

Check out our
BLOGS

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

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

**DATES TO
REMEMBER**

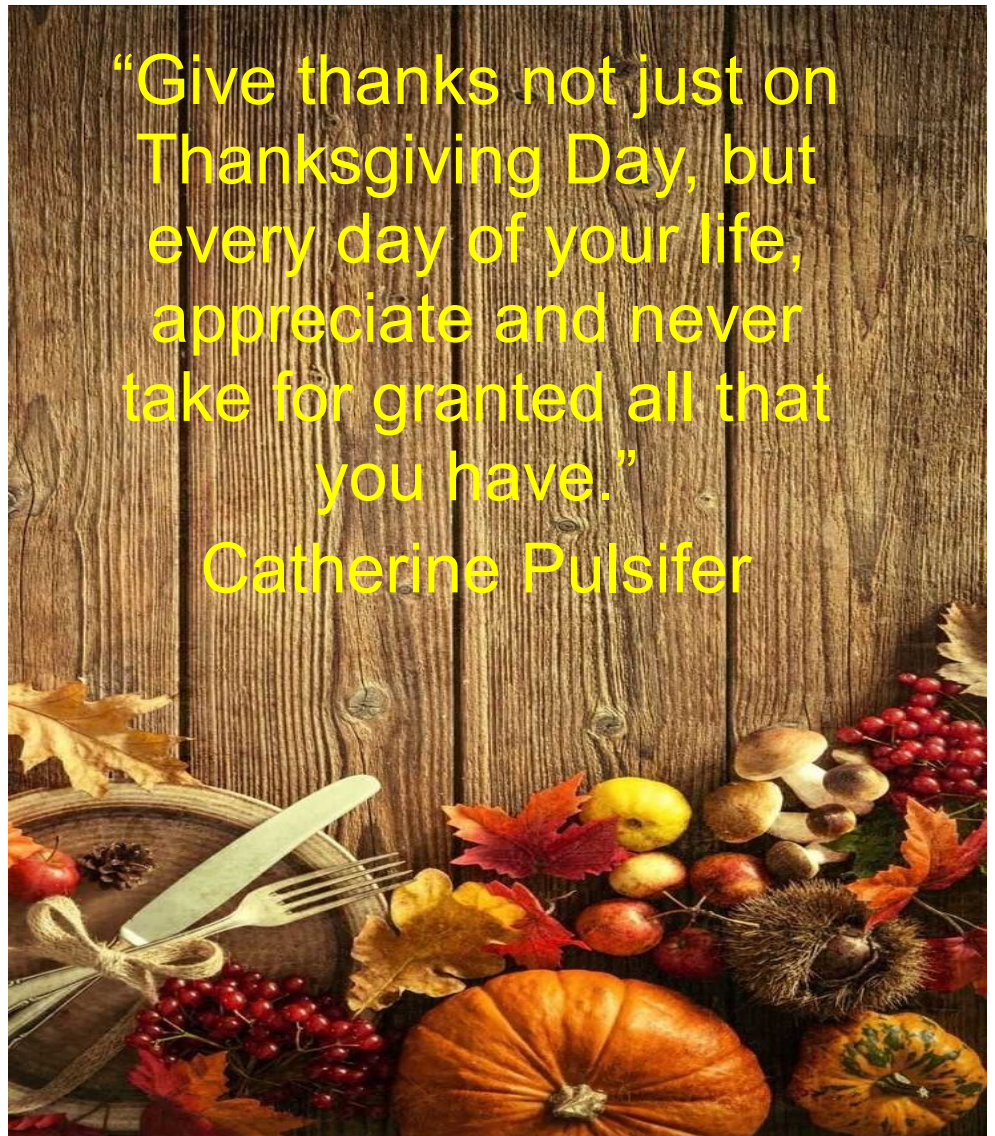
October 6th

- School Picture Day

No School Days for

October (10, 11 & 24)

- **10th** - Thanksgiving
- **11th** - School PD Day
- **24th** - Divisional PD Day



Library news & updates

Ms. Pierson's Library News

Library classes have started and we are enjoying many great books!

