

FATHER LEONARD VAN TIGHEM SCHOOL

25 Stoney Cres. W. Lethbridge, AB T1K 6V5

www.flvt.ca

Principal: Greg Kostiuk - Assoc. Principals: Patti Pilsner & Travis Magierowski

**HONEST
ACCEPTING
WISE
KIND
SPIRITUAL**

FLVT

OCT. 2020

Check out our
BLOGS

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

Ken Sampson,
Superintendent
[https://
blog.holyspirit.ab.ca/](https://blog.holyspirit.ab.ca/)

DATES TO REMEMBER

OCT. 5

⇒ School Picture Day

OCT. 9, 12 & 13

⇒ **No School**

9 - School PD Day

12 - Thanksgiving

13 - School
Collaboration Day

PRINCIPAL'S MESSAGE

There is an old story or fable told about a far-off land which was ruled by a tyrant. The tyrant had an ironclad grip over all parts of his kingdom, except for one frustrating area. He was unable to destroy the people's belief in God. He summoned his counsellors and put the question to them: "Where can I hide God so that the people will end up forgetting him?"

One counsellor suggested that God be hidden on the dark side of the moon. This proposal was debated for some time, but voted down because it was believed that one day scientists would discover a means of space travel and God would end up being found again.

Another advisor to the tyrant came up with idea of burying God beneath the depths of the ocean floor. This was voted down for basically the same reason - it was felt that scientific advancement would lead to the discovery of God, even beneath the depths of the ocean floor.

Finally, the oldest and wisest of the counsellors had a flash of insight. "I know", he said, "Why don't we hide God where no one will ever think of finding him?" He explained, "If we hide God in the ordinary events of people's everyday lives they'll never find him." And so it was done - and they say that people are still looking for God - even today.

Although the start of this school year during the COVID-19 pandemic cannot really be described as ordinary, I do believe I have witness God in the many events during our school re-entry plan. I especially see God is the many relationships between students, parents, and staff. I have the pleasure of leading pray at different events and I am always interested in the prayer intentions. Hearing who people are praying for and thankful for. Hearing who people are praying for and thankful for. This year focusing on being grateful and being gracious I truly see God in the ordinary events at school.

Fall is one of my favourite seasons. Although I enjoy the colours of fall, the best part of fall for me is Thanksgiving. Thanksgiving is a time to get together with family and friends and be thankful for all the blessing we have. A big part of our blessing is seeing God and what He does in the normal and routine parts of our lives, including our daily adjustments to life in a pandemic. At Father Leonard Van Tighem School I am thankful for the many blessing God has given us.

On behalf of everyone at school, I wish everyone a blessed Thanksgiving as we thank God for the many gifts we have received.

Greg Kostiuk



PD Days

October 9 will be a Professional Learning Day and October 13 is a Collaborative Day for all staff and there is no school for students. On October 9 the staff will be holding a staff meeting and participating in a variety of learning activities regarding Faith Formation, supporting student learning, and First Nations, Metis and Inuit Education. On October 13 the staff will be having a virtual speaker and working together to create "Creating Cultures of Thinking."



Dear Parents/Guardians,

This year our class will be participating in the **Scholastic Reading Club program**. Reading every day is the best way for children to become independent readers.

NEW this year: your order will now **ship to your home** and you can order online whenever you want at scholastic.ca/clubshop.

When you checkout, please enter my **Class Code**. When you use my Class Code our class earns **20%** of the value of the order in rewards and you get **Free Shipping** on your order of \$35 or more*. The rewards earned can be put towards books, digital teacher resources, and more!

*Orders below \$35 will be charged \$3.50

Here's to a great year of reading!

Librarian:
Your Teacher: Mrs. Hawker

MY CLASS CODE:

RC 228249

For full Class Code and Free Mini Book details visit:
scholastic.ca/rc/terms



Scholastic Reading Club Goes Digital!

Mrs. Hawker, your FLVT Librarian is in charge of the Book Orders for Scholastic for the majority of the school, with the exception of Early Learning (Mrs. Kroetsch), 1T (Mr. Templin), 2J (Mrs. Jetten), and 4CC (Mrs. Clewes) who are in charge of their own classroom orders.

If your child is not in the above classes, please use the code **RC228249** (Mrs. Hawker) when placing your online order.

The FLVT Library will benefit by receiving **20%** of your order in credits to purchase more books for all students to enjoy!

