



# FATHER LEONARD VAN TIGHEM SCHOOL

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

[www.flvt.ca](http://www.flvt.ca)

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

**HONEST  
ACCEPTING  
WISE  
KIND  
SPIRITUAL**

FLVT

JUNE 2021

## MESSAGES & BLOGS

*Greg Kostiuk, Principal*

<https://gregkostiuk.com>

*Ken Sampson, Superintendent*

<https://blog.holyspirit.ab.ca/>



God Bless You  
In Jesus name  
Amen

## DATES TO REMEMBER

### JUNE 16

- ELP—LAST DAY OF SCHOOL

### JUNE 21—25

- JR. HIGH EXAMS

### JUNE 24

- KINDERGARTEN  
LAST DAY OF SCHOOL

### JUNE 25

- ELEMENTARY  
LAST DAY OF SCHOOL

### SEPT. 1, 2021

- 1ST DAY BACK TO SCHOOL IN THE FALL (Wednesday)



God of All Creation,

Thank you for the gift of summer.

As the demands of the school year ease,

Help us to relax and to find

Delight in inactivity.

Deepen our connection with the natural world-

The leafing of trees,

The emergence of rosebuds,

The birdsong and the soft patter of afternoon rain.

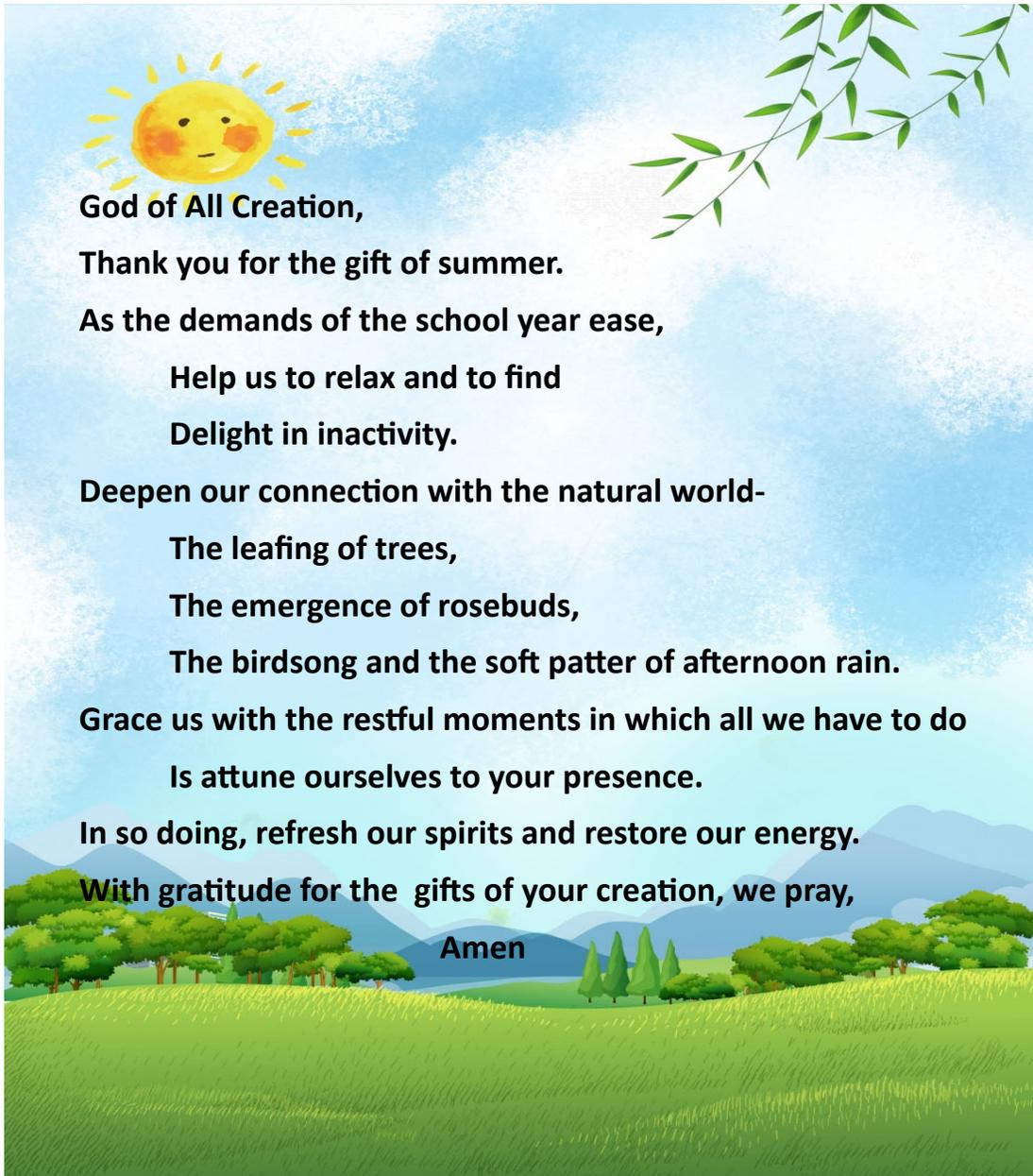
Grace us with the restful moments in which all we have to do

