

FLVT

DECEMBER 2023



From all the staff at FLVT: we wish you  
all the joy, peace, and love that  
this time of year brings.

Merry Christmas!

Sending you love, light, and laughter for good  
memories and a bright and healthy 2024.

Happy holiday greetings to you and yours!



### Daily Bell Times

Monday-Thursday

8:45-3:50

Friday 8:45-11:23

### DATES TO REMEMBER

#### Wednesday, Nov 30

Fundraiser Plant Pick-up

#### Monday, Dec 4

No School - School PD Day

#### Thursday, Dec 7

Cookie Order pickup

Grade 6 Camp Parent Meeting

#### Wednesday, Dec 13

Elem Choir Caroling Tour

#### Wednesday, Dec 20

Christmas Family Evening @ FLVT

#### Thursday, Dec 21

Jr. High Christmas Formal

#### Friday, Dec 22

Last Day of School before Christ-  
mas Break

#### Dec 23 to Jan 7

Christmas Holidays

#### Monday, Jan 8

Classes Resume





### FLVT Advent Celebrations

Friday, December 1 at 10:45am  
Tuesday, December 5 at 10:30am  
Wednesday, December 13 at 3:00pm  
Thursday, December 21 at TBD



## St. Martha's Roman Catholic Parish

### CHRISTMAS MASS TIMES

**Sun 24 Dec:**  
10 am Sunday mass;  
5pm, 7pm, 10pm Vigil Masses

**Mon 25 Dec:** 10am Christmas Mass

Please see Parish Calendar for all mass times.

<https://www.stmarthasparish.ca/calendar.html>





## CHRISTMAS HAT DAY

Tuesday, Dec 19



## CHRISTMAS SOCK DAY

Wednesday, Dec. 20



## RED & GREEN DAY

Thursday, Dec 21



## CHRISTMAS SWEATER DAY

Friday, Dec 24



May God's blessings be yours this Christmas. May the wonder of that first Christmas, the joy of God's abundant blessings and the peace of Jesus' presence be with you always. May the true spirit of Christmas shine in your heart and light your path. Wishing you and your loved ones a blessed Christmas.

# Thank you!!

FLVT was the recipient of a Chinook Regional Hospital Foundation Christmas Tree Festival "Race into Christmas" tree sponsored by Avail CPA.

Great big THANK YOU to the Anonymous Donor for their generosity, goodtogo moving...with Santa and his helpers... for delivering. Thank you to all the sponsors and especially the Chinook Regional Hospital Foundation for selected FLVT at the recipients of this amazing tree!!! Come see it in our gathering space!



## ***Special Thanks***

*To our Sponsors*



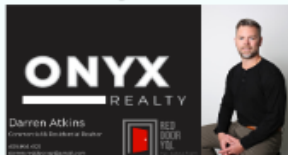
St. Martha's C.W.L.



The Alberta Teachers' Association

**Warwick  
PRINTING**

*Co. Ltd.*



**COLORS**

Hair & Spa



**Father Leonard Van Tighem  
Junior High Awards Night  
Celebration of Excellence  
Monday, Nov. 20<sup>th</sup>, 2023  
6:30 pm**

## 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).

Winners are posted on the bulletin board outside the gym!



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## Welcome to our newest fundraiser brought to you by the FLVT School Council, Cupper's Coffee!

Exciting, right!! Support our amazing students with your morning brew. This fundraiser will be ongoing throughout the school year, with orders being placed October, December, February and April. It will open for orders via SchoolCash Online for the first 10 days of the months stated above. When the order closes you can expect your coffee approximately one week following the closing date.

There are 3 delicious, locally roasted arabica coffee blends to choose from and you select your preference of ground or whole bean.

- 1) Medium Blend- notes of pecan, almond, honey and chocolate
- 2) Medium/Dark Blend (fan favorite)- notes of brown sugar, plum and baker's chocolate
- 3) Decaf Blend

\$20.40/per 340g bag (please note 2% service fee has been added)

Bags are #2 recyclable, vented and resealable to keep your coffee fresh for up to 6 weeks.

If ordering more than one item of any selection, please choose your item and the quantity and add to cart. Then go back to the items and choose the next item and quantity.

Funds generated from this fundraiser will be used to benefit our students in a variety of ways; nutrition for special events, the library, technology, presentations brought into the school and support of the Athletic Department.

**Cuppers Coffee Fundraiser by School Council**



**PARENTS:**

We do not provide spoons/forks for your child's lunch.

PLEASE SEND forks and/or spoons. Alternately, Mrs. Knowles in the canteen has them for sale for \$.15 each.



