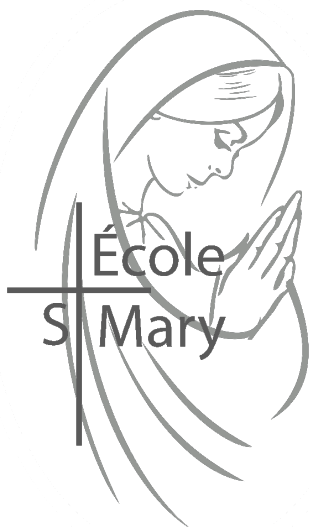




UPCOMING DATES:

June 5th – NEW kindergarten Orientation

June 6th – Decades Day! Dress up in one fashion from the 60's-90's

June 6th – Subway Hot lunch

June 10th – Library books DUE this week!

June 11th – Teacher/Student swap dress up

June 17th – NO SCHOOL – PD Day

June 20th – Sunglasses and Flip Flops day

June 21st – Mini Powwow Showcase 1045-1145

June 24th – Team Color Day & SPORTS DAY

June 25th – Closing mass at Assumption church 9am.
Gr 6 farewell to follow

June 26th – Talent show 8:30am

June 26th – Henderson swimming 12:45-2:45pm

June 27th – 12:30 DISMISSAL

LAST DAY OF SCHOOL – Thursday, June 27th – 12:30pm.

EARLY DISMISSAL (like Fridays)

The busses will be here at 12:30 to bus kids home. Please arrange to pick your child up at 12:30.

Can you Volunteer?

June is a busy month with classroom and school field trips. If you are able to volunteer on a class trip please contact the office!

We are looking for parents/guardians/grandparents to help out on **Sports day, June 24th** and **Henderson swimming, June 26th**

Mme Bouchard June Message

Dear ESM Families,

As I write this, the sun is shining, summer is on the horizon, but there is a lot of learning yet to come. June is chalked full of learning experiences, field trips, culminating activities, fun and hopefully wonderful memories will be created.

It is interesting to note that May is actually just as busy as June. The last couple of months of school are certainly a sprint! During the month of May, we finished up with Grade 3-6 Badminton. Run Club and grade 4,5 and 6 Nitsipii Club continue. We hosted our last School Council meeting. Thank you to our cherished School Council members, they do such amazing things for our students and school community. The grade 2's hosted Marian Mass at Assumption Parish. It was a beautiful mass celebrated by Father Kevin and the students were amazing. It was a wonderful way to celebrate our patron Saint, St. Mary.

We also had our Wellness Day, where students focused on the different areas of wellness: spiritual, physical, social and emotional wellness. They participated in yoga, they sang along with a guest singer. They learned about nutrition and had a healthy snack and Booster Juice. The students wrote uplifting messages with sidewalk chalk, blew bubbles and worked on their fitness for a good cause with Jump Rope for Heart. The school was buzzing with excitement and energy and the feedback from students and staff was very positive. Thanks to our Wellness Committee for their planning and hard work. It was an incredible day.

The grade 6's went to SABC Camp. What an amazing experience it was. The students were great, SABC is a fantastic facility, and our grade 6 team planned an amazing itinerary. Our grade 6 fundraising team was committed and raised enough funds to send every student to camp. Thank you for your efforts. Our parent chaperones and volunteers are also very appreciated! We could not do it without you. This is the culminating activity for our Grade 6's as this is their last year at ESM. Next year they are off to different adventures. Grade 6 families, please do not forget to mark your calendar for the Closing Mass on June 25th at Assumption, at 9:00am. We look forward to celebrating our grade 6's and all of our students and their accomplishments this year.

June is busy. June 5th, we welcome our new kindergarten students for the New Kindergarten Orientation. Many of our classes have field trips planned. Please keep your eye on your class communication for details. Kona ice is coming to ESM on June 18th. Grade 6's will be writing PAT's in Science, Social and FLA. June 21st, we celebrate Indigenous Culture on National Indigenous People's Day, with drummers, dancers and a Round Dance. Please join us if you can. Our nutrition program also wraps up that day. The final week of school we will have Sports Day, Closing Mass, Talent Show, Henderson swimming field trip. **We are in need of parent volunteers to make this swimming field trip happen, so if you are able, please sign up to come to help out.** Thank you in advance. The last day for students is June 27th, with 12:30 pm dismissal. You will also be receiving a final snapshot of your child's learning through Spaces. Be sure to keep your eye open for that on June 27th so that you too can celebrate your child's progress.

