

Daily Bell Times

Monday-Thursday

8:45-3:50

Friday 8:45-11:23

**DATES TO
REMEMBER**

Sunday, Nov 5th

- Daylight Savings Ends (Fall Back)

Tuesday, Nov 7

- School Council Meeting

Thursday, Nov 9th

- Picture Retakes
- Conference Manager opens For booking Interviews

Friday, Nov 11th

- No School - Day in Lieu of Remembrance Day

Monday, Nov 13th

- No School - Staff Wellness Day

Tuesday, Nov 14th

- Jr High Quarter 2 begins

Monday, Nov 20th

- Jr High Awards Night

Thursday, Nov 23rd

- Grade 1-9 Parent/Teacher Interviews

November 23-24

- Kinder EYE Interviews



In Flanders' fields

By Lt. Col. John McCrae
(of Guelph, Canada)
Died January 28th, 1918, while on
active service in France.

In Flanders' fields the poppies blow
Between the crosses, row on row,
That mark our place, and in the sky
The larks still bravely singing fly,
Scarce heard amidst the guns below.
We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders' fields.

Take up our quarrel with the foe,
To you from falling hands we throw
The Torch - be yours to hold it high;
If ye break faith with us who die,
We shall not sleep though poppies grow
In Flanders' fields.

FLVT School Council Winter Fundraiser

<https://fatherleonard.growingsmilesfundraising.com/home>


Order Deadline: Wed. Nov 15 at 8:00pm

Order Pickup: Wed. Nov 29 (time TBD)



OUR SOUTHLAND RIDERS CAN USE...

MyBusStop



REAL-TIME SCHOOL BUS TRACKING FOR:

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

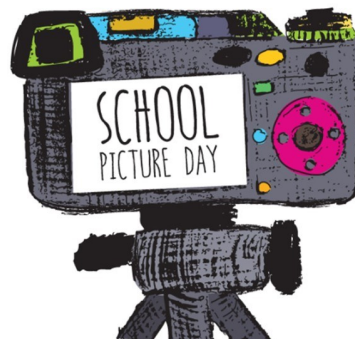
FATHER LEONARD VAN TIGHEM SCHOOL'S CODE:
TLA1NE5GX1

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



School fees are now past due. School fees for can be found on our FLVT home page under School > Fee Information. School fees can be paid by clicking the School Cash online button.

If you need assistance please contact the office.



School Picture Retake Day
is
Thursday,
November 9

PARENT / TEACHER INTERVIEWS

**Conference manager opens
Thursday, Nov. 9 at 6:00 a.m. & closes
Wed. Nov. 22 at 9:00 p.m.**

Book your interview online @ <https://vantighem-leth.schoolsoft.com/login.jsf> starting November 9th.



**Kindergarten interviews are Thursday, Nov. 23rd
and Friday, Nov. 24th.**

Grade 1-9 interviews are Thursday, Nov. 23rd.



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: Parents are invited to join the online Spaces Portal to review ongoing assessments of their students progress

Junior High Parents: To access student marks and attendance, go to the FLVT website and click on the "P" (top right corner of page). Log in using the same username & password you used to register your child for school. You can also download the "PowerSchool Mobile" app. This app is very user friendly and gives you more information.

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



FLVT ANNUAL
JR HIGH AWARDS EVENING

“Celebration of Excellence”

Monday, November 20 at 6:30pm at FLVT

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

SPONSORS NEEDED

Each year, we at Father Leonard Van Tighem School present an Awards Night to celebrate the achievements of our students from the previous year. This worthwhile program has helped us to recognize those students whose hard work and dedication throughout the year have allowed them to achieve this level of excellence.

IF YOU WOULD LIKE TO BECOME A SPONSOR for our awards program or would like more information, please contact Laurie Campmans at campmansl@holyspirit.ab.ca or 403-381-0953. Recognition for donations will be posted in the awards program and school newsletter. A member of your organization may take part as a presenter at our awards evening or a school representative can do this for you.