Parent Volunteers: I'm still looking for parent volunteers. If you are interested please reach out to me through email at piersond@holyspirit.ab.ca

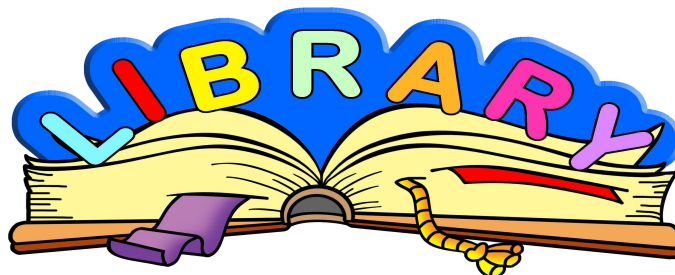
Library Manners Jar: We have started using the Library Manners Jars to encourage students, grade K-6, to engage in proper library behavior. The goal is for students to fill their classroom jar first by using great library manners, so they can win a classroom prize. We've been encouraging the students to leave the library better than how they found it, use proper noise level for the space they're in, use their time wisely to read and respect each other. The students are off to a good start. Who will win the prize?

Prize Draw: Grades 7-9 will have a chance to win prizes for proper library manners by receiving a draw slip when HAWKS virtues are shown. This library draw will be made monthly. Great job so far!!

Rocky Mountain Book Awards: "The Rocky Mountain Book Award invites students and educators to participate in our readers' choice program. This program is designed to stimulate the reading interests of students in grades 4 – 7. The Rocky Mountain Book Award is an Alberta based program designed to connect young readers with exemplary Canadian literature."

We will be participating in the Rocky Mountain Book Awards this year. Students in Grades 4-7 have the option to participate. In order to vote, the students need to read a minimum of 5 RMBA books. The participating students will not only get to vote for their favorite book but at the FLVT library they will get a chance to win some prizes. More news on the start date will be provided to students. For more information, check out the RMBA website at <https://rmba.info/>

Scholastic Book Fair: We are looking forward to having an in-person book fair again. In order to have a book fair we need volunteers. The planned dates for the book fair are at the same time as the parent/teacher interviews on Wednesday November 23 and Thursday November 24. Please send me an email (piersond@holyspirit.ab.ca) if you are interested in volunteering at the book fair. Volunteers get an appreciation gift. Without volunteers the fair can't run. We appreciate all volunteers!





Knights of Columbus®

Coats for Kids

Dear Families,

The Knights of Columbus of St. Martha's Parish are striving to help children in West Lethbridge by collecting and then donating gently used winter coats to students at the three Catholic schools located in West Lethbridge. Please do check your closets for fall/winter coats. If they no longer fit your children please wash and then bring to the school and place in the box marked "K of C Coats 4 Kids Campaign". The collection of coats will happen until the end of October with distribution to follow.

Your support in helping children stay warm this winter is very much appreciated.

Carmen Mombourquette



Halloween Monday, Oct 31st

All students are encouraged to dress-up **FOR AFTERNOON CLASSES ONLY.**

Please join us in the afternoon for our student costume parade & feel free to wear your costume as well. Seating will be available for parents in the mezzanine, exact parade time still to come.

Elementary teachers may choose to do Halloween activities in their classrooms following the parade.

Please talk to your homeroom teacher if you have any questions.

Please Note

Following the protocol of our school and as Halloween is meant to be a fun and safe time for children, we ask that students do not bring any form of weapons with their costumes, plastic, cardboard or otherwise. If a student does bring one with them, it will be taken and held in the office until the end of the day.

We wish all a Happy Halloween!

Canteen Cards

Parents can purchase \$20 canteen cards for use in the canteen. As your child buys lunch items, the amount of the purchase is recorded on the card.

Canteen cards can be purchased in a variety of ways.

1. E-transfer to kkchapman15@gmail.com
2. Cash/cheque or debit at canteen
3. Cash-on-line (a .50 cent service charge will be added to this transaction)

Please always include your child's first & last name with all etransfers.

Canteen Cards will be held in the canteen with deductions made each time your child 'purchases' food items.

Library Days for 2022-2023

Mondays:

Tuesdays: 4CC, 5R, 1M

Wednesdays: 1T, 6L, 6W, 5V, 4AL, 2J

Thursdays: 2TJ, 3A, 3K & Kinder Classes

Fridays: All Jr. High Classes on a rotating schedule

READING CLUB

Build a love of reading and give back to the classroom!

