

MESSAGES & BLOGS

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

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

DATES TO REMEMBER

Tuesday, March 7

School Council Meeting 7
p.m.

March 13 & 14

NO SCHOOL for students
Staff PD Days

Friday, March 17

Parent/Teacher Interview
booking opens

Thursday, March 23

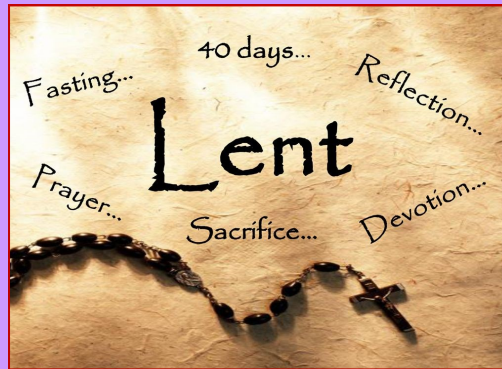
Parent/Teacher Interviews
K-Gr 9 4:30 - 7:30 p.m.

<https://vantighem->

[leth.schoolsoft.com/
login.jsf](https://vantighem-leth.schoolsoft.com/login.jsf)

Tuesday, March 28

Grade 7 Parent Orientation
7:00pm @ FLVT
(CSM, FLVT & St.
Pat's)



Lent is...

...a time for looking at the
depth of one's own sin,
and turn away from them.

Lent is...

...a time for learning what it
means to follow Christ
with one's life, and to listen
to the Spirit.

Lent is...

...a time for actually going
about changing one's
ways to be more like
Christ.

Lent is...

...a time for self-discovery of the
parts of ourselves we don't want
to discover, through prayer,
fasting and actively choosing
what is right over what is wrong.



"Remember that you are dust
and to dust you shall return..."

God as the Sower...

Holy Spirit is the seed...

Our souls are the soil...

We are the Sowers...

Truth and good deeds
are the seed...

The soil is all around us...



**Lent is
about
Love.**

Library news & updates

Library News from Ms. Pierson



Rocky Mountain Book Awards: The Rocky Mountain Book Awards is in full motion. 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 from the 2023 nominee list).

Library Manners Jar: The goal is for students to fill their classroom jar first by using great library manners so they can win a classroom prize.

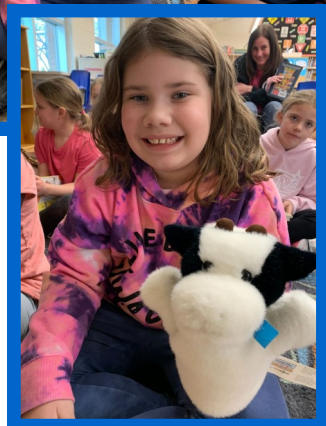
Monthly Library Winners: Students have the opportunity to win a library prize monthly by following HAWK values. I watch for respectful behavior and students receive a draw slip. The draw is made at the end of each month. Good luck!!

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

Book Donations: The library accepts lightly used books. Please contact me at piersond@holyspirit.ab.ca prior to dropping off books. We are thankful to all families who have already made donations.

Bringing books to life: In the library we like to bring the books we read to life by being creative with them. The grade 3's are using puppets while they listen to "Audrey Cow" by Dan Bar-el. Ask them what they know about a Charolais cow. Or what is special about this particular charolais cow.

Also, if any of you have puppets or stuffies of cows, people, crows, racoons, geese, deer, skunk, cougar, badger, or sheep that you would like to donate, this would be much appreciated. Please contact me via email to discuss. Thank you in advance.



Gr. 1-9 Parent-Teacher Conferences

THURSDAY, MARCH 23, 2023

The link for the Conference Manager is:
<https://vantighem-leth.schoolsoft.com/login.jsf>
 (DO NOT include “www”).

The link will be available on our website on **March 17**.



Grades Kindergarten to Grade 9 (4:30-7:30p.m.)

Now that we are well into the school year, marks are getting established.

If you have concerns about your child's mark(s), please book an interview with the subject teacher.

Elementary Report cards will be sent home March 17.

Junior High will not receive report cards. The most up to date Marks can be accessed on PowerSchool.

Kindergarten Please see kindergarten newsletter/calendar for specific details.

Please note, if the teacher you are wanting to see is booked up or you are not able to make the available times, please email the teacher directly to make alternate arrangements.

