

UPCOMING DATES:

March 28th – Holy Thursday

March 29th – Good Friday – NO SCHOOL

April 1st – 5th – NO SCHOOL – Easter Break

April 8th - Back to school after Easter Break

April 8th – Green Shirt Day

April 12th – Multiples Day

April 17th – Bake Sale

April 22nd – Multicultural Dress up Day

April 22nd – Last Day to order Growing Flowers

April 23rd – BP's Hot Lunch

April 30th – Crazy/Unique Hair Day



Mme Bouchard April Message

Dear Ecole St. Mary Community,

Happy Easter to you and your cherished families! As we embrace this season of renewal and new beginnings, I hope you find moments of peace, connection, and joy with your loved ones, amidst the blossoming of springtime.

Reflecting on March, despite the unpredictable weather, we have much to celebrate and be grateful for together. We embarked on a collective journey of faith through Lent, fostering a deeper sense of community and spiritual growth. Our recent Celebration of Learning/Interviews was a resounding success, offering invaluable opportunities to honor student achievements, collaborate with families, and chart a course for continued success in the remaining months of the academic year. A heartfelt thank you extends to Mrs. Bugg and our dedicated parent volunteers for their invaluable support during the Scholastic Book Fair. Your contributions not only made the fair a delightful experience for our students but also enrich our school library with an array of captivating books, nurturing a love for reading among our young learners.

We were also privileged to host the Cultural Wheel, enriching our students' cultural awareness through a day of vibrant dance and melodious French folk songs. The culminating assembly was a testament to the joy of learning, diversity, and cultural appreciation that defines our school community. It was a fun and memorable day.

March concluded with a poignant reflection on the Stations of the Cross, graciously led by 4/5SE, guiding us in quiet contemplation as we prepared our hearts for the solemn observance of Good Friday and the joyous celebration of Easter. Let us hold steadfast to the significance of this season, allowing our faith to flourish and drawing nearer to the divine.

April brings exciting activities such as badminton clubs for grades 3 to 6 and our Multicultural Dress-up Day on April 22nd. It is a wonderful opportunity for us to honor and celebrate the rich tapestry of cultures that make our school community so vibrant and unique.

A gentle reminder to complete your **re-registration forms** as we plan for the upcoming academic year. Your timely input is invaluable in ensuring seamless arrangements for classes and transportation. Should you require assistance, please do not hesitate to contact our office at 403-327-3098. Additionally, families considering joining our Ecole St. Mary community are encouraged to reach out with any inquiries.

Happy Easter ESM Family. May the break be filled with safety, joy, and rejuvenation in the company of loved ones. Our thoughts and prayers are with each of you, and we extend our deepest gratitude for entrusting us with the privilege of nurturing your child's education. Together, as partners on this journey, we are truly blessed.

Warmest Regards,
Kiera Bouchard

April Message from Mr. Harper

Welcome to April!

I hope to mention what a beautiful spring we are having in one of the following months. Eventually, we will get there! Our Lenten journey has ended, and we are now celebrating the joy of the Easter season. We hope that everyone had a blessed, joyous, and hope-filled Easter. The Easter season is one of my favorite times of the year as we watch the weather change, the days get longer, and nature come into full bloom.

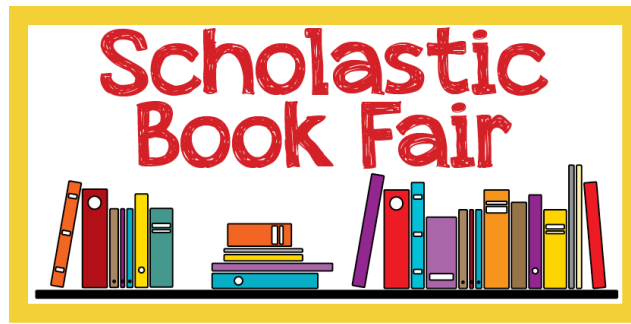
We start April by celebrating with our Resurrection Liturgy led by our 3DI class. This will be shared virtually with all classes. Our grade 6 classes will also attend their retreat at Assumption Parish in April. Thank you to the Parish and Catholic Women's League for helping host such a wonderful opportunity. Finally, we will be announcing the results of our Chalice fundraiser. Thank you to all of our school community for helping support those in need around the world.