**Congratulations to all the award winners and
thank you to our school community for their continued support.**



**Coming soon...
Elementary Christmas Fair coming in December
(details to come)**



Junior High Basketball tryouts coming soon.

Please see co curricular calendar for the most up to date schedule.
Interested in coaching please contact Mr. Molas.

Please be sure to check the Co-curricular Calendar the most up to date schedule for tryouts times, game times, practice schedules and tournament details.
Please note that you MUST click on the tab at the top or under the menu for the co-curricular calendar.

A green background with white and yellow leaf patterns. On the left is a grey and white lemur. On the right is a smiling lion's face. The text is in yellow and white.

Madagascar:
A Musical Adventure Jr

Save the Date
May 7th & 8th, 2023

FREE FAMILY EVENT

FREE play activities, dancers,
games, prizes, community
agencies, and more!



NATIONAL CHILD DAY

NOVEMBER 18, 9:30 - 12:00
at Lethbridge College

Questions? lethbridgeplays@gmail.com



FAMILY INFO NIGHT

November 21
6:00PM
via Zoom



Join us for an informative evening learning about your student(s) digital portfolios with SpacesEDU.



Sign up to learn more by following the link in the comments.



**Capture the moments
where growth happens.**

Elementary families please register at the link below

https://myblueprint.zoom.us/webinar/register/WN_AeD_VVScuQLKU-Vo-apyYaA#/registration



TOWN HALL MEETING

BE PART OF THE CONVERSATION!

Learn more about LPS, hear about crime trends in your area and ask questions!

Light refreshments will be provided

St. Patrick's Fine Arts Elementary School



November 7, 2023



6:00PM - 8:00PM



GEOGRAPHIC AREA OF FOCUS

WEST



Youth Art Program



WOOD'S HOMES
WORKING FOR CHILDREN'S MENTAL HEALTH
SINCE 1914

Galt MUSEUM
& ARCHIVES
AKAISAMITOHKANAŌ'PA

Mental Health: What does it mean to you?

FREE to all participants ages 13-17

9 bi-weekly **art creation** sessions followed by a curated **art show** all held at the **Galt Museum**

Choose your art medium

Supplies, Snacks & Art Assistance Provided

Contact:

Kristin Krein (they/she)
403.320.4700
kristin.krein@galtmuseum.com

Zandy Schmidt (they/them)
403.394.5187
zandy.schmidt@woodshomes.ca

Nash Epp (he/him)
403.635.0575
nash.epp@woodshomes.ca

**Drop in Creation Sessions:
Thursdays from 3:30pm-5:00pm
at the Galt Museum**

September 14 & 28
October 12 & 26
November 9 & 23
December 7 & 21
January 4

Exhibition Set Up:

January 18

Art Display:

January 23 - 26

Art Show and Sale:

January 27 from 5:30pm-8:30pm



Courage to Lead

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go." Joshua 1:9

CATHOLIC EDUCATION SUNDAY

NOVEMBER 5, 2023



CELEBRATING IN
PARISHES WITH
CATHOLIC SCHOOLS
AND ADVOCATES

GRATEFULLY
ADVOCATING FOR
CATHOLIC
EDUCATION

THE MISSION OF
GRACE IS TO
INSPIRE,
INVIGORATE AND
EMBOLDEN THE
SPIRIT OF CATHOLIC
EDUCATION IN
ORDER TO UNITE,
ENGAGE, EDUCATE
AND ADVOCATE
WITH ONE VOICE ON
ITS BEHALF

FOLLOW GRACE ON
SOCIAL MEDIA

[GRACE WEBSITE](#)



(I) SWAG PRESENTS:

HOW DO WE

SUPPORT OUR CHILDREN

WHEN THEY MIGHT NOT

BE OKAY?

