

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

FLVT

MAY 2021

MESSAGES & BLOGS

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

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



Catholic Education Week
 May 10–14

DATES TO REMEMBER

MAY 3–14

- JH—ON LINE LEARNING

MAY 11

- SCHOOL COUNCIL MTG.
 7 P.M. (VIRTUAL)

MAY 21

- NO SCHOOL
 P. D. DAY

MAY 24

- NO SCHOOL
 VICTORIA DAY

a dozen reasons to choose Catholic Schools

12 We offer an education that combines Catholic faith and teachings with academic excellence.

11 We cultivate a faculty and staff of people who are dedicated, caring and effective.

10 We have a 99 percent high school graduation rate. 85 percent of our graduates go to college.

9 We prepare students to be productive citizens and future leaders.

8 We emphasize moral development and self-discipline.

7 We teach children respect of self and others.

6 We instill in students the value of service to others.

5 We provide a balanced academic curriculum that integrates faith, culture and life.

4 We use technology effectively to enhance education.

3 We set high standards for student achievement and help them succeed.

2 We partner with parents in the faith formation of their children.

1 We provide a safe and welcoming environment for all.

Catholic Schools
 Faith. Excellence. Service.

THE NATIONAL CATHOLIC EDUCATIONAL ASSOCIATION
NCEA.org/csw



HAPPY MOTHER'S DAY
 MAY 9

Junior High Exams

Now that spring is here, junior high final exams are right around the corner. During the week of May 17th, students will write part A of the Language Arts Final during scheduled class times. **Please note, this will be a full day with regular classes.** Part B of Language Arts will kick off exam week on June 21st. Full schedule as follows:

Monday, June 21	Tuesday, June 22	Wednesday, June 23	Thursday, June 24	Friday, June 25
Language Arts	Math	Social Studies	Science	Make up for missed exams

This year there will be no exemptions in any subject. All students will write their exams at the start of the day, and be expected to stay in the exam room until 10:00. There are no regularly scheduled classes during the week of June 21- 25th for Junior High. Students are allowed to leave school after their exams, provided they have parental permission. More information will be coming out in June.

MATH EXAMS AND CALCULATORS

We are nearing the end of our school year, and beginning to prepare for Final Exams. At this time, we remind students and parents that **EVERY Junior High student who is writing the Math final in his or her grade MUST have a calculator to use.** The school owns very few extra calculators, and students must not count on borrowing a calculator on that day.



iPods or cell phones as calculators ARE NOT permitted while writing exams.

“The following calculator materials, properties, and/or configurations are **NOT** permitted in the test room:

- ⇒ Programmed memory content
- ⇒ Built-in notes, libraries, or formulae (e.g. definitions or explanations in alpha notation)
- ⇒ Upgraded or downloaded programs
- ⇒ Remote communication capability”

Thank you for your support.

Math Teachers

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).



CONGRATULATIONS

April winners were: Zenyn R. (1T) Gurpreet S. (4CC) Jace A. (9C)

OUR SOUTHLAND RIDERS CAN USE...

MyBusStop



REAL-TIME SCHOOL BUS TRACKING FOR:

- ROUTE STOPS
- ROUTE SCHEDULES
- TRAFFIC
- BUS LOCATION
- BUS PROGRESS
- POSSIBLE DELAYS

FATHER LEONARD VAN TIGHEM SCHOOL'S CODE:
8Z9TU118P5

For more information, visit: www.holyspirit.ab.ca/transportation/mybusstopapp



GRADE 9 FAREWELL

June 10, 2021

(alternate date June 17 if weather is inclement)

Farewell Celebration — **This year we will celebrate our Grade 9 students in a drive through fashion similar to what was done last year. More information will be sent home to our Grade 9 students as the date approaches.**

HUMAN SEXUALITY

As part of the Alberta Program of Studies, our students will be studying age appropriate Human Sexuality components of the Health curriculum. These components will be introduced to our students sometime before the end of June.

