



**FATHER LEONARD VAN TIGHEM SCHOOL**  
25 Stoney Cres. W. Lethbridge, AB T1K 6V5  
[www.flvt.ca](http://www.flvt.ca)  
Principal: Greg Kostiuik  
Assoc. Principals: Patti Pilsner & Travis Magierowski

FLVT

SEPT. 2020

Check out our  
BLOGS

Greg Kostiuik, Principal  
<https://gregkostiuk.com>

Ken Sampson, Superintendent  
<https://blog.holyspirit.ab.ca/>

**DATES TO REMEMBER**

**OCT. 5 — Picture Day**



## PRINCIPAL'S MESSAGE

This September 1st will be my 30<sup>th</sup> first day of school as an educator and my 24<sup>th</sup> first day of school as a school administrator. Due to the COVID-19 pandemic, the start of the 2020-21 school year will be like no other. I hope the experience and skills I have acquired will help our school community adjust to our new reality. Although there will undoubtedly be many challenges and mistakes, 2020-21 will be a gratifying year. I believe that our school staff will work incredibly hard to make student learning a positive experience, whether students are on-site or choosing at-home learning. The COVID-19 pandemic will make for a unique experience, but please know that your children will be cared for and loved while they are in our care. We will be applying our Van Tighem Virtues of Honest, Accepting, Wise, Kind, Spiritual to all that we do at school.

Recently I noticed a gif from the *Institute of Child Psychology*. The 2020-21 school year would be a great time to follow this check list: [@instituteofchildpsychology](https://www.instituteofchildpsychology.com)

From past posts, many parents know that I typically do not sleep before the first day of school—not due to anxiety about the start of the school year, but due to feelings of joy and excitement for beginning another year. Despite the current uncertainty, I still have a sense of excitement and joy. We do need to be aware that many of our students, parents, and staff are very anxious and worried about the start of this school year. We will support the wellness of all the members of our learning community. I welcome all the members of our learning community to the 2020-21 school year at Father Leonard Van Tighem School.

Unfortunately, we will not be able to hold our Welcome Back BBQ. Our Family Blessing will be done differently this year; final details will be sent to parents soon.

We are getting bigger, both physically and in numbers. Our new portable is not quite ready. We hope to be using it next week.

The biggest challenge for us this school year will be adapting to education in the COVID-19 pandemic. Still, we will be focusing on our faith, learning, First Nations, Metis and Inuit Educations, and wellness. Also, we are excited about the second year of our Faith Plan. This year's faith theme is *Transformed by the Journey*. The primary focus is on being grateful and being gracious. We will continue to integrate our faith plan with the Van Tighem Virtues of Honest, Accepting, Wise, Kind, Spiritual.

We look forward to working with you to continue to make Father Leonard Van Tighem School a special place. On behalf of our staff, I wish everyone a successful school year.

Blessings,  
Greg Kostiuik  
Principal

Please check Mr. Kostiuik's Blog at  
<https://gregkostiuk.com> for a variety of announcements

### MY CHECK LIST FOR EVERY CLASS THIS YEAR

1. Keep them safe
2. Lower their anxiety about the current situation
3. Make them laugh
4. Make them feel loved
5. Teach them something

All in that order



# PLEASE WELCOME

## CINDY CLEWES – GRADE 4 TEACHER

Hello Father Leonard Van Tighem students, parents, and staff! I am very excited to join your school community! I have had many wonderful years at Our Lady of the Assumption School, and I am ready for a new adventure.

My husband and I have two children who are pursuing post-secondary degrees at the University of Lethbridge. As a family, we enjoy being outdoors, and travelling to new places.

Through my many experiences as a teacher, I have learned that everything good starts with kindness. In a time with so many uncertainties, I feel that we need to rely on each other, more than ever, to foster a world of togetherness. I have been very blessed to work with many amazing people over the years, and I am really looking forward to joining the Van Tighem team! I absolutely love being a teacher, and it is so rewarding to help my students realize their true potential as learners, and as important members of a faith community.

Thank you so much for the warm welcome that I have already received. I look forward to what this new experience will offer, and I am excited to meet all of you!