Join us as we enjoy learning from Kim Clark as she presents while having a courtesy meal

**NOV
16**

5:30 - 8:00pm

CEDAR ROOM

Sandman Signature
320 Scenic Drive S,
Lethbridge AB

PLEASE RSVP AT

<https://www.surveymonkey.com/r/7R9L8CC>





Holy Spirit Catholic School Division
(I)SWAG
(Indigenous) Student Wellness Access Guide
#STRONGERTOGETHER

KIM CLARK

Kim Clark has been a social worker for 30+ years with a specific focus on Mental Health and Leadership Training. Kim has worked with a variety of clientele, such as adults with disabilities, seniors, and youth at risk. She applies evidence based training into a group environment to create a comfortable and enjoyable learning experience for everyone.

This event is **FREE** and is open to all parents, guardians, and caregivers.

PLEASE RSVP AT

<https://www.surveymonkey.com/r/7R9L8CC>



Parent ADHD Information Sessions

These are educational sessions for parents and caregivers who want to learn about ADHD. The purpose of these sessions is to provide current introductory information around ADHD. The Zoom link below is the same for all ADHD parent sessions. Participants can choose to attend any of the sessions as many times as they like.

Session Date:	Topic of Session:
September 19, 2023, 6-7 p.m.	What is ADHD & How to Talk to Your Child/Teen About It
October 3, 2023, 6-7 p.m.	How Medication, Sleep, Exercise & Nutrition Impact ADHD
October 17, 2023, 6-7 p.m.	How ADHD Impacts Self-Regulation & The Importance of Coregulation
October 31, 2023	Halloween – NO SESSION
November 14, 2023, 6-7 p.m.	Tools for Effective Parenting a Child/Teen with ADHD
November 28, 2023, 6-7 p.m.	Navigating School Systems & Community Services
December 12, 2023, 6-7 p.m.	What is ADHD & How to Talk to Your Child/Teen About It
December 26, 2023	Christmas Break – NO SESSION
January 9, 2024, 6-7 p.m.	How Medication, Sleep, Exercise & Nutrition Impact ADHD
January 23, 2024, 6-7 p.m.	How ADHD Impacts Self-Regulation & The Importance of Coregulation
February 6, 2024, 6-7 p.m.	Tools for Effective Parenting a Child/Teen with ADHD
February 20, 2024, 6-7 p.m.	Navigating School Systems & Community Services

To Register: Please call Access Addiction & Mental Health at 1-888-594-0211 – Choose option #3 for the SOUTH ZONE.

Keep Calm and Parent On Information Sessions

These educational sessions are designed for parents/caregivers who want to understand the foundation in which to support their child/teen's self-regulation in conflict, while preserving/obtaining a healthy parent/child relationship. Coregulation will also be a focus providing opportunities for parents to reflect on their own ability to self-regulate when in conflict. The Zoom link below is the same for all sessions. Participants can choose to attend any of the sessions as many times as they like.

Session Date:	Topic of Session:
September 21, 2023, 6-7 p.m.	Ages & Stages – How Development Impacts Parenting Expectations
October 5, 2023, 6-7 p.m.	Building Communication Skills with Our Children/Teens
October 19, 2023, 6-7 p.m.	Examining How Boundaries Impact the Parent/Child/Teen Relationship
November 2, 2023, 6-7 p.m.	Understanding Anger and How to Manage Conflict
November 16, 2023, 6-7 p.m.	Examining How Family Roles Impact the Parent/Child/Teen Relationship
November 30, 2023, 6-7 p.m.	How to Balance Technology in Your Family
December 14, 2023, 6-7 p.m.	Ages & Stages – How Development Impacts Parenting Expectations
December 28, 2023	Christmas Break – NO SESSION
January 11, 2024, 6-7 p.m.	Building Communication Skills with Our Children/Teens
January 25, 2024, 6-7 p.m.	Examining How Boundaries Impact the Parent/Child/Teen Relationship
February 8, 2024, 6-7 p.m.	Understanding Anger and How to Manage Conflict
February 22, 2024, 6-7 p.m.	Examining How Family Roles Impact the Parent/Child/Teen Relationship

