

**DATES TO
REMEMBER**

Thursday, February 1

New Registration Accepted,
(reregistration for current
students continues)

*Family Dance 6pm-8pm

\$10 - Come Join the Fun!!!

Friday, February 2

No School

PD Day

Tuesday, Feb 6th

School Council Mtg. 7:00
p.m.

Feb 7 & 8

CCH Gr 10 Parent Mting

Thursday, Feb 8

Junior High Dance

Feb 9 & 10

Jr Hawks Bball Tourney

Tuesday, Feb 13

Shrove Tuesday Pancake
Breakfast

Wednesday, Feb 14

Ash Wednesday

Mon, Feb 19

Family Day - No School

Feb 20-23

No School for Students -
Teacher's Convention

Wednesday, February 28

Pink Shirt Day

A Lenten Reflection...

focus on gratitude

think kindly thoughts

trust divine Providence

be full of hope

turn to forgiveness

return good for evil

be positive

become mature

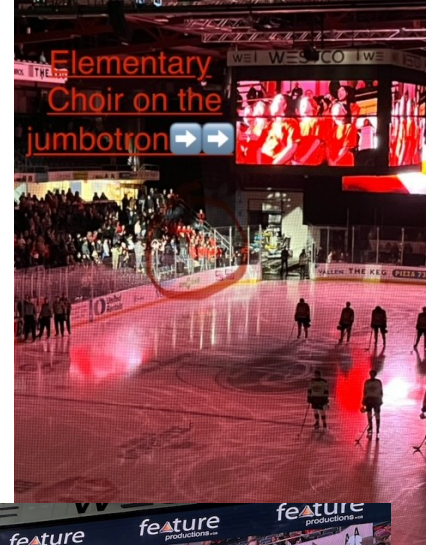
pray for trust





Elementary Choir

Grades 4-6



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

December 2023 Virtue Voucher winners

Division One -

Division Two -

Division Three -

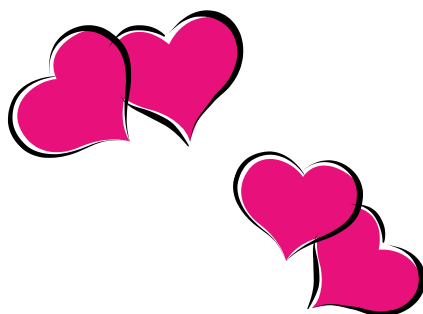
January 2024 Virtue Voucher winners

Division One -

Division Two -

Division Three -

HONEST
ACCEPTING
WISE
KIND
SPIRITUAL



What did the man
with the broken leg tell
his Valentine?

✧

"I have a crutch on you."

Grade 6 & 9 PAT Schedule

Grade 6 PAT's

as per the schedule in the GIB

Wed. May 15th ELA Part A - 9:00am to 11:00am
Wed. June 12th ELA Part B - 9:00am to 10:00am
Thurs. June 13th Math Part A - 9:00am to 9:20am
Friday, June 14th Math Part B - 9:00am to 10:10am
Wed. June 19th Social Studies - 9:00am to 10:00am
Thurs. June 20th Science - 9:00am to 10:00am

Grade 9 PAT's

Holy Spirit PAT Schedule:

Mon. May 13 ELA Part A - 9:00am to 10:20am
Mon. June. 24 ELA Part B - 9:00am to 10:15am
Tues. June 25 Math Pt. A & B - 9:00 to 11:00am
Wed. June 26 Social Studies - 9:00am to 10:20am
Thur. June 27 Science - 9:00am to 10:15am

All Ages Winter Family Dance Thursday, February 1st 6:00pm-8:00pm

*The fee is \$10 per family payable on school cash online by Jan 31st - or at the door.

*Admission will cover cost of this dance and future family dances.

*Grade 7 Basketball teams will be selling candy bags and drinks with all proceeds going to the Athletics Department.



Junior High Bell Schedule Change

You spoke...we listened

Effective Monday, February 5 the junior high bell schedule will be changed slightly so the grade 7, 8, & 9 students can have a bit of a longer lunch break. School start and end times remain the same.



Junior High

Updated Bell Times February – June 2024

Monday - Thursday		Friday	
Warning Bell	8:45-8:50 a.m.	Warning Bell	8:45-8:50 a.m.
1	8:50-10:10 a.m.	1	8:50-9:39 a.m.
2	10:12-11:32 a.m.	2	9:41-10:30 a.m.
Lunch	11:32 a.m.-12:15 p.m.	3	10:32-11:20 a.m.
Warning Bell	12:15 p.m.		
3	12:15-1:35 p.m.		
Nutrition break	1:35-1:45 p.m.		
4 (Options)	1:45-3:10 p.m.		
5 (AEP/LIT)	3:10-3:47 p.m.		
Flex Dismissal	3:47-3:50 p.m.		

Just a reminder that School Fees are now PAST DUE! Please contact the school if you require assistance in paying your fees.
<https://holyspirit.schoolcashionline.com/>

Paying for school items just got easier!
Sign up to get started today.

What is SchoolCash Online?
SchoolCash Online is an easy to use and safe way to pay for your children's school fees.
[Learn more](#)



Register

Sign In



FLVT School Council Meeting

"Many hands building a better world"
SCHOOL COUNCIL MEETINGS

Next Meeting - Tuesday, February 6th at 7:00pm

School Council *Highlights* *January 2024*

It is a priority of all FLVT staff and administration to make parents and families feel welcome in the school community and building. Please come inside, participate, and be a part of your child's education.

Welcome!



School council will be serving pancakes to all students on Tuesday, February 13 for Shrove Tuesday. Volunteers are needed to help serve between 8:30 – 10:30. Please email flvtschoolcouncil@gmail.com to sign up to volunteer.

A winter family dance will be held on February 1. \$10 per family will be collected as a school council fundraiser for several school initiatives.

The junior high Winter Formal dance will be held on February 8.

Watch for more details on both events.



Please join us February 6
for the next council meeting.

flvtschoolcouncil@gmail.com

No School

Friday, Feb 2
School PD Day

Feb 20-23
February Break



Alberta 

Alberta Education Assurance (AEA) survey

Annual survey that gathers feedback on behalf of schools and school authorities to understand what works well and what needs improvement.

FLVT Grade 4 & 7 students and parents will be asked to participate.

Alberta Education is conducting the annual Alberta Education Assurance Surveys. These surveys help guide our school. Parents of students in grades 4 and 7 will receive a survey mailed to their homes directly from Alberta Education. We strongly encourage your participation as the results help us identify our school and jurisdiction's strengths and areas of growth.

Alberta Education Assurance Survey

Information for parents and guardians

About the survey

Every year, Alberta Education surveys students, their parents and all teachers on behalf of schools and school authorities to assess what is working well and where there is room for improvement. The survey asks students in grades 4, 7 and 10, and their parents, about their thoughts, feelings and experiences in school. The survey will be administered between January and March 2024. In some schools, all students in grades 4 and above and their parents will be surveyed.