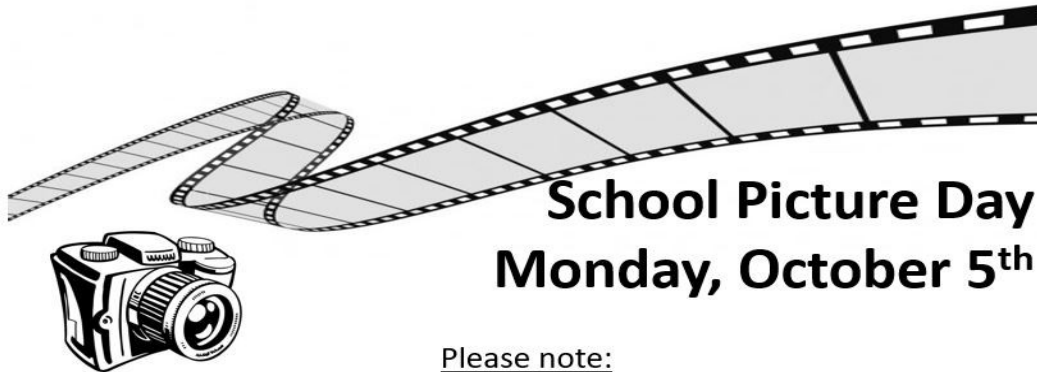
In the future, paper fliers will no longer be sent home. You can go to scholastic.ca/clubshop and place an order anytime, and your order will be shipped to your home!

Thank you in advance for supporting our school library, and investing in your child's literacy, by purchasing Scholastic Books!

In this time of Social Distancing, **READING** is an excellent individual activity.

Thanks, and Happy Reading!

Mrs. Hawker



School Picture Day Monday, October 5th

Please note:

All hats, head gear, masks, face shields, and face coverings are to be removed for school photos.

Lifetouch is taking extra steps to keep your students and staff safe while capturing the time-honored tradition of school photography.

Please see their website for more information

<https://schools.lifetouch.com/>

PLEASE NOTE:

EARLY LEARNING STUDENTS not attending on this day may come at either 8:30 a.m., 12:15 p.m. or between 2:30-3:30 to get their picture taken.

AT HOME LEARNING STUDENTS can come between 2:30—3:30 to get their picture taken.

MEDIC ALERT'S — NO CHILD WITHOUT PROGRAM



The *No Child Without* program offers a free Medic Alert membership to students who attend our school and are between the ages of 4 up to their 14th birthday. If your child has a medical condition, allergy or is required to take medication on a regular basis then you should consider a Medic Alert membership through this program.

Further information is available at www.nochildwithout.ca. To register your child you will need a “*No Child Without*” brochure from the office.

If your child is already part of the *No Child Without* program and there have been changes to their medical condition, medications or emergency contact information, call Medic Alert at 1-866-679-3220 Ext 1 to update your child's file.

New for 2019-2020

The IAP Kids Accident insurance plan has been discontinued. However, there is a new plan to take its place. This program is called **Family Accident Insurance Plan (FARP)**.

A link can be found in Business Services Insurance page on the school division's website. The links include the FARP website, newsletter, and claims form.

Just like the IAP Kids Plus Program, parents must apply for the Family Accident Insurance Plan themselves. Please see <https://www.solutionsinsurance.com/merc> for more information.

Be **THANKFUL** for what you have
and you will end up having more.
But if you concentrate on what
you don't have, you'll never, ever
have enough.

~Oprah Winfrey

Supervision

Morning supervision – starts at 8:30 am

Afterschool supervision – there is no
afterschool supervision on the playground
or fields.



HALLOWEEN

Halloween - October 31

We wish everyone a safe Halloween. At FLVT we will be celebrating Halloween on Friday, October 30. All students are encouraged to dress-up but please remember our Grade 4-9 students are still required to wear a mask. Due to the pandemic we will not be hosting a costume parade this year. Also, our elementary teachers may be doing a variety of Halloween activities but there will be no parties and we are not able to bring outside food into the classroom. Please talk to your homeroom teacher if you have any questions.



