

#### **UPCOMING DATES:**

Nov 1st - Pi Day

Nov 8th-9th - Goal Setting Evening

Nov 9th - Red and Black Day

Nov 10th - NO SCHOOL in lieu of Remembrance

Nov 13th - NO SCHOOL - Wellness day

Nov 15th - Rock Your Mocs day

Nov 23<sup>rd</sup> - Carnival 5pm-7:30pm

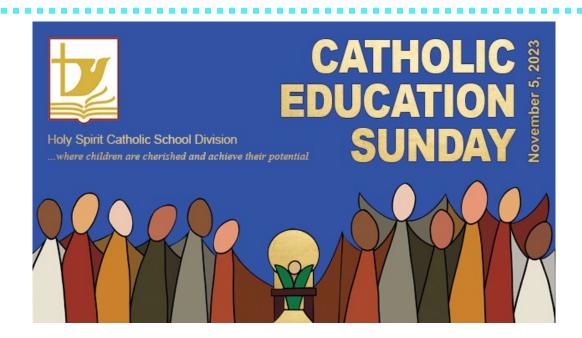
Nov 30th - Denim Day

Dec 4th - NO SCHOOL - PD Day

#### **BREAKING NEWS!!!**

Winter is here!

Students will still go outside for recess and need to be dressed properly. Supervision starts at 7:45am We at ESM can help those families who need winter gear. Please contact the office!



#### Principal's Message November 2023

Dear ESM Families and Friends.

It never ceases to amaze me at how quickly the beginning of the year flies. Autumn was certainly beautiful, as I look outside at the snow, it is a reminder that time goes by so quickly. November 5th is Catholic Education Sunday. We are blessed to have publicly funded Catholic Education and we should certainly celebrate that! November is a time of remembrance. We pray for those that served and serve today, those who have gone before us, and those in heaven. Don't forget some to take some time to remember our blessings and how they came to be.

At school, students have settled into routines. Students are working hard in class and to be kind to one another. There are beautiful learning opportunities occurring daily. The Fall Run club was wonderful and has finished up. Grade 6 volleyball is in full swing. Leadership Club has begun. There will be a Blackfoot and Culture Club beginning soon for grade 5 and 6 students. We have Young Drums Artist in Residence on Fridays, Worry Dragons. It is a busy place!

We would like to share that we won money from KiDoodle. The winnings will go toward iPads and risers for our music room. A huge thank you to KiDoodle for supporting schools financially, it is so wonderful.

Please remember to check to see if your child has appropriate winter gear. The weather in Lethbridge changes rapidly. It is important to be prepared. We want students to get out and enjoy the fresh air as much as possible and proper winter clothing makes the experience fun for the kids. Thank you for your help. If you require winter gear, please contact the office. We might be able to help out.

The ESM School Council is working hard to plan for the ESM School Carnival. Please mark your calendars for **November 23rd.** This is ESM's 'big' fundraiser and we appreciate your support. Currently, we are collecting gently used stuffed animals/teddy bears. We are also asking for silent auction items. If you have anything to donate, we would greatly appreciate it. Thank you for your donations, and thank you for your support by coming to the Carnival.

We will continue to use Spaces to report on student learning. Spaces is the digital platform that gives you a look into your child's learning. Please ensure you have 'Spaces Family Evening' on your calendars for Tues. Nov. 21 at 6pm. This will be a virtual session where Spaces Education Training Specialist, Tatiana Ng, will provide some training for parents/guardians on how to navigate the platform, customize settings and answer any questions. If you are new to Spaces, new to ESM, or would like a refresher, you can register for the session using this <u>link</u>. Those registered will receive a link to the session ahead of time, as well as a copy of the recording and any resources after the session.

Reflecting on the month of October, we focused on prayers of Thanksgiving which leaves me with a grateful heart. I am grateful for you and that you are partnering with us in your child's education. We are grateful and blessed by our incredible students. I am blessed to be surrounded by the most dedicated, caring, professional and exceptional staff. Ecole St. Mary is a beautiful place. Thank you for your part in that. May God Bless you and your family.