June is a time to celebrate all that we have accomplished, how far we have come, and the memories that have been made. What a year it has been. We are all very proud of our students. We are so blessed that you share your amazing children with us. I wish you a blessed June and I hope your summer is filled with memorable experiences and joy.

May God hold you in the palm of His hand, and keep you and your family safe.

Mme Bouchard

May Message from Mr. Harper

It's hard to believe we're already in June! This year has flown by, and May was particularly busy with our Marian Mass. Our grade 2s did an exceptional job hosting, and we're proud of their achievements hosting the Mass. We extend a big thank you to our music ministry, Father Kevin, Mme Merriman, our grade 2 teachers, and all our community members who could attend.

We also hosted the statue of Mary for our Marian Pilgrimage at ESM. Over the two days that Mary was with us, the chapel was full of flowers, prayers, and classes. In Gospel time, we focused on learning about Mary during the month of May, building our understanding of the Rosary, praying the Rosary, and exploring the Mysteries of the Rosary.

Our staff had the privilege of attending a Spiritual Development day, a truly enriching experience. Vallimar Jensen's presence deepened our faith and led us in joyful celebration within our division community.

As we approach the end of our second year of our faith theme, Build! Pilgrims of Hope, we reflect on the growth and community building that has taken place. We're excited to announce that next year, we'll be exploring the concept of Proclaim! Pilgrims of Hope. We can't wait to embark on this new journey with you all!

Looking ahead, we will be celebrating our year-end Mass on Tuesday, June 25th, 2024, at 9:00 AM at Assumption Parish. Our Grade 6 classes will host the Mass, which will be followed by our Grade 6 farewell celebration. We would love to see our community members at Mass, so please join us if you can.

I also want to express how blessed I am to have been able to serve ESM this year. Our students, staff, and community are outstanding; each of you makes this school remarkable. The growth and learning that occur within everyone in the ESM community each year are amazing to behold, and I look forward to learning alongside everyone again next year. Thank you for your continued support. I know June will be full of great learning, fun, and wonderful memories.

June is also the month we celebrate fathers and father figures and all that they do for us. I wish all of you a fantastic June and a blessed summer!

Mr. Harper

Heavenly Father,

We thank You for the fathers and father figures in our lives. Bless them with wisdom, patience, and strength as they guide and support their families. May they feel Your love and grace in all they do. Grant them joy and peace, and may their dedication inspire us to live with kindness and integrity. Amen.

Ecole St. Mary Grade 6 Graduating Class of 2024

<i>Guillermo</i>	<i>Fayza</i>	<i>Landon</i>	<i>Ajay</i>
<i>Danica</i>	<i>Jasper</i>	<i>Anna</i>	<i>Ellia</i>
<i>Reese</i>	<i>Alyssa</i>	<i>Aklas</i>	<i>Isabella</i>
<i>Louritta</i>	<i>Priscilla</i>	<i>Luka</i>	<i>Callie</i>
<i>Mira</i>	<i>Emmanuel</i>	<i>Jude</i>	<i>Jacob</i>
<i>Emerson</i>	<i>Lily</i>	<i>Judah</i>	<i>Willow</i>
<i>Ryli</i>	<i>Kamryn</i>	<i>Brianna</i>	<i>Kantrell</i>
<i>Jonathan</i>	<i>Aya</i>	<i>Noely</i>	<i>Talon</i>
<i>Delilah</i>	<i>Kennedy</i>	<i>Josiah</i>	<i>Hans</i>
<i>Sebastian</i>	<i>Jonah</i>	<i>Ramiro</i>	<i>Nathaniel</i>
<i>William</i>	<i>Elena</i>	<i>Hannah</i>	<i>Jonatan</i>
<i>Arianna</i>	<i>Kenzie</i>	<i>Hayden</i>	<i>Melvin</i>
<i>Clara</i>	<i>Nikayla</i>	<i>Haylie</i>	<i>Holt</i>
<i>Keona</i>	<i>Shaun</i>	<i>Rex</i>	<i>Malia</i>
	<i>Zara</i>		<i>Allison</i>



Lost and Found

Come check the lost and found for your child's clothing and items. All left items will be donated on June 27th!

Winter Clothing & ESM Apparel Drive

We are still collecting gently-used winter coats, winter boots, and snow pants. We will also be collecting ESM clothing that may no longer fit students so they can be enjoyed by other ESM students.

