude to the many abundant blessings and gifts in our lives. As we look at the month ahead, we have our Thanksgiving Celebration on Thursday, Oct. 5th at 9:00 am. We will be doing the ESM Terry Fox run on Friday, Oct. 6th. We are in need of volunteers, so if you have time to share, please join us. Please let the office know if you are available esm@holyspirit.ab.ca.

We hope you and your family have a blessed Thanksgiving. We are thankful for you, for sharing in your child's education and for the abundant gifts that God has given us.

Yours in Christ,
Mme Kiera Bouchard

October message from Mr. Harper:

September was a great month! The weather has been great, and watching the changing colors of nature throughout this season is always wonderful. It has been a busy month at ESM for everyone! Father Kevin spoke about how God has given us all various talents and gifts to discover and refine, and the students and staff took this message to heart. Thank you to all who joined us at our opening Mass to celebrate the beginning of the school year. It was amazing to see the Church so full!

Our faith theme this year has transformed from Arise! Pilgrims of Hope to Build! Pilgrims of Hope. Our focus changes this year from looking inward to looking outward, participating in our community to act to serve the good of others through generosity and dedication. We will work towards building our faith community in collaboration with all members of our school community. We will focus on learning about the Theological Virtue of Faith, the Catholic Social teachings, and the Corporal Works of Mercy.

The month of October will be busy with many different activities. Our Gospel Time has started each Wednesday, where we will share the Sunday Gospel and learn more about our Faith and the Faith theme this year. 3 PSI will host our Thanksgiving celebration on Thursday, October 5th, at 9:00 AM. Please join us at ESM for our celebration if you are able! We also have our Terry Fox Run, running club, Artist in Residence art program, and volleyball clubs all started. So many different opportunities to build our school community!

This is an excellent month to remember that there may be many people, both within our community and in our global community, who do not have enough food to eat. As we enjoy Thanksgiving this month, it is a good time to reflect on how we can help those in need. Saint Marguerite d'Youville represents the Corporal Work of Mercy, "Feed the Hungry," and serves as our example of this Work of Mercy and the Catholic Social Teaching of Common Good. What can we do this month to help those around us?

October will be a fantastic month, and we wish all our school community members a happy and blessed Thanksgiving.

"What should be done then, my friends? When you come together, each one has a hymn, a lesson, a revelation, a tongue, or an interpretation. Let all things be done for building up."

1 Corinthians 14:26



New Staff Members:

Frida Erickson



Hello! I'm very excited to be working here at Ecole St. Mary. Before moving to this position, I was an EA at St. Paul School in the Early Learning Program. My journey in the education field began in Mexico, where I worked as an ESL teacher in a preschool as well as a kindergarten. I also had the opportunity to work as a teacher's assistant in an IB school in Peru, in the Early Years Program. The IB training motivated me to receive formal training in Early Childhood Education which I enrolled in once I relocated to Canada; I am currently completing the diploma at Lethbridge College. As for my family, I've been married for 18 years and have two daughters, Mikaela and Danika. Mikaela is in grade 12 and Danika is in grade 2. In my spare time I enjoy watching movies, cooking, following painting tutorials, and spending time with my family and friends. I'd like to thank everyone for

being so welcoming and kind. I am looking forward to a great year!

Lost and Found – FULL ALREADY!

We've only been at school for 1 month and our lost and found is already full! Ask y our children to check the lost and found. Parents can check in at the office and go look themselves if they with. Thank you!



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

Students have all received their bus passes. Please put their names on it. If lost – they will be replaced with paper copies. Drivers will be checking for pass. 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

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.

**We ask that as parents you have the conversations with your child about those who might not have enough food. Also that if they eat their whole lunch they are welcome to an extra afternoon snack.*

SICK KIDS

If your child(ren) is sick – KEEP THEM HOME. Call the office to excuse their absence.

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

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.