Kiera Bouchard

#### Message from Mr. Harper:

October was a month of growth, unity, and service here at ESM. I want to express my gratitude to all of you for your unwavering commitment to our school community. As we transition into November, we have some exciting events and important updates to share with you.

This year, Catholic Education Sunday falls on November 5th. It's an occasion for us to reflect on the significance of Catholic education and its impact on our lives. We encourage everyone who can to attend mass to celebrate the blessings of Catholic education.

We eagerly anticipate our Celebration of Peace on November 9th, hosted by our grade 1/2Kl class. It's a beautiful event that underscores the values of peace, unity, and understanding that we hold dear at ESM.

In our journey of faith, Gospel Time has been a cherished opportunity to explore the Sunday Gospel and deepen our understanding of our Faith Theme, "Build! Pilgrims of Hope." This year, our focus has shifted from looking inward to looking outward, emphasizing participation in our community and service to others through generosity and dedication. We're committed to building our faith community in collaboration with all members of our school community.

Throughout October, we delved into the significance of the Rosary and started our exploration of Catholic Social Teachings. As we move into November and approach Advent, we're excited to engage in activities that reflect our commitment to the Catholic Social Teachings and our Faith Theme for the year. Stay tuned for more details on these exciting initiatives.

We are delighted to share the news of a highly successful food drive. The sight of our students joyfully filling those giant cereal boxes with essential supplies was heartwarming. Their enthusiasm and willingness to help others in need exemplifies the true spirit of our school community.

With the first snowfall having just arrived let us remember that Advent is just around the corner, beginning on December 3rd this year. Keep an eye out for our December newsletter, where we will unveil the dates and details of our Advent celebrations. Together, we will journey toward the birth of our Savior with open hearts and unity.

In closing, I leave you with this uplifting scripture that embodies the spirit of November and our Catholic faith:

"Give thanks to the Lord, for He is good; His love endures forever." - 1 Chronicles 16:34

May this verse guide us through November, reminding us of our shared purpose and our commitment to building a stronger, more compassionate community.

Wishing you all a blessed and joyful November.

With gratitude and faith,

Mr. Harper

#### **SCHOOL CARNIVAL**

Our Carnival is on Thursday November 23rd 5:00pm-7:30pm



We are excited for of our School Carnival!!! Donations are being accepted for our silent auction and our prize table. Please bring these to the office during school hours on or before November 20<sup>th</sup>.

#### 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.

#### Spaces Family Evening Tues. Nov. 21 at 6pm.



This will be a virtual session where Spaces Education Training Specialist, Tatiana Ng, will

provide some training for parents/guardians on how to navigate the platform, customize settings and answer any questions. Families can register for the session using this <u>link</u>. Those registered will receive a link to the session ahead of time, as well as a copy of the recording and any resources after the session.

#### **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 BLUE SHARKS!!!



#### **Rock Your Mocs**

Founded in 2011, Rock Your Mocs is a worldwide Native American & Indigenous Peoples movement held annually during November which is also National Native American Heritage Month in the U.S.A. It is a day where all members of your communities can be proud to wear their moccasins. It's easy to participate by wearing moccasins to school, to work or wherever your day takes you. Even easier, the event takes place where you are, where you're going and where you live. Rock Your Mocs is a fun way to unify Aboriginal, First Nations, Alaskan Native, Indigenous Peoples

globally by participating in this movement. We will be celebration Rock Your Mocs at our school on Wednesday November 15. So please join us by wearing your moccasins to school that day.

#### 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 September our winners were: Caleb 2MI and Mia 3ME

#### 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 <u>STAFF ONLY.</u>** 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.

#### SICK KIDS

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

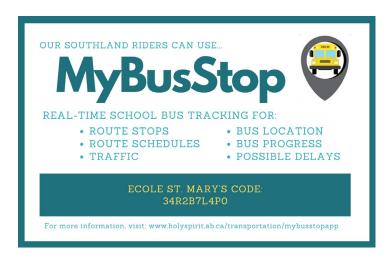
#### **ATTENDANCE**

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

#### **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/



#### **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.

#### PARENT VOLUNTEERS WELCOME!!

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.