**New sessions starting in January**

**Join LETHBRIDGE SPEEDSKATING**



lethbridgespeedskating.ca  
leth\_bridge\_blades

**Youth ages 5 - 18**  
Recreational to Competitive Levels  
Season runs September to March  
Affordable Equipment Rental available  
Contact us [lssa.sk8r@gmail.com](mailto:lssa.sk8r@gmail.com)

**Join LETHBRIDGE SPEEDSKATING**



**Youth ages 5 - 18**  
Recreational to Competitive Levels  
Season runs September to March  
Affordable Equipment Rental Available  
FREE "Try B4U" Join held throughout year  
[lssa.sk8r@gmail.com](mailto:lssa.sk8r@gmail.com)

FLVT Fundraising cards have arrived and been given to students for distribution



**SUBWAY** Lethbridge Participating Locations Only

**Petland**

**McDonald's** I'm lovin' it

**RONA** HOME & GARDEN

**FATHER LEONARD VAN TICHEM SCHOOL**

\$25 VALID THRU 9/30/24

**NET CANADA**

**Join us at Youth Night!**

**Info:**

**Grades 6-9:**  
Every Wednesday,  
7:00-8:30 pm  
St. Martha's Parish,  
355 Columbia Blvd W

**Grades 9-12:**  
Every Sunday,  
7:00-9:00pm  
Assumption Church Hall,  
2405 12 Ave S

Questions? Get in touch!  
[lethbridge@netcanada.ca](mailto:lethbridge@netcanada.ca)

**Lethbridge Catholic Youth Ministry**  
Wednesdays Grades 6-9  
7:00pm-8:30pm  
St. Martha's Parish  
355 Columbia Blvd W

**Lethbridge Catholic Youth Ministry**  
Sundays Grades 9-12  
7:00pm-9:00pm  
Assumption Hall  
2405 12 Ave S

# ABILITY SKATE

Ability Skate is a new sensory-friendly public skating program specially designed for our Lethbridge residents with disabilities.

Stay healthy & active by bringing your mobility devices, skates & safety gear to this slow-paced time on the ice!

## **Civic Ice Arena**

905 6 Ave S

## **Sundays**

December 3 | 10 | 17

1:30 PM – 2:30 PM

## **Tuesdays**

December 5 | 12 | 19

1:00 PM – 2:00 PM

**Admission | FREE**

[www.lethbridge.ca/leisure](http://www.lethbridge.ca/leisure)

**CITY OF**  
 **Lethbridge**







**Grade 6 Parent Camp Meeting  
Thursday, Dec 7<sup>th</sup> at 7:00pm**



**Knights of  
Columbus®**



**Our Lady of Peace  
Council 5726  
Lethbridge, Alberta**

**<https://knightsofcolumbus5726.org>**

Our Lady of Peace Council 5726, located in Lethbridge, Alberta, received its charter on May 27th 1965 and has been active in many worthwhile projects and activities in the Lethbridge and district community. We are involved in our parish, community, and youth programs, supporting through donations, several vocations, education institutions and other charities. Our involvement in community life is a record of our outstanding achievement. Our Website provides more detailed information of our financial charitable donations from 2021 to October 2023 totalling \$38,960.00.

With your assistance we endeavour to reach out to our community informing them of our mission and the contribution our organization makes to the Lethbridge community. Through this contact and connection we hope that some members of the community will respond with greater support and some may choose to join our Council in our Mission and its work.