OCTOBER 2023 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Boys Vball 3-4:15 PICTURE DAY 	3 Run Club 3-4 Girls Vball 3-4:15	4 Boys Vball 3-4:15	5 Run Club 3-4 Girls Vball 3-4:15	6 Terry Fox Run Artist in Residence	7
8 	9 Thanksgiving NO SCHOOL	10 Run Club 3-4 Girls Vball 3-4:15	11 Boys Vball 3-4:15	12 Run Club - LAST day Girls Vball 3-4:15	13 Fall Color Day Artist in Residence	14
15	16 Boys Vball 3-4:15	17 Girls Vball 3-4:15	18 Boys Vball 3-4:15	19 Girls Vball 3-4:15	20 Artist in Residence	21
22	23 DIV PD DAY NO SCHOOL	24 Girls Vball 3-4:15	25 Boys Vball 3-4:15 Div Board Meeting	26 Girls Vball 3-4:15	27 Artist in Residence	28
29	30 Boys Vball 3-4:15 Picture Retakes	31 Girls Vball 3-4:15 Halloween 				

NOVEMBER 2023 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 PJ Day Boys Vball 3-4:15	2 Girls Vball 3-4:15	3 Artist in Residence	4
5 Daylight Savings	6 Boys Vball 3-4:15	7 Girls Vball 3-4:15	8 Boys Vball 3-4:15	9 Girls Vball 3-4:15	10 NO SCHOOL in lieu of Remembrance Day	11 Remembrance Day 
12	13 NO SCHOOL Wellness Day	14 Girls Vball 3-4:15	15 Boys Vball 3-4:15	16 Girls Vball 3-4:15	17 Volleyball Jamboree?? Artist in Residence	18
19	20	21	22	23 	24 Artist in Residence	25
26	27	28	29 DIV board meeting	30		

October

Build! Pilgrims of Hope



*"To each is given the manifestation of the Spirit
for the common good."*

1 Corinthians 12:7

Saint Marguerite d'Youville 1701-1771 (Feast Day: October 16)

St. Marguerite d'Youville is the first native-born Canadian to become a canonized saint in the Catholic Church. She was born just outside of Montreal in 1701 into a growing family, but at the age of seven, her father died, which left the family impoverished. She left school to help work and take care of the family, and later married Francois d'Youville. Her marriage and family life were challenging; Francois was a dishonest businessman and did not care deeply for Marguerite, and four of their six children passed away at young ages. Upon Francois' death in 1730, a priest told Marguerite:

*"Console yourself, Madame, God has destined you for great works,
and you will rebuild a crumbling house."*

Despite all of the sadness and challenges of her early life, Marguerite was convinced of God's presence in her life, and sought to make real to others his compassionate love. In 1737, Marguerite and some other women established a home for the poor in Montreal. Over time, the group became a religious order and took over the General Hospital in Montreal. The Grey Nuns, as they were commonly known, cared for the elderly, the ill, and the poor of the surrounding communities, and eventually spread to nearly every continent to feed the hungry and serve the common good.

"Building" In Our Schools

This year, the call in our Holy Spirit Catholic School Division Faith Plan is to *Build!* St. Patrick Fine Arts is celebrating all the ways community members can *build* others up through their words and actions. Students are encouraged to fill out a "Project BUILD Slip" when they've experienced or seen a kind word or action and place it in the "Project BUILD Box". During morning announcements, the slips are read as an encouragement to all, that we are created with a purpose and a calling to build God's Kingdom through service to others.



Corporal Works of Mercy

— Feed the Hungry —

So many people in our communities and world do not have enough food to eat. As we enjoy Thanksgiving this month, it is a good time to pause and reflect on how we may be blinded to our own waste or excess. On top of hunger, we also know about the expansion and impact of food insecurity. According to a Caritas study, only 19% of countries worldwide have full food security, and inside those we know that experiences vary drastically. As Pope Francis said,

"Consumerism has led us to become used to an excess and daily waste of food, to which, at times, we are no longer able to give a just value, which goes well beyond mere economic parameters. We should all remember, however, that throwing food away is like stealing from the tables of the poor, the hungry!"

What might some practical suggestions be?

