

**HONEST  
ACCEPTING  
WISE  
KIND  
SPIRITUAL**

## FATHER LEONARD VAN TIGHEN 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

DECEMBER 2022



Merry Christmas from all the Staff at  
Father Leonard Van Tighem School



### MESSAGES & BLOGS

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

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

### DATES TO REMEMBER

Tuesday's during Advent  
\*\*Bring a Toonie

**Wed. Nov 30** - Fundraiser  
Plant Pick-up

**Friday, Dec 2** - No School


**Wed. Dec 21** - Elementary  
Christmas Concert

**Thurs. Dec 22** - Jr. High Christ-  
mas Formal

**Friday, Dec 23** - Last Day of  
School before Christmas Break

**Dec 26 to Jan 6** - Christmas  
Holidays

**Mon. Jan 9** - Classes Resume



May the God of hope fill you all with joy and peace as  
you trust in him, so that you may overflow with hope by  
the power of the Holy Spirit.

We wish all our FLVT family a Merry Christmas and a  
Blessed New Year!

# Library news & updates

## Library News from Ms. Pierson

**Rocky Mountain Book Awards:** The Rocky Mountain Book Awards is up and running and off to a good start. The students are involved with reading the nominated books and reporting back to me on them. In order to vote, the students need to read a minimum of 5 RMBA books by the beginning of April. 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. There are a limited number of copies at our library therefore if your child would like to get through the books quicker, the public library currently offers free library cards and they have the RMBA books on hand (make sure they are the 2023 nominee list).

**Library Manners Jar:** The Library Manners Jars are filling up as the students are using 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. The race is on!

**Monthly Library Winners:** Students have the opportunity to win a library prize monthly by following HAWK values. I watch for respectful behavior and students receive a draw slip. The draw is made at the end of each month. Good luck!!

**Volunteers:** We appreciate our volunteers' time and help in the library. If you are interested in committing to volunteering in the library, please email me at [piersond@holyspirit.ab.ca](mailto:piersond@holyspirit.ab.ca)

**Book Donations:** The library accepts lightly used books. Please contact me at [piersond@holyspirit.ab.ca](mailto:piersond@holyspirit.ab.ca)

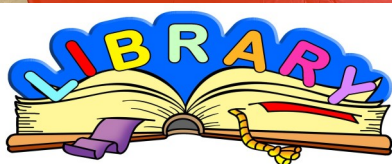
prior to dropping off books. We are thankful to all families who have already made donations.

**Scholastic Book Fair:** A big thank you to all of the volunteers that helped with the book fair. Without volunteers there couldn't be a fair. It is much appreciated!!

Thank you to the parents and staff who supported the fair by making purchases. Our school library will benefit from many new books. Due to your generosity, we have exceeded our sales goal of \$4000 and our total sales were \$5040.00, earning the library \$2847 in books.

Nakoa in 1T won the family draw for the book fair, earning books for herself and the classroom. Congratulations Nakoa and 1T!!

A big thank you to those that supported the classroom wish list and purchased books for their student's classroom. The teachers are very thankful for this gift.





**"A King is Coming to Town" Christmas Concert**  
**at Southminster Church**  
**1011 4 Ave S, Lethbridge**  
**Wednesday, December 21 at 6:30 pm.**

All students from Pre-Kindergarten through grade six will be involved in the show.

We will be having a dress rehearsal at the church the day of the concert. Children in grades 1-6 will be bussed to and from the church for the rehearsal while parents will be responsible for getting their child(ren) to and from the church for the evening performance. There will be a free will offering at the doors to the church which will be used to off-set the cost of the church rental, supplies and bussing. Any extra money will be given to the Lethbridge Food Bank.

We need some help with costuming. Please contact the school or your child's teacher if you are able to help make simple costumes for your child's class.

More details to come!



**FLVT Advent Celebrations**

Monday, November 28 at 12:00pm

Tuesday, December 6 at 9:30am

Monday, December 19 at 2:00pm

**Advent Mass at FLVT**

Thursday, December 15 at 10:30am



**St. Martha's Roman Catholic Parish**

**CHRISTMAS MASS TIMES**

**Christmas Eve** - Dec. 24th

(No confession at 4pm)