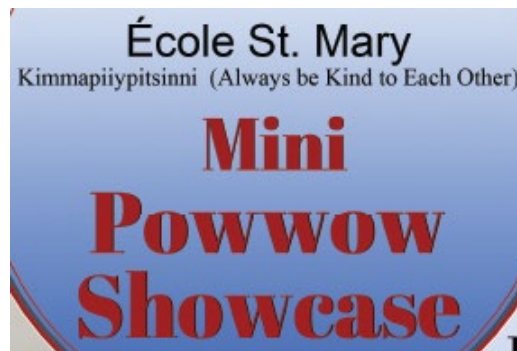
Bring your clean, gently-used items to the office during the month of May. In the fall, we will host a winter gear and ESM wear sale.

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.



All ESM students who powwow dance are also invited to dance at the ESM showcase mini powwow, along with their families.

See poster attached below with details!

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 May the winning house team is: Red Robins

SAMARITAN STARS

As the students do good deeds and display exemplary actions/attitudes, their fellow classmates can nominate them and put their name in the "Samaritan Stars" jar. From here we draw names to win a cheque for \$25.00 which is graciously donated by Ward Bros.

Construction. Thank you, Ward Bros., for your continued generosity to our school!

For the month of May our winners were: Elliot 2MI and Clinton 4/5SE

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

BREAKFAST AND LUNCH PROGRAM

Our Last day for our nutrition program is Friday June 21st. Please be sure to send your child with enough snacks for the day as we may not have extras.

JUNE 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 Last day for Run Club	5 New Kinder Orientation 6:30pm	6 Decades Day Subway Lunch	7	8
9	10	11 PAT FLA Part B Teacher/student swap dress up	12	13 Last Day for ELP and Kindergarten	14	15
16 Happy Father's Day	17 NO SCHOOL PD Day	18	19 PAT SOCIAL	20 PAT Science Sunglasses and Flip flops	21 National Indigenous People's Day Mini powwow 10:45-11:45	22
23	24 Sports Day Team Color day	25 Closing Mass 9am @ Assumption church Gr 6 – Farwell to follow	26 Talent Show 8:30 am Henderson Swimming 1-2:45pm	27 Farewell assembly 12:30 DISMISSAL	28 OFFICE OPEN	29
30	1 Canada Day	2	3	4	5	6
Have a safe and relaxing summer!						

"And God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work."

- 2 Corinthians 9:8

Bl. Pier Giorgio Frassati 1901-1925 (Feast Day: July 4)

Pier Giorgio Frassati was born into a wealthy and influential Italian family in 1901, and from an early age was dedicated to the Eucharist and the Rosary—despite his parents' rejection of religion. He spoke willingly and frequently with both friend and stranger about his spiritual life, and at the age of 17 joined the Society of St. Vincent de Paul. He dedicated most of his time to serving the sick, needy, and orphaned of Turin—although he did this largely in secret. In particular, he was keen to spread the Catholic Social Teachings at the time, particularly those promoted in *Rerum Novarum*. He was handsome and a good athlete, with mountain climbing as his favourite sport, and was known as a prankster as well.

Build! Pilgrims of Hope

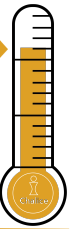


Shortly before he was to graduate from university, he contracted polio and died almost immediately. At his funeral, the family was surprised to see the church and streets flooded with those whom he had quietly served; and those in attendance were also surprised that he was part of this influential and wealthy family. At his beatification in 1990, Pope John Paul II called him the "Man of the Eight Beatitudes." One of his last notes to a friend prior to his death was a short one on the back of a picture of himself climbing. It says simply "Verso l'alto"—"To the Heights", which has become representative of his own striving to reach God and eternal life, and a motto for others who are doing likewise.

"Building" In Our Schools

Throughout this entire year, we have been blessed to see the ways in which your efforts have brought to life our call to Build! To date, we have raised almost \$5,000 for our Chalice project with St. Odilia School in Zambia thanks to the generosity of our staff, students, and community. Some of this was from donations that were made at the door to our recent *Build! Festival of the Arts*, which showcased the many creative talents and expressions in our schools.

Raised
\$4,535.10
(as of 5/6/2024)



Corporal Works of Mercy — Summary —



Shelter the Homeless: 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....

Feed the Hungry: So many people in our communities and world do not have enough food to eat. There are many practical ways we can support those in need within our community and the world...