In Gospel Time, we will discuss prayers of praise, continue to learn about the saints and what they can teach us, and learn more about how we can build our faith and community.

We will pray for all those in our school community and hope everyone enjoys a joyful and blessed Easter season.

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." 1 Thessalonians 5:16-18





Scholastic BOOK FAIR!!

Thank you to all of our families for supporting the Literacy fundraiser. It was a great success. Students will be able to enjoy many new titles. Thank you to the volunteers for your gift of time.

PARENT VOLUNTEERS WELCOME!!

Parents and community members are welcome at the school. **All adults 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.

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 February the winning house team is: Grey Whales

For the month of March the winning house team is: Brown Mustangs

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 February our winners were: Alexis 4NE & Noah 1RE

For the month of March our winners were: Shane 3PSI and Samuel 1RE

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.

SICK KIDS

If your child(ren) is sick – KEEP THEM HOME. Help stop the spread of germs. Call or email the office to excuse their absence.

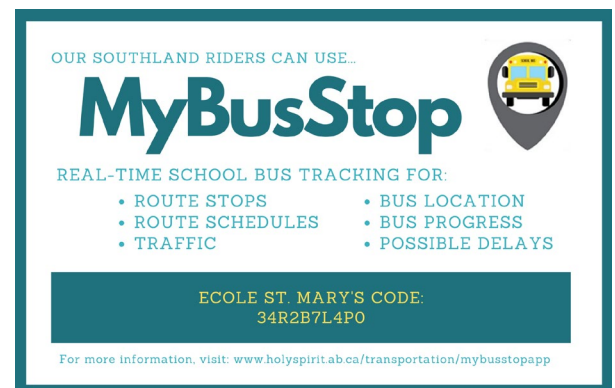
ATTENDANCE

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

Drivers will be checking for passes. Please download the MyBusStop app for the most up to date information and for route changes and updates. 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.*

April 2024

HAPPY EASTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Easter Holidays						
7 Green Shirt day	8 Back to School! Green Shirt Day	9	10	11	12 Multiples Day	13
14	15	16 Gr 6 Retreat	17 Bake Sale	18	19	20
21	22 Multicultural Dress up Day Flower Orders Due	23 Bp's Hot Lunch	24 National French Immersion Day Div. Board Meeting	25	26	27
28	29	30				

MAY 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Hats on for Mental Health	2	3	4
5	6	7	8	9 School Council World Catholic Education Day	10	11
12 Mother's Day	13	14	15	16 Subway Hot Lunch?	17	18
19	20 NO SCHOOL Victoria Day	21 NO SCHOOL PD Day	22 Marian Mass 9AM @ Assumption	23	24	25
26	27 NO SCHOOL Spiritual Dev. Day	28	29 Grade 6 Camp	30 Kinder Parent Celebration Grade 6 Camp	31 Grade 6 Camp	



Holy Spirit
CATHOLIC SCHOOL DIVISION

TAKE THE NEXT STEP
AND REGISTER SOON!

2024/2025 REGISTRATION

- Re-registration for **CURRENT** students starts **January 15, 2024**
- Registration for **NEW** students starts **February 1, 2024**

We invite you to come and take your next step in education with the Holy Spirit Catholic School Division where children are cherished and achieve their potential.