Volunteers are asked to fill out the volunteer form found on our website:

https://esm.holyspirit.ab.ca/

This form is good for the school year.

Thank you to those parents who volunteered to run and direct traffic on our Terry Fox day. Big events like that are only made possible with parent involvement and we are so blessed at ESM to have you! As well as our to our School Council for hosting our 1st hot lunch from Subway. Thank you to you and to the parents who came and sorted sandwiches into classes to make lunch run smoothly. Stay tuned for our next hot lunch at the end of November, rumor has it that it might be Edo.

#### **NOVEMBER 2023 Calendar**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			PJ Day Boys Vball 3-4:15	<b>2</b> Girls Vball 3-4:15	3 Artist in Residence	4
<b>5</b> Daylight Savings	6 Boys Vball 3-4:15	<b>7</b> Girls Vball 3-4:15	8 Boys Vball 3-4:15	9 Girls Vball 3-4:15	NO SCHOOL in lieu of Remembrance Day	Remembrance Day
12	NO SCHOOL Wellness Day	14 Girls Vball 3-4:15	15 Rock your Mocs 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 Denim Day		

#### **December 2023 Calendar**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
					1 Artist in Residence	2					
3	4 NO SCHOOL PD Day	5	6	7	8 Artist in Residence	9					
10	11	12	13	14 Kinder Christmas Evening CHRISTMAS BALL	15 Artist in Residence	16					
17	18 Turkey Dinner	19	20 Advent Mass 9am @ ESM DIV Board meeting	21	PJ Day Last day before break	23					
24	25	26	27	28	29	30					
	Christmas Holidays										

Psalm 96:3

Bulld!
Pilgrims of

Hope

Maria Francesca Cabrini was born on July 15, 1850 in what is now Lombardy, Italy, the youngest of thirteen children in a farming family. As a young person, she dreamed of becoming a missionary and achieved a teaching certificate. In 1870, she became the headmistress of an orphanage, and in 1870, took her religious vows. It was at this point that she took the name Xavier, to honour the patron saint of missionaries, St. Francis Xavier.

In 1880, along with several other religious sisters, she formed the Missionary Sisters of the

St. Frances Xavier Cabrini 1850-1917 (Feast Day: November 13)

Sacred Heart of Jesus, and became known more popularly as Mother Cabrini.

The order was very active in Italy, supporting orphans and providing education and housing, which led to Mother Cabrini being asked by the Pope to migrate to the United States to support the growing Italian-American population. While she was initially resistant to this idea, Mother Cabrini did emigrate in 1889 to New York. While there, she and her sisters established schools, orphanages, and hospitals in a time before governmental support for these types of institutions. She became an American citizen in 1909, and when canonized in 1946 became the first American saint.



#### "Building" In Our Schools

Influenced by the book "The Dot", International Dot Day (a global celebration of creativity, courage, and collaboration) is held yearly on September 15th. *The Dot*, a book written by Peter H. Reynolds, is a story of a caring teacher who dares a doubting student to trust in her own abilities by being brave enough to "make her mark." Standing at 4 feet high, St. Michael's Pincher Creek's grade 7 homeroom replicated the faith plan image using a variety of assorted sizes and coloured dots. What a beautiful faith-building expression of creativity!

#### Corporal Works of Mercy — Bury the Dead —

Did you know that this Corporal Work of Mercy is the only one not found in Matthew 25? Most often, reference is made to Tobit. Tobit risked his own life to ensure that his fellow Israelites received a proper burial during a time of oppression. We also know about the importance of human dignity as Catholics. Jesuit Father James Keenan has noted that "the significance of burying the dead is then rooted in the profound respect that Christians have for the human body. The human body created and redeemed by God is to be raised up by God in glory."

November is a month where we are often more conscious of praying for the deceased and those who are grieving, as we observe both "All Souls' Day" and "Remembrance Day". Through our prayers and actions, we show our respect for life, which is always a gift from God, and seek to comfort those who mourn.