How to talk to your kid(s) about report cards

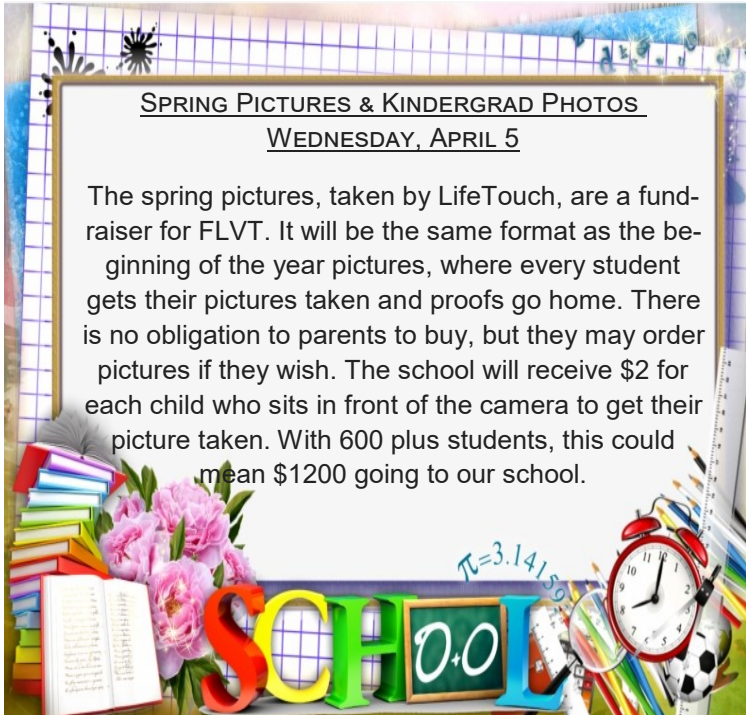
Here's how to handle the A's and the D's (and everything in between).

DO stay positive. Find something to praise, even if it's only to comment on the slight improvement in your child's English mark or how well she gets along with her classmates.

DON'T compare. Avoid the temptation to talk about a sister's, or cousin's or friend's report card.

DO listen to the key player. Ask your children what they think about their report card, what they are most proud of, or disappointed in, and why they think they received the marks they did. Remember to keep calm, cool and collected — this is a conversation, not an interrogation.

DO prepare a follow-up plan. Take time on report card day to focus on and celebrate successes. Then begin fresh the next day with plans for improvement. Ask your children what they think they need to do, both at home and at school, to get better marks. Report cards sometimes reflect a lack of effort more than a lack of skill, so maybe they need to limit screen time or cut back on extracurricular activities. Offer your own suggestions and then, together, set small, realistic goals. You may also want to talk to your children's teachers about what your child can do to bring up there grades, especially if they're not reflective of the time and effort that is being putting in.



Lent Fun Facts



*Lent is the 40 weekdays from Ash Wednesday to Easter observed by the Roman Catholic, Eastern, and some Protestant churches as a period of penitence and fasting. Sundays aren't included in the 40-day count.

*Since Sundays aren't included, Lent technically lasts 46 days.

*Why is Lent 40 days? The number 40 is a significant number for Christians. Jesus spent 40 days in a desert. Noah had to wait 40 days for his ark to float. And Moses, along with his followers, traveled through the wilderness for 40 years before reaching the Promised Land.



The Electronic Recycling Association awarded top prize to Olivia Kang in Ms. Campmans' class for her submission to their kid's poster contest.

Congratulations Olivia!!!



VIRTUE VOUCHERS 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

February 2023 Virtue Voucher winners

Kyra (3K)

Asher (5R)

Talli (9LH)



St. Patrick's Day Jokes and Riddles



Question: What do you get when you combine a four-leaf-clover with poison ivy?

Answer: A rash of good luck!



Question: What do you call a fake Irish stone?

Answer: A sham-rock!

Question: Why do leprechauns enjoy recycling?

Answer: Because they like to go green!

Question: What happens when you do an Irish dance at McDonald's?

Answer: You become a Shamrock Shake!

Question: What type of bow can't be tied?

Answer: A rainbow!



What is good attendance?