**EARLY
LEARNING**



**FRENCH
IMMERSION**



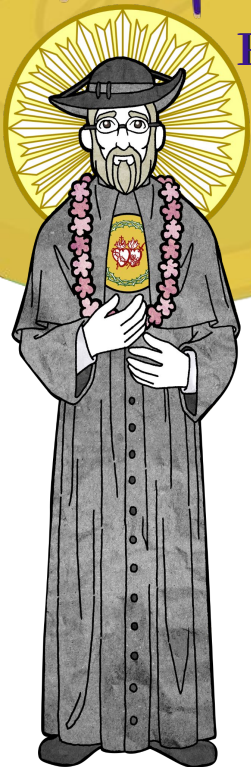
**FINE
ARTS**



www.holyspirit.ab.ca

April Build!

Pilgrims of Hope



"He stretched out his hand and touched him, saying, 'I do choose. Be made clean!' Immediately his leprosy was cleansed."

- Matthew 8:3

St. Damien of Molokai 1840-1889 (Feast Day: May 10)

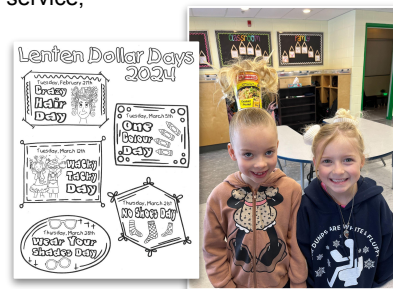
Joseph de Veuser was born into a farming family in Belgium in 1840. His family was very religious; he had an older brother who was also a priest and two sisters who entered religious life. He left school at the age of 13 in order to work on the family farm, but eventually joined the Congregation of the Sacred Hearts of Jesus and Mary at the age of 20. This order was a missionary society that served the Pacific Islands, including Hawaii (which was not a part of the United States at this time). Taking the religious name of Damien, he took the place of his older brother on a mission to Hawaii in 1864.

At this time, Hawaii was struggling with a major health crisis, as newcomers to the islands had brought with them many diseases for which the people had no natural immunity. These included smallpox, cholera, and leprosy. In 1865, the Hawaiian King passed a law which mandated that those with leprosy were to be sent to the island of Molokai. About 8,000 people were eventually sent there over the next five years, but their lives were very challenging there.

It was during this period that Father Damien volunteered to attend to the people who had been sent to Molokai. He worked to build a church, and to improve the state and standard of living for the people there. He saw in each of the people their own human dignity, and served their spiritual needs as well. It was inevitable that by spending so much time in contact with leprosy, that Fr. Damien would also contract the disease. In 1889, after 16 years of service, he died amongst the people for whom he cared so deeply.

"Building" In Our Schools

At St. Patrick School in Taber, students raised funds during their Lenten Dollar Days. Students donated a dollar to participate in dress-up days, like Crazy Hair Day seen here, with the proceeds going to the Chalice/St. Odilia project.



Corporal Works of Mercy — Visit the Imprisoned —

Each year on Holy Thursday, as we begin the Triduum, one moving moment in the Mass of the Lord's Supper is where members of the congregation have their feet washed by the parish priest. This recalls Christ washing the feet of his disciples in John 13. In Pope Francis' tenure, he has each year done this as part of celebrating Mass at a local prison. In this, he is demonstrating to them that they are not forgotten, and that they are loved by God. To us, he is showing the importance of visiting those who are imprisoned. People may be imprisoned for many reasons, and without dismissing the suffering caused by those who commit crimes, all people retain their dignity as created in the image and likeness of God.

While it may not always be possible for us to visit actual prisons, we can ensure that we support the prison ministries of our own parishes, to pray for those who are imprisoned, or to write cards or letters that could be sent along to them. We might also stretch our own thinking, and ponder how we can support those who might be imprisoned by isolation, loneliness, fear, anxiety, depression, or hopelessness.

Pope's Prayer Intentions - For the Role of Women

Let us pray that the dignity and worth of women be recognized in every culture, and for an end to the discrimination they face in various parts of the world.

For more Information: [Works of Mercy](#)
[6th Corporal Works of Mercy: Visit the Imprisoned](#)

Catholic Social Teaching — Rights and Responsibilities —

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.