What might some practical suggestions be?

- Be faithful about attending prayers, wakes, and funerals
- Spend time with those who are grieving or who have experienced loss
- Go with friends and relatives to visit the cemetery
- Offer daily prayers for those with terminal illnesses and for those who have died
- Send Mass cards to families of those who have died

Pope's Prayer Intentions - Let us pray for the Pope that, with the help of the Holy Spirit, he may continue to accompany in the faith the flock entrusted to him.

#### Catholic Social Teaching — Subsidiarity —

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.

Mother Cabrini was well known for her works of service, in a time when the government did not provide the same levels of funding and structure as it does today. She saw a need, assessed the need, and chose to take the actions that she could to try to address the need. When we act in this way, seeking to create solutions with those around us, we are engaging in subsidiarity.

"The principle of subsidiarity allows everyone to assume his or her own role in the healing and destiny of society. Implementing it, implementing the principle of subsidiarity gives hope, it gives hope in a healthier and more just future." (Pope Francis)

The basic premise of subsidiarity is that local groups, associations, and institutions are often in the best position to deal with local issues, and should be supported by higher orders of government in addressing them. We often see this principle applied by organizations such as Chalice, that seek to work together with those at the local level in supporting development programs.

Learn more about subsidiarity with one of these resources:

The Religion Teacher - <u>Subsidiarity</u> Caritas Australia - <u>Subsidiarity</u> CAFOD - <u>Subsidiarity</u>



#### Gospel Readings

#### November 1, 2023

#### Gospel Reading: Matthew 5:1-12a

"Rejoice and be glad, for your reward will be great in heaven." — Matthew 5:12



Today is a great day of hope in the Church. We remember and celebrate all the men and women who have gone before us... the saints. Many of them had difficult lives, suffering for their love and faith in Jesus. All of them lived lives of great example. They showed us how to live out the beatitudes (also from today's Gospel). They taught us how to pray and live lives pleasing to God. May we be inspired by them and strive to also live lives that will be pleasing to God.

As a family, learn something new about a saint you didn't know much about before. For example, read about St. John Vianney, St. Benedict, St. Rose of Lima, St. Maximillian Kolbe, St. Lucy, or St. Juan Diego, just to name a few.



#### Prayer:

Dear Lord, thank you not only for your Son who lived the perfect example in life, but also for all the saints who continue to reinforce Jesus' teachings.

November 5, 2023 31st Sunday in Ordinary Time

#### Gospel Reading: Matthew 23:1-12

"...do not follow their example. For they preach but they do not practice." — Matthew 23:3

Have you ever played a board game with someone who kept changing the rules so they would win? In this Gospel, Jesus warns the people about some religious leaders who were changing God's rules for the game of life. God's rules are simply to love him above all things and to love each other as we love ourselves. But these leaders, to make themselves look important, added more rules that were almost impossible for people to obey. And to make it even worse, they didn't even follow their own rules!

Here is a lesson we can learn from this Gospel. To be a good leader—one who is worth following—people need to see that we practice what we preach and that what we preach is good and honorable. This is what the word "integrity" means—what we say with our actions matches what we say with our words.

Do you have a younger brother or sister, cousin, or friend who looks up to you? What are some things you can do to give them a good example to follow?



#### Prayer:

Dear God, please help me to follow your rules so I can help others follow them, too.

Intropace

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Band Appas Bay

Band Appas Bay

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Download this month's Saint Prayer Card - St Frances Xavier Cabrini

#### Gospel Readings

November 12, 2023 32nd Sunday in Ordinary Time

#### Gospel Reading: Matthew 25:1-13

"Therefore, stay awake, for you know neither the day nor the hour." — Matthew 25:13

If you were going to run a marathon, what are some things you would have to do ahead of time? Do you think you would be prepared to run such a long distance if each day for a week before the race you only ran around the block and then took a nap? Do you think your feet would be able to carry you the whole distance if you only had flip flops to wear?

In the Gospel today, Jesus uses a story to help us understand how important it is to be ready to meet God. We need to prepare in advance. If each day we try a little harder to follow Jesus' example of love, we will grow in holiness and look forward to seeing God face to face one day.

to face one day.