Participants will be asked questions on a variety of topics, such as welcoming, caring, respectful and safe learning environments; student learning engagement; and parental involvement. The survey does not ask for names and cannot be used to identify individual participants.



Why is the survey needed?

Alberta's Assurance Framework requires school authorities across the province to report their performance according to a number of different measures that provide key information about how the education system is doing. A provincial survey allows all school authorities to be measured on the same things at the same time.

Participation in the survey is voluntary:

- All participants may opt out of taking the survey at any time with no repercussions and/or skip any questions they do not wish to answer.
- All responses are anonymous. The survey does not collect personally identifiable information and Random Access Codes will be used to group responses by survey type, school and authority.
- Only grouped data where there are more than six responses are reported.
- All data collected will be managed in accordance with the *Freedom of Information and Protection of Privacy Act*.
- If you have any questions regarding the survey or your child's participation, please contact your child's school directly.



How will I take the survey?

- Parents or guardians are issued a single-use Random Access Code mailed through Canada Post to complete the survey online.
- The code must be used to access the survey and helps Alberta Education group your response as being from a parent/guardian. It **is not** used to identify individuals.
- Monitor your Canada Post mailbox starting late-January 2024 for the survey invitation package from Alberta Education.
- Parents or guardians with more than one student in an eligible grade will receive a separate survey invitation package for each child.
- Paper copies of the survey can also be requested through your school principal once the survey opens.



How will students take the survey?

- Students complete the survey at school.
- Before the survey begins, your child's teacher or school staff will explain to the students that the survey is not a test – there are no right or wrong answers. They will also explain that there are no repercussions for opting out of participating and that they may skip questions they do not wish to answer.
- Responses are submitted anonymously. Random Access Codes will be used to group responses by survey type, grade, school and school authority only.

Details about the assurance measures and how to obtain results are available online at www.alberta.ca/alberta-education-assurance-survey

If you have questions or concerns about the survey, please contact your school principal.



Holy Spirit
CATHOLIC SCHOOL DIVISION

TAKE THE NEXT STEP
AND REGISTER SOON!

2024/2025 REGISTRATION

- Re-registration for **CURRENT** students starts **January 15, 2024**
- Registration for **NEW** students starts **February 1, 2024**

We invite you to come and take your next step in education with the Holy Spirit Catholic School Division where children are cherished and achieve their potential.



EARLY
LEARNING



FRENCH
IMMERSION



FINE
ARTS



www.holyspirit.ab.ca



Holy Spirit
CATHOLIC SCHOOL DIVISION

TAKE THE NEXT STEP
AND REGISTER SOON!

2024/2025 REGISTRATION

Big thanks to the parents who already completed their child's registration update! If you haven't already done this, please complete this as soon as possible! Sign on to you PowerSchool Parent Portal and click on School Engage, then the "incomplete form"



www.holyspirit.ab.ca



Holy Spirit Catholic School Division

...where students are cherished and achieve their potential

Dear Holy Spirit Catholic School Division Parents/Guardians,

The Holy Spirit Catholic School Division understands the importance of keeping our school community informed and connected, and wants to ensure that everyone receives the necessary information from both your school and the division in a timely manner. Recently, there have been concerns from some schools and families regarding our messaging, with reports of some families not receiving important emails or texts.

To address this issue, we have compiled a list of tips and potential fixes to ensure that you stay up-to-date with all the information being sent out:

Email:

1. Regularly check your junk/spam folder to ensure emails have not been filtered there.
2. If you are not receiving emails in your regular inbox or spam/junk folders, please contact your school to verify that you have not declined to receive emails by unsubscribing or have been blocked.
3. Ensure your email address is up-to-date and has been provided to the Holy Spirit Catholic School Division.

Text Messaging:

1. When filling out registration forms, ensure that a valid mobile phone number is entered in the mobile phone field on the parent contact form.
2. If you are unsure whether your mobile phone number has been added, please contact your child(s) school(s) to double check and update as necessary.
3. Confirm you have opted in to receive text messages from the schools/division. Please see insert on how to opt in for text messages for your convenience.

In addition, we would like to remind you that all important messages sent out to our Holy Spirit families are normally included on our social media channels (FaceBook, Instagram, Twitter) as well as on the Holy Spirit Catholic School Division website (www.holyspirit.ab.ca).

We hope that these steps provided above help maintain consistent and effective communication between our school community and our families. If you still experience issues after following the tips and information above, please do not hesitate to reach out to your school(s).

Your collaboration is paramount in fostering strong and seamless connections within our schools and division. Thank you.

Sincerely,

Sean Marks, Communications Coordinator
Holy Spirit Catholic School Division

The Holy Spirit Roman Catholic Separate School Division

St. Basil Catholic Education Centre, 620 12B Street North, Lethbridge, AB T1H 2L7
Phone: 403-327-9555 • Fax: 403-327-9595 • www.holyspirit.ab.ca



Stay Up-To-Date with Our Schools' Communication!

Holy Spirit Catholic School Division is reminding families to ensure you are set up to receive text (SMS) messages from our schools and division. This is one of multiple ways that we send out important messaging to both our families and staff. Please take some time to follow the steps below to ensure you're receiving our text (SMS) messaging.

In addition, for those who have not signed up or utilized our SchoolMessenger App, we've included step-by-step instructions on how to do so. SchoolMessenger helps our parents and families to access important notifications, receive school messages and set your communication preferences.

Text (SMS) Messaging

1) *Did you receive a text from us?*

When a new mobile number is entered by the school, within 24 hours, a text should be sent to that number asking if you would like to subscribe.

Simply respond with your preference:

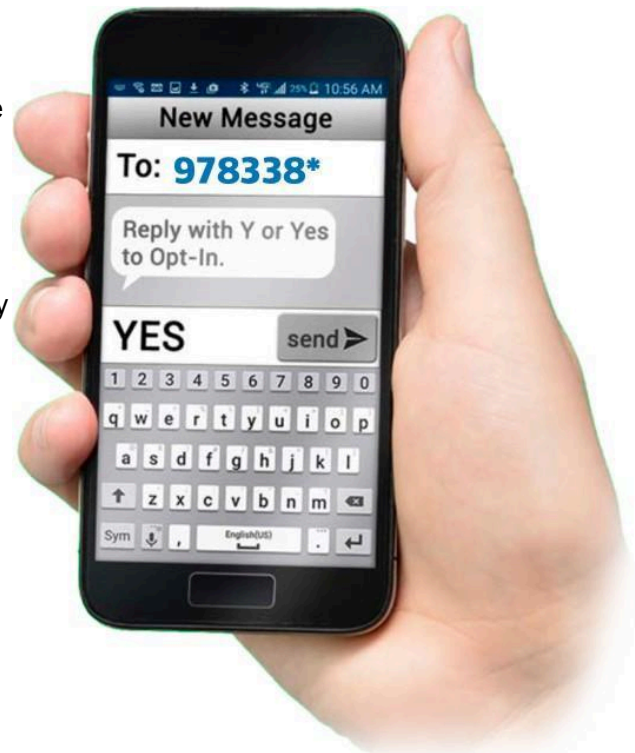
- Type "Y" or "Yes" to receive messages by text.
- Type "N" or "Stop" if you'd prefer not to receive messages by text. You can do this to unsubscribe at any time.