The Catholic tradition teaches that human dignity can be protected and a healthy community can be achieved only if human rights are protected and responsibilities are met. Therefore, every person has a fundamental right to life and a right to those things required for human decency. Corresponding to these rights are duties and responsibilities--to one another, to our families, and to the larger society.

Learn more by watching this [video](#).



"Turn all your thoughts and aspirations to heaven.

Work hard to secure for yourself a place there for ever." (St. Damien of Molokai)

Gospel Readings

April 7, 2024

2nd Sunday of Easter/Divine Mercy Sunday

Gospel Reading: John 20:19-31

“Jesus came and stood in their midst and said to them, ‘Peace be with you.’” — John 20:19

Today in the Church we celebrate Divine Mercy Sunday. It is a day to remember that God is constantly pouring out his mercy to us at every moment of our lives. He isn't always happy with some of the choices we make, or the ways we turn away from him. But he keeps showering us with his love, forgiveness, and mercy, all the time. Today's Gospel reminds us of that mercy. Jesus could have been very upset with the apostles for abandoning and denying him. Instead, he gives them peace. He showers them with love and forgiveness...mercy. We are blessed to have a God who loves us so much!

What are some ways we can show mercy to others?



Prayer:

Dear Lord, thank you for loving us more than we can ever understand. Please give us the grace we need to live a life worthy of your gift of mercy.

April 14, 2024

3rd Sunday of Easter

Gospel Reading: Luke 24:35-48

“Why are you troubled? And why do questions arise in your hearts? Look at my hands and my feet, that it is I myself. Touch me and see, because a ghost does not have flesh and bones as you can see I have.” — Luke 24:38-39

When we feel alone or unable to handle problems, we often rely on our own strength. But Jesus wants us to return to him with all our heart and find the strength we need in HIM. The wounds he shows us in today's gospel remind us that he would do anything to help us. It's hard to let go because we want to be in control and do things our way. Sometimes we must be quiet to hear Jesus answer us and give us the love that will build our trust in him.

Are there times when you've turned to God and found comfort?
Share these times with your family.



Prayer:

Dear Lord, sometimes when I am troubled, it is easier to feel sorry for myself and turn to comforts instead of you. Please give me the desire I need to turn to you in those times to receive your great love and compassion.

Download this month's [Saint Prayer Card](#) - St. Damien of Molokai
[Saint Prayer Card](#) (black and white version for colouring)



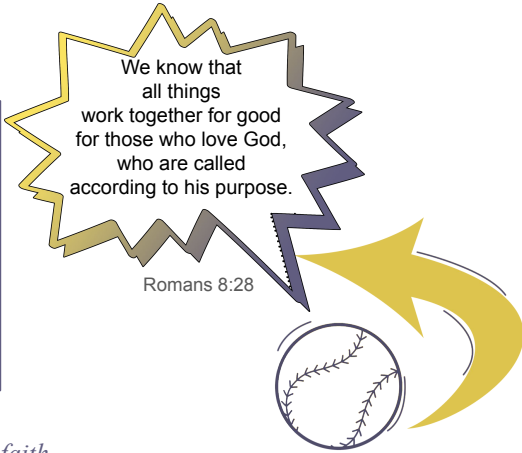
Gospel Readings

Gospel Reading: John 10:11-18

“He is the stone rejected by you, the builders, which has become the cornerstone.” — Acts 4:11

Life has a way of throwing us many curve balls. We think one thing is going to happen, and in the next moment it has gone exactly the opposite way. When we walk with the Lord these things can happen, too. Things look one way on the surface, but underneath God’s plan is bigger than what our own eyes can see. He often takes bad things and makes good out of them, if we allow him to. Jesus was a great example of this. His life looked like a failure. He came to spread love and forgiveness and was killed for it. But his death and resurrection became the foundation of the Church we are a part of over 2000 years later. Our God is amazing!