Is attune ourselves to your presence.

In so doing, refresh our spirits and restore our energy.

With gratitude for the gifts of your creation, we pray,

Amen



## Junior High Exams

A letter was sent home with junior high students for parents/guardians yesterday. This letter contains important information regarding Exams and a Permission Form. This letters will require a parent/guardian signature and need to be returned to the student's home room teacher. If for any reason, your child does not bring it home, or you did not receive one, please contact the office and we will make sure you get one.

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

**JUNIOR HIGH REPORT CARDS WILL NOT BE MAILED HOME. YOUR MOST RELIABLE AND UP-TO-DATE MARKS WILL BE FOUND ON LINE IN POWERSCHOOL. IF YOU STILL WISH A PAPER REPORT CARD, PLEASE CONTACT THE OFFICE AND WE CAN PRINT ONE FOR YOU.**

## NOTES FROM THE LIBRARY

Well, this crazy COVID school year is almost at an end! With that said, all student library books are due back the week of May 31 - June 4th. If your child's library day is Wednesday, for example, their books are due back Wednesday, June 2<sup>th</sup>, if it is Monday, they are due back Monday, May 31<sup>st</sup>. Any lost or damaged items are to be paid for as well. Please use this week to help your children look for any lost materials.

Thank you to those who have supported our Online Scholastic Book Orders this year. It seemed very strange not holding Book Fairs this school year, but hopefully next year will be more back to normal, and continue building our school library for all to enjoy! Please encourage your children to read over the summer holidays!

### **Benefits of Reading Books: How It Can Positively Affect Your Life**

- Strengthens the brain.
- Increases empathy.
- Builds vocabulary.
- Prevents cognitive decline.
- Reduces stress.
- Aids sleep.
- Alleviates depression.
- Lengthens lifespan.

## **Jr. High Textbooks**

Jr. High Texts are due back the day they write the exam for that subject. The students should make sure any pencil marks in their texts are erased before returning them. If they have lost a textbook, the replacement fee will be added to their online account for ease of payment.

Thank you, and enjoy your summer!

*Mrs. Hawker*



## GRADE 9 FAREWELL

June 10, 2021

(alternate date of 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. Please click on this link for the information.

<https://gregkostiuk.com/2021/05/31/2021-flvt-grade-9-farewell/>

**HONEST  
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## 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). Last draw will be made June 18th.

Thank you for those who donated to our bottle drive to support this program



## CONGRATULATIONS

May winners were:

Mayumi (1B) Summer (6L) Georgia (8G)

**JUNIOR HIGH REPORT CARDS WILL NOT BE MAILED HOME. YOUR MOST RELIABLE AND UP-TO-DATE MARKS WILL BE FOUND ON LINE IN POWERSCHOOL. IF YOU STILL WISH A PAPER REPORT CARD, PLEASE CONTACT THE OFFICE AND WE CAN PRINT ONE FOR YOU.**