- See to the proper nutrition of your loved ones
- Support and volunteer for food pantries, soup kitchens, and agencies that feed the hungry
- Make a few sandwiches to hand out as you walk through areas where you might encounter people in need
- Educate yourself about world hunger
- Avoid wasting food
- Share your meals with others

Pope's Prayer Intentions - For the Synod - Let us pray for the Church, that she may adopt listening and dialogue as a style of life at every level, allowing herself to be guided by the Holy Spirit towards the world's peripheries.

Catholic Social Teaching

— Common Good —

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 embedded in our relationship with God and others. Because we each have inherent dignity, being created in the image and likeness of God, we are called to live, learn, and work together in community. We are built for relationship, in the same way that our triune God is a relationship. The Catechism of the Catholic Church notes that: "The good of each individual is necessarily related to the common good...The common good concerns the life of all."

There are three main elements required for the common good:

(1) Respect for the person; (2) Social well-being and development; and (3) peace. Lastly, "The dignity of the human person requires the pursuit of the common good. Everyone should be concerned to create and support institutions that improve the conditions of human life." (CCC 1905-1926)

As we build our societies, we are called to organize in ways that promote human dignity, and consider what is good for all human persons.

Resources:

[The Common Good](#) (The Religion Teacher)

[The Common Good](#) (Caritas Australia)

[What exactly is the Common Good](#)
(Duquesne University)

[The Common Good](#) (CAFOD)

*"The Lord calls us to share in his work of creation and to contribute
to the common good by using the gifts we have received." (Christus Vivit 253)*



Gospel Readings

October 1, 2023



26th Sunday in Ordinary Time

Gospel Reading: Matthew 21:28-32

"Do nothing out of selfishness or out of vainglory; rather humbly regard others as more important than yourselves, each looking out not for his own interests, but also for those of others." — Philippians 2:3-4

In my family it is not always easy to think of others before myself. There are many days that I just want to do my own thing, and maybe even be left alone. But today's scripture tells me not to be selfish—thinking only of myself—but to consider others as more important than what I want. Jesus taught us the same thing when he gave us the two great commandments. He told us to love God with all our heart, mind, and strength. He also taught us to love our neighbors as ourselves. This sounds easier than it is sometimes, but if we ask the Lord to help us, he always will.

What are some ways I can put others in my family first?



Prayer:

Lord, please teach me how to love those around me in a self-sacrificing way. As I do, I know I will grow closer to you.



October 8, 2023

27th Sunday in Ordinary Time

Gospel Reading: Matthew 21:33-43

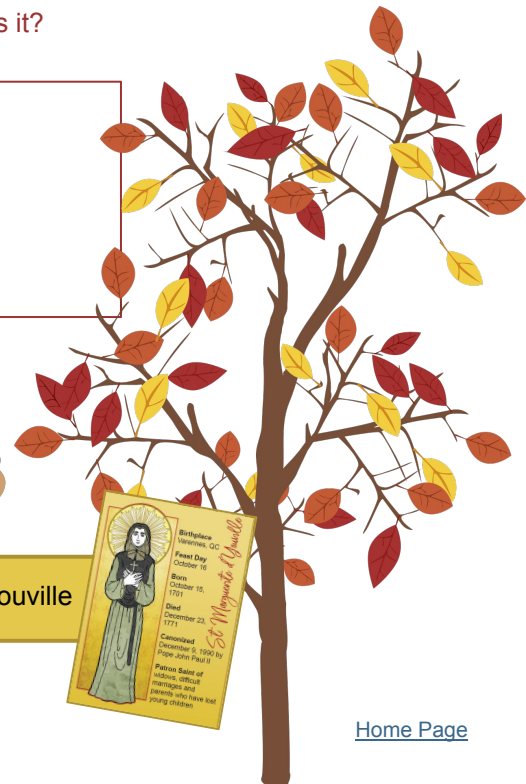
"...whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things." — Philippians 4:8

There are many ways for us to be entertained these days: video games, movies, books, social media, television, and much more. It can be difficult sometimes to decide what we should and should not be taking in. Are all of these activities making me a better person? Today's scripture helps us to have a holy focus. If we apply what it is telling us about being true, honorable, just, pure...then the things we use to entertain ourselves will help us grow closer to the Lord, not farther away from him.