SHOP THE DIGI-FLYERS

Scholastic Book Orders

Ms. Pierson is in charge of book orders for the majority of the school, with the exception of Pre-K, 1T, and 2J, who do their own. Fliers will be sent home with elementary students, but you don't need a flier in order to place an order! You can view all available items online.

You order and pay online, using Ms. Pierson's "Class Code" of **RC 252 311**, and your order will be shipped to your home.

The Library (or classroom) benefits from each order placed, by earning 20% in bonus points to be used for free books! Thank you in advance for supporting literacy!

HOW TO ORDER FROM SCHOLASTIC READING CLUB

1. Your child will bring home a Reading Club flyer from school.
2. Browse the flyer with your child. Discuss with, and help your child pick the books they would like to read. Plus, discover even more titles online!
3. Sign up for email and check for exclusive offers and special pricing. Sign up at [scholastic.ca/readingclub](https://www.scholastic.ca/readingclub).
4. Order online on [scholastic.ca/readingclub](https://www.scholastic.ca/readingclub).
5. Use your Teacher's Class Code on every order to give back to the classroom. Ms. Pierson's code again is **RC 252 311**.
6. Books ship directly to your home!
7. Visit [scholastic.ca/readingclub](https://www.scholastic.ca/readingclub) in between flyers to find even more great titles.

Picture Day

Thursday, October 6th

All students and grades will be accommodated on this day.

If you are in Early Learning and do not attend on Thursdays, please stop into the school in between 8:45-9:15 am, 12:30-1:00 pm & 2:45-3:15pm

for your child's photo to be taken.

Photos this year will be taken by LifeTouch

**It is not happy people who are thankful,
It is thankful people who are happy!**



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:
3RS5TK36LO**

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

Disney
**THE LITTLE
MERMAID**
JR



Monday, October 17th
The Little Mermaid first full
Run-through 3:45-6:00pm
Mandatory Parent Meeting 6:00pm



Save the date!!
Performance Days
April 25, 26, & 27 at the
Yates Memorial Theatre

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 \$50 Amazon gift card (one for each division).

CONGRATULATIONS

September Virtue Voucher winners

Division One - Charlotte Dickson
Division Two - Aiden Grunau
Division Three - Lola Bluekens

**HONEST
ACCEPTING
WISE
KIND
SPIRITUAL**

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 in the office or visit 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.

FLVT FOOD DRIVE



The grade 5 classes will be heading the "I'm Thankful! How About You?" Food Drive again this year.

Students are asked to bring donated items to their homerooms classes the week of October 3rd to 7th.

All donations will be going to the Interfaith Food Bank.

Non-perishable Food Items

Canned fruit/vegetables
Canned meats/salmon/tuna
Canned soup and soup mixes
Canned pasta/stew
Spaghetti sauce
Unsweetened juices
Baby food in jars
Infant cereal
Boxed cereal
Baby formula with iron
Canned pork & beans
Peanut butter
Jam
Macaroni & Cheese
Hamburger Helper

**Most wanted
food items**

FLVT ANNUAL AWARDS EVENING

"Celebration of Excellence"

Thursday, November 3rd at 7:00 p.m.

IN THE SCHOOL GYM

We invite you and your family to attend this celebration and join us in honouring those students who have excelled spiritually, academically, artistically and athletically. They have worked very hard to achieve this level of excellence.

*There is always
something for which to be*



HAWKS HUSTLE

FLVT School Newspaper

•Many hands telling our story•

October 2022

Students in our Newspaper Option with Ms. Tkach have published their first newspaper called HAWKS HUSTLE. Please take a moment to view this fantastic newspaper on our website under Resources & Publications, Newsletters.



THE ELECTRONIC RECYCLING ASSOCIATION'S

5th Annual

Kids Poster Contest



**YOU COULD
WIN A
LAPTOP!**

September 1st to December 15th, 2022

Show us what reducing, reusing, and recycling electronics looks like to you!