Bury the Dead: Through our prayers and actions, we show our respect for life, which is always a gift from God...

Give Drink to the Thirsty: If we think about the concrete action of giving drink to another, we can see in it a gracious act of hospitality, a thoughtful expression of love, and a desire to seek the good of the other...



Visit the Sick: Those who are sick are often forgotten or avoided... these individuals still have much to offer to those who take the time to visit and comfort them...

Clothe the Naked: When we search out the "naked" of our local community, we shouldn't only be looking for those without clothes...



Visit the 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...

Pope's Prayer Intentions - For those fleeing their own countries

Let us pray that migrants fleeing from war or hunger, forced to undertake journeys fraught with danger and violence, may find welcome and new living opportunities in their host countries.

[Home Page](#)

Catholic Social Teaching — Peace —

Through the course of this year, we have looked 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 final teaching for this year is Peace. Peace is the fruit of Charity, and the consequence of Justice – the sign of love in action. It means to be in right relationship with God, and with others. When we act in ways that align with Catholic Social Teaching, we find ourselves at peace, in our personal lives or in our work. In *Christus Vivit*, Pope Francis notes:

"When we discover that God is calling us to something, that this or that is what we were made for – whether it be nursing, carpentry, communication, engineering, teaching, art or any other kind of work – then we will be able to summon up our best capacities for sacrifice, generosity and dedication. Knowing that we don't do things just for the sake of doing them, but rather we endow them with meaning, as a response to a call that resounds in the depth of our being to offer something to others: that is what makes these occupations bring a sense of deep fulfilment."

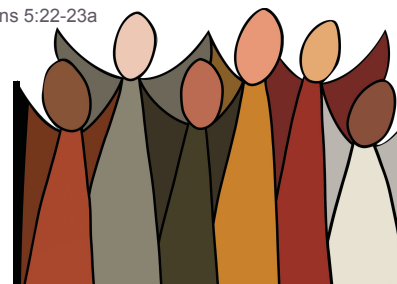


Peace

"...the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control." - Galatians 5:22-23a

"In a world gone astray from God there is no peace, but it also lacks charity, which is true and perfect love."

(Blessed Pier Giorgio Frassati)



Gospel Readings

June 2, 2024

Solemnity of the Body and Blood of Christ

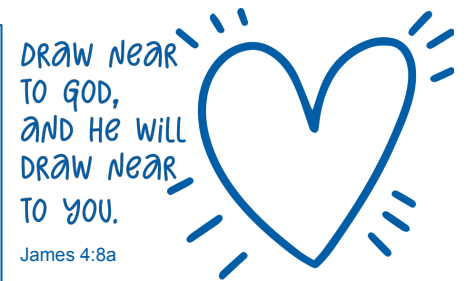
Gospel Reading: Mark 14:12-16, 22-26

“The Teacher says, ‘Where is my guest room where I may eat the Passover with my disciples?’” — Mark 14:14

Jesus sent his disciples out ahead of him to prepare a place where they could eat together and celebrate the Jewish feast of Passover. That same miracle happens at every Mass—Jesus becomes present to us as our spiritual food. He gives his very body and blood to us. But, before we receive this gift, there are some preparations that need to be made. The servers prepare the altar, the bread and wine are brought forward, we pray the Eucharistic prayer together, and Jesus becomes present to us again.

There is still one more thing that needs to be prepared—our hearts! We become the guest room where Jesus will come and visit. Is everything ready? Have we taken time to speak to Our Lord and ask him to come? We want to welcome him in the best way possible.

Discuss with your family some other ways you can prepare to receive Jesus.



Prayer:

Thank you, dear Jesus, for giving us your Body and Blood. Help us to prepare well for your coming!

June 9, 2024

10th Sunday in Ordinary Time

Gospel Reading: Mark 3:20-35

“Whoever does the will of God is my brother and sister and mother.” — Mark 3:35

Have you ever been recognized at a gathering not because people have ever met you, but because they know your mom or dad? Maybe people recognize you because you look like your parents or have certain mannerisms that are like theirs. Hopefully, you were doing something nice when you were recognized so your parents were not embarrassed by your behavior.

In today's Gospel, people bring Jesus' mother and some of his other relatives to him. Although these are Jesus' family members, he wants us to know that all people are part of his family if they obey his Father in heaven. When we are baptized, we become children of God. People will know we are part of the divine family if we follow the example of Jesus, our brother, who loved and obeyed his Father in heaven.