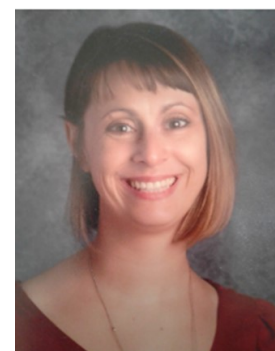


## KELLY ROTH – GRADE 5 TEACHER

I am Kelly Roth, and I am very excited to be joining the already amazing staff at Father Leonard Van Tighem School for the 2020-2021 school year. I am coming to Father Leonard from Our Lady of the Assumption elementary school, where I spent the last 5 years teaching the 4/5 combined and 5/6 combined classes.

For the 2020-2021 year, I will be teaching grade 5. I really look forward to working with and getting to know all my new students and their parents!

In my spare time, I like to spend time with my family. I enjoy rollerblading, camping, and hiking during the summer. I also enjoy baking and cake decorating. I like all genres of music, and crafting as well.



## EMILY BOUTLAND

Hello!

My name is **Emily Boutand** and I am excited and blessed to be teaching at Father Leonard Van Tighem. I stepped away from the classroom for a few years to raise my young children and spent a few years piloting the Curriculum Framework for Early Childhood Education. Last year, when I returned to teaching, I taught grade four at St. Patrick Fine Arts. My main duties will be elementary Language Arts support, Health and Art. I have taught grades one, two and four. I also teach Sunday School at St. Martha's Parish.

I love spending time with my children, two labradoodles, and our rescue cat outside of school. On the weekends I enjoy doing outdoor activities and art projects with my children, refinishing antique furniture, and home decorating. Every year we enjoy vacationing in the mountains, and on Flathead lake.

I am looking forward to joining the FLVT family and getting to know the students and parents!



# PLEASE WELCOME

## EVELYN HERHOEF—PSIII WITH MRS. ALVAREZ

Hello, my name is Evelyn Verhoef and I am a PS3 student teacher from the University of Lethbridge. After this semester I hope to graduate with a BMus/BEd with a specialization in Early Childhood Education. I will be teaching in Grade 3 with Mrs. Alvarez until Christmas.

I was born and raised on an acreage north of Lethbridge, and am the middle child of 8. I love spending time with my family and friends, playing piano, painting, reading and enjoying the outdoors!

I am excited to start teaching and am very grateful to have the opportunity to grow as a teacher at FLVT!



## DIEGO MENJIVAR – JUNIOR HIGH PSIII WITH MRS. JOHNSON

My name is Diego Menjivar, and I am a University of Lethbridge student doing my final education practicum, I specialize in French, Spanish and ESL with a minor in CTS. I will be at Father Leonard Van Tighem as a student intern until December 18th, and I am going to be working with and learning from Jessica Johnson as I teach Grade 7 Social and other Junior high courses like French. In terms of my educational background, I have a Bachelor of Arts Degree in French/Spanish and have already completed one practicum as my second one had to be paused due to Covid-19. I taught grade 4 Science, Math and Gym, Grade 7 Social and grade 8,9 French.

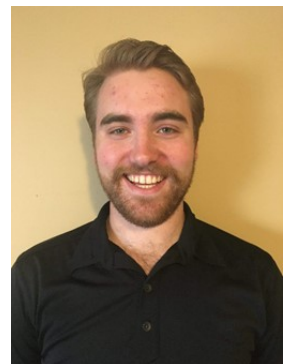
My hobbies include playing a lot of basketball, soccer and spikeball, watching sports (which I hope come back soon), and learning new languages as learning portuguese was my top quarantine activity. I absolutely love all things outdoors, so I have been trying to get out in the Rocky Mountains as much as I can this summer. I wanted to thank you all, and I am looking forward to this opportunity to grow as a teacher in the Father Leonard Van Tighem community!

Have a great day!