ELECTRONIC RECYCLING ASSOCIATION | 1.877.9EWASTE | WWW.ERA.CA

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
HONEST ACCEPTING WISE KIND SPIRITUAL		<i>Most up to date online Calendar See: https://flvt.holyspirit.ab.ca/calendar</i>				1
	3 Cheesy Garlic Fingers \$4.50	4 School Council Mtg. 7 p.m. Mini Pepperoni Pizza \$4.50	5 X Country Zone Championships Bouncing Brown Day Baked Spaghetti \$4.50	6  School Picture Day All Students Chicken Burger \$4.50	7 Smoothies \$3 Kraft Dinner \$2.50	8
9	10 No School Thanksgiving Day	11 No School School PD Day	12 French Toast & Hashbrown \$4.50	13 Perfect Pink Day Chicken Burger \$4.50	14 Smoothies \$3 Kraft Dinner \$2.50	15
16	17 The Little Mermaid Parent Meeting 6pm Cheesy Garlic Fingers \$4.50	18 Mini Pepperoni Pizza \$4.50	19 Arise and Shine: A Celebration of Art and Song in Holy Spirit 10:00am FLVT Mass @ St. Martha's Parish Loaded Nachos \$4.50	20 Arise and Shine: A Celebration of Art and Song in Holy Spirit Powerful Purple Day Chicken Burger	21 Sr. Boys/Girls Volleyball - Hawks Classic Smoothies \$3 Kraft Dinner \$2.50	22 Sr. Boys/Girls Volleyball - Hawks Classic
23	24 No School Divisional PD Day	25 Mini Pepperoni Pizza \$4.50	26 Pre-order Taco in a Bag \$5.25	27 Outrageous Orange Day Chicken Burger \$4.50	28 Smoothies \$3 Kraft Dinner \$2.50	29
30	31 Halloween Dress-up Cheesy Garlic Fingers \$4.50					

Cubs to Kookis



STARS
Volleyball



Intro to volleyball

8 Saturday sessions for U9 & U12's

Starting October 22

LIMITED SPOTS!