What is one thing you can do today to become more like Jesus?

#### Prayer:

*Lord, help me to prepare my heart to become more like yours – filled with love.* 

November 19, 2023 33rd Sunday in Ordinary Time

#### Gospel Reading: Matthew 25:14-30

"Well done, my good and faithful servant." — Matthew 25:23

If you won \$100 in a contest, what would you do with it? Would you spend it on something you want, save it, or give it away? Each of these options can be good. You could spend it on something that would help you with your school work (like a calculator), put it in the bank to earn interest (increasing its value), or donate the money to someone in need. In each case, your money would be well spent. But what if you decide instead to dig a hole in your backyard and bury your \$100? That would be totally useless!

In our Gospel today, Jesus tells a story to help us understand that he has given each person a winning prize—talents that we can use to help the world know God's love. If we choose not to use these talents, it would be like burying a \$100 bill!

What special talent has God given each member of your family?

#### Prayer:

Lord, help me to give you honor and glory by using the talents you have given me.

November 26, 2023 Our Lord Jesus Christ the King

#### Gospel Reading: Matthew 25:31-46

"Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me." — Matthew 25:40

Most people have never seen Christ in a physical way, where they could talk to him and hear him talk back to them. In today's scripture, however, Jesus tells us that he is present in the people who may be the hardest to look at. Who are the "least" of our brother and sisters? He might be the person at school who isn't very popular. She might be the person at work to whom no one reaches out. He may even be the person who lives next door to you. Jesus wants us to find ways to love him through those who may not be easy to love, just as he did.

Is there someone at school or work who people shun? What can you do to be the face of Jesus for that person?

#### Prayer:

Dear Lord, sometimes I judge people by what they look like or by their possessions. Please give me the grace to love all people as you taught us through your example.

#### Sources:

Practical Suggestions for Practicing the Corporal and Spiritual Works of Mercy

Home Page



## The Catholic Bishops of Alberta and the Northwest Territories

## Les **évêques catholiques**de **l'Alberta** et des **Territoires** du **Nord-Ouest**

8421 - 101 Avenue, Edmonton, Alberta, Canada, T6A 0L1 | T 780.469.1010 F 780.465.3003

October 5, 2023

Dear Sisters and Brothers in Christ,

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go." (Joshua 1:9)

Our theme for Catholic Education Sunday this year is: "Courage to Lead". Parents, educators, administrators, trustees, and clergy are all invited to engage their responsibility of leadership to strengthen and promote Catholic education, through which we lead the children entrusted to our care to know, love, and follow Jesus Christ.

Publicly funded Catholic education in Alberta is a unique and cherished historical gift, for which we are grateful. It is an invaluable offering to both the Catholic community and wider society, carrying growing responsibility in an increasingly secular world. In the face of many societal changes and challenges, we share the responsibility of ensuring that our faith-based education remains steadfast in its fidelity to the teachings of the Church. We are all called to lead with courage, secure in God's love.

Leadership within Catholic Education involves guidance with a sense of purpose, driven by the mission to nurture in our young people a joyful reliance upon the Holy Spirit, unwavering trust in the words of the Lord Jesus, and abiding confidence in the providence of our Heavenly Father. Beyond academic excellence, dedicated educators will permeate all aspects of school life with the Catholic faith. Parents and clergy have their role to play by strengthening the relationship of our schools with both home and parish. In addition, all Catholics exercise their responsibility by offering the support of their prayers and advocating strongly for our schools. Every effort counts in the promotion of our Catholic education system.

For our part, we Bishops pledge our leadership and support in the service of our schools. We look forward to our continuing engagement with parents, trustees, administrators, teachers, and clergy to ensure that our schools are places of authentic Catholic community, in which our beloved students come to know the joy of friendship with Jesus Christ, our Saviour.

May God bless our Catholic schools.