*There is always
something for which to be*

T H A N K F U L





Transformed by the Journey

OCTOBER

I will give thanks to the Lord with my whole heart!
Psalm 9:1a



Special Days to Remember Month of the Holy Rosary

- 4 Feast Day of St. Francis of Assisi
- 7 Memorial of Our Lady of the Rosary
- 12 Thanksgiving Day
- 16 World Food Day
- 22 Feast Day of St. John Paul II

Be Grateful

This month, we will focus on prayers of thanksgiving, another of our beautiful Catholic prayer traditions. Of course this is especially appropriate during the month of October when we actually mark Thanksgiving Day in Canada. Prayers of thanksgiving invoke a spirit of gratitude, of thankfulness for God's many blessings. Every moment of one's life can become a moment of thanksgiving, and thereby of prayer.

It would do our children well if we could respond to our many emotions throughout the day with prayer. When your children are joyful or excited about something, encourage them to say a quick prayer of thanksgiving – "Thank you God for our happy hearts!"



Faith & Family

Brainstorm with your children ways to help others with their time, treasure, and talent by creating a "Family Foundation". This month, everyone in the family can decide how they will donate to the foundation. Perhaps your child will decide to be generous with his/her time by playing with a little brother or sister without being asked. Maybe your child will decide to donate part of his/her allowance to a favourite family charity. Perhaps your child will discover how to use his/her talents to bring joy to others. For example, a budding artist can create a chalk picture on the sidewalk for everyone in the neighbourhood to enjoy.

What a wonderful way for your children to understand what it means to serve and put our faith into action!



Bedtime Prayer of *Thanks* for Children

Thank you
for being with me today.
Thank you for helping me
when I needed you.
Thank you for being with me
when I was afraid.
Thank you for helping me
to be generous
with my time and talents.
Thank you for giving me
the strength I needed
to do my best today.

Amen

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

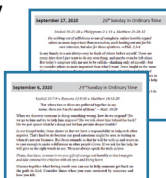
Be Gracious

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

The Fruits of the Holy Spirit are the observable behaviours of people who have allowed the grace of the Holy Spirit to be effective in them. One of the Fruits of the Spirit is generosity. We often associate generosity as being about giving money. While that can be important if you are able, we try to model for our children that generosity is really more about the giving of ourselves. While it's important to recognize generous behaviour, we must be careful about rewarding it with youngsters. We teach them that being generous is not about getting recognition or a reward for ourselves. It is about sharing who we are and what we have with others, expecting nothing in return.

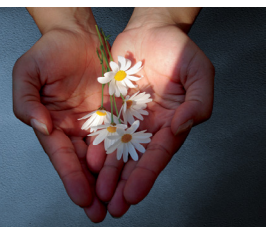
Catholic Education

A few years ago, we started the tradition of asking our teachers to read the upcoming Sunday Gospel with their students each Friday. We wanted our students to learn to consider how the lessons of the Gospel stories will help them live their life today. In order to now connect this to your home, we have purchased "Mass Transit Cards" for you to use as you prepare for Sunday Mass. Included is a simple explanation of the Gospel and a reflection question for your family to encourage conversation about the Scripture. You can access the Mass Transit Cards for October [here](#).



*For it is in giving
that we receive.*

- St. Francis of Assisi



Resources: *Praying Together* by Karla Hardersen;
Teaching Kids to Care by Sr. Janet Schaeffler, OP



*'Let us come into his presence with thanksgiving:
Let us make a joyful noise to him with songs of praise!'*
(Psalm 95:2)

Student illness

If a student has COVID-19 symptoms

Students with symptoms must not attend school. If a child develops symptoms that could be caused by either COVID-19 or by a known pre-existing condition (e.g., allergies, chronic cough), the child should be tested for COVID-19 to confirm that it is not the source of their symptoms before returning to school.

Anyone that reports symptoms must stay home and seek health care advice as appropriate. Parents can call Health Link 811 or their primary health care practitioner, and fill out the [AHS Online Self-Assessment tool](#) to determine if their child should be tested.

Parents, household members, and contacts of a student who has symptoms but is not a COVID-19 case, are not required to quarantine.

Only the people identified as close contacts of an individual who is a case of COVID-19 need to quarantine. The contacts of the close contacts do not need to quarantine.

Book a test

Book a testing appointment online with the AHS assessment tool or call Health Link 811. <https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

Symptoms

You should get tested if you have any COVID-19 symptom.