Register at Lethbridgevolleyballclub.com

ACE

VOLLEYBALL CLUB

Camps

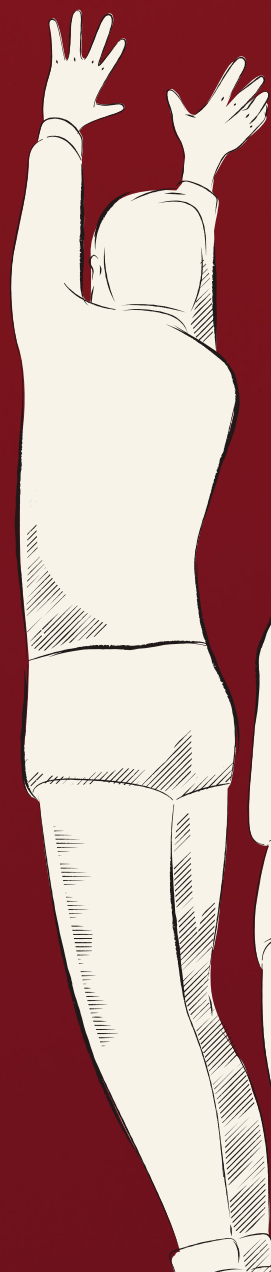
Mini Aces

Club

Full House

Clinics

*Register
today!*



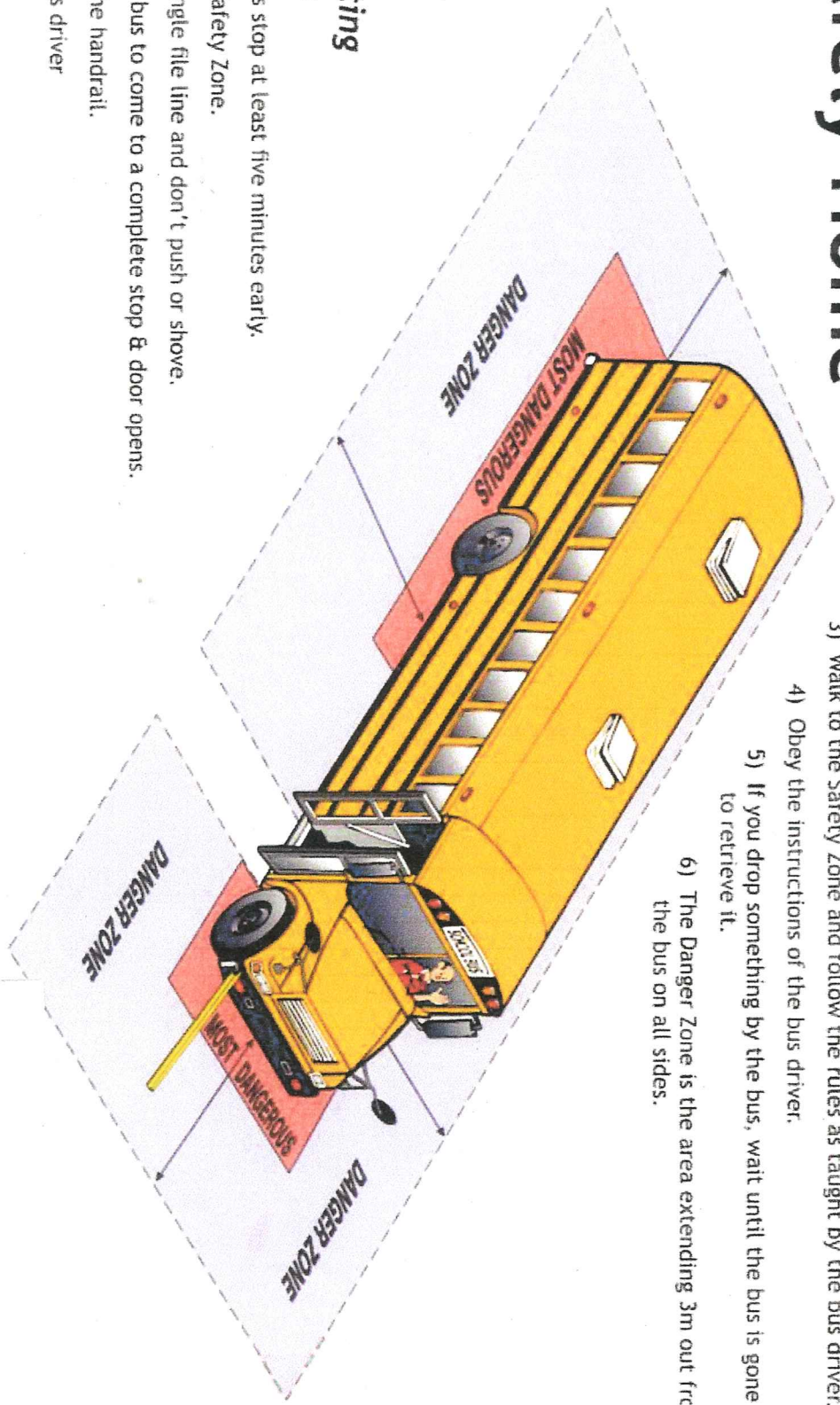
SCAN TO REGISTER



Know your Zone, Safely Home

When Getting off the Bus

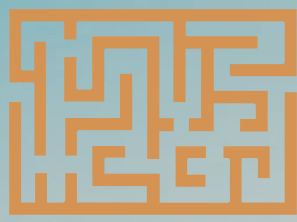
- 1) Stay in your seat until the bus is stopped and door is opened.
- 2) Watch your step and use the handrail.
- 3) Walk to the Safety Zone and follow the rules as taught by the bus driver.
- 4) Obey the instructions of the bus driver.
- 5) If you drop something by the bus, wait until the bus is gone to retrieve it.
- 6) The Danger Zone is the area extending 3m out from the bus on all sides.



When Getting on the Bus

- A) Be at the bus stop at least five minutes early.
- B) Stay in the Safety Zone.
- C) Stand in a single file line and don't push or shove.
- D) Wait for the bus to come to a complete stop & door opens.
- E) Always use the handrail.
- G) Obey the bus driver

Safety is everyone's Business "Know Your Zone, Safely Home"



LETHBRIDGE

CATHOLIC YOUTH MINISTRY

JOIN US AT THE
LETHBRIDGE CORNMAZE

GR. 7-9

FRIDAY
OCTOBER 7TH
7-10PM

GR. 10-12

CORNMAZE
ZIPLINE
BONFIRE
AND MORE!