Masses: 5 PM, 8 PM, 11 PM

**Christmas Day** - Dec. 25th

Masses: 9 AM, 11 AM

**NO Masses** Dec. 26th - Dec. 30th

**NO Adoration** Fri. Dec. 30th

**New Years Eve** - Dec. 31st

Confession: 3 PM

Adoration: 4 PM - 5 PM

Mass: 5 PM

**Solemnity of Mary, Holy Mother of God** - Jan. 1st

Masses: 9 AM, 11 AM





**Bring a Toonie every  
Tuesday during Advent.**

**Nov 29, Dec 6, 13, & 20.**

**All proceeds will go to the Soup Kitchen.**



**Lethbridge Soup Kitchen**  
Providing Meals For Those in Need



## **CHRISTMAS HAT DAY**

Tuesday, Dec 20



## **CHRISTMAS SOCK DAY**

Wednesday, Dec. 15

## **RED & GREEN DAY**

Thursday, Dec 21



## **CHRISTMAS SWEATER DAY**



Friday, Dec 23



## VIRTUE VOUCHERS

When staff members notice a student displaying one of our Van Tighem Virtues, they can give that student a Virtue Voucher. The student fills it out and enters their name in the office for a monthly draw to receive a \$20 Indigo gift card. 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

#### November Virtue Voucher winners

Division One -

Division Two -

Division Three -



Are you interested in singing at Mass at St. Martha's Parish over the Christmas Break?

Please contact the church at 403-381-8891

- Saturday, December 24th, Christmas Eve Mass at 5pm
- Sunday, December 25th, Christmas Day Mass at 9am
- Sunday, December 25th, Christmas Day Mass at 11am

My name is Sanaa [Sun-uh] Jiwani and I am excited to do my first education practicum at this wonderful school! I believe it is of the utmost importance to provide an equitable classroom for all students by giving them the tools they need to succeed. I also embrace the philosophy that both teachers and students should aim to grow rather than perfect their abilities or selves. When I'm not in the classroom, you can find me reading, at a local coffee shop, or watching old sitcoms like *The Golden Girls!*



Hello everyone!

My name is Liam Campbell, and it is my pleasure to be a student teacher here at FLVT for the next four weeks. My majors are English and Education, and my minor is Religious Studies. I have immense love for both reading and writing, and am always finding new novels, films, and anime to experience and enjoy; but I also have a love for the sciences, particularly biology and physics. As someone who has travelled to every province and territory in Canada, I can say that the world around us—and all the people and places in it—is truly the greatest classroom one can find. I look forward to expanding my horizons and, hopefully, teaching you something along the way.

Cheers,  
Liam

THE SOUTHERN ALBERTA SKATING ACADEMY

*with support from*

**CITY OF**  
 **Lethbridge**

PRESENTS

# Wishes

6pm ENMAX

FRIDAY DECEMBER 23rd

**\$12**

LOWER BOWL

**\$17**

ON ICE

**\$40**

4-PACK

Tickets available through the ENMAX Centre



All youth in  
**Grades 1 – 6**  
are invited to join us  
each Wednesday for  
Liturgical Crafts, Lives of  
the Saints and Fun Faith  
Filled Learning.

**November 2 to December 7**

**4:15 – 5:15pm**

**St. Basil's Church Hall**

Cost: \$10 per child or \$25 per family of 3 or more  
(immediate family only)

Registration forms  
are available at  
All Saints Parish Office  
or on our website at

[www.allsaintslethbridge.org/little-saints.html](http://www.allsaintslethbridge.org/little-saints.html)





**CATHOLIC**

# *Youth Ministry Bowling*

## Gr 7-9

*Bowling and Pizza*

Registration required. Space is limited. Scan QR code, call or text for registration

**Only \$5 if you register**

**NEW DATE: Wednesday, December 7, 2022**  
**6:30pm-8:00pm**

**Holiday Bowl, 2825 2<sup>nd</sup> Ave South**

Questions? Contact: Heather Harling

(403) 360-5405

heatherharling@yahoo.com







**All Saints Parish Registration for  
First Reconciliation and First Eucharist Boot Camp  
Grade 2 and up**

**Did you miss out on registration in the Fall for Sacraments?  
No problem we will be running a Boot Camp for  
First Reconciliation and First Eucharist.**

**The First Reconciliation Boot Camp will run:  
Sunday, 29 January from 12:00 pm till 3:00 pm  
at Assumption Church Hall.  
Snacks will be provided.**

**The First Eucharist Boot Camp will run:  
Saturday, 4 February from 9:00 am till 12:00 pm  
at Assumption Church Hall.  
Snacks will be provided.**

**Registration forms available on line at:  
[www.allsaintslethbridge.org](http://www.allsaintslethbridge.org)**

**There is no cost for this class and for more information  
please email Cyndi at [educationallsaints@shaw.ca](mailto:educationallsaints@shaw.ca)**



# Community Education Service



*Improving emotional health and well being*

## Caregiver Self-Care and Co-Regulating with Your Child

Tashia Christie, BA Psychology & Kelvin Ganpatt, BA Psychology,  
Rocky View School Division & MHCBC Stepping Stones to Mental Health

The importance of self-care for caregivers, burnout, compassion fatigue, and helping children to practice self-care and regulate emotions.

