

# FATHER LEONARD VAN TICHEM 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

APRIL 2021

## MESSAGES & BLOGS

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

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



## DATES TO REMEMBER

APRIL 2 - NO SCHOOL

*Good Friday*

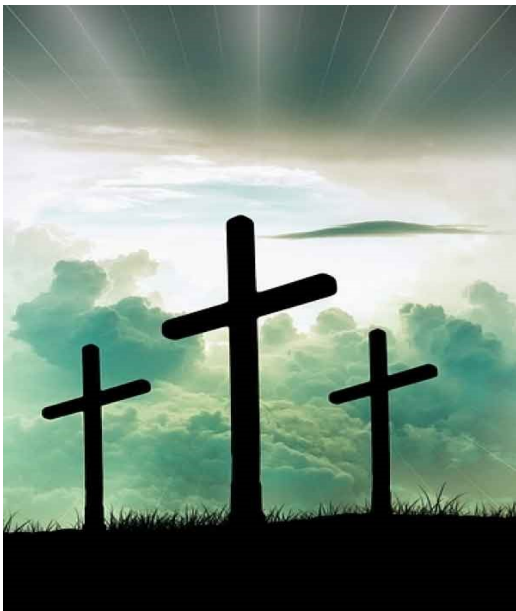
APRIL 5—9 - Easter

*Break—return*

*April 12*

APRIL 13 - Spring Pictures

APRIL 19-23 - Electronic  
waste Drive



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THE VERY FIRST EASTER  
TAUGHT US THIS: THAT  
LIFE NEVER ENDS AND  
LOVE NEVER DIES.

*Kate McGahan*



# PLEASE WELCOME

## **ROBYN SNELGROVE – PS II TEACHER WITH MS. LOMAN**

Hello everyone!

My name is Robyn Snelgrove, and I am in my fourth year at the University of Lethbridge. I am working towards my bachelor's in mathematics and education. Last semester, I did my first practicum in Coaldale where I worked in a grade 6 math classroom. I really enjoyed it and cannot wait to work with you here at Father Leonard Van Tighem!

I am originally from Calgary but moved to Lethbridge to go to the University! I have a German Shepherd puppy named Lily who is super adorable and super crazy. I love to spend time outdoors! I have a motor home that I bought last summer, and I have camped a ton in it already! I also love to hike, swim, and go on long walks around Henderson Lake!



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## **LORI NEUFELD – PS II TEACHER WITH MRS. MARTIN & MRS ROGERS**

I grew up in Moose Jaw, Saskatchewan and after graduating high school, moved to Brandon, MB. to complete a music degree in piano performance. I developed a private piano studio for the next 10 years until my husband and I took an opportunity to move to Prince Edward Island where I ventured into the world of kitchen design. We have two boys and I have been blessed with flexible jobs that have allowed me to spend a lot of time with them growing up, being involved in many home and school activities. As they are nearing graduation, I decided to pursue the opportunity to return to school for my education after-degree. We moved to Lethbridge last March at the height of the shutdown and despite the challenges, I am very thankful that my education continued and am so excited to be teaching elementary music at FLVT for my second practicum.



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## **ANNIE LERAY – PS II TEACHER WITH MS. KASPRICK**

Hello!

My name is Annie Leray and I am an English major at the University of Lethbridge. I enjoy the outdoors, art, and reading a good book. In my spare time I enjoy hanging out with my husband and four children. We like to go camping, hiking, and biking. I am excited to be apart of your school for the next 6 weeks!



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## **MARY MURTAGH – PRE-SERVICE TEACHER WITH MRS. ROTH**

Hello there, I am a second-year pre-service teacher at The Werklund School of Education. I look forward to gaining experience in all subject areas while in the classroom. My two biggest passions are science and nature. Thank you for welcoming me to your school, I am excited to be part of the community!



# SPRING

## PICTURE DAY

### Tuesday, April 13

**Spring Pictures and Kindergrad Photos** by Lifetouch

The spring pictures are a fundraiser for FLVT. It will be the same format as the beginning of the year pictures where every student gets their pictures taken and proofs go home. There is no obligation to parents to buy, but they may order pictures if they wish. The school will receive \$2 for each child who sits in front of the camera to get their picture taken. With 600 plus students, this could mean \$1200 going to our school.

## Electronic Waste Drive

FLVT Grade 5 Classes are holding an

E-waste drive



April 19-23



If you have any:  
 Small Appliances  
 Power and Air Tools  
 Audio Visual  
 Electronic Games, Toys and Music  
 Telecom Devices,  
 please bring them to the school the week of April 19<sup>th</sup> for recycling.