Peace and Blessings,

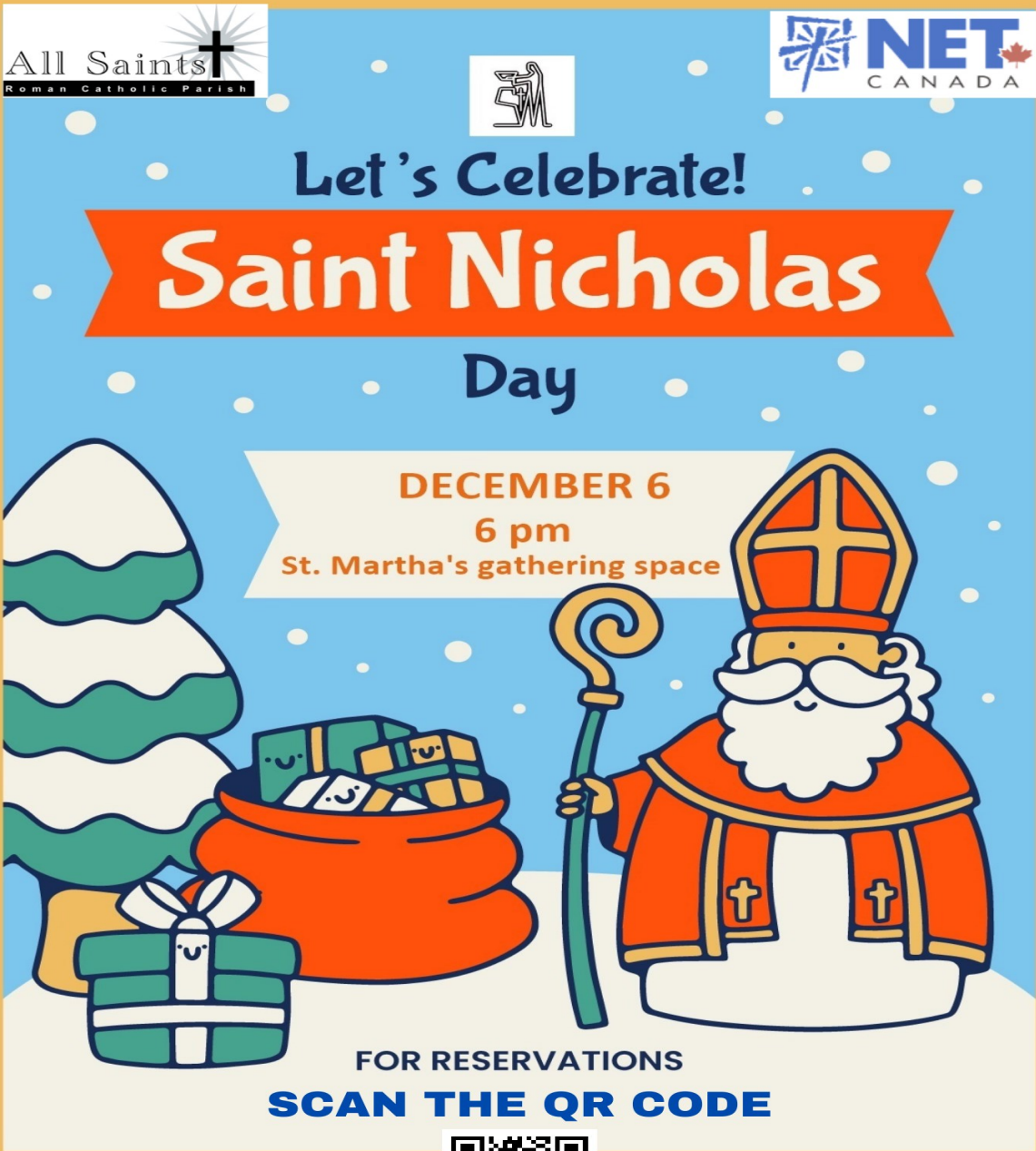
Brother Ken Tratch, Trustee

On behalf of The Knights of Columbus, Council 5726

All Saints parish and St. Martha's parish are organizing a Saint Nicholas party with the N.E.T. team on Wednesday, December 6 at 6 pm. This event meant to gather families and children, to have them meet the TRUE "Santa" (yes, we are honored by his presence), hear his story, have fun and good food together.

Interested in attending this event? Please RSVP at the link below

(<https://www.stmarthasparish.ca/events.html>)



**All Saints**  
Roman Catholic Parish

**NET**  
CANADA

St. Martha's Parish


Let's Celebrate!

# Saint Nicholas

Day

**DECEMBER 6**  
6 pm  
St. Martha's gathering space

FOR RESERVATIONS  
**SCAN THE QR CODE**



or email: [office@stmarthasparish.ca](mailto:office@stmarthasparish.ca)



FLVT STAFF PROUDLY  
INVITES YOU TO OUR

# CHRISTMAS FAMILY FAIR

WEDNESDAY, DECEMBER 20  
From 6:00-8:00 PM

CHRISTMAS WEAR  
ENCOURAGED



JR. HIGH  
CHRISTMAS SNOWBALL  
DINNER & DANCE  
THURSDAY, DECEMBER 21<sup>ST</sup>, 2023

*FEATURING PHOTOBOOTH BY...*

**Katlyn Jane Photography**

ITALIAN PASTA DINNER @ 5:45  
DANCE 6:45 – 9:30

- \$20 - DINNER & DANCE
- \$8 - DANCE ONLY

**TICKETS ARE AVAILABLE  
ONLINE ONLY!!!**

**BUY TICKETS AT: [holyspirit.schoolcashonline.com](http://holyspirit.schoolcashonline.com)  
LAST DAY TO BUY TICKETS FOR THE DINNER WILL BE  
SUNDAY, DECEMBER 10<sup>TH</sup> @ 11:00 P.M.**