## **Elementary Sports Day**

**Elementary Sports Day will be held on two different days this year.**

**June 22 (Tuesday) — Kindergarten to Grade 3**

**June 23 (Wednesday) — Grades 4 to 6**

All students will receive 1 hot dog and 1 cookie on this day. Please send more food to supplement this if your child will need more. The canteen will also be open on this day. Don't forget a water bottle, sunscreen, a hat and runners. 😊



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## **ELEMENTARY**

**Last Day of Class**

*Friday, June 25*

*Dismissal time at 1:15 p.m.  
Report cards handed out this day.*

## **KINDERGARTEN**

**Last Day of Class**

*Thursday, June 24*

*Regular Class times*

## CANTEEN

This year the canteen will be open right through to our last day,  
**Friday, June 25.**

Thanks for your support throughout the year!



## RECENSEMENT • CENSUS



Canada

“You may have heard that the 2021 Census is underway. It has been a challenging year for families, and the census might seem like another thing on your busy to-do list. However, I would like to encourage you to complete your census, if you haven’t already done so. Census data helps governments at all levels plan for schools, transportation, community centres, libraries and recreational activities. Data from the 2021 Census will be even more crucial, because it will help to evaluate the impact of the pandemic and to better plan for the future. You can quickly and easily complete your census questionnaire at [www.census.gc.ca](http://www.census.gc.ca) using the access code you received in the mail. If you need assistance, or would like to have a paper (or alternate format) questionnaire, please call the Census Help Line at 1-855-340-2021. Thank you for doing your part to help plan for a better future for all Canadians.”

### Attention Comin' Alive Campers!!

We have been in communication with the Veggie Tale's Pirates about coming ashore for this year's Comin' Alive Camp. However, the Pirates have decided to stay onboard ship this year....the quarantine is too long for them to come ashore for a week. But....they will be sending ashore some of their treasures for us to enjoy over the summer months with our families. Fill in the registration form, complete with nominal fee, to reserve your treasure today! Registration deadline is Friday June 11, 2021....don't delay!!Registration forms can be found on the parish website <https://www.allsaintslethbridge.org>



### Helping Kids Grow Up Great

Nothing has more impact in the life of a child than positive relationships. Building these connections can be easy but takes intention. Start by telling your child what you love about them. Catch them doing great things. Have them overhear you saying something positive about them. Doing these easy things will help them grow up great!

### Every Child Has a SPARK!

Find out what spark (passions or interests) your child has. Ask them what they love to do with their free time. Then help them grow that passion! But what if you don't share that same enthusiasm for their passion?

Ask them to teach you about what they love.

Have them show you what they love about their spark.

### Show Kids You Care

Feeling love for a child may come naturally, but how do we show that love to them?

Be dependable.

Involve them in decisions that affect them.

Set boundaries.

Inspire them by exposing them to new ideas or experiences.

Expect their best.

### 40 Developmental Assets

The 40 Assets are building blocks & experiences that all kids need to thrive.

The higher the number of assets a child has, the more likely they are to make good choices and avoid risky behaviours.

To learn how you can be an asset builder, visit: [sparcreddeer.ca/building-assets](http://sparcreddeer.ca/building-assets).

### MORE RESOURCES

[sparcreddeer.ca/building-assets](http://sparcreddeer.ca/building-assets)

[Bringing Out the Best in Your Family - Keep Connected \(searchinstitute.org\)](#)

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



# Community Education Service



*Improving emotional health and well being*

## Understanding Childhood Stress & Anxiety

John Laing, Registered Psychologist

A discussion on anxiety and stress in children; what it is, what it may look like and how you can help your child.

How to use strategies such as mindfulness and relaxation with your child as well as resources that can support caregivers and their children.

# FREE LEARNING

**June 10, 2021**  
1:00 PM – 2:30 PM

**Registration Required**

## Community Education Service



*Improving emotional health and well being*

# Habits of Mental Health

**Danielle Mayer, BA, BCYC, CYCAA Health & Wellness Worker**  
**Marya Abma, BSW, Health & Wellness Worker**

Everyone has mental health which is equally important as physical health. Just like physical health, we need proper supports, strategies, and healthy coping habits to maintain an optimal wellbeing. In this webinar we will go through various ways to facilitate positive mental wellbeing as well as the many benefits of positive mental health.