Catholic Bishops of Alberta and NWT

Most Reverend Richard W. Smith

Archbishop of Edmonton

Most Reverend Gary Franken

Bishop of St. Paul

t Day Jul

Most Reverend David Motiuk

Bishop of the Ukrainian Eparchy of

Edmonton

+ William Mc Shutten

Most Reverend William McGrattan Bishop of Calgary

+ Gerordietti por, com

Most Reverend Gerard Pettipas CSsR Archbishop of Grouard-McLennan

Most Reverend Jon Hansen, CSsR Bishop of Mackenzie-Fort Smith



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8421 - 101 Avenue, Edmonton, Alberta, Canada, T6A 0L1 | T 780.469.1010 F 780.465.3003

Le 5 octobre 2023

Chères sœurs et chers frères dans le Christ,

« Ne t'ai-je pas commandé : fortifie-toi et prend courage? Ne t'effraie point et ne t'épouvante point, car l'Éternel, ton Dieu, est avec toi dans tout ce que tu entreprendras. » (Josué 1:9)

Cette année, le thème du dimanche de l'éducation catholique est « Le courage de guider ». Les parents, les éducateurs, les administrateurs, les conseillers scolaires et le clergé sont tous invités à assumer leur responsabilité en tant que leaders pour renforcer et promouvoir l'éducation catholique sur la base de laquelle nous guidons les enfants qui nous sont confiés à connaître, à aimer et à suivre Jésus-Christ.

En Alberta, l'éducation catholique financée par les fonds publics est un cadeau historique unique et précieux et nous en sommes reconnaissants. C'est un don inestimable à la fois pour la communauté catholique et pour la société dans son ensemble qui, toutes deux, assument des responsabilités croissantes dans un monde de plus en plus sécularisé. Face aux nombreux changements et défis sociétaux, nous partageons la responsabilité de veiller à ce que notre éducation fondée sur la foi demeure fermement fidèle aux enseignements de l'Église. Nous sommes tous appelés à diriger avec courage, en sécurité dans l'amour de Dieu.

Dans l'éducation catholique, le leadership exige de pouvoir guider dans un but bien précis, en étant motivé par la mission de cultiver chez nos jeunes une confiance joyeuse dans l'Esprit Saint, une confiance inébranlable dans les paroles du Seigneur Jésus et une constante confiance dans la providence de notre Père céleste. Au-delà de l'excellence scolaire, des éducateurs dévoués imprégneront tous les aspects de la vie scolaire de la foi catholique. Les parents et le clergé ont

leur rôle à jouer en renforçant les relations entre nos écoles, les foyers et les paroisses. De plus, tous les catholiques sont responsables de soutenir nos écoles par leurs prières et de les défendre avec vigueur. Chaque effort compte dans la mise en valeur de notre système d'éducation catholique.

Pour notre part, nous, les évêques, promettons de mettre notre leadership au service de nos écoles et nous leur accordons notre soutien. Nous entendons poursuivre notre collaboration avec les parents, les administrateurs, les enseignants et le clergé pour veiller à ce que nos écoles soient des lieux de communauté catholique authentique dans lesquels nos élèves bien-aimés apprennent la joie de l'amitié avec Jésus-Christ, notre Sauveur.

Que Dieu bénisse nos écoles catholiques.

Les évêques catholiques de l'Alberta et des Territoires du Nord-Ouest

Mgr Richard W. Smith Archevêque d'Edmonton

Mgr Gary Franken Évêque de Saint-Paul

Mgr David Motiuk Évêque éparchial des Ukrainiens

d'Edmonton

Mgr William McGrattan Évêque de Calgary

+ William M. Thu

Mgr Gerard Pettipas CSsR

+ Gerardietti por, cam

Archevêque de Grouard-McLennan

Mgr Jon Hansen, CSsR

Évêque de Mackenzie-Fort Smith

## FAMILY INFO NIGHT

November 21 6:00PM via Zoom



Join us for an informative evening learning about your student(s) digital portfolios with SpacesEDU.