**DOORS OPEN @ 5:30 FOR DINNER  
DOORS OPEN @ 6:45 IF ATTENDING ONLY THE DANCE  
THIS IS A POPULAR EVENT - GET YOUR TICKETS EARLY  
NO ADMISSIONS SOLD AT THE DOOR**



**FATHER LEONARD VAN TIGHEM, OMI, SCHOOL**

25 Stoney Crescent West  
Lethbridge, Alberta T1K 6V5  
(403) 381-0953 · Fax: (403) 381-0906

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Shannon Collier, Principal  
Laurie Campmans and Justin Molas, Associate Principals



Friday, December 1st, 2023

Dear Parents/Guardians,

Grade three and four students are organizing a Christmas Project as part of our District Faith Plan during the month of December and we would like to invite your family to participate in this project with us. We will be collecting items to create Blessing Bags for people in need in Lethbridge and donating them to Streets Alive. If you would like your child to be involved in this project we would happily accept your donation. Each classroom has been given a collection box and specific items for their class to collect to ensure variety but families are welcome to donate additional items if they chose. The grade three and four students will be filling the Blessing Bags and writing notes of hope to include in these bags prior to the Christmas holidays. All donations will be collected by Friday, December 19th, so please ensure your donations are handed in by this date.

Thank you for your support,  
Grade Three and Four Students

**Kindergarten**

Lip Balm  
Soap Bars

**Grade One( 1T and 1E)**

Juice Boxes  
Fruit Cups

**Grade Two( 2J and 2TJ)**

Toothbrushes  
Toothpaste

**Grade Three (3K and 3A)**

Nail Clippers  
Hair Brushes

**Grade Four( 4B and 4CC)**

Granola Bars  
Fruit Snacks

**Grade Five( 5V and 5R)**

Deodorant  
Travel Size Shampoo

**Grade Six ( 6W and 6L)**

Individual Sized Kleenex  
Gum

**Grade Seven (7T,7J,7M,7G)**

New or gently used mittens,socks or toques

**Grade Eight (8P, 8P, 8K, 8K)**

New or gently used mittens,socks or toques

**Grade Nine (9C, 9H, 9H, 9B)**

New or gently used mittens,socks or toques

*“Many Hands Building A Better World”*



# CCH WELDING CHRISTMAS FUNDRAISER!

WE HAVE TWO OPTIONS THIS YEAR!!

**OPTION 1: CCH TREE ORNAMENT (LASER-CUT STEEL)**

**OPTION 2: NATIVITY TREE ORNAMENT (HORSESHOE NAILS)**

**PRICE: \$20 EACH**

50% OF THE PROCEEDS GO TOWARDS SANTA'S ANONYMOUS

50% OF THE PROCEEDS GO TOWARDS REPLACING WORN OUT TOOLS & EQUIPMENT IN THE WELDING PROGRAM

**OPTION 1**



**OPTION 2**



\*ACTUAL PRODUCTS ARE SIMILAR TO THE ONES ABOVE, ALTHOUGH THEY MAY VARY SLIGHTLY\*

SUBMIT ORDERS BY **DEC 14** TO ENSURE DELIVERY BY CHRISTMAS BREAK



[SCHOOL CASH ONLINE](#)



PROUDLY SPONSORED BY:



# SPELLING BEE



## DATE & TIME:

Mini Bee (Grade 1-3):

Jan. 27/24

Big Bee (Grade 4-6):

Feb. 10/24

## LOCATION:

Lethbridge Public  
Library

Main Branch - Theatre  
Gallery

810 5 Ave S

## TO REGISTER:

<https://ow.ly/VA5y50Q>

8xJT

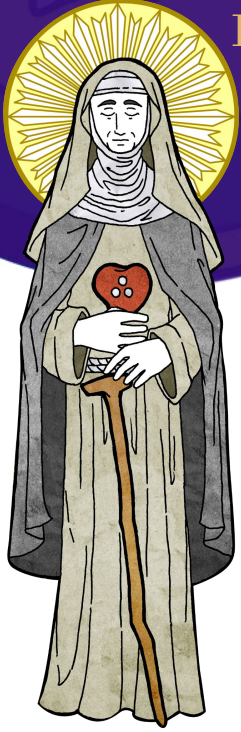


Lethbridge  
Public Library

CONNECTING  
YOU

# December

## Build! Pilgrims of Hope



*"Before I formed you in the womb I knew you, and before you were born I consecrated you..."*

Jeremiah 1:5a

## St. Margaret of Castello 1287-1320 (Feast Day: April 13)

Margaret was born in Perugia, Italy in 1287. We know that she was born with a medical condition known as dwarfism, was blind, and had other physical disabilities as well. Her parents, who were nobles, hid her from the public and eventually walled her into a room adjacent to the chapel. It was there that she began her spiritual journey, attending Mass and receiving the sacraments. She became devoutly spiritual during this time of solitude and when she was about 16, her parents took her to a church at Castello, where miracles were said to have happened, seeking for her to be cured. When this did not occur, they abandoned her there.