Going to school on time, every day for the full day, is important. Consistent attendance will help children do well in school, college, and work. Good attendance is missing not more than 1 day of school a month, whether excused or unexcused. Arriving on time to school and staying for the full day is extremely beneficial for students as often the most important things of the day are discussed first thing in the morning or at the end of the day before students leave.

Why is good attendance important?

When students improve their attendance rates, they improve their academic prospects. Regular attendance ensures that:

- Preschoolers build skills and develop good habits for showing up on time
- Elementary students read well by the end of 3rd grade
- Middle & high schoolers stay on track for graduation

How many absences are too many?

Too many absences—excused or unexcused—can keep students from succeeding in school *and in life*. Students who miss more than 1 school day a month become at risk. For example:

- Half the students who miss two to four days in September go on to miss nearly one month of school;
- Chronically absent (2 days a month) students are more likely to drop out of high school;
- Chronically absent kindergartners score 20 percent lower in reading and math in later grades;
- Student absences in grade 8 are 8 can be foretelling of grade 9 course failure than test scores;

Chronic absenteeism in grade 6 is the strongest predictor of not graduating from high school.



CATHOLIC CENTRAL MUSICAL THEATRE

presents

Orchestration by
LARRY HOCHMAN

Music and Lyrics by
ANDREW LIPPA

The Addams Family

A NEW MUSICAL COMEDY

Book by
MARSHALL
BRICKMAN
and RICK
ELICE

Based on
characters
created by
CHARLES
ADDAMS



Directed
by
BRADEN
DALTON

Addams
Family
Reunion
Meet-and-
Greet

March 18 at
1:30 p.m.

\$25

March 10, 11, 14,
16-18 at 7:30 p.m.
March 11 and 12 at
1:30 p.m.

\$22.50

Tickets
available
through the
CCH
website.
Surcharges
may apply.

"The Addams Family" is presented through special arrangement with and all authorized performances are supplied by Theatrical Rights Worldwide 1180 Avenue of the Americas, Suite 640, New York, NY, 10036
www.theatricalrights.com



PERFORMING ARTS AT ST. FRANCIS JUNIOR HIGH PRESENTS

Disney's

HIGH SCHOOL MUSICAL ON STAGE



Thursday
MARCH
30

Wednesday
APRIL
5

Weekend Matinee
2:00 pm
Evening Show
7:00 pm
except Sunday

EVENTBRITE
TICKETS
\$15



Book by David Simpatico Songs by Matthew Gerrard and Robbie Nevil; Ray Cham, Greg Cham and Andrew Seeley; Randy Petersen and Kevin Quinn; Andy Dodd and Adam Watts; Bryan Louiselle; David N. Lawrence and Faye Greenberg; Jamie Houston Music Adapted, Arranged and Produced by Bryan Louiselle Based on a Disney Channel Original Movie Written by Peter Barsocchini.
Disney's High School Musical on Stage! is presented through special arrangement with and all authorized materials supplied by Music Theatre International, 421 West 54th Street, New York, NY USA 10019 Tel. 212-541-4684 www.mtishows.com



Become a

HOMESTAY FAMILY

The BEST thing about memories...
is making them!

CONTACT US FOR MORE INFO

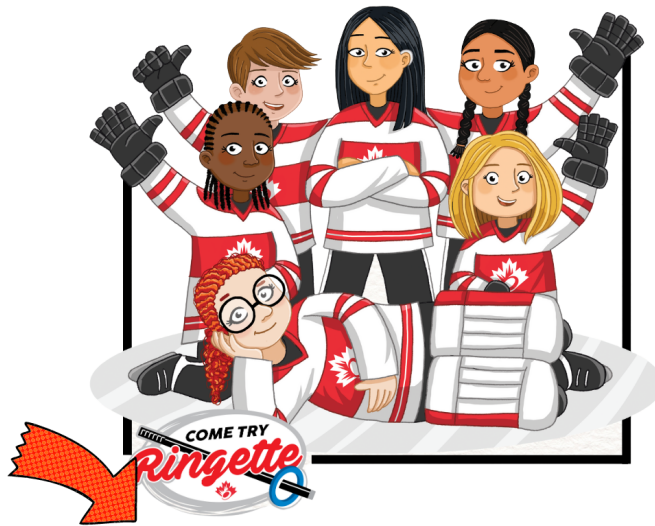
Donna Faulkner
Homestay Coordinator
Holy Spirit Catholic School Division
620 12B St. N.
Lethbridge, AB, T1H 2L7
Phone: (403) 330-7382
homestay@holyspirit.ab.ca

HOST FAMILIES PROVIDE...