Are you aware of any entertainment your family engages in that God may not like? What is it?
Can you substitute other activities that are more in line with today's scripture?

Prayer:

*Dear Lord, help me to always be thoughtful about the things I let into my heart and mind.
May they always be things that will cause me to praise you.*



Download this month's [Saint Prayer Card](#) - Saint Marguerite d'Youville

[Home Page](#)

Gospel Readings

October 15, 2023



28th Sunday in Ordinary Time

Gospel Reading: Matthew 22:1-14

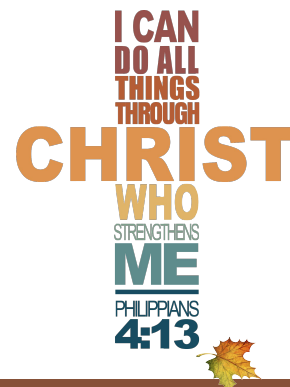
"I can do all things in him who strengthens me." — Philippians 4:13

There are times when a task makes me feel overwhelmed. I talk myself out of being able to even try it. I put it off until I convince myself that I can't do it. Today's scripture gives us hope that because we are children of God we can do ANYTHING because it is Christ who gives us what we need to do the task before us. When we feel defeated, we simply need to remind ourselves of the grace we received at baptism. Jesus is on our side, and he makes us stronger!

Name some times that you felt defeated, then asked God to help you.

Prayer:

Dear Lord, thank you for your overflowing grace that makes use strong, even when we feel down. Your love and grace are never ending.



October 22, 2023

29th Sunday in Ordinary Time

Gospel Reading: Matthew 22:15-21

"We give thanks to God always for all of you, remembering you in our prayers." — 1 Thessalonians 1:2

It is common that people turn to God in their need, asking for help and for God to fix bad things. But today's scripture encourages us to always give thanks to God in prayer, for the good things and even the bad. Most especially, remember to pray for others and their needs. It can be a blessing to others to have someone praying for them, even if they are not aware of it. They may feel a little happier the day you pray for them, without knowing why. You could consider yourself a "secret agent of prayer" working for God.

Who are some of the people you can pray for on a regular basis?

Prayer:

Dear Lord, we thank you for all the special people you have put into our lives. Please bless them in a special way today.



October 29, 2023

30th Sunday in Ordinary Time

Gospel Reading: Matthew 22:34-40

"You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind." — Matthew 22:37

I really love watching TV. I also really love eating ice cream. I especially love getting presents. But this kind of love always leaves me wanting more and never feeling satisfied. Jesus gave us hints of how we could be truly fulfilled, by turning our focus to God and giving him all the love we have inside ourselves. By giving God all the love we have inside of us, we are able to give him the credit he deserves for all the good things in our lives, which in turn can also help us appreciate them more. What an awesome God we have, so deserving of all our love.

What are some things that you "love" that can get in the way of your love for God?

Prayer:

Lord, thank you for loving me more than I could ever understand. Please help me to love you with all the love I have, to show you how glad I am to be your child.

[Home Page](#)



Sources:

[St. Marguerite d'Youville](#)
[Marie Marguerite d'Youville](#)
[Saint Marguerite d'Youville](#)

[Practical Suggestions for Practicing the Corporal and Spiritual Works of Mercy](#)





ALBERTA
EDUCATION

*Office of the Minister
MLA, Calgary - Bow*

Dear Parents,

Another school year has started and as Alberta's new Minister of Education, I want to introduce myself and give you a quick update about some of the things your government has been doing to ensure our students are set up for success.

A top priority for my parents was getting me a high-quality education, since I'm a second generation Calgarian. Having immigrated to Calgary in the 1970s their educational opportunities were limited, and they firmly believed that a strong education is the path to greater success and prosperity. I took their advice to heart and went on to earn my PhD in political science and conflict resolution. I'm passionate about education and will work hard to set our students up for success.