Consequently, she spent time living amongst the poor of the town before being taken in by a religious family. She joined the Dominican Third Order of Castello, and spent the remainder of her life in prayer, and performing acts of penance and charity to those around her. Her devotion and holiness were so well known in her community that upon her death in 1320, they demanded that she be buried in the local church. She was canonized by Pope Francis in April of 2021, and her incorrupt body still lies in that church in Castello 700 years later.

## "Building" In Our Schools

It's important to remember and honour those who have served before us - be it in our community or in service to our country. With the help of Mrs. Alvarez and Mrs. Picton's students, St. Teresa of Calcutta School held a Remembrance Day service, while St. Mary School in Taber hosted a Community Remembrance Day ceremony. On November 9th, a special Mass was held at St. Basil Catholic Education Centre to honour retired staff for their work and support of Catholic Education. *"I thank my God every time I remember you..."* Philippians 1:3

*"For we are God's servants, working together..."* 1 Corinthians 3:9a



## Corporal Works of Mercy

### – Advent –

As we enter Advent this month, we would like to highlight a resource and a request.

In Holy Spirit, we have a divisional license for the [FORMED](#) platform. This service provides abundant Catholic content for your use with your staff, students, or your own formation. For [Advent](#), they have two new series, an interactive Advent calendar, as well as some Advent FAQs. *Rooted* will be a daily Advent reflection video series, while *Drawing Closer to God* is a Catholic art show for kids!

You will also know that we are working collaboratively this year with Chalice to support the St. Odilia building project. A number of schools are working on fundraising efforts through Advent to support this initiative, and recall that you can also make individual donations through [SchoolCashOnline](#). If you or a community partner would like to make a larger contribution, please let us know!



*"...the virgin shall conceive and bear a son, and they shall name him Emmanuel."* (Matthew 1:23)



[VIEW FULL SIZE](#)

Pope's Prayer Intentions - For people with disabilities  
- Let us pray that people with disabilities may be at the centre of attention in society, and that institutions may offer inclusion programmes that value their active participation.

[Home Page](#)

## Catholic Social Teaching

### – Participation –

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.

Last month, we looked at subsidiarity - the idea that we should seek to address needs at the most local level and create solutions with those around us. Participation is closely linked to subsidiarity. As part of our living together, we also believe that each person is entitled to participate in making decisions that affect their lives, and to actively involve those around us in those processes, whether economic, social, or political. This is a way of balancing the dignity of each person with the pursuit of the common good.

As Pope Benedict XVI noted in *Caritas in Veritate*,

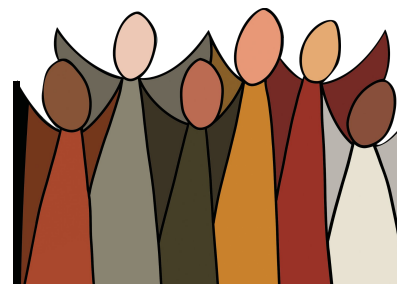
*Subsidiarity respects personal dignity by recognizing in the person a subject who is always capable of giving something to others.*

The Pope's Prayer Intention this month is for people with disabilities - that they may be at the centre of our societies and that we value their active participation. St. Margaret of Castello shows us the importance of this, and the positive impacts that those with disabilities have on all of us.

Learn more about Participation with one of these resources:

- The Religion Teacher - [Participation](#)
- Caritas EU - [Participation](#)
- USCCB - [Participation](#)

*"Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received."* (1 Peter 4:10)





# Gospel Readings

December 3, 2023

1st Sunday in Advent

## Gospel Reading: Mark 13:33-37

“What I say to you I say to all: ‘Watch!’” — Mark 13:37

Whenever something exciting is coming in our lives, we wait for it with great anticipation. If it is a birthday or a holiday, there is a lot to do to prepare for it. We put all our energy into the preparations without hesitation because we know how much fun it will be when the day comes. Today’s scripture reminds us to prepare ourselves with this same excitement and anticipation for Christ’s coming. Since it is the season of Advent, we are preparing to celebrate Christ’s birth. But we are also called to be prepared every day of our lives. Jesus wants us to be ready to meet him any day, any time, anywhere.