What are some ways you are like your parents? What are some ways you can be like Jesus?

Prayer:

Lord, thank you for including me as one of your family members. Help me to never disgrace your name; help me to imitate your love and obedience.

**I CAN BE LIKE
JESUS BY...**



Download this month's [Saint Prayer Card](#) - Blessed Pier Giorgio Frassati
[Saint Prayer Card](#) (black and white version for colouring)



Gospel Reading: Mark 4:26-34

“To what shall we compare the kingdom of God?...It is like a mustard seed...the smallest of all the seeds on the earth.” — Mark 4:30-31

Have you ever been to Disney World or Disneyland? There are all sorts of theme rides and displays, plus spectacular fireworks. Wouldn't you think that God's kingdom would exceed any kingdom here on earth?

In our Gospel today, we read that God's kingdom is spectacular, but in a very quiet way. There are no loud sounds, unusual sights, or fast rides. Jesus compares his kingdom to a tiny seed that secretly begins to grow underground and, when the time is right, emerges and becomes a great tree that gives shade and shelter. God does not want to shock our senses; instead he wants to capture our attention with wonder and awe and challenge us to share this with others until his kingdom gives shelter to all who come looking for his love.

Make a list with your family of some things you see in nature that God created with great beauty.

Prayer:

Lord, when I really look at the world around me, I am amazed by your greatness. Help me to share your love in quiet, simple ways that will bring others to worship you with wonder and awe.

Gospel Reading: Mark 4:35-41

“Why are you terrified? Do you not yet have faith?” — Mark 4:40

If you have ever been on an airplane when turbulence bounces it around, you know how unsettling it can be. When the pilot or flight attendant comes on the loudspeaker and announces there is nothing to be concerned about—it's just a temporary change in the wind or air pressure—you sigh in relief. But it wouldn't be unusual to still be a little worried. Why is that? Well, probably it's because it's hard to place our trust in another human being, even if he or she seems very qualified.

In our Gospel today, a storm threatens to capsize the boat in which Jesus and his disciples are sailing. Jesus isn't the least bit worried. In fact, he's fast asleep! His disciples, on the other hand, are terrified. They wake Jesus and he calms the storm with just a wave of his hand. They have seen Jesus perform other miracles, but still they are amazed that he can control creation. When we are faced with frightening situations, it might be hard for us to believe that Jesus can change our predicament. This Gospel should remind us that God can do anything!

As a family, write a simple prayer that you can all pray when you are afraid.

Prayer:

Lord, please give me unwavering faith that you are God, and you will not abandon me.



Gospel Reading: Mark 5:21-43

He said to her, “Daughter, your faith has saved you. Go in peace and be cured of your affliction.” — Mark 5:34

In today's Gospel, we hear two accounts of Jesus healing. In one account, a woman was healed simply by touching Jesus' clothing. In the other account, Jesus restored the health of a child who had already died. These stories can make us wonder why Jesus doesn't heal everyone so there will be no more suffering or pain. The question remains, do we have faith, even if he doesn't answer our prayers the way we wish? Do we trust that he still loves us and accompanies us even during our darkest moments? Do we believe that by his death and resurrection, we can look forward to a time when there will be no more suffering? We may not understand God's plans for us, but we can be assured that ultimately they are for our good because “God is love” (1 John 4:8) and love conquers all evil.

Is there someone in your family or community who needs to feel the healing touch of Jesus today? Is there something you can do to be Jesus' comforting presence for them?

Prayer:

Lord, save me from my doubts. Help me remember your goodness at all times.

Sources:

[Pier Giorgio Frassati: Get to know him!](#)
[Bl. Pier Giorgio Frassati \(Animated Short Film\)](#)
[WMF: Blessed Pier Giorgio Frassati - Man of the Beatitudes](#)
[The Coolest Blessed You've Never Heard Of](#)
[My Catholic Family - 2015-12-05 - Pier Giorgio Frassati](#)



École St. Mary
Kimmapiiypitsinni (Always be Kind to Each Other)

Mini Powwow Showcase

**Friday
June 21, 2024**

10:45am - 11:45am

ESM Gymnasium

White Feathers

Drum Group and Dancers

(Catholic Central High
and St. Francis Junior High)

Round Dance commencing
Mini Powwow (outdoors)

Please dress for the weather.
Bring blankets or lawn chairs and water.

Love is spoken here...