2) *You haven't received a text and you'd like to?*

You can always subscribe to receive texts from the school by sending a "Y" to **978338**. You will receive a notification that your opt-in is complete if successful.

3) *Do you have a new or different device you'd like to receive texts to?*

First, make sure your child's school has this new number in their system! You should receive a message in 24 hours asking you to respond with a "Y." If you don't, send a "Y" directly to **978338**. You will receive a notification that your opt-in is complete if successful.



**While this service is free, standard message and data rates may apply. Please check with your device's data provider if you have any questions related to charges.*



SchoolMessenger App

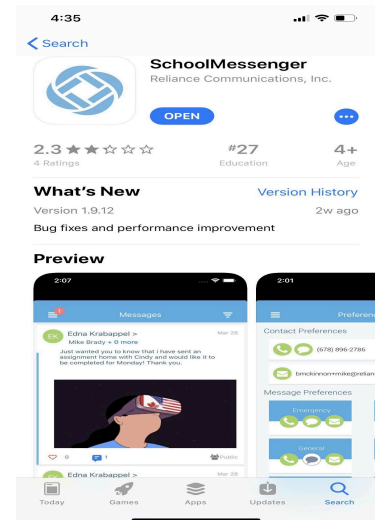
The School Messenger App allows parents to:

- Access important school notifications 24/7/365
- Set your communications preferences for calls, emails, texts, and more
- Receive all kinds of school messages in one single app (classroom and group updates, activity alerts, school and division notifications)
- Review your messages on any device (smartphone, laptop, etc...)

1) Download the School Messenger App:

Go to the GooglePlay or Apple Stores to download "SchoolMessenger" (the version with the blue logo).

You can also download the app, or set up your account, from <http://go.schoolmessenger.com>.




2) Sign up for an account:

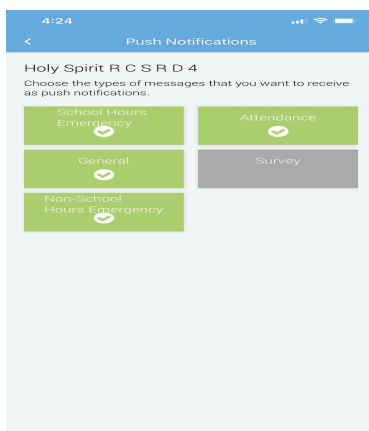
Make sure you enter the email address that the school has on file for you. This will allow the app to find all of the students associated with you. Also, make sure you select "Canada" as your location.



3) Set your preferences:


When you first log in, click on the  icon in the upper left corner of your screen and select "Preferences." For each category, you can select how you would like to be notified:

- *School Hours Emergency* –For urgent messaging during school hours
- *Non-School Hours Emergency* - For urgent messaging before and after school hours
- *Attendance* – For calls regarding your child's attendance.
- *General* – Day to day information from the school.



4) Enable push notifications:

Even if you turn off most types of notifications (phone, text, email), you can still receive those messages through push notifications on your phone.

To set your push notifications, click on the  icon in the upper left corner of your screen. Select "Settings," then "Push Notifications."

Click on all of those boxes for which you would like to receive push notifications on your device.

Based on the DreamWorks Animation Motion Picture

Book by
Kevin Del Aguila

Original Music
and Lyrics by
George Noriega
& Joel Someillan



MADAGASCAR

A Musical Adventure

JR.

Yates Theatre
6:30 pm showtime
May 7th & 8th, 2024

Tickets: \$12 general; \$2 children 5 and under
Available through Eventbrite
- scan the QR code!

*Limited matinee tickets may be available
- contact the school for details*



Directed by Michele Hammel & Alexie Beaulac
Musical Director: Dana Visser
Stage Management: Jessica Johnson & Dina Henderson

FATHER LEONARD VAN TIGHEN PRODUCTION

Madagascar - A Musical Adventure JR. is presented through special arrangement with and all
authorized materials are supplied by Music Theatre International, New York, NY
(212) 541-4684 mtishows.com



The cast, crew, and production staff are hard at work putting together the special touches that bring our production of The Wizard of Oz to the Knights of Columbus Eggplant Theatre this spring. It is unbelievable that we are closer than ever to our opening night, but with some brains, heart, and nerve, this is going to be another magical show!

Tickets will be available in early February through the CCH website.

The production runs on the following dates:

Wednesday, 06 March - Student Preview, 7:30 p.m.

Friday, 08 March - Opening Night, 7:30 p.m.

Saturday, 09 March - Matinée, 1:30 p.m. and Evening 7:30 p.m.

Sunday, 10 March - Matinée, 1:30 p.m.

Tuesday, 12 March - Evening, 7:30 p.m.

Wednesday, 13 March - Evening, 7:30 p.m.

Thursday, 14 March - Evening, 7:30 p.m.

Friday, 15 March - Evening, 7:30 p.m.

Saturday, 16 March - Matinée, 1:30 p.m. and Closing Night, 7:30 p.m.



Going to Grade 10 Parent Information Nights

CCH invites parents of grade 9 students to one of two in-person Information Evenings at Catholic Central High School:

- **Wednesday, February 7 at 7:00 p.m. on Campus East in the Cafeteria**
- **Thursday, February 8 at 7:00 p.m. on Campus West in the Gathering Space**

CCH staff will be attending FLVT to speak with students Thursday, Feb 15th.

Please ensure online registration update (re-registration) forms have been completed.

CCH CAMPUS EAST:

405 18th Street South

CCH CAMPUS WEST:

251 Britannia Blvd. West



Catholic Central High School

405 - 18 Street South 251 Britannia Blvd West
Lethbridge, Alberta T1J 3E5 Lethbridge, Alberta T1J 4A3

Phone: 403-327-4596
www.holyspirit.ab.ca/cch

January 8, 2024

Dear Parents/Guardians of Grade 9 Students:

Your son/daughter will soon be embarking on the next exciting stage in his/her educational journey. We are looking forward to welcoming these new students to Catholic Central High School (CCHS), and being part of their academic, spiritual, and social growth. To help ease the transition from junior high to high school, and to ensure that you have all the information necessary to assist your child in making decisions, we invite you to one of two in-person Information Evenings at Catholic Central High School:

- Wednesday, February 7 at 7:00 p.m. on Campus East in the Cafeteria
- Thursday, February 8 at 7:00 p.m. on Campus West in the Gathering Space

Following these information evenings, Catholic Central administrative and guidance/ academic counseling teams, in addition to our Grad Coach and First Nations, Metis, and Inuit Worker will be visiting the feeder schools during the week of February 12-16. We will be at St. Francis (February 12), FLVT (February 15), St. Catherines (February 16), St. Josephs (February 16), and Trinity E-Learning (as required). Students will have program handbooks and a copy of their course selection sheets to bring home to you for approval. Please have all course selection sheets submitted back to your child's school no later than Friday, March 8, 2024.