An Advent wreath helps us count the four weeks of preparation for Christ’s birth. Does your family have an Advent wreath or another Advent tradition that helps you count the days until Christmas?

### Prayer:

*Dear Lord, show me how I can best prepare my heart and mind to meet you whenever you come.*



December 8, 2023

Feast of the Immaculate Conception

## Gospel Reading: Luke 1:26-38

“Mary said, “Behold, I am the handmaid of the Lord. May it be done to me according to your word.” — Luke 1:38

People sometimes mistakenly believe that this feast is about when Mary became pregnant with Jesus. Instead, this feast day is about MARY’s birth. From the very moment when Mary began to grow in the womb of her mother, St. Anne, she was without sin. Mary received this special grace from God so that she could live unselfishly her entire life.

God knew that Mary would accept his plan to bring Jesus into the world as a human baby, so he prepared a perfect soul for her so she would become the Mother of his perfect Son.

Can you pray the Hail Mary? The first part of that prayer comes from the words the angel Gabriel said when he appeared to Mary.

### Prayer:

*Sweet Mother Mary, please help me to trust and obey God just like you did.*

**Hail Mary**, full of grace,  
the Lord is with thee.  
Blessed art thou among women  
and blessed is the fruit  
of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour  
of our death.  
Amen.



Download this month’s [Saint Prayer Card](#) - St. Margaret of Castello





**Knights of  
Columbus®**



**Our Lady of Peace  
Council 5726  
Lethbridge, Alberta**

**<https://knightsofcolumbus5726.org>**

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Peace and Blessings,

Brother Ken Tratch, Trustee

On behalf of The Knights of Columbus, Council 5726

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

**The First Reconciliation Boot Camp will run:  
Sunday, 14 January from 12:00 pm till 3:00 pm OR  
Sunday 21 January from 12:00 pm till 3:00 pm  
at Assumption Church Hall.  
Snacks will be provided.**

**The First Eucharist Boot Camp will run:  
Sunday, 4 February from 12:00 pm till 3:00 pm OR  
Sunday, 11 February from 12:00 pm till 3:00 pm  
at Assumption Church Hall.  
Snacks will be provided.**

**The Confirmation Boot Camp will run:  
Sunday, 18 February from 12:00 pm till 3:00 pm AND  
Sunday, 25 February from 12:00 pm till 3:00 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)**

**Pre-registration is required**



## Digital well-being and your child

Kids these days are growing up digital. They're using technology (like smart phones, tablets, TVs, computers, and video games) to play, learn and spend time with friends. They're doing things online that many adults did in-person when they were growing up.

As a parent or caregiver, you play an important role in helping your child develop a healthy relationship with the virtual world. This is known as *supporting their digital well-being*. It means helping them enjoy the benefits of technology, while lowering the risks of harm.

Supporting digital well-being isn't about enforcing strict limits on technology use. Instead, it's about building kids' skills to use technology responsibly and safely, and in ways

that promote their overall well-being. Here are some practical things you can do.

### Teach digital citizenship

Show your child how to be a good online citizen. Explain why it's important to protect personal information online and model the behaviour you want them to follow. For example:

- Ask your child for their permission before you share photos or videos of them online. Remind them to do the same for other people.
- Involve your child in setting up accounts for apps, games, and streaming services. Help them understand the privacy settings and permissions you're setting up.

# Healthy Children

- Talk about what appropriate behaviour looks like and feels like online. Emphasize respect and kindness.

## Have open conversations

Talk with your child about what they're doing online. Having open and honest conversations builds trust and boosts the chances your child will come to you if they have an uncomfortable experience or problem. Try these ideas:

- Ask your child for their views on different apps, games, and social networks. Listen to their opinions, even if they're different from your own.
- Join your child in digital experiences. For example, play video games together or try a new app. Watch how your child is engaging with digital media—ask them questions and talk about what you notice.
- Remind your child that you're there for them, always. Encourage them to come to you if they need help handling an online situation.

## Try media agreements

Consider making a [family media agreement](#)—it can help to set clear expectations around technology use and online safety. Work together to land on something that's in line with your family values and flexible enough for each person. For younger kids, talk through limits on time and content. For older children, be open to negotiation. Let them take responsibility for shaping and respecting the rules.