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November

Build! Pilgrims of Hope



*“Declare his glory among the nations,
his marvelous works among all the peoples.”*

Psalm 96:3

St. Frances Xavier Cabrini 1850-1917 (Feast Day: November 13)

Maria Francesca Cabrini was born on July 15, 1850 in what is now Lombardy, Italy, the youngest of thirteen children in a farming family. As a young person, she dreamed of becoming a missionary and achieved a teaching certificate. In 1870, she became the headmistress of an orphanage, and in 1870, took her religious vows. It was at this point that she took the name Xavier, to honour the patron saint of missionaries, St. Francis Xavier. In 1880, along with several other religious sisters, she formed the Missionary Sisters of the Sacred Heart of Jesus, and became known more popularly as Mother Cabrini.

The order was very active in Italy, supporting orphans and providing education and housing, which led to Mother Cabrini being asked by the Pope to migrate to the United States to support the growing Italian-American population. While she was initially resistant to this idea, Mother Cabrini did emigrate in 1889 to New York. While there, she and her sisters established schools, orphanages, and hospitals in a time before governmental support for these types of institutions. She became an American citizen in 1909, and when canonized in 1946 became the first American saint.



“Building” In Our Schools

Influenced by the book "The Dot", International Dot Day (a global celebration of creativity, courage, and collaboration) is held yearly on September 15th. *The Dot*, a book written by Peter H. Reynolds, is a story of a caring teacher who dares a doubting student to trust in her own abilities by being brave enough to "make her mark." Standing at 4 feet high, St. Michael's Pincher Creek's grade 7 homeroom replicated the faith plan image using a variety of assorted sizes and coloured dots. What a beautiful faith-building expression of creativity!

Corporal Works of Mercy — Bury the Dead —

Did you know that this Corporal Work of Mercy is the only one not found in Matthew 25? Most often, reference is made to Tobit. Tobit risked his own life to ensure that his fellow Israelites received a proper burial during a time of oppression. We also know about the importance of human dignity as Catholics. Jesuit Father James Keenan has noted that “the significance of burying the dead is then rooted in the profound respect that Christians have for the human body. The human body created and redeemed by God is to be raised up by God in glory.”

November is a month where we are often more conscious of praying for the deceased and those who are grieving, as we observe both “All Souls’ Day” and “Remembrance Day”. Through our prayers and actions, we show our respect for life, which is always a gift from God, and seek to comfort those who mourn.

What might some practical suggestions be?

- Be faithful about attending prayers, wakes, and funerals
- Spend time with those who are grieving or who have experienced loss
- Go with friends and relatives to visit the cemetery
- Offer daily prayers for those with terminal illnesses and for those who have died
- Send Mass cards to families of those who have died

Pope’s Prayer Intentions - Let us pray for the Pope that, with the help of the Holy Spirit, he may continue to accompany in the faith the flock entrusted to him.

[Home Page](#)

Catholic Social Teaching — Subsidiarity —

Through the course of this year, we will look each month at one of the Catholic Social Teachings. The aim of Catholic Social Teaching is to shine the light of the Gospel on our contemporary world, allowing us as disciples of Christ to look at the world around us with new eyes, and to take action.

Mother Cabrini was well known for her works of service, in a time when the government did not provide the same levels of funding and structure as it does today. She saw a need, assessed the need, and chose to take the actions that she could to try to address the need. When we act in this way, seeking to create solutions with those around us, we are engaging in subsidiarity.

“The principle of subsidiarity allows everyone to assume his or her own role in the healing and destiny of society. Implementing it, implementing the principle of subsidiarity gives hope, it gives hope in a healthier and more just future.” (Pope Francis)

The basic premise of subsidiarity is that local groups, associations, and institutions are often in the best position to deal with local issues, and should be supported by higher orders of government in addressing them. We often see this principle applied by organizations such as Chalice, that seek to work together with those at the local level in supporting development programs.