For more information, call 403-327-3098





Lethbridge & District 4-H Clubs are looking for new members to join their clubs in the 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 – tkleinsasser@holstein.ca or 403-593-1485 – Toby Kleinsasser
Project: dairy

Lethbridge Coaldale 4-H Beef – 1daniels@telus.net or 403-308-7191 – Kim Daniels
Project: beef – Check out their Achievement Day June 8th – Perlich Auction Brothers

Lethbridge Northern 4-H Beef – LN4Hbeefclub@gmail.com or 403-892-4842 – Treena Van Hierden - Project: market beef – Check out their Achievement Day June 5th 2:30, Sale @ 7:00 at Prairie View Feeders (103069 Range Rd. 223)

Readymade 4-H Multi Club - readymade4hclub@gmail.com – David Hodge
Projects: beef, sheep, horse, arts, crafts, cats – Check out their Achievement Day May 31st & June 1st – Magrath Ag Society

TNT 4-H Multi Club – tnt4hmulticlub@gmail.com or 403-635-0564 – Melanie Daniels
Projects: pheasants, crafts, foods, wood turning, archery, welding & more - Check out their Achievement Day May 31st & June 1st – Magrath Ag Society

Turin 4-H Club – turinalberta4H@gmail.com or 403-360-4808 – Chelsea Nieboer
Projects: sheep, sewing – Check out their Achievement Day June 8th 9:30 AM Picture Butte Arena

Wild n Woolly 4-H – wnw.sheep@gmail.com – Marina Grant -
Project: market lamb, ewe lamb, yearling and mature ewe. Lamb project start late March/early April - Check out their Achievement Day May 31st & June 1st – Lethbridge Exhibition (North Pavilion)



Learn To Do By Doing



FREE SUMMER DROP-IN SPORT AND RECREATION PROGRAM FOR YOUTH AND FAMILIES

May 21 thru June 26

Monday - Thursday 4-7 PM

Starting in July

Monday - Thursday mornings



Nicholas Sheran Leisure Centre
parking lot - 401 Laval Blvd West



LEARN MORE ON OUR WEBSITE

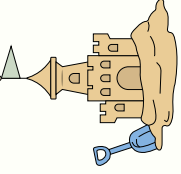


THIS PROGRAM IS FUNDED BY JUMPSTART AND PARTICIPACTION



PRESENTED BY





July 2024



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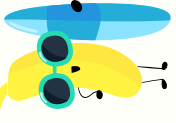
SAT

For registered events, vouchers will be available at the Family Outdoor Play events booths

All outdoor events will be weather pending. Updates will be shared on Holy Spirit Catholic School Division Facebook Page

1	2	3	4	5	6
Family Play Outdoor Event Kick Off Henderson Lake 10am-2pm		Family Outdoor Play Event Our Lady of the Assumption School 2pm-5pm	Family Outdoor Play Event St. Paul School Park 2pm-5pm	Family Outdoor Play Event St. Paul School Park 2pm-5pm	
Fit Kids- YMCA- 12pm-1pm 1pm-2pm	9	10	11	12	13
Family Outdoor Play Event Our Lady of the Assumption School Park 10am-1pm	Family Outdoor Play Event Our Lady of the Assumption School 2pm-5pm	Family Outdoor Play Event St. Paul School Park 2pm-5pm	Family Outdoor Play Event St. Paul School Park 2pm-5pm	Family Outdoor Play Event St. Paul School Park 2pm-5pm	Family Outdoor Play Event St. Paul School Park 2pm-5pm
Fit Kids- YMCA 12pm-1pm 1pm-2pm	16	17	18	19	20
Family Outdoor Play Event St. Paul School Park 10am-1pm	Family Outdoor Play Event St. Paul School Park 10am-1pm	Family Outdoor Play Event St. Paul School Park 2pm-5pm	Family Outdoor Play Event St. Paul School Park 2pm-5pm	Family Outdoor Play Event St. Paul School Park 2pm-5pm	Family Outdoor Play Event St. Paul School Park 2pm-5pm
Fit Kids- YMCA 12pm-1pm 1pm-2pm	23	24	25	26	27
Family Outdoor Play Event Nicholas Sheran School Park 10am-1pm	Family Outdoor Play Event Nicholas Sheran School Park 10am-1pm	Family Outdoor Play Event Nicholas Sheran School Park 2pm-5pm	Family Outdoor Play Event Nicholas Sheran School Park 2pm-5pm	Family Outdoor Play Event Nicholas Sheran School Park 2pm-5pm	Family Outdoor Play Event Nicholas Sheran School Park 2pm-5pm
Fit Kids- YMCA 12pm-1pm 1pm-2pm	30	31			
Family Outdoor Play Event Lakeview School Park 10am-1pm	Family Outdoor Play Event Lakeview School Park 2pm-5pm	Family Outdoor Play Event Lakeview School Park 2pm-5pm	Family Outdoor Play Event Lakeview School Park 2pm-5pm	Family Outdoor Play Event Lakeview School Park 2pm-5pm	Family Outdoor Play Event Lakeview School Park 2pm-5pm