If you have any questions regarding this program, please contact Mr. Kostiuk at the school.

Hello parents,

We know that 2020/21 has been a time of uncertainty and as parents it has been a challenge to find a balance in keeping our children safe while supporting fun and physical activity with their peers.

The **Lethbridge Ringette Association** has been able to continue to offer great on-ice experiences within the guidelines set by both the City of Lethbridge and the provincial government. Normally, we can invite families to attend a **Come Try Ringette** event to allow you and your children to get a sense of what to expect. However, considering current events, we would invite you to check out our website at <https://www.lethbridgeringette.ca> where in addition to finding relevant information, you can also watch a promotional video produced for us by tourism Lethbridge. We hope to see you at the rink in September!



NAME IT, DON'T NUMB IT!

Even in times of extreme anxiety and stress, Mental health is something we can protect, not just something we can lose.

Heavy feelings lighten when you put them into words. When we voice our emotions, the pain gives way. So, let's understand and name how we feel. Angry? Glad? Frustrated? Sad? It's all good.

This CMHA Mental Health Wee, we focus on how naming, expressing and dealing with our emotions—the ones we like and the ones we don't—is important for our mental health.

This mental Health Wee, don't be uncomfortably numb. #GetReal about how you feel, and name it, don't numb it.

#GetReal about how you feel.

HAPPY

AFRAID

SAD

ANGRY



Canadian Mental
Health Association
Mental health for all

Visit mentalhealthweek.ca
for info and tools!

FACT:

When children learn about their emotions for as little as 30 minutes a week, both their behavior and their academic success improve.

Ways to Wellness (brief video) <https://www.youtube.com/watch?v=4ju2G3KtKNA&t=3s>

Is your child showing signs of Anxiety?

All kids get an occasional headache or stomach ache — think not enough sleep or too much Halloween candy. But when children get them often, they may be signs of anxiety.



Stomach aches in the morning before school. Headaches when there's a math test on the schedule. Butterflies before a birthday party. Throwing up before a soccer game. These physical symptoms may be the first evidence a parent has that a child is anxious. In fact, the child may not even know she is anxious.

“Especially with kids who may not be able to verbalize what they're feeling anxious about, the way their anxiety manifests can be through physical symptoms,” explains Amanda Greenspan, LCSW, a clinical social worker at the Child Mind Institute.

In fact anxiety is associated with a host of physical symptoms, including headaches, nausea, vomiting and diarrhea, along with a racing heart, shakiness or sweating — symptoms older people experience when they're having a panic attack.

Techniques for calming down

Here are some of the techniques clinicians teach anxious children, adapted from CBT and mindfulness training:

- **Deep breathing:** Drawing in air by expanding the belly, sometimes called belly breathing, helps kids relax by slowing breathing, and reducing the heart rate, blood pressure and stress hormones. It can also help relax tense stomach muscles.
- **Mindfulness exercises:** Techniques such as focusing on what's around them, what they see and hear, can help pull children away from the anxiety and ground them in the moment.
- **Coping statements:** Children are taught to “talk back to their worries,” Ms. Greenspan explains. “They can say, ‘I’m feeling scared and I can handle it.’ Or something along the lines of, ‘I’m bigger than my anxiety.’”
- **Coping ahead:** Children are taught that when you have to do something that makes you nervous, it helps to anticipate that you might have some discomfort, and plan what you can do to counteract it, knowing that if you can push through it, it will get easier.
- **Acceptance:** This involves acknowledging the discomfort without fighting it. “Instead of trying to push the feeling away and get rid of it,” Dr. Domingues explains, “we ask you to hold onto it and tolerate it and get through it.”