## FREE LEARNING

**June 8, 2021**

**1:00 PM – 3:00 PM**

**Registration Required**



This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and **Closer to Home Community Home**.

[CES@ahs.ca](mailto:CES@ahs.ca) <http://community.hmhc.ca/>

# FREE FAMILY OUTDOOR PLAY JULY/AUGUST 2021



**BUILDING  
BRAINS  
TOGETHER**



**FAMILY  
CENTRE**



**HOLY SPIRIT  
CATHOLIC SCHOOLS**



**Lethbridge  
SCHOOL DIVISION**



**Lethbridge  
Public Library  
CONNECTING YOU**



**LETHBRIDGE  
PLAYS**

## EVENT DESCRIPTION:

All ages welcome! Drop by our pop-up tents for FREE outdoor play activities. Pick up an activity kit to do at home or stay for some outdoor facilitated games! Parent supervision required. Weather permitting.

● CHECK ONLINE SCHEDULE AT  
[BUILDINGBRAINS.CA/EVENTS](http://BUILDINGBRAINS.CA/EVENTS)

## SAFETY PROTOCOLS:

- All public health measures will be in effect
- Parent supervision is required
- Separate materials provided for each family
- If you're feeling unwell, we'll see you at our next location

## PARTNER LINKS:

- Building Brains Together - [buildingbrains.ca](http://buildingbrains.ca)
- City of Lethbridge - [lethbridge.ca/events](http://lethbridge.ca/events)
- Community LINKS - [community-links.ca](http://community-links.ca)
- Family Centre Summer Programs - [famcentre.ca](http://famcentre.ca)
- Lethbridge Public Library - [lethlib.ca](http://lethlib.ca)



[Holy Spirit Catholic School Division](#)  
[Supporting Family Wellness](#)

THEME	TUESDAY	WEDNESDAY
WEEK 1: CONNECTION	<b>JULY 6</b> Henderson Lake Park 10 AM-2 PM	<b>JULY 7</b> Henderson Lake Park 3 PM-7 PM
WEEK 2: MOVEMENT	<b>JULY 13</b> Wilson Middle School 10 AM-2 PM	<b>JULY 14</b> Wilson Middle School 3 PM-7 PM
WEEK 3: MUSIC	<b>JULY 20</b> Nicholas Sheran Park 10 AM-2 PM	<b>JULY 21</b> Nicholas Sheran Park 3 PM-7 PM
WEEK 4: NATURE	<b>JULY 27</b> Lakeview Elementary School 10 AM-2 PM	<b>JULY 28</b> Lakeview Elementary School 3 PM-7 PM
WEEK 5: ART	<b>AUGUST 3</b> Chinook Lake Park 10 AM-2 PM	<b>AUGUST 4</b> Chinook Lake Park 3 PM-7 PM
WEEK 6: RESILIENCE	<b>AUGUST 10</b> Coalbanks Elementary School 10 AM-2 PM	<b>AUGUST 11</b> Coalbanks Elementary School 3 PM-7 PM

# June 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Mini Pizza \$4	2 Taco & Mexi Fries \$4	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 Pancakes & Sausage \$4	10  Plaid Day Gr. 9 Farewell Chicken Burger \$4	11 Kraft Dinner \$2.50 Smoothie \$3	12
13	14 Cheesy Garlic Fingers \$4	15 School Council Mtg. 7 p.m. (Virtual) First Nations Virtual Awards 5-6 p.m. Mini Pizza \$4	16 Last day for Early Learning Taco in a Bag (Pre-order) \$5.25	17 Quarter 4 Ends Patriotic Day  (*Alternate date Gr. 9 Farewell) Chicken Burger \$4	18 Kraft Dinner \$2.50 Smoothie \$3	19 (* alternate date if inclement weather on 10th)
20  Happy Father's Day!	21 National Indigenous Peoples Day JH Exam Language Arts	22 Sports Day Grades K-3 JH Exam Math	23 Sports Day Grades 4-6 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			