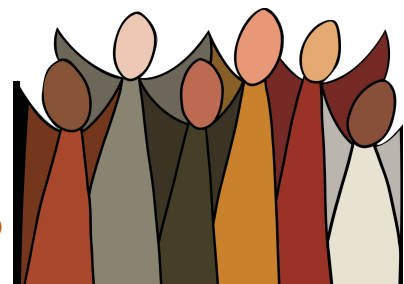
Learn more about subsidiarity with one of these resources:

The Religion Teacher - [Subsidiarity](#)

Caritas Australia - [Subsidiarity](#)

CAFOD - [Subsidiarity](#)

“During our daily ordinary tasks, whatever our work, let us offer every act to the Heart of Jesus for the conversion of sinners.” (St. Frances Xavier Cabrini)



Gospel Readings

November 1, 2023



All Saints Day

Gospel Reading: Matthew 5:1-12a

“Rejoice and be glad, for your reward will be great in heaven.” — Matthew 5:12

Today is a great day of hope in the Church. We remember and celebrate all the men and women who have gone before us... the saints. Many of them had difficult lives, suffering for their love and faith in Jesus. All of them lived lives of great example. They showed us how to live out the beatitudes (also from today's Gospel). They taught us how to pray and live lives pleasing to God. May we be inspired by them and strive to also live lives that will be pleasing to God.

As a family, learn something new about a saint you didn't know much about before. For example, read about St. John Vianney, St. Benedict, St. Rose of Lima, St. Maximilian Kolbe, St. Lucy, or St. Juan Diego, just to name a few.



Prayer:

Dear Lord, thank you not only for your Son who lived the perfect example in life, but also for all the saints who continue to reinforce Jesus' teachings.

November 5, 2023

31st Sunday in Ordinary Time

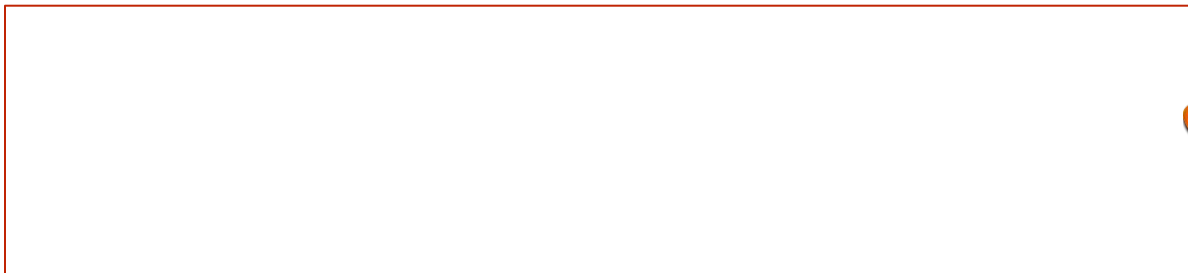
Gospel Reading: Matthew 23:1-12

“...do not follow their example. For they preach but they do not practice.” — Matthew 23:3

Have you ever played a board game with someone who kept changing the rules so they would win? In this Gospel, Jesus warns the people about some religious leaders who were changing God's rules for the game of life. God's rules are simply to love him above all things and to love each other as we love ourselves. But these leaders, to make themselves look important, added more rules that were almost impossible for people to obey. And to make it even worse, they didn't even follow their own rules!

Here is a lesson we can learn from this Gospel. To be a good leader—one who is worth following—people need to see that we practice what we preach and that what we preach is good and honorable. This is what the word “integrity” means—what we say with our actions matches what we say with our words.

Do you have a younger brother or sister, cousin, or friend who looks up to you? What are some things you can do to give them a good example to follow?



Prayer:

Dear God, please help me to follow your rules so I can help others follow them, too.

Download this month's [Saint Prayer Card](#) - St Frances Xavier Cabrini



Gospel Readings

November 12, 2023

32nd Sunday in Ordinary Time

Gospel Reading: Matthew 25:1-13

“Therefore, stay awake, for you know neither the day nor the hour.” — Matthew 25:13

If you were going to run a marathon, what are some things you would have to do ahead of time? Do you think you would be prepared to run such a long distance if each day for a week before the race you only ran around the block and then took a nap? Do you think your feet would be able to carry you the whole distance if you only had flip flops to wear?