**December 13, 2022**  
**6:30-8:30pm**

**Click here to  
register**

**FREE**  
**online event**

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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 & MHCBC Stepping Stones to Mental Health.**



## Get set for adventure: Physical literacy and your teen

### Physical literacy vs. physical activity

Physical literacy and physical activity are related but they aren't the same thing. Physical activity is how you move and the energy you use while moving.

Physical literacy is a person's motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engaging in physical activity for life.

Having the skills to move is an important part of physical literacy, but it's more than that! For example, if you have the physical skills, but don't have confidence or motivation, you may not value physical activity.

### Why is physical literacy important?

As teens develop physical literacy, they're able to move and train their body to gain skills they want—like kicking the ball to a target or landing a cartwheel. These skills build on beginner skills they've already mastered.

Exploring and expanding movement skills supports brain development, social skills, and builds self-esteem and confidence.

The development of physical literacy in teens also helps with other valuable life skills like adapting to new situations or bouncing back after disappointment.

# Healthy Teens

December 2022 Family Newsletter

## Why is physical activity important?

In Canada, the [24-hour movement guidelines](#) recommend that youth get 60 minutes of heart pumping physical activity each day. These guidelines are based on research that outline the amount of physical activity that can improve and protect both a person's physical and mental health. Teens who develop their physical literacy have the confidence and motivation to try new things, while getting physical activity helps them stay healthy.

## How can I help teens develop their physical literacy skills?

### Build up the foundation

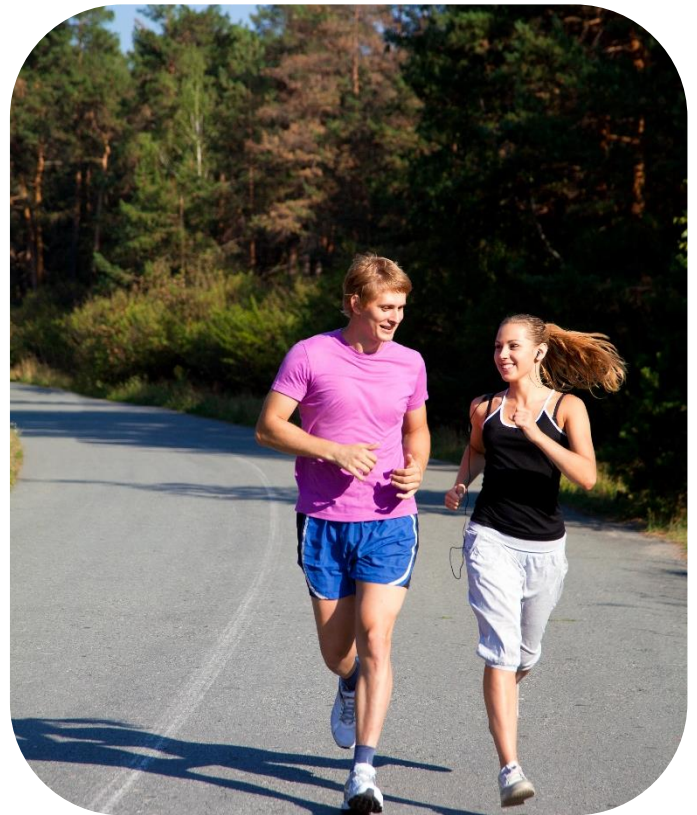
Just like teens build on the alphabet to learn advanced reading and writing skills, they can deepen their physical literacy to learn more complex movements or more advanced games or sports.

If your teen knows how to:

- run, they can join in games like soccer, tag, or capture the flag during school noon hour.
- throw, they can play a game of sitting volleyball, dodgeball, or frisbee to make friends at a new school or in community.
- swim, they can feel confident to try out kayaking or canoeing with their peers during outdoor education class.

### Variety is the key to success

It can be tempting to focus on your teen's favourite activity, but variety is important. Specializing in one sport or activity too early can limit their potential and affect their long-term development.