For a more detailed information please go to

<https://www.lethbridge.ca/living-here/Waste-Recycling/Pages/Electronic-Waste.aspx>

## VIRTUE VOUCHERS

When staff members notices a student displaying one of our Van Tighem Virtues, they can give that student a Virtue Voucher. The student can then fill it out and enter their name in the office for a monthly draw to receive a \$20 indigo gift certificate. There will be three draws; K-3, 4-6 and 7-9. All names collected throughout the year will also be eligible for an end of the year draw of a \$100 Amazon card (one for each division).

**HONEST  
 ACCEPTING  
 WISE  
 KIND  
 SPIRITUAL**

## CONGRATULATIONS

March winners were:

Leah W. (1B)

Liam C. (5R)

Alliyah M. (7J)

### 5 Ways to Experience Joy Through Your Senses

The past year has been challenging. Take time to truly experience joy, a feeling of great pleasure and happiness.

When we add moments of joy into our life it helps us manage stress, to feel less overwhelmed and to foster resilience.

The best part is that you don't need anything fancy, just your five senses: Touch, Sight, Sound, Taste, and Smell.

Slow down today and notice how your senses can help you to experience joy.

### Sight and Sound

Spending time outdoors, looking and listening to everything around us, positively impacts both our physical and mental well-being.

Go outdoors and take notice of:

- what do your eyes see that bring you joy? Perhaps it is children playing or all of the colours found in nature.
- what the weather is like, warm or crisp?
- what is beneath your feet and the sounds you hear with each step you take?
- what your mood is like and what feelings you are experiencing? Make a playlist of your favourite songs to walk with! Does fresh air, music and movement improve your mood and help you experience joy?

### Touch

When we are mindful about the world around us, it may improve our mood and allow us to experience joy.

- Feel the warm sun, or a warm cup of your favorite beverage.
- Soak up the warmth and snuggle with kid, pets, or other loved ones.
- Tickle fight with kids, or try a foot massage
- Create a sensory guessing game: Close your eyes and feel roughness or smoothness of different objects in the house. i.e. sandpaper, feather, ice cube, rice. Play a guessing game and try to stump one another.

### Taste and Smell

Taste and smell are vital to our experience. Our body's ability to provide nourishment is related to how we experience these senses. When we slow down and pay attention to what we are eating we can experience the feeling of joy.

- Think of warm cookies fresh out of the oven - imagine the smell and taste.
- Scents can remind us of past joy. The familiar scent of a candle or perfume can bring calm and serenity
- Dip fruit into melted chocolate. Eat slowly and savour.
- Cook food in a slow cooker and savour the aroma that fills your home.

### MORE RESOURCES

[www.ahs.ca/helpintoughtimes](http://www.ahs.ca/helpintoughtimes)

[www.ctrinstitute.com/blog](http://www.ctrinstitute.com/blog)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642





# Call for Audit Committee Public Members

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The Holy Spirit Roman Catholic Separate School Division is requesting applications from members of the public to fill two (2) positions on the school division's Audit Committee as public members.

Under the new *Education Act*, the school division's Audit Committee is to be comprised of three (3) trustees and two (2) members of the public.

The Committee will be responsible for:

- recommending external auditors to the Board;
- reviewing the annual financial statements and reporting to the Board; and
- ensuring appropriate internal controls exist and are maintained.

Qualifications for the public members:

- Ideally have financial experience and/or a professional accounting designation;
- Independent to the school division; and
- No financial or personal interests with the school division's audit firm, KPMG.

Public members will be compensated for their time on the Audit Committee, as per [Board Policy 18, Appendix A: Trustee Compensation, Allowances and Reimbursement Rates](#). If you are interested in serving on the Audit Committee, please submit a letter of interest that includes a brief summary of your work experience and qualifications to:

**Lisa Palmarin, Secretary-Treasurer**

The Holy Spirit Roman Catholic Separate School Division  
620 12B Street North, Lethbridge AB T1H 2L7

Email: [secretarytreasurer@holyspirit.ab.ca](mailto:secretarytreasurer@holyspirit.ab.ca)

Fax: 403-327-9595

Deadline for applications is on or before April 30, 2021

For further information, please contact Lisa Palmarin, Secretary-Treasurer, by phone (403-327-9555) or email ([secretarytreasurer@holyspirit.ab.ca](mailto:secretarytreasurer@holyspirit.ab.ca)).