In terms of how to register your child to attend CCHS, current Holy Spirit students will be completing a registration update ("re-registration") form online. Students from our feeder schools (of which your child's current school is one) will need to indicate the designated school as CCHS. The division is targeting January 15, 2024 for the re-registration forms to be emailed out to parents/ guardians. Any students new to the division will need to wait until after February 1st to register. Please note that course selections for CCHS cannot be completed until the registration update form has been submitted online.

While we hope that the parent information evenings, access to the presentation (on our website), and facilitated course selection sessions with your child should provide you and your child with the information you need to transition to high school, we recognize that this can be daunting. We are here to support and guide you through this in any way we can.

At CCHS, we believe that a culture of Rigor, Relevance and Relationships is essential to ensuring the success of all students. We look forward to welcoming you and your child into our community.

Blessings,

Joanne Polec - Principal

Rigor, Relevance, Relationships

January 17, 2024

Hello parents, guardians, and caregivers:

Re: School Routine Immunization Program within Alberta Health Services (AHS) South Zone.

AHS reminder phone calls and texts about school routine immunizations (non-COVID) are sent as needed to alert parents, guardians, and caregivers about returning paper consent forms for in-school immunizations, or to alert caregivers about immunization eligibility.

Recently, a “return consent form” reminder phone call and/or text message was sent to families for students in **grade 9** who have not yet returned consent form(s) for the dTap vaccine (i.e., Diphtheria, Tetanus, acellular Pertussis —also known as Whooping Cough) and MenC-ACYW-135 vaccine (i.e., Meningococcal quadrivalent conjugate vaccine, which protects against four types of bacteria that cause meningococcal disease).

Immunizations have begun for some grade 9 students; however, most grade 9 students will be immunized in March 2024. Your child will only be immunized if you have provided written or verbal telephone consent. If your child missed receiving the immunizations at school, the nurse *may* be returning to the school before the end of the school year as able.

Other routine school immunizations (non-COVID) offered as a reminder:

- Immunizations offered in school in grade 6 for Hepatitis B and Human Papillomavirus vaccine series each year. We have provided first doses to most grade 6 students in fall 2023; for those students whose parent consented for the vaccine(s), the next dose is due in spring 2024.
- Students in grade 1 who have missed the pre-kindergarten routine booster can be updated at your nearest local community health office - please call to book an appointment.
- Children who are homeschooled may obtain routine school-aged immunizations at your nearest local community health office by appointment.

How to obtain routine school immunizations (non-COVID) for your child:

- Sign and return the immunization consent form to your child’s school as soon as possible if you would like your child immunized in the school setting.
- If there is one or more vaccines you do not wish your child to receive, write REFUSED across the vaccine(s) you do not want and return all consent form(s) to the school.
- You may also provide verbal telephone consent to a public health nurse by calling your local community health office.
- Call to book an appointment at your local community health office.
- If you are unsure if your child is due for school routine (non-COVID) immunizations, please ask to speak to a public health nurse.

If you have any questions, please contact your local community health office. To find your community health office, visit: [Find Healthcare - Search \(albertahealthservices.ca\)](https://www.albertahealthservices.ca) (Select: ‘Search by Facility Type’, then choose ‘Public Health Centres’, then in ‘Location’ field choose your location).

If you have questions about school routine immunizations or would like to view the routine immunization schedule, please visit [ahs.ca/immunize](https://www.ahs.ca/immunize).

Sincerely,



Allison Gonsalves, MD, FRCPC
Medical Officer of Health
Alberta Health Services – South Zone

Medical Officers of Health, South Zone
801 1 Avenue South • Lethbridge AB T1J 4L5
www.ahs.ca/moh

Immunization and routine
immunization schedule | Alberta.ca





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

February 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 2024-2025 New Registrations opens online Junior High Mid-Term Exams Science Family Dance 6-8pm Chicken Burger \$5	2 No School PD Day 	3
4 Badminton Tryouts coming soon... Stay tuned to the co curricular calendar 	5 Cheesy Garlic Fingers \$5	6 School Council @ 7pm Mini Pepperoni Pizza \$5	7 Gr 9 to Gr 10 parent info night CCH East @7pm  Taco & Mexi Fries \$5	8 Gr 9 to Gr 10 parent info night CCH West @7pm  Jr High Communittea Jr High Dance Chicken Burger \$5	9 Jr Hawks Basketball Tourney Elementary Choir Gr 4-6 Jr High Games Club	10 Jr Hawks Basketball Tourney 
11 	12 Cheesy Garlic Fingers \$5	13 Valentines Celebration Day Wear Red or Pink  Shrove Tuesday Pancake bfast Mini Pepperoni Pizza \$5	14 Ash Wednesday  Kraft Dinner \$3 add pulled pork \$2	15 Gr 9 CCH student orientation @FLVT Jr High Communittea Chicken Burger \$5	16 Elementary Choir Gr 4-6 Jr High Games Club	17 
18 	19 No School Family Day	20 No School	21 No School	22 No School	23 No School	24
25  Grade 6 Camp fundraiser starts for Kernels Popcorn and Ben's Beef Jerky 	26 Cheesy Garlic Fingers \$5	27 Mini Pepperoni Pizza \$5	28 Pink Shirt Day  CEC Board Meeting 6-9pm Loaded Nachos \$5	29 2nd Week of Lent 9am  Jr High Communittea Chicken Burger \$5	1 Elementary Choir Gr 4-6 Jr High Games Club	

March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Elementary Choir Gr 4-6 Jr High Games Club	2
3	4	5	6 CCH Wizard of Oz (Production students) Third week of Lent 12:15pm 	7 Jr High Communita	8 Elementary Choir Gr 4-6 Jr High Games Club	9
10 Grade 6 Camp fundraiser FINAL WEEK for Kernels Popcorn and Ben's Beef Jerky	11 No School Divisional PD Day 	12 Aladdin @ St. Francis - All Kinder, Gr 1, 4, 6 & Drama Prod students	13 Aladdin @ St. Francis - Gr 5 Twin/Triplet Day	14 Ski Trip Gr 5, 6 & Winter Pursuits Aladdin @ St. Francis - Gr 2 & 3 Jr High Communita	15 4th week of Lent 9:45  Elementary Choir Gr 4-6 Jr High Games Club	16
17	18	19 For St. Patrick's Day - Wear Green School Council 7pm	20 5th week of Lent 3pm 	21 9:30 First Nations Dancing Jr High Communita Parent Teacher Interviews	22 Elementary Choir Gr 4-6 Jr High Games Club	23
24 Madagascar Rehearsal ALL CALL 1:00-4:00	25	26	27 CEC Board Meeting 6-9pm	28 Stations of the Cross Last Day before Easter Break Jr High Communita	29 Good Friday	30