## MICHAEL MCCALLUM – JUNIOR HIGH PSIII WITH MS. HAY

Hello! My name is Michael McCallum, and I am very excited to be spending my final education internship at your school! With the completion of this semester, I will be graduating with a Bachelor of Arts (History)/ Bachelor of Education (Social Studies/Religious Studies minor), and am honored to be able to finish this at Father Leonard Van Tighem. Much of what I can say about myself is seen through the education I have pursued: I am very passionate about History, and am always excited to engage in a conversation about our past! I am also very passionate about Religious Studies--I come from a large Catholic Family, I went to a Catholic School like Father Leonard Van Tighem for my own primary and secondary education, and I have spent time doing ministry work with NET Canada. As such, I am looking forward to being involved in and a part of the faith community of your school. Beyond this, being active and playing sports are a big part of my life as well. I love hockey and I love the Calgary Flames; I will play and watch hockey as often as I can. In recent months, due to Covid-19, this has not been possible--instead I have been learning how to play tennis!

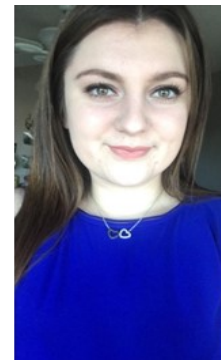


# PLEASE WELCOME

## GABBY BRZINSKITE – PSIII TEACHER – MR. TEMPLIN

My name is Gabby Brazinskaite and I am a PS3 student from the University of Lethbridge. I am currently completing a combined program for my Bachelor of Arts along with my Education degree. In my bachelor of arts I am majoring in general humanities with my three streams being English, History and Religion.

This fall I will be working alongside Mr. Templin in his grade one classroom. I am very excited to get to know everyone and am very thankful for the opportunity to complete my teaching internship at Father Leonard Van Tighem school this fall.



### GROWING IN FAITH GROWING IN CHRIST

Our School uses the *Growing in Faith, Growing in Christ* program for Religious Education!

*Growing in Faith, Growing in Christ* features a Student-Home Website with videos, songs, bible stories, prayers, interactive activities and more – all designed for students and families to explore their faith together.

Log in at:

[www.pearsoncanada.ca/growinginfaith/student-home](http://www.pearsoncanada.ca/growinginfaith/student-home)

Grades: 1-7 available!

Username: holyspirit99

Password: Student99



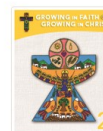
### GROWING IN FAITH GROWING IN CHRIST

Welcome to Your Student Website!



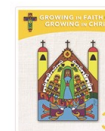
Grade 1

Sign In



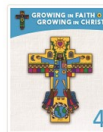
Grade 2

Sign In



Grade 3

Sign In



Grade 4

Sign In



Grade 5

Sign In



Grade 6

Sign In



Grade 7

Sign In





### Monday, October 5

All grades will be accommodated on this day. If you are in Early Learning and do not attend on this day, please stop into the school in between 8 a.m. and 12:00 p.m. for your child's photo to be taken.

*Photos this year will be taken by LifeTouch*

### Just a few reminders of school bus regulations:

- Masks must be worn at all times on the bus.
- Parents/Guardians must be at their child's bus stop if they are in Kindergarten – Grade 1 for both drop off and pick up unless they are with an older sibling. If a parent/guardian is not at the Bus Stop, the child will be taken back to the school and it will be the school's responsibility to contact the parent.
- Students must be at their designated Bus Stop at least five minutes before their pick time. We are unable to stop and wait for students due to the timing and the amount of students transported, if students are not at a bus stop and visible to the school bus operator they will continue on to the next designated Bus Stop.
- Friends may not take the bus for play dates, to daycare, to grandparents, etc.
- Please do not to park in the School Bus Parking Zones.



## **BELL TIMES AND SCHEDULES**

**BELL TIMES**– Start time (first bell) **8:38** (please be at muster point at 8:30)

**MONDAY—THURSDAY** — Elementary End time 3:30 / Junior High: 3:20

**FRIDAY – EARLY DISMISSAL** — Elementary 1:10 P.M. / Junior High 1:00

## **NUTRITION / LUNCH BREAKS**

### **MONDAY - THURSDAY**

Grades 1 – 6 – 10:30—11:03 & 12:54—1:34

Grades 7 – 9 – 12:26 –1:07

### **FRIDAYS**

**GRADES 1 – 6**— 10:40—11:10. Because this is a very short break, please **do not send items needing a microwave.**

**GRADES 7 – 9**— 11:23—11:38 (15 minute nutritional break)

Bus students will catch the bus at regular bus pick up time of 1:15. All other students are free to leave for home at 1:00 or when dismissed.