Can you remember a time when something seemed to turn out wrong, but later you realized that God’s plan was even better than what you had in mind?



Prayer:

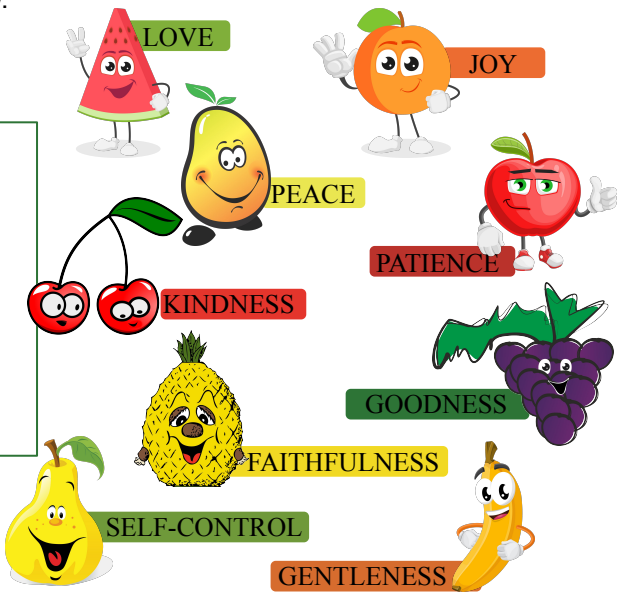
Lord, thank you for always having the “big picture,” beyond what our eyes can see. Give us the faith to always trust in your plan for our lives.

Gospel Reading: John 15:1-8

“By this is my Father glorified, that you bear much fruit and become my disciples.” — John 15:8

Grapes grew all over Israel, so the people around Jesus knew all about grapevines. But for us, it may need a little explanation. When Jesus calls himself a vine, he is telling us that we are connected to him. Sometimes, vines need to be pruned so they will bear fruit. In the same way, Jesus needs to help us so we will grow and be able to produce more fruit. The kinds of “Holy Spirit” fruit Jesus helps us grow include love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. Jesus shows us through our parents and teachers how to stay close to him and grow.

Pick one of the “Holy Spirit” fruits in the list above to work on this week. How can you grow some of that kind of fruit?



Prayer:

Lord, help me grow in the knowledge of how to live, so I can be filled with more love, joy, and peace. Help me to accept the guidance you give me.

Sources:
[Saint Damien of Molokai](#)
[Stories of Saints : Leper Priest |](#)
[St. Damien of Molokai](#)
[St. Damien of Molokai | Catholic Saints \(FORMED\)](#)

[The Fruit of the Spirit Poster \(Children\)](#)
[The Fruit of the Spirit Poster](#)
[Growing Up Catholic Mass Transit Cards 2023-2024](#)

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

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



(I)SWAG Presents

Ft. Allie and Lisa from True
Balance Counselling

Emotional Regulation

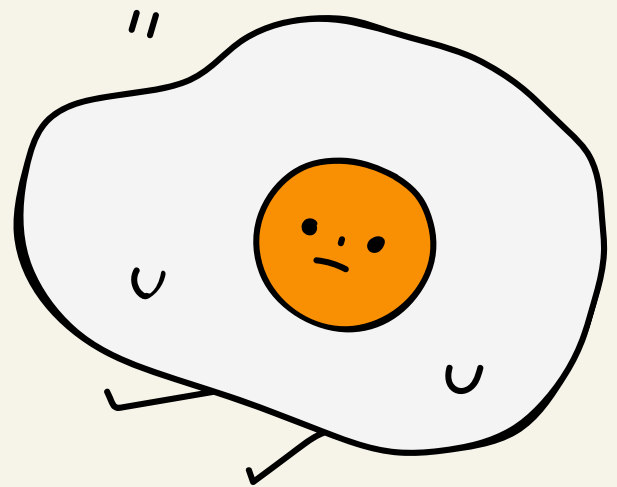
How to help our kids when they have big feelings