(I)SWAG Presents:

HEALTHY RELATIONSHIPS

Join us as Lethbridge Family Services presents while
you enjoy a complimentary dinner at a night of
exciting learning

Location
Anton's Ballroom

Sandman Signature, 320
Scenic Drive S, Lethbridge AB

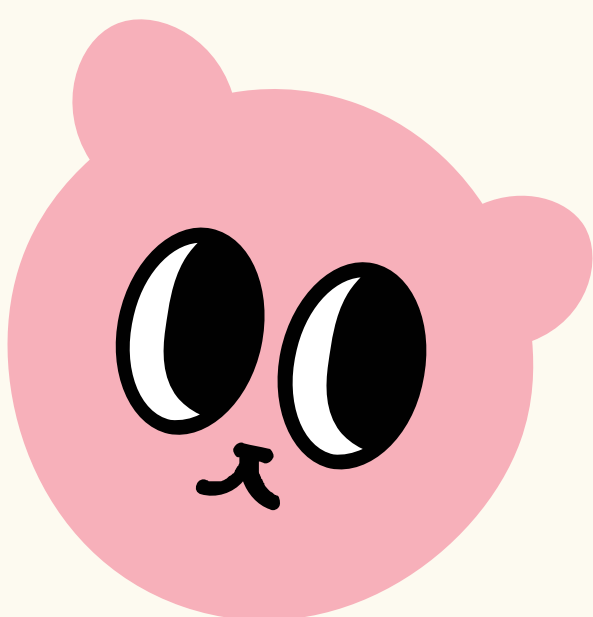
February

15

5:30 - 8:00pm

Please RSVP at:

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



Emily Williston



SWAG
Student Wellness Access Guide
Holy Spirit Catholic School Division
willistone@holyspirit.ab.ca
(403)308-2445

Billy Woitte



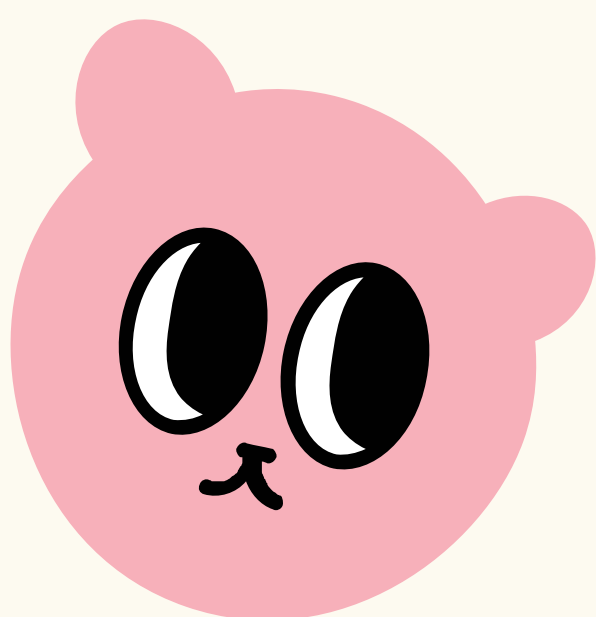
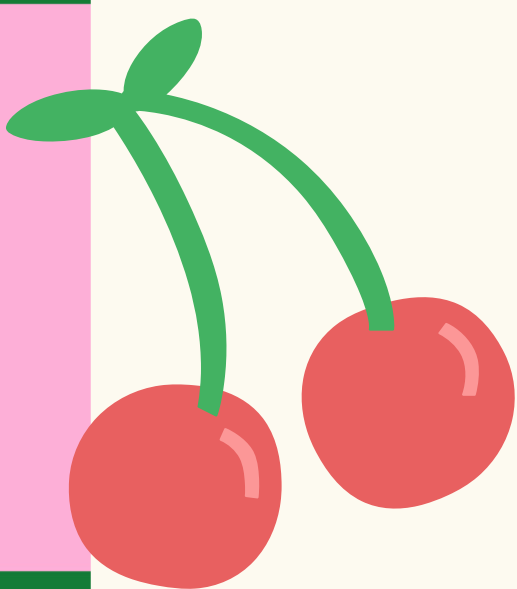
ISWAG
Indigenous Student Wellness Access Guide
Holy Spirit Catholic School Division
woitteb@holyspirit.ab.ca
(403)635-2415

LETHBRIDGE FAMILY SERVICES

Lethbridge Family Services provides highly-accredited health and social services to over 9,000 individuals and families in more than 30 communities in southwestern Alberta. The Outreach and Education team works with individuals, caregivers and professional to facilitate insight, awareness and enhance skills.

This is a **FREE** event

Intended audience: parents, guardians, caregivers, aunts, uncles, grandparents, childcare providers, all school staff, bus drivers, parishoner's



CAREER EXPLORATION SESSION

HEAVY EQUIPMENT OPERATOR

JANUARY 18, 2024
4:00pm



Heavy Equipment Operators learn to drive or control heavy equipment to complete tasks at the construction site. They may operate equipment such as excavators, bulldozers, haul trucks and graders. They excavate, move, load and grade materials during construction and related activities. Their responsibilities include inspecting their equipment before and after use to ensure it's in good working order.

Join Donna (HEO), Nicole (HR) and Kimberly (Safety Officer) from Weinrich Contracting Limited to learn about this high in demand, well paid, career.

Register now for this *FREE* virtual session!

Once registered, you will receive an email with the link, plus additional information regarding the event.



Questions? Email office@careersteps.ca

CAREER EXPLORATION SESSION

HELICOPTER PILOT

FEBRUARY 15, 2024
4:00pm



A career in aviation can be one of the most challenging and rewarding jobs a person can do if you enjoy the outdoors and like seeing new places. There is a worldwide shortage of experienced helicopter pilots; however, it is hard to find that first job to start building hours.

Join Dan, from Hy-Ridge Helicopters, to find out more about a career as a Helicopter Pilot.

Register now for this FREE virtual session!

Once registered, you will receive an email with the link, plus additional information regarding the event.



Questions? Email office@careersteps.ca

CAREER EXPLORATION SESSION

HOSPITAL UNIT CLERK

JANUARY 17, 2024
5:00pm



Unit Clerks are responsible for the efficient flow of communication between health professionals in clinics, hospitals and long-term care centers. They facilitate the communication between departments, patients and families while maintaining confidentiality of patient information. Administrative tasks may include reception, greeting and directing visitors, patients and health professionals, maintaining patient records and scheduling patient tests and/or treatments.

If you have excellent communication and interpersonal skills with the ability to prioritize and work under pressure, a career as Unit Clerk may be for you!