## **BEFORE AND AFTER SCHOOL**

All entrance doors will be locked. Teachers will meet students at their designated muster point at 8:30 and take students to the classroom. There will be no staff supervision before 8:30 or after dismissal times at the end of the day. Students are expected to head straight home.

## **DRESS CODE**

Dress in accordance with the following guidelines. Good social judgement includes knowing what is appropriate to wear (clean, neat, modest clothing free of offensive language, advertising or slogans). No underwear should be showing.

## CANTEEN

Clip cards will be available again through the cafeteria for \$20.00. The students can use these cards to purchase lunches or if requested, they can use them for milk only. Any money left on cards from last year has been carried over to this year.

### NO FORKS OR SPOONS AVAILABLE—BRING FROM HOME

Please pay through cash-on-line, cash, making Cheques payable to **KAYLA CHAPMAN** or pay by e-transfer to [kkchapman15@gmail.com](mailto:kkchapman15@gmail.com). “Debit tap” is now available.

#### HEALTHY CHOICES

Hamburger	.....	\$3.50
Cheeseburger	.....	\$4.00
Hot Dog	.....	\$2.00
Corn Dog	.....	\$2.50
Milk (chocolate)	.....	\$2.00
Juice	.....	\$1.00

#### REGULAR MENU ITEMS

Muffins	.....	\$2.00
Yogurt Berry Parfait	.....	\$3.00
Fresh Fruit	.....	\$1.00
Veggies	.....	\$2.00
Grilled Chicken Vermicelli Salad	.	\$6.00

### NO MICROWAVES

#### GLUTEN FREE OPTIONS

(Must be pre-ordered by 11 a.m. of that day  
—call or text Kayla at 403-360-9046)

Hot Dog	\$4
Hamburgers	\$6.50



## TEXTBOOK POLICY

Junior High Students have received their textbooks for the year. The average cost of a textbook is \$80.00, and they must last for many years. Please encourage your student to take good care of their texts. Should they lose a textbook, they will have to pay to replace it. Full cost will be charged for a new text and a portion for an older one, depending on the age of the book. Also, any damage they do to a textbook will be assessed a fee on an individual basis.

## EMERGENCY PROCEDURES

Within the next few weeks we will be holding fire drills and practising our lockdown and evacuation procedures. Sometime in September, the fire department will be working with us to ensure that our emergency plans function well for us. You can help us out a great deal by making sure that your children understand the importance of always having shoes on their feet. There is no time during an evacuation of any kind to be hunting for footwear.



# SEPTEMBER

## A New School Year Begins!

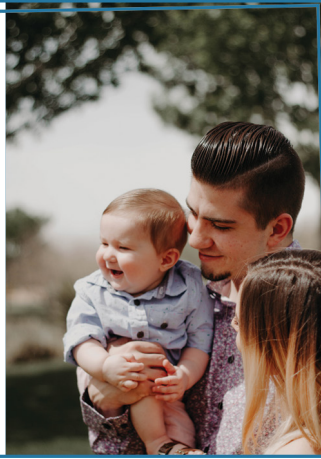
### Days to Remember

- 1 World Day of Prayer for the Care of Creation
- 5 Feast Day of St. Teresa of Calcutta
- 8 The Nativity of the Blessed Virgin Mary
- 15 Memorial of Our Lady of Sorrows
- 29 Feast of St. Michael

### A Blessing for a Family

May God give us light to guide us, courage to support us, and love to unite us, now and evermore. Amen.

(Source Unknown)



Click [here](#) for a printable version of this prayer.

### Be Gracious

To be gracious is to be filled with good will and to treat others in the loving manner that Jesus taught us.

#### KINDNESS

St. Paul identifies kindness as one of the fruits of the spirit. We don't want to just teach our children to "do kind things" but rather to have kindness be our very nature. Model kindness for your children as often as you can and when you see them being kind, comment on it by name. As a family this month, focus on kindness in different areas: kindness at home, kindness in the neighbourhood, kindness at school, kindness to those we don't know, etc. The reward for being kind is not shown in any material way but rather in knowing that we are living as Jesus taught us.