APRIL 18TH, 2024 @ THE ESSIES BALLROOM

5:30PM-8:00AM

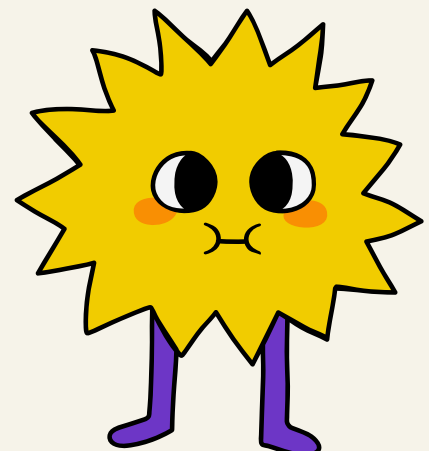
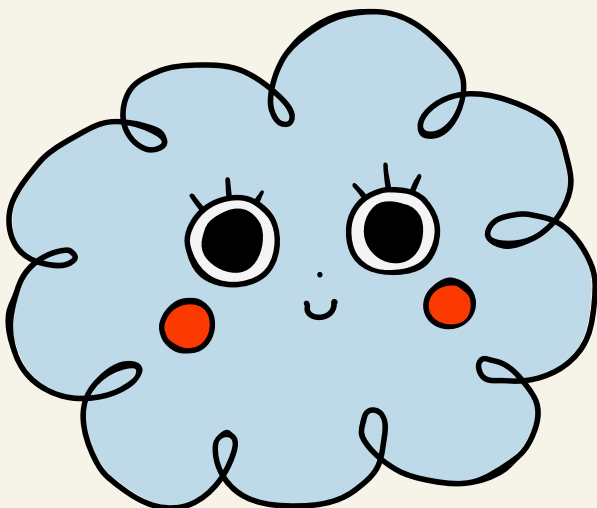
Sandman Signature, 320 Scenic
Drive S, Lethbridge ab

Join us as we enjoy a complimentary
dinner while learning from the
Registered Psychologists from True
Balance Counselling about Kids and
their Big Feelings.



Please RSVP at:

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





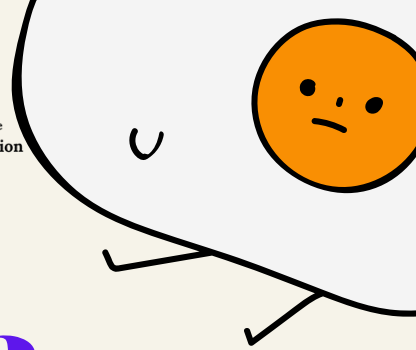
Emily Williston

SWAG
Student Wellness Access Guide
Holy Spirit Catholic School Division
willistone@holyspirit.ab.ca
(403)308-2445



Billy Woitte

ISWAG
Indigenous Student Wellness Access Guide
Holy Spirit Catholic School Division
woitteb@holyspirit.ab.ca
(403)635-2415