Join Wendy from the Chinook Regional Hospital to ask your questions.

Register now for this *FREE* virtual session!

Once registered, you will receive an email with the link, plus additional information regarding the event.



Questions? Email office@careersteps.ca

CAREER EXPLORATION SESSION



CUSTOMER SERVICE AGENT (AVIATION)

JANUARY 16, 2024
4:30pm



A career as a Customer Service Agent is a fast-paced and exciting role. They greet customers, check in passengers and baggage, make reservations, and rebook flights. CSAs are the first point of contact when passengers arrive at the airport and provide positive experiences to all customers. People in this role enjoy working with the public and solving problems.

Shandy-Lynn from Elevate Aviation, will be hosting this session telling you more and answering your questions.

Register now for this *FREE* virtual session!
Once registered, you will receive an email with the link, plus additional information regarding the event.



Questions? Email office@careersteps.ca

CAREER EXPLORATION SESSION

PILOT

FEBRUARY 14, 2024
4:30pm



A career as a pilot can lead to many exciting opportunities and roles. Their main goal is to safely operate and navigate an aircraft during flights, but can be hired as instructors, cargo pilots, military, and many other positions. Pilots perform pre-flight checks, communicate with air traffic control, and ensure compliance with aviation regulations. They have excellent flying skills, and strong decision-making skills.

Bring your questions and find out more from our host, Hannah, from Elevate Aviation.

Register now for this *FREE* virtual session!
Once registered, you will receive an email with the link, plus additional information regarding the event.



Questions? Email office@careersteps.ca

CAREER EXPLORATION SESSION

POLICE OFFICER

FEBRUARY 7, 2024
4:00pm



A career in Policing is very rewarding. In helping others, you make a difference in your community while keeping the community safe. Working independently, or in a team, no two days are the same.

A variety of specializations include patrol first responder, detective, forensic specialist, undercover, or canine handler. Policing is a career that will challenge you to be your best and exceed what you thought possible for yourself.

Join Constable Enkirch and Constable Darby of the Lethbridge Police recruiting team, to learn more about this occupation and what it takes to get started in a very unique career.

Register now for this *FREE* virtual session!

Once registered, you will receive an email with the link, plus additional information regarding the event.



Questions? Email office@careersteps.ca

2024 OUTDOOR RECREATIONAL SOCCER REGISTRATION INFORMATION

www.lethbridgesoccer.com - 403-320-5425 (KICK)

ONLINE ONLY:

Thursday February 1st - Sunday March 3rd

**all registration must be done online* REGISTER YOUR PLAYER BY THEIR BIRTH YEAR*

**payments must be made online using RAMP*



IF YOU ARE USING KIDSPORT OR JUMPSTART

IF YOU ARE APPLYING FOR FUNDING THROUGH JUMPSTART, KIDSPORT OR CITY OF LETHBRIDGE FAP - PLEASE APPLY ONLINE TO THOSE ORGANIZATIONS **FIRST**. THEN REGISTER YOUR PLAYER ONLINE:
WWW.LETHBRIDGESOCCER.COM

REGISTER:

www.lethbridgesoccer.com

Request Fee - \$40.00 - Payable at office or over the phone

<u>Age Group</u>	<u>Birthyear</u>	<u>Fee</u>	<u># of sessions</u>	<u>***Days Playing***</u>	<u>***Fields***</u>	<u>***Earliest Start Times***</u>
U4 - CoEd/ Parent & Tot	2020	\$125.00	10 (30 min sessions)	Monday	Servus Sports Centre Indoor Field	5:15pm & 6:00pm
U5 - CoEd	2019	\$125.00	10 (45 min sessions)	Wednesday	Outdoor Servus Sports Centre Field	5:00pm
U6 - CoEd	2018	\$125.00	10 (45 min sessions)	Monday	Outdoor Servus Sports Centre Field	6:00pm
U7 Boys	2017	\$125.00	10 (45 min sessions)	Wednesday	Outdoor Servus Sports Centre Field	5:45pm & 6:30pm
U7 Girls	2017	\$125.00	10 (45 min sessions)	Wednesday	Outdoor Servus Sports Centre Field	5:45pm & 6:30pm
U9 Boys	2015 & 2016	\$190.00	18 (1 hr sessions)	Tuesday & Thursday	Park Meadows or Redwood Park (North)	5:30pm & 6:30pm
U9 Girls	2015 & 2016	\$190.00	18 (1 hr sessions)	Tuesday & Thursday	Park Meadows or Redwood Park (North)	5:30pm & 6:30pm
U11 Boys	2013 & 2014	\$190.00	18 (1hr sessions)	Monday & Wednesday	St. Teresa School (North)	5:30pm & 6:30pm
U11 Girls	2013 & 2014	\$190.00	18 (1hr sessions)	Monday & Wednesday	St. Teresa School (North)	5:30pm & 6:30pm
U13 Boys	2011 & 2012	\$190.00	18 (1 hr sessions)	Tuesday & Thursday	Gilbert Paterson School (South)	6pm & 7:15pm
U13 Girls	2011 & 2012	\$190.00	18 (1 hr sessions)	Tuesday & Thursday	Gilbert Paterson School (South)	6pm & 7:15pm
U15 - CoEd	2009 & 2010	\$190.00	18 (1 hr 10 min sessions)	Monday & Wednesday	Winston Churchill School (North)	6pm & 7:30pm
U18 - CoEd	2006, 2007 & 2008	\$190.00	18 (1 hr 20 minute sessions)	Tuesday & Thursday	Atsotawawa (West)/ Wilson Middle School (East)	6pm & 7:30pm

**** Please note if U7, U9, U11 and U13 age groups do not fill for gender specific they will be CoEd****

***** START TIMES CANNOT BE REQUESTED AS TIMES WILL ROTATE THROUGHOUT THE SEASON *****

Sessions will be scheduled during the Victoria Day long weekend (Monday evening)

***** Days, Start times & locations are subject to change and are provided as a guideline only. Season to start on Monday April 22, 2024 and be complete by Saturday June 22, 2024*****

U4-U6 Timbits: An introduction to soccer. All sessions ran by LSA Staff Coaches, with activities based around players exploring the soccer ball and getting comfortable with an invasion sport. Some small sided scrimmages may be played, but this environment is purely about the players gaining their first touches of a soccer ball.

U7-9 Fundamental: Individual development is paramount by building a love of the ball. Sessions will challenge players creative side as well introduce them to skills needed in the game such as dribbling, passing and shooting. Scrimmages will be played, but no scores will be kept, and all players will be asked to experience all positions of a soccer match (goalkeeper, defender, midfielder, striker).

U11-13 Learning The Game: This age is classed as 'The Golden Age Of Learning' where skills learnt in the earlier stages are now enhanced as well as an introduction to the tactical side of the game. Scrimmages will be played and although scores will be kept during the game, coaches and players are asked to keep games meaningful, competitive and to avoid blowouts at all costs. There will be no league standings.