## “Share the Mission” Award Call for Nominations!

Nominations are now welcome for Holy Spirit Catholic School Division’s *“Share the Mission Award.”* This prestigious award recognizes community members, parents, students, and school staff who have:

- Offered outstanding or long term service for the benefit of our students;
- Accepted demanding challenges and set new standards for the rest of us to follow;
- Contributed, through action and deed, to the Catholic atmosphere of our schools;
- Demonstrated involvement and leadership in community / parish organizations;
- Reflected the Mission Statement of the Holy Spirit School Division in all actions:

*We are a Catholic faith community, dedicated to providing each student entrusted in our care with an education rooted in the Good News of Jesus Christ*

*Guided by the Holy Spirit, in partnership with home, parish and society, our schools foster the growth of responsible citizens who will live, celebrate, and proclaim their faith.*

*Our Catholic faith is the foundations of all that we do.*

If you know of an individual or group deserving of the *“Share the Mission Award,”* please forward their name to Rhonda Kawa at [kawarh@holyspirit.ab.ca](mailto:kawarh@holyspirit.ab.ca) by June 11, 2021.

Nomination information is accessible on the division’s website at:

[https://www.holyspirit.ab.ca/board\\_administration/board\\_of\\_trustees/share\\_the\\_mission\\_award](https://www.holyspirit.ab.ca/board_administration/board_of_trustees/share_the_mission_award)

# April 2021



| Sun                    | Mon   | Tue   | Wed   | Thu   | Fri  | Sat                  |
|------------------------|---|---|---|---|--|----------------------|
|                        |   |   |   | 1<br>Holy Thursday<br>Activity/<br>Celebration<br><br>Chicken Burger<br>\$4 | 2<br><b>No School<br/>           Good Friday</b><br>                   | 3                    |
| 4<br>Easter Sunday<br> | 5<br><b>No School<br/>           Easter<br/>           Monday</b> | 6<br>   | <b>No School - Easter Break</b>   |   |  | 10                   |
| 11                     | 12<br>Classes Resume<br><br>Cheesy Garlic<br>Fingers \$4          | 13<br>Kindergarten<br>Grad and Spring<br>Pictures<br><br>School Council<br>Mtg 7 p.m.<br><br>Mini Pizza \$4 | 14<br><i>Pajama Day!</i><br><br>Pancakes &<br>sausage \$4                                   | 15<br><br>Chicken Burger<br>\$4   | 16<br>AM<br>Kindergarten<br><br>Kraft Dinner<br>\$2.50<br>Smoothie \$3 | 17<br>St. Kateri Day |
| 18<br>                 | <b>E-Waste Drive this week</b><br>                                |   | 21<br><b>Western<br/>           Dress-Up Day</b><br><br>Chicken<br>Nuggets &<br>Veggies \$4 | 22<br><br>Chicken Burger<br>\$4   | 23<br>PM<br>Kindergarten<br><br>Kraft Dinner<br>\$2.50<br>Smoothie \$3 | 24                   |
| 25                     | 26<br><br>Cheesy Garlic<br>Fingers \$4                            | 27<br><br>Mini Pizza \$4  | 28<br><b>Retro Day</b><br><br><u>Pre-order</u><br>Taco in a Bag<br>\$5.25                   | 29<br><br>Chicken Burger<br>\$4   | 30<br>Q3 Ends<br><br>Kraft Dinner<br>\$2.50<br>Smoothie \$3            |                      |

# May 2021



| Sun  | Mon   | Tue  | Wed   | Thu  | Fri   | Sat   |
|--|---|--|---|--|---|---|
|  |   |  |   |  |   | 1   |
| 2  | 3<br>Q4 begins<br><br>Cheesy Garlic Fingers \$4 | 4<br>May the fourth be with you<br><br>Mini Pizza \$4 | 5   | 6<br><br>Chicken Burger \$4  | 7<br><br>Kraft Dinner \$2.50<br>Smoothie \$3  | 8   |
| 9<br> | 10<br><br>Cheesy Garlic Fingers \$4             | 11<br><br>Mini Pizza \$4   | 12<br>Slipper Day<br> | 13<br>Wear Blue Catholic Education Day<br><br>Chicken Burger \$4   | 14<br><br>Kraft Dinner \$2.50<br>Smoothie \$3 | 15  |
| 16   | 17<br><br>Cheesy Garlic Fingers \$4             | 18<br><br>Mini Pizza \$4   | 19  | 20<br><br>JERSEY DAY<br><br>Chicken Burger \$4       | 21<br><b>No School</b><br><br>School PD Day   | 22  |
| 23   | 24<br><b>No School</b><br><br>Victoria Day      | 25<br><br>Mini Pizza \$4   | 26  | 27<br>Twin/Triplet Day<br><br><br>Chicken Burger \$4 | 28<br><br>Kraft Dinner \$2.50<br>Smoothie \$3 | 29  |
| 30   | 31<br><br>Cheesy Garlic Fingers \$4             |  |   |  |   |  |