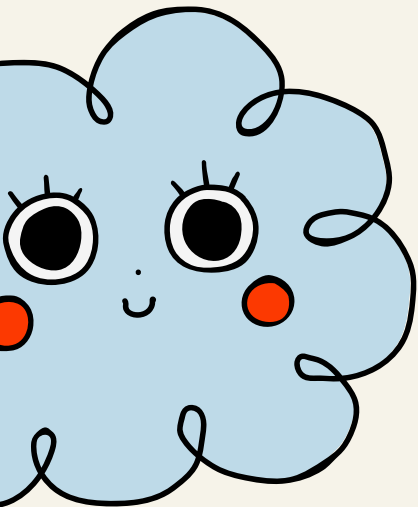


Allie & Lisa

True Balance Counselling

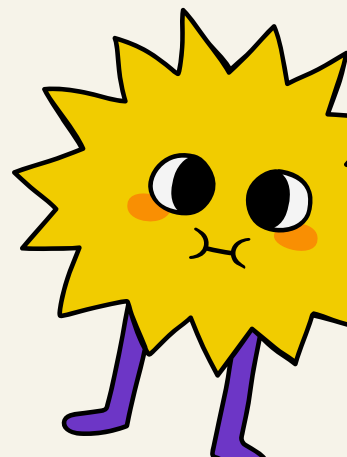
Lisa is a genuine, empathetic, and caring therapist who places a high value on building a strong therapeutic relationship with her clients. She strives to create a safe, supportive, and non-judgemental space where individuals can freely discuss their concerns..

Allie is a Registered Psychologist who values creating a warm and welcoming environment. She is passionate about working collaboratively with children, youth, and adults, to assist them in achieving their goals



This is a FREE event
that is open to all
parents, guardians,
and caregivers

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





Kids Have Stress Too! Preschoolers

Canadian Content 25+ Years of Research



- Focused on mental well-being of children.
- Learn how preschoolers react to stress.
- Learn how to teach coping strategies.
- Connect to your preschooler.
- Find peace of mind.

Childcare available!
In-person & virtual!



Thursday, April 11, 2024
6:00 pm-8:00 pm
Family Centre Downtown

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



Family Centre
Suite 225, 200 - 4 Ave. S.
Lethbridge, AB T1J 4C9
403-320-4232

Website: www.famcentre.ca
Facebook: @lethbridgefamilycentre
Instagram: @familycentreyql
LinkedIn: @Family Centre Society of Southern Alberta





Kids Have Stress Too! Elementary School



Canadian Content!
25+ Years of Research

- Focused on mental well-being of children.
- Understand how stress affects kids.
- Teach effective coping strategies.
- Find peace of mind.

Childcare available!
In-person & virtual!



Thursday, April 18, 2024

6:00 pm-8:00 pm

Family Centre Downtown

Register online at:

<https://www.famcentre.ca/program/>

Free



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Suite 225, 200 - 4 Ave. S.
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POWER OF POSITIVE PARENTING



Topics Include:

promoting child
development
managing behavior
building strong
relationships
good communication
planning ahead
helping children learn

Tuesday April 23
9:30am-11:30am
Ecole St. Mary
(in the garage)



Register with
Tanya Koopmans
Family First Facilitator
koopmanst@holyspirit.ab.ca
403-634-2712



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POWER OF POSITIVE PARENTING



Topics Include:

promoting child
development
managing behavior
building strong
relationships
good communication
planning ahead
helping children learn

Wednesday April 24
6:00pm-8:00pm
Children of St.
Martha's
(in the library)



Register with
Tanya Koopmans
Family First Facilitator
koopmanst@holyspirit.ab.ca
403-634-2712



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RAISING CONFIDENT CHILDREN

Topics Include:

- *Showing respect for others
- *Having good communication & social skills
- *Healthy self-esteem
- *Good problem solving skills
- *Helping children become independent

Tuesday April 30
9:30am-11:30am
Ecole St. Mary
(in the garage)



Register with
Tanya Koopmans
Family First Facilitator
koopmanst@holyspirit.ab.ca
403-634-2712



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403-320-4232

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Instagram: @familycentreyql
LinkedIn: @Family Centre Society of Southern Alberta





RAISING CONFIDENT CHILDREN

Wednesday May 1
6:00pm-8:00pm
Children of St.
Martha's
(in the library)

Topics Include:

- *Showing respect for others
- *Having good communication & social skills
- *Healthy self-esteem
- *Good problem solving skills
- *Helping children become independent



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Instagram: @familycentreyql
LinkedIn: @Family Centre Society of Southern Alberta



CUBS
TODIAKS



COACH PARKER



STARS
Volleyball

EASTER CAMP

APRIL 1-5

9U 10-NOON 12U 1-4 PM

LIMITED SPOTS!

Register at Lethbridgevolleyballclub.com