- Private bedroom
- 3 wholesome meals/day +snacks
- Quiet, bright study space
- Access to common areas
- Laundry
- Emotional/Academic support
- Interaction with family members
- Participation in family activities
- Internet connection

HOST FAMILY BENEFITS...

- Learn another culture's traditions and customs
- Share Canadian culture with your student
- Create lasting memories and experiences
- Spend more family time together
- Develop a new friendship with your student
- Receive \$900 monthly to cover the expenses of hosting your student
- Build an interest in culture, language and future travel opportunities for your family



Lethbridge

March 11 from 11:15 am
ATB Centre

Registration and Dressing 11:15-11:45

ON ICE 11:45-12:45

Please register in advance @ cometryringette.ca

All ages and skill levels are welcome!



2023 Lethbridge Cougars Basketball Club TRYOUTS

***IF YOU ARE ENROLLED AT A HOLY SPIRIT
ELEMENTARY, JUNIOR HIGH, or HIGH SCHOOL YOU
ARE INVITED TO COME TRY OUT FOR, *Lethbridge
Cougars Basketball Club!* TRYOUTS WILL BE HELD AT:**

Catholic Central High School - EAST CAMPUS: 405-18th Street South

Girls U11/13/15 TRYOUTS MON. MAR. 20 & WED. MAR. 22	Boys U11/13/15 TRYOUTS TUES. MAR. 21 & THUR. MAR. 23	Boys/Girls U17 TRYOUTS THURS MAR. 23 & FRIDAY MAR. 24
GIRLS U11 5:45 - 7:00 PM	BOYS U11 5:45 - 7:00 PM	BOYS: THUR. 4:30 - 5:45 PM
GIRLS U13 7:00 - 8:30 PM	BOYS U13 7:00 - 8:30 PM	FRIDAY: 3:00 - 5:00 PM
GIRLS U15 8:30 - 9:45 PM	BOYS U15 8:30 - 9:45 PM	GIRLS: FRI. 1:00 - 3:00PM

IMPORTANT NOTES FOR TRYOUTS:

- *PLEASE TRY TO ENSURE YOU ARE AT **BOTH** TRYOUT DATES.
- *PLEASE ARRIVE **AT LEAST 15 MINUTES**
EARLY FOR REGISTRATION
- *BRING YOUR RUNNING SHOES, SHORTS,
AND COUGAR JERSEY IF YOU HAVE ONE.

EVERYONE IS WELCOME TO COME & TRY
OUT. SEE YOU THERE! CONTACT
lethbridgecougarsbasketball@gmail.com for more
information



**Deadline to Sign up: Friday, MARCH
17th** * TO SIGN UP FOR TRYOUTS:
LETHBRIDGECOUGARS.CA

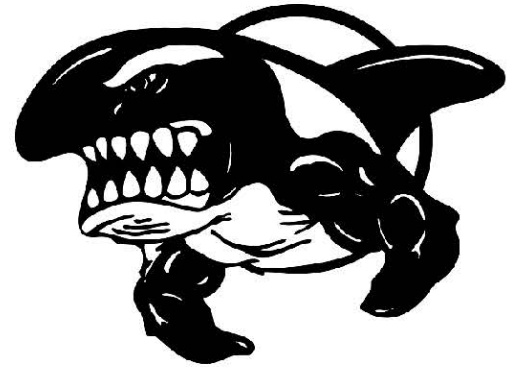
Building foundations and inspiring athletes to excellence on and off the court.



LETHBRIDGE ORCAS

Looking for the perfect summer activity for your child...

Come join the Lethbridge Orcas Summer Swim Club.



2023 Registration Dates

Returning Swimmers – March 1

New Swimmers – March 15

Summer Swim Club runs from May 1st to Mid Aug for the 2023

Swimming is a lifelong sport that can be used to achieve personal growth and development physically, psychologically and socially. The Lethbridge Summer Swim Club is a local non-profit organization that offers a swim program presenting this opportunity for your child to experience.

Scan the QR Code or go to www.lethbridgeorcas.com for more information and to register today!