Summer





Holy Spirit
CATHOLIC SCHOOL DIVISION

Mental Health Capacity Building Summer Program

AUGUST 2024



SUN

MON

TUE

WED

THU

FRI

SAT

4	5	6 Family Outdoor Play Event Senator Buchanan School Park 10am-1pm	7 Family Outdoor Play Event Senator Buchanan School Park 2pm-5pm Creative Wednesday- Casa voucher needed 5-7pm	8 Private Event	9 Mindful Friday	10 Mindful Friday
11	12 Private Event	13 Family Outdoor Play Event Coalbanks Elementary School Park 10am-1pm	14 Family Outdoor Play Event Coalbanks Elementary 2pm-5pm Creative Wednesday- Casa Voucher needed 5pm-7pm	15 Pop up in the park The Crossings Park 10am-1pm	16 Mindful Friday	17 Mindful Friday
18	19 Movie Mill- Family Movie 1pm Voucher needed	20	21 Private Event	22 Private Event	23 Mindful Friday	24 Mindful Friday
25	26	27 Evergreen Mini Putt Family Event 11am-1pm	28	29 Summer Wrap Up Family Pool Party YMCA 1pm-3pm	30	31

For registered events, vouchers will be available at the Family Outdoor Play events booths

ALL OUTDOOR EVENTS WILL BE WEATHER PENDING. UPDATES/CHANGES WILL BE SHARED ON HOLY SPIRIT CATHOLIC SCHOOL DIVISION FACEBOOK PAGE

LETHSYNCHRO.CA



2024/2025 **REGISTRATION**

LEARN-TO-SWIM PROGRAM: AQUAGO!

COMPETITIVE PROGRAM: VARIOUS
AGES AND LEVELS

FREE COME-TRY-IT NIGHT:
MAY 27 | 6:15 TO 7:15 P.M.



Ask for help

- Find out if your school has tutors.
- Ask your teacher about getting help during lunch, before school, or after class.
- Find someone to study with you.

- **Before your exam** Be prepared. Gather everything you need for the exam the night before (e.g., pens, scrap paper, calculator).

- Plan ahead. Give yourself enough time to get to the exam. Plan to be at least 20 minutes early in case something unexpected comes up.
- Eat regularly. You may feel nervous before an exam and not feel like eating. But it's important to eat so your brain has enough energy to stay focused. Before the start of the exam, consider having a small snack (e.g., greek yogurt with fruit, half a sandwich, or a fruit and nut bar).
- Drink water. Be sure to drink enough water to help you stay alert. Avoid caffeine from drinks such as pop, tea, coffee, or energy drinks. Too much caffeine can make you feel anxious or give you an upset stomach.

During your exam

- Pace yourself. Begin by having a quick look at the whole exam. Make note of questions that are worth more marks or may take longer to answer.
- Start with what you know. You don't always have to start at the beginning of the exam. Answer the questions you know then move on to other parts of the exam.

- Slow down. Take time to read each question carefully.
- Breathe. If you can't remember the answer to a question, take a few deep, slow breaths to relax. Breathe in for 5 seconds and out for 5 seconds. If you still can't remember the answer, move on to the next question. Some questions on the exam may help you remember answers to other questions.

After your exam

- Celebrate. Once you're done your exam, it's important to let go of any stress you had. Spend time with friends or do something you enjoy.

all the other $\mathcal{H}_i$ for $i \neq j$ are $\mathcal{H}_i = \mathcal{H}_j = \mathcal{H}$, and $\mathcal{H}_j = \mathcal{H}$ if $j = 1$ or $j = 2$. For $j = 1$ or $j = 2$, $\mathcal{H}_j$ is the $\mathcal{H}$ associated with the $\mathcal{H}$ -module $\mathcal{H}$ in the $\mathcal{H}$ -module $\mathcal{H}$. For $j = 3$ or $j = 4$, $\mathcal{H}_j$ is the $\mathcal{H}$ associated with the $\mathcal{H}$ -module $\mathcal{H}_j$ in the $\mathcal{H}$ -module $\mathcal{H}_j$.