As the 2023/24 school year gets underway there are several important highlights I want to share with you.

I firmly believe that the upcoming school year will give students the tools and resources they need to succeed.

Here are some of the things that we are working on:

1) We are injecting new funding to start the school year off on the right foot.

For the current school year, Alberta's government has increased funding to many of our school divisions to make sure they have the financial resources they need to give our kids a world-class education. Funding has increased by seven per cent from last year increasing the total amount of taxpayer dollars going directly to our school divisions to \$7.4 billion. In addition, a new Classroom Complexity Grant will be implemented which provides \$126 million over three years in new funding to help school authorities hire more educational assistants to help our teachers manage classrooms that are increasingly more complex with more students with diverse learning needs. As well, our hardworking teachers will also receive a two per cent salary increase this September as part of a deal reached with teachers last year and finally, we are providing \$414 million in new funding, a 32 per cent increase, to help bus another 80,000 students to school.

2) We are hiring more teachers and staff in our classrooms.

As students head back to class, they may start to see new friendly faces in their school. Budget 2023 provided funding to hire up to 3,000 new educational staff over three years, including teachers, educational assistants, bus drivers and other school support staff such as speech language pathologists and psychologists. Ensuring students have the supports they need to succeed in and out of the classroom is a top priority of mine.

3) We are focused on improving student mental health.

Alberta's government is supporting almost 80 mental health pilot projects across the province, with an investment of \$50 million. These projects will encourage student well-being through new and innovative approaches to providing supports and services like counselling, social and emotional learning, student assessment and training for school staff. For more information, please click [here](#).

4) We will continue to lead the country in early literacy and numeracy assessments.

As a father of two, I want to know how my girls are progressing in their academic journey and I know many of you want the same. In September of 2022, Alberta's government implemented new mandatory literacy and numeracy screening assessments for all students in Grades 1 – 3. These assessments will help identify students who are struggling with literacy and numeracy skill development and inform teacher intervention lesson plans and techniques to improve student skills. Based on school reporting, these interventions are working. I am very proud of the work that is being done here. Please know Alberta is leading the country with this type of early assessment and screening and will continue to foster new and improved ways to improve the education system. For more information, please click [here](#).

In closing, I want to thank and acknowledge all our hardworking teachers, educational assistants, principals, and other school support staff. The work that you do is deeply acknowledged and appreciated by Alberta's government and I want to express my personal appreciation for your work. I look forward to serving as our province's Minister of Education for our great province and am confident we can continue to provide every student with a world-class education.

Best,

A handwritten signature in black ink, appearing to read "Demetrios Nicolaides". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Demetrios Nicolaides ECA PhD
Minister of Education

ADHD Parenting Sessions

This is a program designed for caregivers of children who have been newly diagnosed or suspected of ADHD that want to learn more about ADHD. This is a 5 consecutive week closed group.

Being hosted by: AHS Children's Mental Health and Addiction

Sessions will include: What is ADHD? ADHD and medication. How to talk to children about their ADHD and understanding self-regulation. Tools for effective parenting of children with ADHD. ADHD and navigating the school system. ADHD and nutrition, sleep and exercise.

Location: Children of St. Martha's School (library)