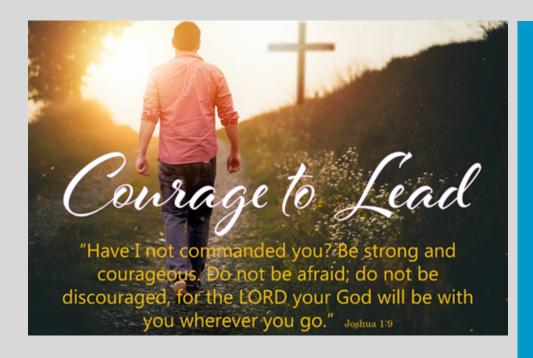


Register by following the link below:

https://myblueprint.zoom.us/webinar/register/WN\_AeDVVScuQLKU-Vo-apyYaA#/registration



Capture the moments where growth happens.



## CATHOLIC EDUCATION SUNDAY

NOVEMBER 5, 2023



CELEBRATING IN PARISHES WITH CATHOLIC SCHOOLS AND ADVOCATES

GRATEFULLY
ADVOCATING FOR
CATHOLIC
EDUCATION

THE MISSION OF
GRACE IS TO
INSPIRE,
INVIGORATE AND
EMBOLDEN THE
SPIRIT OF CATHOLIC
EDUCATION IN
ORDER TO UNITE,
ENGAGE, EDUCATE
AND ADVOCATE
WITH ONE VOICE ON
ITS BEHALF

FOLLOW GRACE ON SOCIAL MEDIA

**GRACE WEBSITE** 

(I) SWAG PRESENTS:

# HOW DO WE SUPPORT OUR CHILDREN WHEN THEY MIGHT NOT BE OKAY?

Join us as we enjoy learning from Kim Clark as she presents while having a courtesy meal

NOV 16 5:30 - 8:00pm

#### **CEDAR ROOM**

Sandman Signature 320 Scenic Drive S, Lethbridge AB

**PLEASE RSVP AT** 

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





#### KIM CLARK

Kim Clark has been a social worker for 30+ years with a specific focus on Mental Health and Leadership Training. Kim has worked with a variety of clienteles, such as adults with disabilities, seniors, and youth at risk. She applies evidence based training into a group environment to create a comfortable and enjoyable learning experience for everyone.

This event is **FREE** and is open to all parents, guardians, and caregivers.

**PLEASE RSVP AT** 

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



#### **NEW WORKSHOP**



## ADHD Parent

Sessions

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

LOCATION: CHILDREN OF ST.
MARTHA'S SCHOOL (LIBRARY)
DATES: WEDNESDAYS,
NOVEMBER 1, 8, 15, 22, 29
TIME: 6-7:30PM

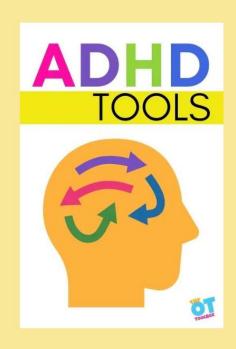


This is a program designed for caregivers of children who have been newly diagnosed or suspected of ADHD that want to learn more about ADHD. This is a 4 consecutive week closed group.

Please RSVP to:
Tanya Koopmans (Family First
Facilitator)
403-634-2712 or

koopmanst@holyspirit.ab.ca

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.



#### **FREE FAMILY EVENT**

FREE play activities, dancers, games, prizes, community agencies, and more!



NOVEMBER 18, 9:30 - 12:00 at Lethbridge College

Questions? lethbridgeplays@gmail.com





















## LETHBRIDGE CATHOLIC Youth Ministry

### **BOWLING AND PIZZA**



**Registration Required** 



Gr 6-Gr 9 Wed, Nov. 1, 2023 7:00pm-8:30pm Gr 9-Gr12 Fri, Nov. 17, 2023 7:00pm-8:30pm

Holiday Bowl 2825 2nd Ave South

(403) 360-5405 heatherharling@gmail.com

Scan QR code, call, email, or text for registration



Wednesdays Grades 6-9

7:00pm-8:30pm

St. Martha's Parish

355 Columbia Blvd W

Lethbridge Catholic Youth Ministry

Sundays Grades 9-12

7:00pm-9:00pm

Assumption Hall 2405 12 Ave S