If your teen wants to become better in one sport or activity, have them choose another sport or activity in the off season. Taking this approach also helps to prevent injuries, which is important to remain being active throughout their life.

### Keep it fun

Dropout rates for sports or activities are highest during the teen years. This is especially true for girls. Teens are more likely to stick with an activity they chose.

Let them decide what activity to try, but help them think through what kinds of activities they enjoy—those are the ones they are most likely to keep doing! Social connections are important for teens so if there are opportunities for your teen to participate in activities with their friends, that's even better!

# Healthy Teens

December 2022 Family Newsletter

## Try different places and spaces

Developing physical literacy includes learning how to move in a variety of environments. This can include:

- *on the ground*: playing games, dancing, wheeling
- *in the air*: diving, gymnastics, swinging
- *on the snow and ice*: sledding, skiing, sledge hockey
- *in and around water*: swimming, kayaking, canoeing

Moving in a variety of spaces and on different surfaces helps teens increase physical literacy, and also helps develop basic life skills. For example, learning how to move on snow and ice is an important skill to learn in Canada, and can help prevent falls and injuries during the winter.

Spending time outdoors, all year-round, is an excellent way for teens to develop physical literacy. Spending time in natural places can also support their mental health and overall well-being. Getting active outdoors with your teen is good for your whole family and can even contribute to better sleep for everyone. A good sleep means more energy to spend being active!

Dressing for the weather is always important to make the experience enjoyable, no matter your age.

For tips on dressing for the weather, see [MyHealth.Alberta.ca](https://myhealth.alberta.ca):

- [Clothing safety for children](#)
- [Wear proper clothing to prevent cold injury](#)

For more information on physical activity and physical literacy:

- [Canadian 24-hour movement guidelines for children and youth \(5-17 years\)](#)
- [Tips for helping your teen](#)
- [Physical activity tips for youth \(12-17 years\)](#)
- [Physical literacy](#)

# DECEMBER

| Sun   | Mon   | Tue   | Wed  | Thu   | Fri   | Sat   |           |
|---|---|---|--|---|---|---|-----------|
| <b>HONEST<br/>ACCEPTING<br/>WISE<br/>KIND<br/>SPIRITUAL</b> | <p>Most up to date online Calendar<br/>See: <a href="https://flvt.holyspirit.ab.ca/calendar">https://flvt.holyspirit.ab.ca/calendar</a><br/>For the co curricular calendar please click 'co curricular'</p> | <p>Nov 29<br/><b>Toonie Tuesday! Soup Kitchen fundraiser</b><br/><br/>Bring in a Toonie every Tuesday During Advent</p> | <p>Nov 30<br/><b>Fundraiser Plant Pick-up (details to come)</b></p>  | <p>1<br/><b>Super Silver Day</b><br/><br/><b>Chicken Burger \$4.50</b></p>  | <p>2<br/><b>No School School PD Day</b></p>   | <p>3<br/>Thursdays in December Jr High Communi-tea during lunch break<br/><br/></p>              |           |
|   | <p>4<br/>Second Sunday of Advent</p>  | <p>5<br/><br/><b>Cheesy Garlic Fingers \$4.50</b></p>   | <p>6<br/><b>Toonie Tuesday!</b><br/><br/>Advent Celebration (9:30am K-AM/7G)<br/><br/><b>Mini Pepperoni Pizza \$4.50</b></p> | <p>7<br/>Kinder Field Trip to Galt Museum<br/><br/><b>Pancakes with Hashbrowns \$4.50</b></p>                                       | <p>8<br/><b>Glittering Gold Day</b><br/><br/><b>Chicken Burger \$4.50</b></p>   | <p>9<br/>Jr. High Stem Club 1:15<br/><b>Cookie Dough Fundraiser Pick Up</b><br/>Grade 1M,1T, 7G, 7M Movie<br/>Mill Field Trip<br/><br/><b>Smoothies \$3 Kraft Dinner \$2.50</b></p> | <p>10</p> |
|   | <p>11<br/>Third Sunday of Advent</p>  | <p>12<br/><br/><b>Cheesy Garlic Fingers \$4.50</b></p>  | <p>13<br/><b>Toonie Tuesday!</b><br/><br/>School Council Mtg. 7 p.m.<br/><br/><b>Mini Pepperoni Pizza \$4.50</b></p>         | <p>14<br/><br/><b>Taco in a Bag (by Pre-order) \$6.25</b></p>   | <p>15<br/><b>Terrific Teal Day</b><br/><br/><b>Advent Mass @ FLVT 10:30</b><br/><br/><b>Chicken Burger \$4.50</b></p>   | <p>16<br/><br/><b>Smoothies \$3 Kraft Dinner \$2.50</b></p>   | <p>17</p> |
|   | <p>18<br/>Fourth Sunday of Advent</p>   | <p>19<br/><b>Advent Celebration (2:00pm)</b><br/><br/><b>Cheesy Garlic Fingers \$4.50</b></p>                           | <p>20<br/><b>Toonie Tuesday!</b><br/><br/>Christmas Hat Day<br/><br/><b>Mini Pepperoni Pizza \$4.50</b></p>                  | <p>21<br/><b>Christmas Sock Day</b><br/>Elementary Christmas Concert @ Southminster Church<br/><br/><b>Loaded Nachos \$4.50</b></p> | <p>22<br/><b>Red &amp; Green Day</b><br/><br/><b>JH High Christmas Formal</b><br/><br/><b>Chicken Burger \$4.50</b></p> | <p>23<br/><b>Sweater Day Christmas</b><br/><br/><b>Christmas BINGO</b><br/><br/><b>Last day before Christmas Break</b></p>  | <p>24</p> |
|   | <p>25<br/><b>Christmas Day</b></p>  | <p>26<br/><b>No School Boxing Day</b></p>   | <p>27<br/><b>No School Christmas Vacation</b></p>  | <p>28<br/><b>No School Christmas Vacation</b></p>   | <p>29<br/><b>No School Christmas Vacation</b></p>   | <p>30<br/><b>No School Christmas Vacation</b></p>   | <p>31</p> |