Click [here](#) for a Kindness Prayer to pray with your family.



### Catholic Education

Thank you for choosing Catholic Education for your family. Along with your Church, we are partners with you in educating your child. We never lose sight of the fact that, as Pope Francis teaches, the home is to be "the place where we learn to appreciate the meaning and beauty of faith," and where we learn "to pray and to serve our neighbour." This monthly newsletter aims to serve your family by giving you some ideas to share in the faith journey that your child is experiencing at school. This year, let us be *Transformed by the Journey* together.



### Be Grateful

This year we are focusing on finding grace (God's presence and love) in the ordinary moments of our day. We will be attentive to giving thanks to God for all of his goodness and being grateful to God for his presence.

One of our beautiful Catholic prayer traditions are prayers of Blessing. In prayer, to bless is to dedicate someone or something to God, or to make something holy in God's name. Saying that God has blessed us means that we acknowledge that we are held in God's heart, cherished and beloved for who we are.

Bestowing a blessing on one another in a family is an act of love. If you don't already do so, bless your child before they leave for school each day. Simply trace a cross on their forehead or place your hand on their head and say "May God bless and protect you today" and then pause for a moment of silence. This is one small way of showing how thankful you are to God for giving you his precious child to care for.



### Faith & Family

Nurturing a child's prayerful heart starts with simplicity - talking about God, finding God in the everyday, finding moments of prayer, and learning to respond to God's presence with prayer. This month's suggested *Faith and Family* activity is Prayer Walks.

As we wind down our summer days and look forward to the beautiful autumn season, it is the perfect time of year to go on a prayer walk with your family. Help your children to open their eyes more to the wonders of God's creation. God is not only Creator, but also present in creation. If we can begin both the conversation and our relationship with God by recognizing that God is near us always, it prepares the child for a lifetime of knowing that God is always with us. Bring up God on your walk and you might be amazed at what your child tells you!

#### Questions:

- Where do you see God?
- Where do you think God is?
- How is God like the item that you see?
- Why do you think God created this item?
- How does this item make you feel?



Resources: *Praying Together* by Karla Hardersen; *Prayers and Rituals for the Home* by Kathy Hendricks



*"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)



## NOTICE TO PARENT OR GUARDIAN OF RELIGIOUS PERMEATION

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



## FAIR NOTICE LETTER

Dear Parents / Guardians,

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

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

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

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

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

Sincerely,  
Ken Sampson, Superintendent of Schools





## GRADE 3 STUDENT LEARNING ASSESSMENTS

Alberta Education is once again providing the opportunity for school divisions in the province to administer the Grade 3 Student Learning Assessments (SLAs). The SLAs are a digitally based provincial assessment that provides a beginning of the year “check in” based on outcomes related to literacy and numeracy. This assessment allows teachers and parents/guardians to learn about and identify student strengths and areas for growth early in the school year.

Holy Spirit School Division believes that continued participation in the SLAs will provide teachers yet another opportunity to get to know their students, use the results to help plan for instruction, and engage in collaborative professional development opportunities that will benefit student learning.


For more information about the Grade 3 SLAs, visit the government website at:

<https://www.alberta.ca/student-learning-assessments.aspx>

# September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 First Day of School for Students	2	3	4	5
6	7 No School Labour Day	8 First Day of School for Kindergarten	9	10 Radical Red Day	11	12
13	14 First Day of School for Early Learning	15	16	17 Great Green Day	18	19
20	21	22	23	24 Yummy Yellow Day	25	26
27	28	29	30			<u>Picture Day</u> <b>October 5</b> 

# October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Terrific Teal Day	2	3
4	5 School Picture Day   Photo Day	6	7	8 Bouncing Brown Day	9 No School School PD Day	10
11	12 No School Thanksgiving Day	13 No School Collaboration Day	14	15 Perfect Pink Day	16 AM Kindergarten	17
18	19	20	21	22 Powerful Purple Day	23 PM Kindergarten	24
25	26	27	28	29 Outrageous Orange Day	30	31 Halloween