Study Resources

- www.exambank.com
- www.learnalberta.ca

Stress Resources

- www.myhealth.alberta.ca/youth-addiction-mental-health/stress
- www.fosteringresilience.com
- www.kidshealth.org
- www.mindyourmind.ca
- www.youth.anxietybc.com

Stress Resources

- www.myhealth.alberta.ca/youth-addiction-mental-health/stress
- www.fosteringresilience.com
- www.kidshealth.org
- www.mindyourmind.ca
- www.youth.anxietybc.com

Kids Help Phone
1-800-668-6868

Mental Health Help Line
1-877-303-2642

To download or order a copy of this resource go to:
<https://doi.datacm.com/>
 Login ID: mentalhealthresources
 Password: mh2016
 Item Number: Y-004



It's common to feel stressed about school exams. You may have exam stress for many reasons such as:

- Feeling like you haven't studied enough.
- Feeling like you don't understand the material or topic.
- Feeling pressure from your parents, teachers, friends, or even yourself to get a certain grade.
- Thinking or telling yourself that you won't do well.
- Being distracted by other things that may prevent you from studying (e.g., personal relationships, stress related to your home or work life).
- Worrying you won't get into university, college, or another program if you don't do well on the exam.

How your body deals with stress

When you feel stressed, your body has a stress response. This is sometimes called the fight, flight, or freeze response. This is the response your body has in an emergency to help you manage stress.

During a stress response, your nervous system tries to protect your body by releasing chemicals like adrenaline that make you feel more alert and make you:

- heart pound
- muscles tighten
- blood pressure rise
- breathing faster

These physical changes increase your strength and stamina, speed up your reaction time, improve your focus, and prepare you to respond to a stressful event or situation, like preparing for an exam.

If your stress is so high or your body's stress response is always on it makes it harder for you to focus on the exam and remember what you've studied.

If you feel stressed about exams, talk to someone you trust such as a friend, family member, or school counsellor.

Tips to help you manage your exam stress

Find your learning style

Everyone has their own style of learning. Some people do best using only one style while others use a combination of different styles. The key is to use what methods work best for you.

Do you learn by hearing? (auditory learning)

- Try reading your notes out loud.
- Voice record key points and play them back to yourself.
- Study with others and talk about what you're studying.

Do you learn by seeing? (visual learning)

- Make flash cards.
- Use colours or sticky notes for key points.
- Break down harder sections on a white board or large piece of paper.

Do you learn by doing? (kinaesthetic learning)

- Try working with a partner or in a group.
- Practice teaching what you're studying to your study partner.
- Make models or diagrams to highlight key points.

Do you learn by reading? (reading-based or writing-preferred learning)

- Read your notes again, rewrite your notes, and reword key points.
- Put information from diagrams, charts, and graphs into words or sentences.

Have a plan

A study plan helps you make the most of your study time and may relieve some of your exam stress.

- Use a calendar, white board, or wall planner to make a study schedule. Add notes to remind you what sections to study.
- Plan study time when it works best for you (e.g., morning, afternoon, evening). Set reminder alarms on your phone or watch to help you manage your time and stay on track.
- Find out what type of exam it is (e.g., multiple choice, short answer, essay). Ask your teacher about writing practice exams. This can help you prepare for the exam and may lower your stress.
- Gather your study materials (e.g., notes, handouts, quizzes).
- Break sections down into smaller pieces of information you can manage. Think about which areas you may need to spend a little more time on and study your hardest subjects or sections first.
- Use a timer for each section. If you haven't finished studying the section when the timer is done, decide if you should keep studying it, move on, or go back and study it later.
- Limit distractions (e.g., social media, texting, TV, video games). If you find it hard to turn off your phone when studying there are free apps available that can remind you to stop using it or automatically silence it during set times.
- Find a study space that works for you (e.g., a quiet room at home, library, coffee shop). Remember, your bed is best for sleeping, not studying. If you have exam stress, studying in your bed can affect your sleep. There's also a chance that you'll fall asleep while studying.

Don't forget to take breaks and make time for at least 30 minutes of physical activity each day. Physical activity can help clear your head and boost your mood so it's easier for you to study.

If you're not sure what your learning style is talk to your teacher or school counsellor.



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