U15-U18 Excel In The Game: Utilizing the technical understanding and tactical skills learnt in the previous three phases to excel in the game. Like the previous 'Learning the Game' phase, coaches are asked to avoid blowouts and keep games competitive throughout.



REGISTER NOW

REGISTER AT:

www.lethbridgeminorsoftball.com

REGISTRATION RUNS FEB 1ST - MAR 31ST

Lethbridge Minor Softballs goal is to grow the sport of softball while providing a great experience for kids ages 3-19 from Apr -Jun.

We also offer a competitive provincial team for players interested in challenging themselves further.

We believe you are never too old to play and regardless of experience we welcome you to come out and learn the sport of softball that provides fun with physical activity!



St. Dulce Lopes Pontes



Birthplace

Salvador, Brazil

Feast Day

August 13

Born

May 26, 1914

Died

March 13, 1992

Canonized

October 13, 2019 by
Pope Francis

Unofficial Patron Saint of
Social and Healthcare Workers

Prayer to St. Dulce Lopes Pontes

Lord our God,
remembering Your Daughter,
Saint Dulce of the Poor, whose heart burned
with love for You
and her brothers and sisters,
particularly the poor and excluded,
we ask You: give us the same love for the needy;
renew our faith and hope,
and grant that we,
like this daughter, may live as brothers
and sisters, striving daily for holiness,
so that we may be authentic missionary disciples
of Your Son Jesus. Amen.

St. Dulce Lopes Pontes, Pray for Us!

February

Build! Pilgrims of Hope



"Jesus went throughout Galilee, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness among the people."

Matthew 4:23

St. Dulce Lopes Pontes 1914-1992 (Feast Day: August 13)

When Maria de Souza Pontes was 13, her aunt took her on a trip to the poor area of her hometown. She was struck by the poverty and need that she encountered, and began to start to care for the homeless in her own neighbourhood. At 18, she joined a missionary order and became known as Dulce. Immediately, she began to serve the neediest in Salvador, supporting workers and housing those in need. Initially, this was done in abandoned homes and buildings, but each time they were evicted. Finally, she asked the permission of the convent to convert their chicken coop - which over time became a hospital. That hospital today serves more than 3,000 patients per day and is the largest free hospital in Brazil.

In 1959, she created a foundation known as OSID, which oversees the hospital, as well as other welfare and education services, and is a well known and respected organization in Brazil. It serves the homeless, elderly, children, those with addictions and disabilities and other marginalized groups. Dulce was nominated for the Nobel Peace Prize in 1988, and lived the last years of her life with respiratory problems prior to her death in 1992. St. Dulce Lopes Pontes was canonized by Pope Francis in 2019, becoming the first Brazilian female saint.

"Building" In Our Schools

At St. Joseph School in Coaldale, their Leadership class is spearheading a fundraising campaign for our divisional Chalice campaign. As they raise funds, through ice cream float and hot chocolate sales, they are visually tracking their contributions by adding bricks to their school diagram - building a school of kindness. What a great way to show solidarity with St. Odilia!



Corporal Works of Mercy

— Visit the Sick —

Those who are sick are often forgotten or avoided. In spite of their illness, these individuals still have much to offer to those who take the time to visit and comfort them. Consider one or more of these practical ways to show this work:

- Give blood.
- Take time on a Saturday to stop and visit with an elderly neighbour.
- Next time you make a meal that can be easily frozen, make a double batch and give it to a family in your parish who has a sick loved one.
- Spend quality time with those who are sick or homebound.
- Take the time to call, send a card or an e-mail to someone who is sick.

Pope's Prayer Intentions - For the Terminally Ill

Let us pray that the sick who are in the final stages of life, and their families, receive the necessary medical and human care and accompaniment.



"We are like a pencil with which God writes the texts He wants said in the hearts of men."

(St. Dulce Lopes Pontes)

Catholic Social Teaching

— Solidarity —

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 the preferential option for the poor and vulnerable. We saw how keenly interested God is in those at the margins. When we act in ways that align with this, recognizing our interdependence, seeing ourselves in others and seeking to secure the good of others, we are showing solidarity. As St. Pope John Paul II wrote,

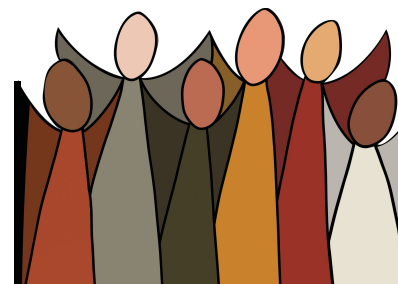
"[Solidarity] is not a feeling of vague compassion or shallow distress at the misfortunes of so many people, both near and far. On the contrary, it is a firm and persevering determination to commit oneself to the common good; that is to say, to the good of all and of each individual, because we are all really responsible for all."

Learn more about Solidarity with one of these resources:

CST 101 - [Solidarity](#)

Development and Peace - [Solidarity](#)

USCCB - [Solidarity](#)



Gospel Readings

February 4, 2024

5th Sunday in Ordinary Time

Gospel Reading: Mark 1:29-39

“All this I do for the sake of the gospel, so that I too may have a share in it.” — 1 Corinthians 9:23

Do WHAT for the sake of the gospel? In today’s scripture verse, we are called to do EVERYTHING for the glory of God. The Gospel tells of Jesus’ life and how he tried to please God with all he did and said, the way he loved, the way he treated others, the way he did everything! We too are called to do everything in our lives to live out the Gospel. The word “gospel” means “good news.” We want to have a share of this Good News, just like St. Paul did. All we have to do is live the Gospel in our own lives. So listen carefully to the scripture readings at Mass. They will guide you to live for God!

What do you think it would be like to have a share of the Good News?



Prayer:

*Dear Lord, we want to experience your Good News today and be with you in heaven someday!
Please help us to learn what we need to do to have a share in that gift.*

February 11, 2024

6th Sunday in Ordinary Time

Gospel Reading: Mark 1:40-45

“...Whether you eat or drink, or whatever you do, do everything for the glory of God.” — 1 Corinthians 10:31

How could what I eat or drink glorify God? St. Paul reminds us in this reading to remember God and give him glory for all the normal, everyday things we do in our lives. It’s easy to forget and take things for granted, but everything is a gift from God. Paul also reminds us to be kind to others in everyday situations. We can make choices like holding the door for others, when all we want to do is get into the place we are going. We can choose to be last in line, allowing others to go before us and offering that as a prayer. These are all small ways we can give glory to God—and show God’s love—in our daily lives.

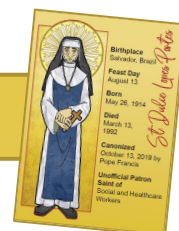
What are some ways you can show glory to God in your life every day?



Prayer:

Dear Lord, I don't always feel like I can do great things to show you my love. Please help me to find small ways every day in my own life to give you glory.