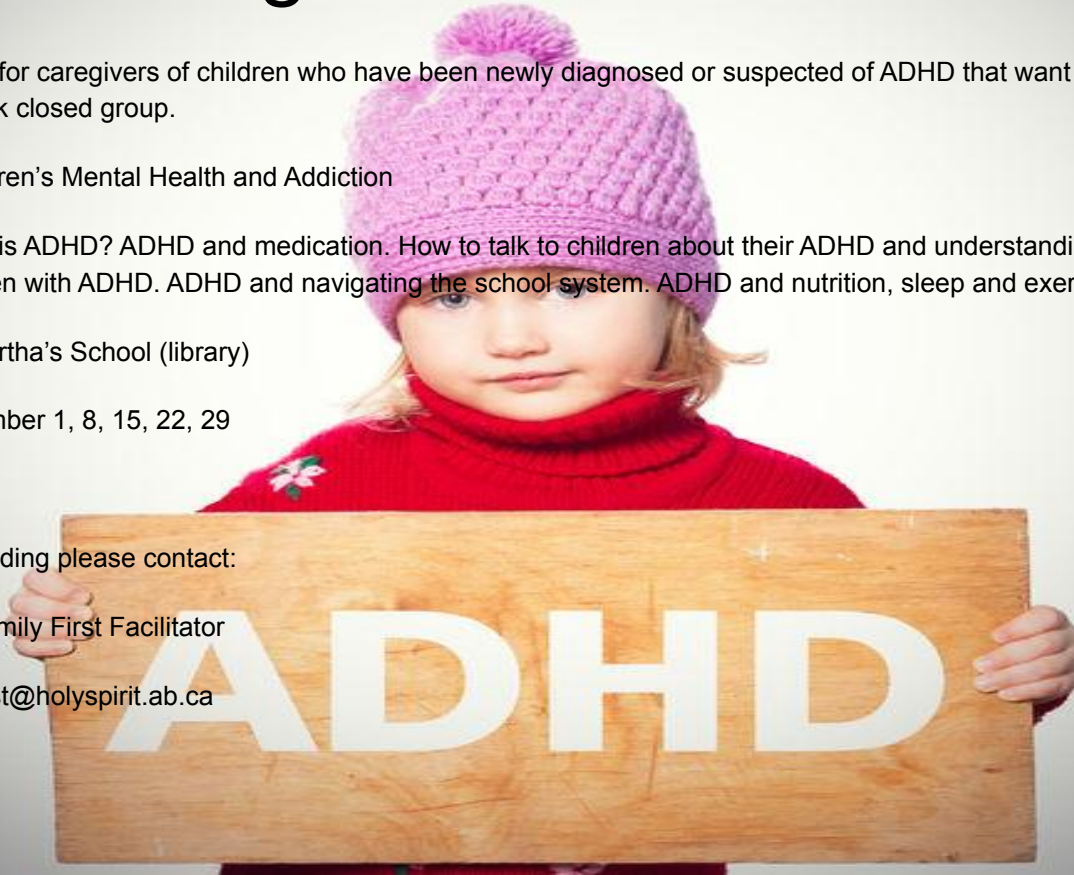
Dates: Wednesdays, November 1, 8, 15, 22, 29

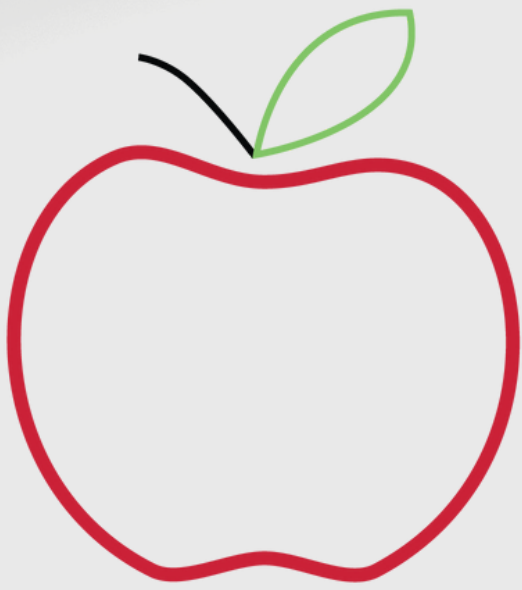
Time: 6 - 7:30pm

If you are interested in attending please contact:

Tanya Koopmans - ESM Family First Facilitator

403-634-2712 or Koopmanst@holyspirit.ab.ca





MINDFUL MUNCHIES

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Holy Spirit Catholic School Division

(I)SWAG

(Indigenous) Student Wellness Access Guide

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(I)SWAG PRESENTS

UNDERSTANDING MENTAL HEALTH AND TAKING AWAY THE STIGMA

Join us as Kim Clark from Elite Training Solutions will present while you enjoy your complimentary dinner and the chance for door prizes at a night of great learning.