## Promote meaningful experiences

Try not to dwell on the amount of time your child is spending on devices. Instead, focus on the quality of their online experiences. Help

## December 2023 Family Newsletter

them take part in digital activities that are engaging and interactive, instead of passive or solo. Here are some ideas you can do together:

- Video call a long-distance family member
- Watch how-to videos to learn new skills (like crafts, magic tricks, or recipes)
- Use digital tools to set goals and challenges for physical activity
- Try apps to explore interests and hobbies (like history, space, or nature)

## Prioritize time offline

Try not to let digital devices interfere with offline activities in your home. Try these tips:

- Go screen-free for most meals and snacks. Shift the focus to family conversations.
- Encourage everyone to put their devices away at least an hour before bedtime, and to keep them out of bedrooms.
- Aim for a few days each week with less time on devices, and more time being physically active. Play outside or go for a nature walk. Try active games, yoga, or dance.
- Put away your own digital devices when your kids are around, especially if they're interacting with you. Give them your full attention—they'll appreciate you for it, and you'll set a great example.

### For more information, go to:

- [Digital technology: Tips for parents](#)
- [Media and your child: Making choices](#)
- [MediaSmarts: For parents](#)



## Supporting your teen in the digital world

Some days it can seem like your teen is always on a screen—a smart phone, computer, video game, TV, or other digital device. If you wonder about effects on their well-being, you're not alone.

Research confirms that there are benefits to using technology—it can help teens learn, socialize, play, and bond with family. But there can also be negative impacts on physical and mental health (like physical inactivity, isolation, and exposure to harmful content or behaviour).

Interestingly, both zero screen time and excessive screen time can be hard on teens and their families. The better approach is to empower teens to use digital devices responsibly and safely, and in ways that support their overall well-being. Here's what you can do.

### Keep lines of communication open

Talk openly with your teen about what they're doing online. This will build trust and boost the chances they'll come to you if they have a problem or an uncomfortable experience. These ideas can help:

- Ask your teen about their views on different apps, games, and social networks. Show them that you're interested in what they're doing on devices. Listen to their opinions, even if they're different from your own.
- Encourage your teen to talk freely about their online experiences, including anything that feels awkward. Remind them that they can come to you any time without fear of being judged or getting in trouble.

# Healthy Teens

- Join your teen in digital experiences—play video games together or try a new app. Watch how they engage with digital media. Ask questions and talk about what you notice. This can prompt conversations.

## Empower online safety

Together with your teen, stay on top of technology trends. Explore new platforms and learn together about parental controls, privacy settings, and permissions.

Talk about the dangers of sharing personal information or connecting with strangers online. Teach your teen different ways to protect themselves. For example:

- Encourage them to connect online only with people they know in real life. Tell them that if they're going to meet someone they've only met online, you need to know and supervise.
- Remind your teen not to share passwords with anyone other than family. Help them with privacy settings for devices, accounts, and profiles.
- Ask your teen for their permission before you share photos or videos of them online. Encourage them to do the same for others.

## Create healthy boundaries

As much as you can, try not to dwell on the amount of time your teen spends on devices. Instead, focus on the quality of their online experiences. Encourage them to take part in digital activities that are engaging, interactive, and educational (instead of passive or solo).

Consider making a [family media agreement](#). It can help set clear expectations around using technology and staying safe online. Work together to land on something that's in line

## December 2023 Family Newsletter

with your family values and flexible enough for each person. Be open to negotiation with your teen. Let them take responsibility for shaping and respecting the rules.

## Prioritize offline experiences

Try not to let digital devices interfere with offline activities for your family. These tips can help:

- Make device-free zones in your home (like common areas where people hang out).
- Set aside devices for most meals and snacks. Shift the focus to conversations.
- Encourage everyone to put their devices away at least an hour before bedtime, and to keep them out of bedrooms.
- Put away your own technology when your teen is around, especially if they're interacting with you. Give them your full attention—they'll appreciate you for it, and you'll set a great example.

## Stay alert to signs of trouble

Be honest with yourself about how your teen is doing with screens. Even small changes in their mood or behaviour can be a sign that something isn't right. If you're concerned, reach out to a health care professional. Or for health advice or information 24/7, call 811.