Download this month's [Saint Prayer Card](#) - St. Dulce Lopes Pontes



Gospel Readings

February 18, 2024

1st Sunday in Lent

Gospel Reading: Mark 1:12-15

“The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan.” — Mark 1:12

Even Jesus was called for forty days to fast and pray. It was not easy for him. Satan was there whispering in his ear to try to get him to stop fasting and walk away from his prayer. He could have done that. He was God. But he chose the harder way. He chose to offer up his discomfort to glorify God and grow closer to him. We too are called to forty days of fasting and praying. We may even be tempted as Jesus was to walk away from the sacrifices. But just as the Spirit gave Jesus the strength to keep going, he will give us what we need to continue and grow closer to him.

What are some ways that you can fight off temptations? What are your favourite ways to pray?



Prayer:

Dear Lord, thank you for giving us the opportunity to join with you in this time of fasting and praying during Lent. Please give us the grace not to give in to temptation.

February 25, 2024

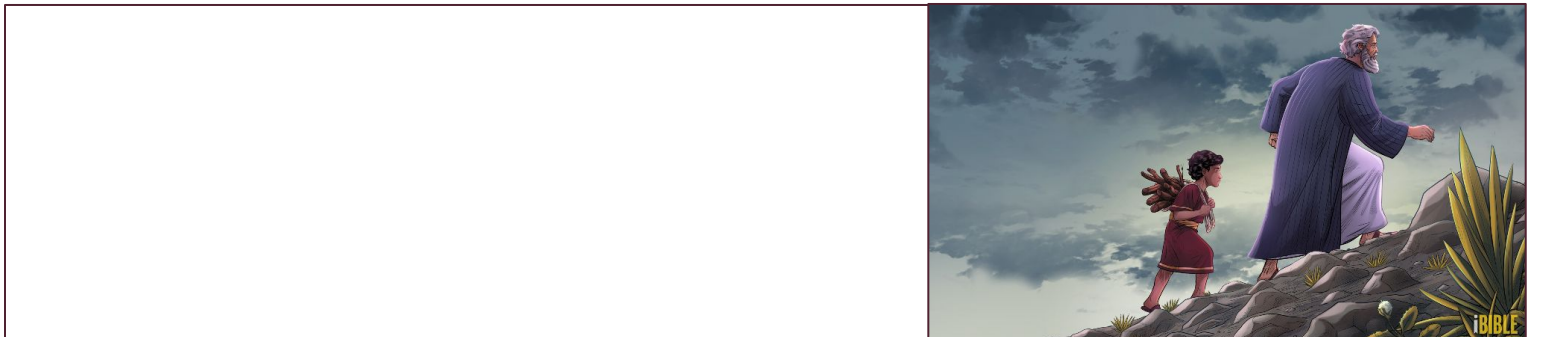
2nd Sunday in Lent

Gospel Reading: Mark 9:2-10

“Then God said: “Take your son Isaac, your only one, whom you love...there you shall offer him up as a holocaust...” — Genesis 22:2

Think of the one person you love the most in the world. Is it your mom, dad, a brother or sister? Maybe it's a best friend or a cousin. Can you imagine if you heard God ask you to give them up forever? That would be the hardest thing you'd ever have to do. Yet, in today's scripture, that is what God asks Abraham to do. Abraham is a great example of faith and trust in God. He didn't understand why God wanted him to give up his only son, whom he loved with all his heart. But he trusted in God. In the end, we learn that God didn't want him to give up his son, he just wanted to test Abraham's faith and trust. I think he passed the test, what about you?

Are there things in your life that God may want you to give up that would help you grow closer to him?



Prayer:

Lord, may we learn to have the same faith and trust in you that Abraham had, even when we don't understand your ways.

Sources:

[All about Blessed Dulce Lopes Pontes – the Good Angel of Brazil](#)
[Irmã Dulce](#)
[Dulce Lopes Pontes: From serving the sick to Nobel nominee](#)

[History, Prayer, and Phrases of Saint Dulce of the Poor](#)
Image Source: [The Life of Isaac \(Part Two: The Sacrifice\)](#)



Lord our God, remembering Your Daughter,
Saint Dulce of the Poor, whose heart burned with love
for You and her brothers and sisters,
particularly the poor and excluded, we ask You:
give us the same love for the needy; renew our faith and hope,
and grant that we, like this daughter, may live as brothers and sisters,
striving daily for holiness, so that we may be
authentic missionary disciples of Your Son Jesus. Amen.

St. Dulce Lopes Pontes Pray for Us

Division Parishes

“...not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.”

Hebrews 10:25

 <p>Assumption Church Lethbridge</p> <p>Father Kevin Tumback Father Santiago Torres</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am (Live-streamed) 6:00 pm</p> <p>2405-12th Avenue S. Lethbridge, AB T1K 0P4 Tel: 403-327-8931</p>	 <p>St. Basil's Church Lethbridge</p> <p>Father Kevin Tumback Father Santiago Torres</p> <p>Mass (Saturday): 7:00 pm Mass (Sunday): 7:30 am 11:00 am</p> <p>604 13 Street N. Lethbridge, AB T1H 2S7 Tel: 403-327-8931</p>	 <p>St. Martha's Parish Lethbridge</p> <p>Father William Monis</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am 11:00 am</p> <p>355 Columbia Blvd. W. Lethbridge, AB T1K 5Y8 Tel: 403-381-8891</p>
 <p>Ss. Peter & Paul Parish Lethbridge</p> <p>Father Gary Sedgwick</p> <p>Mass (Saturday): 8:30 am Mass (Sunday): 10:00 am</p> <p>643 12B Street N. Lethbridge, AB T1H 2L6 Tel: 403-328-4753</p>	 <p>St. Ambrose Parish Coaldale</p> <p>Father Ian Gagne</p> <p>Mass (Sunday): 9:00 am 4:00 pm</p> <p>1523-23rd Avenue Coaldale, AB T1M 1E2 Tel: 403-345-3400</p>	 <p>St. Catherine Parish Picture Butte</p> <p>Father Ian Gagne</p> <p>Mass (Sunday): 11:00 am</p> <p>762 Crescent Avenue Picture Butte, AB T0K 1V8 Tel: 403-732-4433</p>
 <p>St. Augustine Parish Taber</p> <p>Father Philip Van Tinh Le</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am</p> <p>5009-48th Avenue Taber, AB T1G 1T4 Tel: 403-223-2226</p>	 <p>St. Michael's Parish Bow Island</p> <p>Father Wojciech Jarzecki</p> <p>Mass: 9:00 am</p> <p>1101-1st Street E. Blow Island, AB T0K 0G0 Tel: 403-545-2023</p>	 <p>St. Michael's Parish Pincher Creek</p> <p>Father Myles Gaffney</p> <p>Mass: 10:00 am</p> <p>958 Christie Avenue; Box 339 Pincher Creek, AB T0K 1W0 Tel: 403-627-3071</p>