# JANUARY

| Sun  | Mon   | Tue  | Wed  | Thu   | Fri  | Sat   |
|--|---|--|--|---|--|---|
| 1<br>New Year's Day  | 2<br><b>No School</b><br><b>Christmas Vacation</b>            | 3<br><b>No School</b><br><b>Christmas Vacation</b>                               | 4<br><b>No School</b><br><b>Christmas Vacation</b> | 5<br><b>No School</b><br><b>Christmas Vacation</b>                          | 6<br><b>No School</b><br><b>Christmas Vacation</b>                                 | 7<br>Thursdays in December Jr High Communi-tea during lunch break<br>  |
| 8<br><b>HONEST<br/>ACCEPTING<br/>WISE<br/>KIND<br/>SPIRITUAL</b> | 9<br><b>Classes Resume</b>                                    | 10   | 11<br><b>Taco &amp; Mexi Fries \$4.50</b>          | 12<br><b>Chicken Burger \$4.50</b>  | 13<br>Jr. Girls & Boys Bball - Hawks Classic<br><b>Smoothies \$3 Kraft Dinner</b>  | 14<br>Jr. Girls & Boys Bball - Hawks Classic  |
| 15   | 16<br><b>Cheesy Garlic Fingers \$4.50</b>                     | 17<br>School Council Mtg. 7 p.m.<br><b>Mini Pepperoni Pizza \$4.50</b>           | 18<br><b>Loaded Nachos \$4.50</b>                  | 19<br>Hawaii Day<br><b>Chicken Burger \$4.50</b>                            | 20<br><b>Smoothies \$3 Kraft Dinner \$2.50</b>                                     | 21  |
| 22   | 23<br><b>Cheesy Garlic Fingers \$4.50</b>                     | 24<br><b>Mini Pepperoni Pizza \$4.50</b>   | 25<br><b>Taco in a Bag (by Pre-order) \$6.25</b>   | 26<br>Quarter 2 Ends<br>Career Dress up Day<br><b>Chicken Burger \$4.50</b> | 27<br><b>No School PD Day</b><br>Sr. Boys & Girls Bball - Hawks Classic Tournament | 28<br>Sr. Boys & Girls Bball - Hawks Classic Tournament   |
| 29   | 30<br>Quarter 3 Begins<br><b>Cheesy Garlic Fingers \$4.50</b> | 31<br>Jr. Boys & Girls Bball Quarterfinals<br><b>Mini Pepperoni Pizza \$4.50</b> |  |   |  | <b>Most up to date online Calendar See: <a href="https://flvt.holyspirit.ab.ca/calendar">https://flvt.holyspirit.ab.ca/calendar</a> For the co curricular calendar please click 'co curricular'</b> |
|  |   |  |  |   |  |   |