### For more information, go to:

- [How can you help your teen develop healthy cell phone habits?](#)
- [Digital technology: Tips for parents](#)
- [Parenting teens and tweens in the digital world](#)
- [Youth and digital technology](#)

# Motivation...Discipline...Respect

**REGISTRATION NOW OPEN!**



## **Winter Classes**

January through April

In Person: January 9 & 10

6:00pm to 7:30pm

## **Limited Spots Available**

**Beginners (6ys+)**

**&**

**12ys+ Beginners & Intermediate**

Registration Packages available at:

**[www.lajudo.com](http://www.lajudo.com)**

Questions? Contact Angie at [lethjudo@gmail.com](mailto:lethjudo@gmail.com)



# December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Please see our co-curricular calendar for all performing arts and athletic schedules.</b></p> <p style="text-align: center;"><b>Christmas Break</b> December 23 to January 7</p> <p style="text-align: center;">First day back after Christmas break is Monday, January 8</p>   					<p>1 First week of Advent Cel 10:45 Elementary Choir Gr 4-6 Jr High Games Club Jr High Stem Club</p>	<p>2</p> 
<p>3</p>	<p>4 No School PD Day</p> 	<p>5 2nd week of Advent Cel 10:30am</p>  <p>Mini Pepperoni Pizza \$5</p>	<p>6 Kinders to Galt Museum</p>  <p>Chicken Nuggets w/fries \$5</p>	<p>7 Super Silver Day Jr High Communithea Grade 6 Camp Parent Meeting 7pm Chicken Burger \$5</p> 	<p>8 Elementary Choir Gr 4-6 Jr High Games Club Jr High Stem Club Cookie Fundraiser Pick up</p>	<p>9</p>
<p>10</p>	<p>11 Cheesy Garlic Fingers \$5</p>	<p>12 School Council 7pm Mini Pepperoni Pizza \$5</p>	<p>13 Elem Choir Students Caroling Tour</p>  <p>3rd Week of Advent Cel 3:00pm Taco &amp; Mexi Fries \$5</p> 	<p>14 Glittering Gold Day</p>  <p>Jr High Communithea Chicken Burger \$5</p>	<p>15 Elementary Choir Gr 4-6 Jr High Games Club</p>	<p>16</p>
<p>17</p>	<p>18 Cheesy Garlic Fingers \$5</p>	<p>19 Christmas Hat Day</p>  <p>Taco in a bag (pre-order) \$6.25</p>	<p>20 X-mas Sock Day</p>  <p>Christmas Family Evening @ FLVT 6-8pm CEC Board Meeting 6-9pm Loaded Nachos \$5</p>	<p>21 4th week of Advent Cel</p>  <p>Red &amp; Green Day Jr High Communithea FLVT Junior High Snowball Dance Chicken Burger \$5</p>	<p>22 Christmas Sweater Day</p>  <p>Last Day before Christmas Break</p>	<p>23</p> 
<p>24 Christmas Eve</p>	<p>25 Christmas Day</p>	<p>26 Boxing Day</p>	<p>27 Christmas Break</p>	<p>28 Christmas Break</p>	<p>29 Christmas Break</p>	<p>30</p>

# January 2024

<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
	1 New Year's Day  Christmas Break	2 Christmas Break	3 Christmas Break	4 Christmas Break	5 Christmas Break	6
7 Grade 6 Camp Bottle Drive - bring your bottles	8 First Day back after Christmas Break	9	10	11	12 Jr. Hawks BBALL Tournament  Elementary Choir Gr 4-6 Jr High Games Club	13 Jr. Hawks BBALL Tournament
14 Grade 6 Camp Bottle Drive - bring your bottles	15	16 School Council 7pm	17	18	19 Elementary Choir Gr 4-6 Jr High Games Club	20
21	22	23	24 CEC Board Meeting 6-9pm	25	26 Jr High Q2 Ends  Sr. Hawks BBALL Tournament  Elementary Choir Gr 4-6 Jr High Games Club	27 Sr. Hawks BBALL Tournament
28	29 Junior High Mid-Term Exams Math	30 Junior High Mid-Term Exams LA	31 Junior High Mid-Term Exams Social	Junior High Mid-Term Exams Science		



From all the staff at  
Father Leonard Van Tighem we wish  
you a Blessed Christmas &  
a Happy New Year

- Jon Japel
- Mrs. S. Collier
- Bennett Kubitz
- Jessica Johnson
- M. Ovens
- Mrs. Chambers
- Anna Zinn
- Dionne Williams
- Lisalee
- Hollie
- Dina Henderson
- Caitlyn Koopnick
- Justi Molao
- Jana Brown
- Ami Smith
- Shree Alvarez
- Ellen Brando
- Heather Hay
- Mrs. C. Clewes
- Michelle Dupuis
- Lindsay Smith
- Ann-marie Giannetti
- Dana Visser
- Laura Hartmann
- Kyra Peake
- Andrea Tkach
- Hannah Evans
- Tracy Jans
- Kennedy McKernie
- Ashley Pease