If you have any of these symptoms you are [legally required to isolate for at least 10 days](#) from the start of your symptoms or until they resolve, whichever is longer:

- Fever
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

If you have any of these other symptoms, stay home and minimize your contact with others until your symptoms resolve:

- Chills
- Painful swallowing
- Stuffy nose
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis, commonly known as pink eye

Monitor your child's health and call [Health Link 811](#) if you have questions or concerns. Call 911 immediately if experiencing severe symptoms of COVID-19, including difficulty breathing, severe chest pain, feelings of confusion or loss of consciousness.

COVID-19 INFORMATION

Isolation requirements

Albertans with symptoms

- You are legally required to isolate for a minimum of 10 days if you have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition.
- The mandatory isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

Tested positive for COVID-19

- You are legally required to isolate for a minimum of 10 days if you have tested positive for COVID-19.
- Isolation period is 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.

Have symptoms but tested negative for COVID-19

- If you tested negative and have known exposure to COVID-19, you are legally required to quarantine for 14 days from the last date of your exposure.
- If you tested negative and have no known exposure to the virus, you are not legally required to isolate. However, it is important to stay home until your symptoms resolve so that you do not infect others.

Close contacts of confirmed cases

- You are legally required to quarantine for 14 days and monitor for symptoms if you are a close contact of a person who tested positive for COVID-19 (provides care, lives with or has close physical contact without appropriate use of personal protective equipment, or comes into direct contact with infectious body fluids).
- If you become sick with cough, fever, shortness of breath, runny nose or sore throat during this time, you must isolate for an additional 10 days from the beginning of symptoms or until you are feeling well, whichever takes longer.

If you are self-isolating:

- Stay home — do not go to school, work, social events or any other public areas or community settings.
- Avoid close contact with other people, including household members but especially seniors and people with chronic conditions or compromised immune systems.
- Do not use public transportation or ride sharing.
- Do not go for walks in public places. This includes children in mandatory self-isolation.
- If you go outside, you must remain on private property not accessible by others.

If a student has symptoms related to allergies or a pre-existing medical condition

- The student should be tested at least once before returning to school and have a negative COVID-19 test result.
- These symptoms would be their baseline health status. As long as the cough or runny nose is always the same and does not get worse, the student can attend school.
- Talk to your school about your child's pre-existing medical condition so the school may keep a confidential record of this condition.

Note

As the COVID-19 pandemic continues to evolve, information regarding COVID-19 will be updated as required. Please check online for the latest information and links to testing, symptoms and isolation requirements: alberta.ca/covid19

October 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Terrific Teal Day	2	3
4	5 School Picture Day  World Teacher's Day Cheesy Garlic Fingers \$4	6 Mini Pepperoni Pizza \$4	7 Taco & Mexi Fries \$4	8 Bouncing Brown Day FALL RUN OFF  Thanksgiving Prayer Service (In classrooms) Chicken Burger \$4	9 No School School PD Day	10
11	12 No School Thanksgiving Day	13 No School Collaboration Day Mini Pepperoni Pizza \$4	14 School Council Mtg. 7 p.m. (Virtual) Spaghetti & Garlic Toast \$4	15 Perfect Pink Day Chicken Burger \$4	16 AM Kindergarten 8:30-11:40 Kraft Dinner \$2.50 Smoothie \$3	17
18	19 Cheesy Garlic Fingers \$4	20 Mini Pepperoni Pizza \$4	21 Pancakes & Hashbrowns \$4	22 Powerful Purple Day Chicken Burger \$4	23 PM Kindergarten 8:30-11:40 Kraft Dinner \$2.50 Smoothie \$3	24
25	26 Cheesy Garlic Fingers \$4	27 Mini Pepperoni Pizza \$4	28 Taco in a Bag \$5.25	29 Outrageous Orange Day Chicken Burger \$4	30 Kraft Dinner \$2.50 Smoothie \$3	31 Halloween 

November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>Daylight Savings Ends</p> 	2	3	4	<p>5</p> <p>Beautiful Blue Day</p> <p>Picture Retake Day</p> 	6	7
8	9	10	11	12	13	14
	Quarter 2 Begins	Remembrance Day Celebration (in classrooms)	No School Remembrance Day	Bold Black Day	Elementary Report Cards	
15	16	17	18	19	20	21
				Groovy Grey Day	No School Divisional PD Day	
				Parent Teacher Interviews 5–8 p.m.		
22	23	24	25	26	27	28
				Wintry White Day		
29	30					
First Sunday of Advent						