Transformed by the Journey

MAY

Monthly Theme: *Patience and Gentleness*

Special Days to Remember Month of the Blessed Virgin Mary

- 1 Feast Day of St. Joseph the Worker
- 9 Mother's Day
- 10-14 Catholic Education Week
- 13 World Catholic Education Day
- 16 Ascension of the Lord
- 23 Pentecost Sunday
- 30 Solemnity of the Most Holy Trinity
- 31 Visitation of the Blessed Virgin Mary

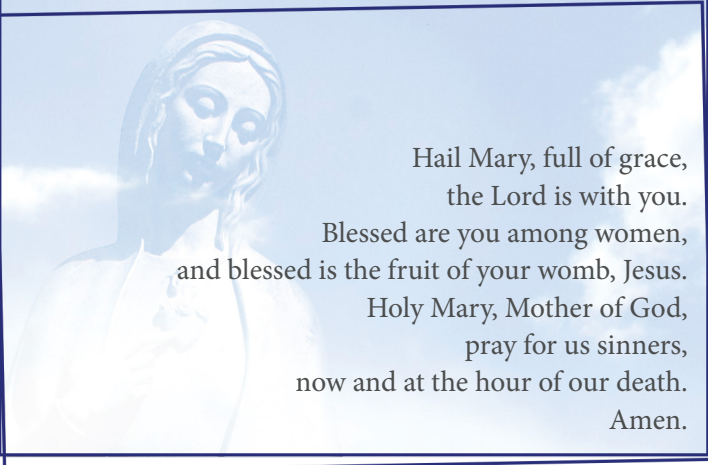


Be Grateful

Our students love learning about the Blessed Virgin Mary all year long but in our Catholic Church, the month of May is dedicated to her, the first disciple of Jesus. Mary is such an important role model for us — she shows us how to live out the Gospel and how to pray. The Blessed Virgin is an incredible example of patience which is an important fruit of the Spirit. When the angel came to tell Mary that she had been chosen to bear a son, conceived by the Holy Spirit, she must have been scared. And yet, she freely chose to say yes to God. Mary abandoned herself to God's will and then patiently waited to give birth. She did not understand all the reasons she was chosen but she knew to trust God and to be patient as all would be revealed to her.

It is such a good lesson for all of us to be patient with our prayer. We like to think we are in control and we sometimes have difficulty putting ourselves completely in God's hands. Perhaps it makes us feel too vulnerable. And yet, Mary did exactly that and then patiently waited, knowing that she was part of God's plan. When we come to prayer, let us look then at Mary as our model. We can ask God for what we need or want, but we must be patient and tell the Lord that we will accept whatever he wills for us, as Mary no doubt did as she patiently awaited the birth of her son.

Let us be grateful that the Blessed Virgin Mary will be a patient intercessor for our prayers. Mother Mary, pray for us!



Hail Mary, full of grace,
the Lord is with you.
Blessed are you among women,
and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.

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

Be Gracious

A famous Catholic hymn is *Hail Mary Gentle Woman* and we often hear it during the month of May as we honour our Blessed Mother. One of Mary's many beautiful qualities was her gentleness. We strive to imitate her example of graciousness by being gentle with others. While some people think that gentleness is a sign of weakness, it is exactly the opposite. No one could ever accuse Mary of being weak — what strength she showed to say "Yes" to God as she became the Mother of Jesus!

Both Mary and Jesus showed us how to be gentle. They showed how to love with quiet strength. Gentleness is a fruit of the Holy Spirit and it is important to teach our children to be gentle with people's hearts. A good way to do just that is to remember to be gentle with our words. May would be a great month to issue a family gentleness challenge. Gather and make a list of gentle words that you will all commit to using regularly throughout the month - words and phrases like "please", "thank you", "you're welcome", "excuse me", "I am sorry", and "I accept your apology" are a good way to start. A month of being attentive to consistently using gentle words such as these in our family will help our children learn good habits that will help them learn how to be gracious with others as they navigate their world.

FAMILY GENTLENESS CHALLENGE

Pleasant words are like a honeycomb,
sweetness to the soul and health to the body.