FREE
WITH
REGISTRATION

Scan for More info
and Registration



REGISTER AT QR OR
TEXT 403-360-4871



Community Education Service



Improving emotional health and well being

Mental Health for Highly Sensitive Teens; Unique Struggles for these Emotional Feelers

Tracy Guillet, MSW, RSW (Quiet Pathways Counselling)
Penny Solinger, RSW, MSW (Solinger Counselling Service)

Highly sensitive teens are often misunderstood by parents and teachers as they often have stronger emotional reactions.

In this presentation, learn why this happens, and the necessary tools required to help these teens manage their emotions so they don't become derailed.

FREE Webinar

October 26, 2022
10:00 AM – 11:30 AM

[Register](#)

This session is presented by the Community Education Service of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services [Quiet Pathways Counselling](#) and [solinger counselling service](#)

Community Education Service



Improving emotional health and well being

Effective Communication with Teens

Laurie Florence, Facilitator, Families Matter

In this workshop we discuss ideas around the impact on communication of words, tone, body language, the importance of listening and the delivery of clear messages needed for cooperation with teens.



Oct 5, 2022
6:30-8:30pm

Click here to
register

FREE
online event

This session is presented by the Community Education Service of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & **Families Matter**.

Community Education Service



Improving emotional health and well being

Earth Play – The Benefits of Outdoor Exploration

Ashley Meagher BA CYC & Stephanie Sands, BSc. Psychology, Rocky
View School Division & MHCB Stepping Stones to Mental Health

They don't call them the great outdoors for nothing! Getting outside is great for both mental health and physical health! This session will provide individuals with information about the benefits of messy play, exploration, and adventure for supporting positive mental health and provide practical, age-appropriate ideas for kids to get outside, get moving, and get messy!

Oct 11, 2022
6:30-8:00pm

Click here to
register

FREE

online event

This session is presented by the Community Education Service of the Mental Health & Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & **Rocky View School Division & MHCB Stepping Stones to Mental Health.**



Sings Many Songs Women (Pearl White Quills, Deb Green et Noreen Demeria) sang for the opening of the healing garden at the Alberta Children's Hospital, a place of refuge for patients, staff, and physicians.

Acts of reconciliation you can do with your child

September 30 marks the [National Day for Truth and Reconciliation](#) in Canada.

Reconciliation is about creating and maintaining respectful relationships between Indigenous and settler (non-Indigenous) people in Canada. It involves acknowledging the harms and mistakes of colonization, including the devastating effects of Canada's residential school system. It also means sharing and learning together about positive ways to move forward.

Reconciliation is a process that involves both education and action. On September 30, commit to learning more about Canada's history of oppression of Indigenous people, and talk with your child about meaningful acts of

reconciliation you can do together.

Here are some ideas to help you and your family take part in reconciliation. Use them as a starting point and reflect on your intentions. Consider how your actions will respectfully deepen relationships with Indigenous history, culture, and people.

Learn the truth about the residential school system and its impacts on Indigenous people. If you can, connect with Indigenous Elders, Knowledge Keepers, and community leaders to make sure you're getting information from trusted sources. You can also look to materials for teachers and schools—these can be useful for families too. For example:

Healthy Children

October 2022 Family Newsletter

- This summary of [residential school history](#) from the National Centre for Truth and Reconciliation includes photos, documents, and links to an interactive timeline.
- [Plain talk 6: Residential schools](#) from the Assembly of First Nations is a virtual toolkit with stories, videos, and other digital resources.

Listen to the stories of residential school survivors and their family members, Elders, and Knowledge Keepers. These stories can be disturbing to listen to, but these personal narratives capture what life was like in the residential school system. You know your child best. Consider these options based on their age and readiness:

- CBC's 20-minute documentary, [Stolen children: Residential school survivors speak out](#)
- Legacy of Hope's collection of residential school survivor stories, [Our stories...our strength](#)

Get to know the Truth and Reconciliation Commissions' 94 Calls to Action (TRC).

As a family, explore progress on each Call to Action using [Beyond94](#), an interactive digital platform from CBC. It breaks down progress by key themes: child welfare, education, language and culture, health, justice, and reconciliation. Talk about what reconciliation means and what you and your family can do to follow the recommendations outlined by the TRC.