In the Gospel today, Jesus uses a story to help us understand how important it is to be ready to meet God. We need to prepare in advance. If each day we try a little harder to follow Jesus' example of love, we will grow in holiness and look forward to seeing God face to face one day.

What is one thing you can do today to become more like Jesus?



Prayer:

Lord, help me to prepare my heart to become more like yours – filled with love.

November 19, 2023

33rd Sunday in Ordinary Time

Gospel Reading: Matthew 25:14-30

“Well done, my good and faithful servant.” — Matthew 25:23

If you won \$100 in a contest, what would you do with it? Would you spend it on something you want, save it, or give it away? Each of these options can be good. You could spend it on something that would help you with your school work (like a calculator), put it in the bank to earn interest (increasing its value), or donate the money to someone in need. In each case, your money would be well spent. But what if you decide instead to dig a hole in your backyard and bury your \$100? That would be totally useless!

In our Gospel today, Jesus tells a story to help us understand that he has given each person a winning prize—talents that we can use to help the world know God's love. If we choose not to use these talents, it would be like burying a \$100 bill!

What special talent has God given each member of your family?



Prayer:

Lord, help me to give you honor and glory by using the talents you have given me.

November 26, 2023

Our Lord Jesus Christ the King

Gospel Reading: Matthew 25:31-46

“Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.” — Matthew 25:40

Most people have never seen Christ in a physical way, where they could talk to him and hear him talk back to them. In today's scripture, however, Jesus tells us that he is present in the people who may be the hardest to look at. Who are the “least” of our brother and sisters? He might be the person at school who isn't very popular. She might be the person at work to whom no one reaches out. He may even be the person who lives next door to you. Jesus wants us to find ways to love him through those who may not be easy to love, just as he did.

Is there someone at school or work who people shun? What can you do to be the face of Jesus for that person?

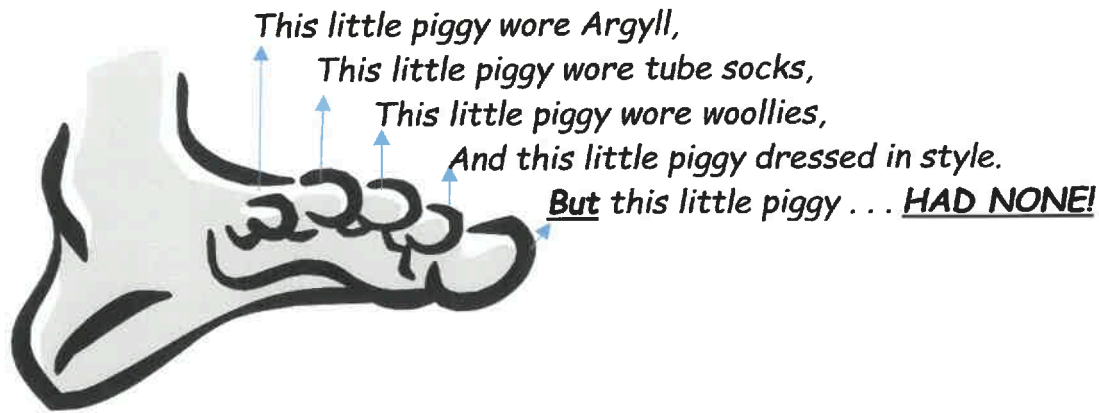


Prayer:

Dear Lord, sometimes I judge people by what they look like or by their possessions. Please give me the grace to love all people as you taught us through your example.