For more information please email orcsecretary@gmail.com

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28 8G Retreat Day Mini Pepperoni Pizza \$4.50	1 Kinder Travelling Lab Coats Chicken Nuggets w Veg-gies & Chips \$4.50	2 10:30am Lent Celebration 8P Retreat Day Jr High Communi-tea Twin/Triplets Day Chicken Burger \$4.50	3 Smoothies \$3 Kraft Dinner \$2.50	4
5 The Little Mermaid Reheasal ALL CAST 1-4pm	6 Elementary Science Sizzle (by registration only) Gr 6 Camp Parent Meeting 7pm Cheesy Garlic Fingers \$4.50	7 Lent Celebrator Time 11:45 8CK Retreat Day School Council Mtg. 7 p.m. Mini Pepperoni Pizza \$4.50	8 Drama students to CCH's The Addams Family Pancakes & Hash Brown \$4.50	9 Gr 10 CCH Course Selection Due 8PK Retreat Day Jr High Communi-tea Chicken Burger \$4.50	10 Smoothies \$3 Kraft Dinner \$2.50	11
12 Daylight Savings Begins 	13 No School for students Spiritual Development Day Substitute Teachers' Appreciation Week March 13-17	14 No School for students Collaborative PD Day	15 Lent Celebration 9:30am Loaded Nachos \$4.50	16 Jr High Communi-tea Gr 4 Science Fair Chicken Burger \$4.50	17 Wear Green for St. Patrick's Day Elementary Report Cards Interview bookings start Smoothies \$3 Kraft Dinner \$2.50	18
19	20 Elementary Science Sizzle Cheesy Garlic Fingers \$4.50	21 Lent Celebration Time 11:30 ELP offsite Fieldtrip (no ELP classes at FLVT) Mini Pepperoni Pizza \$4.50	22 Grade 7 student orientation 9am Taco & Mexi Fries \$4.50	23 Gr. K-9 In person Parent/Teacher Interviews 4:30 -7:30 Jr High Communi-tea Chicken Burger \$4.50	24 Smoothies \$3 Kraft Dinner \$2.50	25
26	27 Elementary Science Sizzle Cheesy Garlic Fingers \$4.50	28 Grade 7 parent orientation 7-8pm Mini Pepperoni Pizza \$4.50	29 Lent Celebration Time TBD 6pm Holy Spirit Div. Board Meeting @CEC Pre-order Taco in a Bag \$6.25	30 Crazy Sock Day Jr High Communi-tea Chicken Burger \$4.50	31 Smoothies \$3 Kraft Dinner \$2.50	

April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Cheesy Garlic Fingers \$4.50	4 Mini Pepperoni Pizza \$4.50	5 <i>Spring & Kindergarten Picture day</i> Loaded Nachos \$4.50	6  Green Shirt Day Jr High Communi-tea  Quarter 3 Ends Chicken Burger \$4.50	7 No School Good Friday	8
9	10 No School Easter Monday	11 No School Easter Break	12 No School Easter Break	13 No School Easter Break	14 No School Easter Break	15
16 The Little Mermaid Rehearsal ALL CAST & STAGE CREW 1-4pm	17 Classes Resume Quarter 4 Begins Cheesy Garlic Fingers \$4.50	18 School Council Mtg. 7 p.m. Gr 6 Badminton Championships Mini Pepperoni Pizza \$4.50	19 GYM - The Little Mermaid Rehearsal - Cast & Stage Crew Gr 7 Badminton Championships Taco & Mexi Fries \$4.50	20 Western Dress-Up Day Evergreen Theatre - The Wicked Witch of the Wetlands K-6 Gym Jr High Communi-tea  Chicken Burger \$4.50	21 Smoothies \$3 Kraft Dinner \$2.50	22
23 FINAL REHEARSAL - The Little Mermaid, ALL CAST & CREW 1-4pm	24 The Little Mermaid Tech Rehearsal @Yates Cheesy Garlic Fingers \$4.50	25 The Little Mermaid Show Times 10:30am, 1:00pm, 6:30pm Mini Pepperoni Pizza \$4.50	26 The Little Mermaid Show Times 10:30am, 1:00pm, 6:30pm Pre-order Taco in a Bag \$6.25	27 The Little Mermaid Show Times 10:30am, 1:00pm, 6:30pm Super Hero Day Jr High Communi-tea  Chicken Burger \$4.50	28 Smoothies \$3 Kraft Dinner \$2.50	29