OCTOBER

19

5:30 - 8:00pm

THE CEDAR ROOM

Sandman Signature
Lethbridge Lodge
320 Scenic Drive S,
Lethbridge, AB

Please RSVP at:

<https://www.surveymonkey.com/r/7R9L8CC>





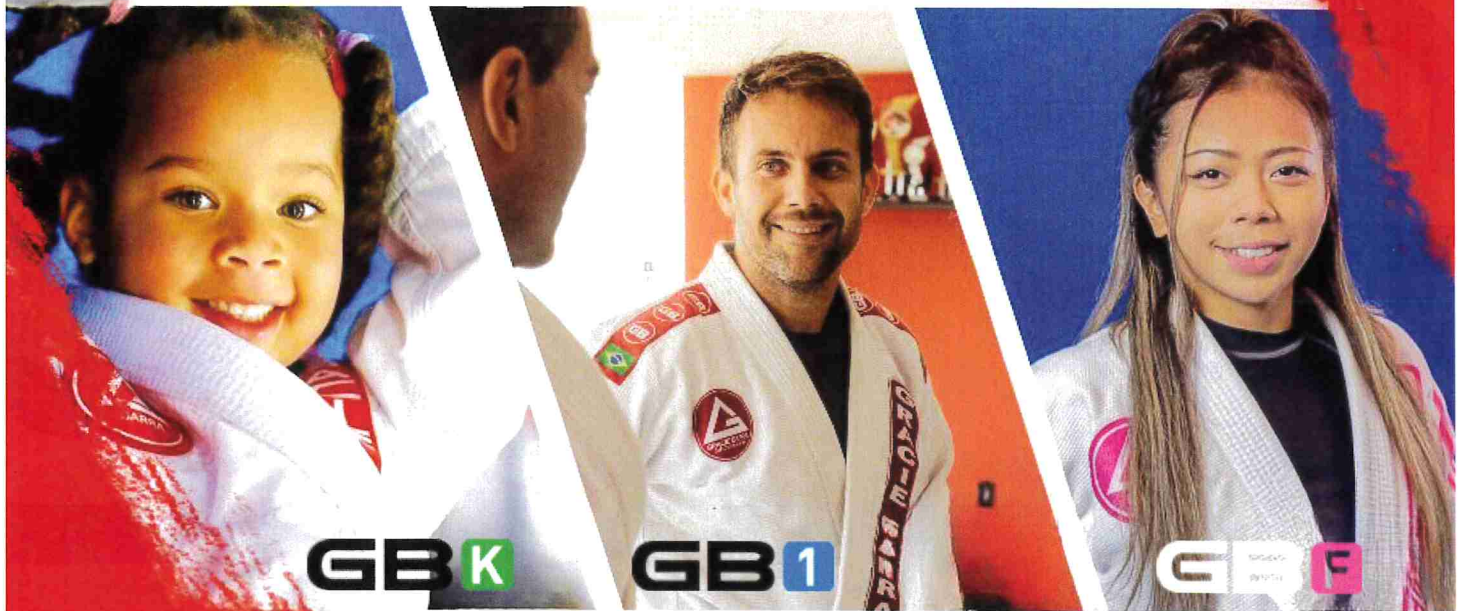
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Youth Art Program



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WORKING FOR CHILDREN'S MENTAL HEALTH
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Mental Health: What does it mean to you?

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9 bi-weekly **art creation** sessions
followed by a curated **art show** all
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**Supplies, Snacks & Art
Assistance Provided**

Contact:

Kristin Krein (they/she)

403.320.4700

kristin.krein@galtmuseum.com

Zandy Schmidt (they/them)

403.394.5187

zandy.schmidt@woodshomes.ca

Nash Epp (he/him)

403.635.0575

nash.epp@woodshomes.ca

Drop in Creation Sessions:
Thursdays from 3:30pm-5:00pm
at the Galt Museum

September 14 & 28

October 12 & 26

November 9 & 23

December 7 & 21

January 4

Exhibition Set Up:

January 18

Art Display:

January 23 - 26

Art Show and Sale:

January 27 from 5:30pm-8:30pm