Sources:

[Practical Suggestions for Practicing the Corporal and Spiritual Works of Mercy](#)



It's time for
**23rd ANNUAL
OPERATION:**

SOCK IT TO 'EM

From November 1 to December 13, 2023

**Nord-Bridge Seniors Centre, the Caretakers,
Maintenance & Support staff in Lethbridge & Area
schools are collecting *NEW SOCKS* to be
donated to local charities and those less
Fortunate for Christmas.**

***Please* join them and make Someone's Christmas
a little bit warmer!**

**To donate, contact any Custodial staff at
your local school.**

QUESTIONS?

Call Gail Petrie (403) 327-6520

Charlene Kocken (403) 329-3222

-Nord-Bridge Seniors Centre

-Lethbridge School District #51

-Holy Spirit School

-Palliser Regional School

Wednesday, November 15

7:00 PM

Yates Memorial Theatre

REMINDER

You have an event upcoming:

THE TRUTH ABOUT YOUTH: CULTIVATING DIGITAL WELLNESS



Submit your expression of interest and inquiry question(s)/topic(s) by scanning or clicking the above QR code!

November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Basketball Tryouts coming soon... Please see our co-curricular calendar for all performing arts and athletic schedules.			1 All Saints Day Pancakes with Sausage \$5	2 Beautiful Blue Day Improv Dessert Theatre Showcase Jr High Communita Chicken Burger \$5	3 Elementary Choir Gr 4-6 Jr High Games Club Jr High Stem Club (preregistration)	4 Senior Girls Volleyball Zones @ FLVT Fri/Sat
5 Catholic Education Sunday Veterans' Week (Nov 5-11) Daylight Savings Fall Back 	6  Cheesy Garlic Fingers \$5	7 School Council 7pm Mini Pepperoni Pizza \$5	8 Taco & Mexi Fries \$5	9 Bold Black Day  Remembrance Day Service 10:40 Picture Retake Day Conference Manager Opens to book PTI Jr High Communita Jr High Q1 Ends Chicken Burger \$5	10 No School Day in Lieu - Nov 11 	11 Remembrance Day 
12	13 No School Non-operational Day  Kindness Day	14 Jr High Q2 Starts Mini Pepperoni Pizza \$5	15 Rock your Mocs  Wreath Fundraiser Deadline  Chicken Nuggets w/fries \$5	16 Groovy Grey Day Jr High Communita Chicken Burger \$5	17 Elementary Choir Gr 4-6 Jr High Games Club	18
19	20 Junior High Awards Night 6:30pm Cheesy Garlic Fingers \$5	21 Taco in a bag (pre-order) \$6.25	22 Conference Manager Closes Loaded Nachos \$5	23 Terrific Teal Day Jr High Communita Parent Teacher Interviews 5-8pm Chicken Burger \$5	24 Elementary Choir Gr 4-6 Jr High Games Club Jr High Stem Club	25
26	27 Cheesy Garlic Fingers \$5	28 Mini Pepperoni Pizza \$5	29 Wreath Fundraiser Pickup CEC Board Meeting 6-9pm Kraft Dinner \$3 add Pulled Pork \$2	30 Wintery White Day Jr High Communita Chicken Burger \$5	1 Elementary Choir Gr 4-6 Jr High Games Club	2

December 2023

<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
					1 First week of Advent Cel 10:45  Elementary Choir Gr 4-6	2
3	4 No School PD Day  Reminder: No School!	5 2nd week of Advent Cel 3:15pm 	6	7 Super Silver Day Jr High Communithea @ lunch	8 Elementary Choir Gr 4-6	9
10	11	12 School Council 7pm	13 3rd Week of Advent Cel  11am	14 Glittering Gold Day Jr High Communithea @ lunch	15 Elementary Choir Gr 4-6	16
17	18	19 Christmas Hat Day	20 Christmas Sock Day CEC Board Meeting 6-9pm	21 4th week of Advent Cel  Red & Green Day Jr High Communithea @ lunch	22 Christmas Sweater Day Last Day before Christmas Break	23
24 Christmas Eve	25 Christmas Day	26 Boxing Day	27 Christmas Break	28 Christmas Break	29 Christmas Break	30