(Proverbs 16:24)



Please



I'm Sorry



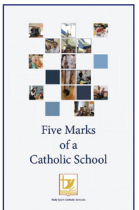
Thank You

Excuse Me

Catholic Education

This month we celebrate Catholic Education Week May 10-14. Thank you for choosing to send your children to Holy Spirit Catholic Schools. We often hear that our Catholic schools "feel different" and that is because all that we do is shaped by our belief in Jesus Christ and in our desire to educate our children in the Gospel values. The identity of our schools is guided by exemplifying the five marks of a Catholic school. Click [here](#) to learn more.

During the week of May 10, watch for a daily digital newsletter that will feature all of our Holy Spirit Catholic schools. They will be sharing how the five marks of Catholic schools come to life in our communities. We hope you enjoy it! Please continue to pray for Catholic Education in our province and again, thank you for your support!

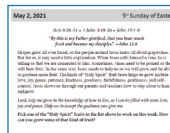


Faith & Family

Catholics are very clear that when we pray to Mary, we pray to her as our intercessor to Jesus. She does not answer our prayers. She joins her prayers to ours and brings our prayers to Jesus. While we have many devotions to Mary, we never lose sight of this fact.

The Rosary is probably the most universally recognized Catholic devotion and we often try to devote more time to praying it in the month of May. The repetitive prayers, while we meditate on the life of Jesus Christ through the mysteries, bring great comfort. While the Rosary is the most popular of all Marian devotions, the end goal, as with all prayers to Mary, is always a deeper relationship with Jesus.

To learn more about praying the Rosary as a family, please watch this [video](#) by Joe Paprocki and for more Marian prayers, click [here](#).



We hope you are enjoying the Mass Transit Cards to discuss the Sunday Gospel with your family. To access the May cards, click [here](#).

Sources: *The Essential Guide to Catholic Prayer and the Mass* by Mary DeTurris Poust

"...with all humility and gentleness, with patience, bearing with one another in love..."

(Ephesians 4:2)



May 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Q4 begins Cheesy Garlic Fingers \$4	4 May the fourth be with you  Mini Pizza \$4	5  Pancakes & Sausage \$4	6 Chicken Burger \$4	7 Kraft Dinner \$2.50 Smoothie \$3	8
MAY 3—14 JUNIOR HIGH WILL BE DOING AT HOME LEARNING						
9 	10 Cheesy Garlic Fingers \$4	11 School Council Mtg. 7 p.m. Mini Pizza \$4	12 Slipper Day  Beef & Cheese Taco with Mexi Fries \$4	13 Wear Blue Catholic Education Day Chicken Burger \$4	14 Kraft Dinner \$2.50 Smoothie \$3	15
16	17 Cheesy Garlic Fingers \$4	18 Mini Pizza \$4	19 Chicken Nuggets with Veggies \$4	20  JERSEY DAY Chicken Burger \$4	21 No School School PD Day	22
23	24 No School Victoria Day	25 Mini Pizza \$4	26 Pre-order Taco in a Bag \$5.25	27 Twin/Triplet Day  Chicken Burger \$4	28 Kraft Dinner \$2.50 Smoothie \$3	29
30	31 Cheesy Garlic Fingers \$4					

June 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Mini Pizza \$4	2	3  Camo Day Chicken Burger \$4	4 Kraft Dinner \$2.50 Smoothie \$3	5
6	7 Cheesy Garlic Fingers \$4	8 Mini Pizza \$4	9	10  Plaid Day Chicken Burger \$4	11 Kraft Dinner \$2.50 Smoothie \$3	12
13	14 Cheesy Garlic Fingers \$4	15 Mini Pizza \$4	16 Last day for Early Learning	17 Quarter 4 Ends Patriotic Day  Chicken Burger \$4	18 Kraft Dinner \$2.50 Smoothie \$3	19
20  Happy Father's Day!	21 National Indigenous Peoples Day JH Exam Language Arts	22 JH Exam Math	23 Sports Day JH Exam Social Studies	24  BEACH DAY JH Exam Science Last Day for Kindergarten AM and PM classes	25 JH make up for missed Exam Last Day for Students and Staff	26
27	28	29	30  Summer			