Wear orange shirts to symbolize harm done to residential school survivors and their families and to show your family's commitment to the principle that every child matters. Talk with your children about the



[story that inspired the Orange Shirt Day movement](#), and plan to wear orange on other dates and [events that honour First Nations, Métis, and Inuit](#) people, legacies, and cultures.

Learn what treaty territory you are on and how to recognize it. Not sure where to begin? Try [resources from the Alberta School Councils Association](#), including a Treaty map and sample wording in different parts of the province. Talk with your kids about why acknowledging the traditional land and its people is an important way to begin school assemblies, events, and other gatherings.

Healthy Children

October 2022 Family Newsletter

Find out if there was a residential school in your local area. CBC's [interactive map](#) of residential school sites can help you get started. Learn the name of the school and research its history. Consider making a visit to the site to show respect for the children that survived, and to honour the lives that were lost.

Watch films by Indigenous filmmakers from across Canada. These playlists from the National Film Board of Canada (NFB) can help you stream short films appropriate for kids of different ages:

- [Indigenous cinema for ages 6-11](#)
- [Indigenous cinema for ages 12-14](#)

Explore Indigenous books, online games, animation, and other media. Here are some kid-friendly suggestions from CBC:

- [10 books about residential schools to read with your kids](#)
- [15 beautiful Indigenous comic books and video games](#)

Help your child research Indigenous heroes, role models, and change-makers. Here are some helpful tools:

- [Indigenous sport heroes education experience](#) from Canada's Sports Hall of Fame
- [Indigenous trail-blazers](#) from the Government of Canada

Attend an Indigenous cultural event or gathering that's open to the public, like a [powwow](#), drumming circle, or traditional dance performance. These events provide opportunities to make connections and learn first-hand from Indigenous communities. Be sure to follow traditional protocol expected at these gatherings.

Listen to music and storytelling by Indigenous artists. Try these ideas:

- Playlists from CBC, like [Indigenous Canada](#) or [Reclaimed](#)
- Youth-led podcasts, like [Indigenous 150+](#) or [Young and Indigenous](#)

Go to an Indigenous museum or art gallery. If there isn't one in your community, try a virtual tour with [Mootookakio'ssin](#), a 3D digital collection of Blackfoot items from the 19th and 20th centuries.

Visit an Indigenous restaurant, café, or food truck, or try making a traditional meal at home. Get inspired with this [Indigenous recipe collection](#) from the Dietitians of Canada.

Learn some common greetings or words in an Indigenous language, or research the original names of places and landmarks in your local area. This [digital collection of Blackfoot-English phrases](#) can help.

Play traditional games as a family, like ring the stick or double ball. Learn how with the [Move & Play Through Traditional Games](#) toolkit from Be Fit for Life and Ever Active Schools.

Connect with the land. Spend time outside as a family, showing respect and appreciation for nature. Enjoy getting active in traditional ways (like walking, canoeing, or playing outside) or try planting and harvesting. This resource on [traditional plants and uses](#) from the Alberta Teachers' Association can help your family learn about traditional medicines such as sage, cedar, sweetgrass, and other plants.

Healthy Children

October 2022 Family Newsletter

Support an Indigenous-led business or company in your community. The [Indigenous Tourism Alberta](#) website can help you find gift shops, art and jewelry stores, food vendors, hotels, and more.

Help your child fundraise for a Friendship Centre or Indigenous-led non-profit group near you. Check out the Government of Alberta's [Guide to Indigenous Organizations and Services in Alberta](#) for a full list of Indigenous non-profit organizations and services (including national umbrella organizations).

As a family, commit to lifelong learning that supports reconciliation. Watch for local opportunities to learn from Elders and Knowledge Keepers, or try webinars and virtual options like [Indigenous Canada](#), a free massive open online course from the University of Alberta. Share your learning journey with your friends and community—reflect, ask questions, and spark conversations.

Reconciliation is a difficult journey. Reach out for help if you need it. You are not alone.

- [AHS Mental Health Help Line](#): 1-877-303-2642 (*Available 24/7 to all people in Alberta*)
- [Hope for Wellness Help Line](#): 1-855-242-3310 (*Available to all Indigenous people across Canada*)
- [National Indian Residential School Crisis Line](#): 1-866-925-4419 (*Available 24/7 to residential school survivors and their families*)