



FATHER LEONARD VAN TIGHEM SCHOOL

25 Stoney Cres. W, Lethbridge, AB T1K 6V5

<https://flvt.holyspirit.ab.ca/>

Principal: Shannon Collier

Associate Principals: Justin Molas & Cason Machacek

Phone: 403-381-0953 Email: flvtooffice@holyspirit.ab.ca

Administrative Message:

MARCH 2026

As we enter the month of March, our school community continues its Lenten journey, a sacred and meaningful season in the Catholic Church. Lent invites us to slow down, reflect, and intentionally grow closer to God through prayer, fasting, and acts of service. It is a time to open our hearts, examine our choices, and renew our commitment to living as followers of Christ in our everyday actions.

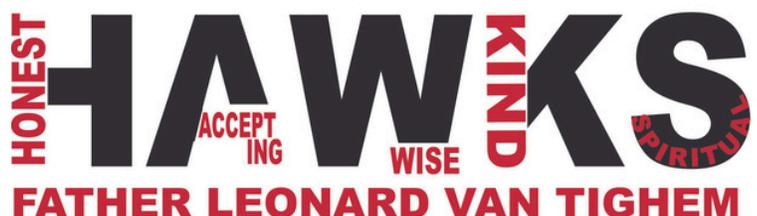
This season of reflection aligns beautifully with our **HAWKS** virtues and the values we strive to live out each day in our school. Lent calls us to be **Honest** with ourselves as we reflect on our strengths and areas where we can grow. We are encouraged to be **Accepting**, recognizing the dignity and worth of every person and creating a welcoming community rooted in love and respect. By making thoughtful and faith-filled choices, we practice being **Wise**, responding to challenges with patience and compassion.

Lent also provides meaningful opportunities to show **Kindness**, reminding us that even small acts—offering help, sharing a smile, or showing understanding—can make a powerful difference in the lives of others. Above all, this season nurtures our **Spiritual** growth, inviting students and staff alike to deepen their relationship with God through prayer, reflection, and participation in our faith life at school.

Throughout March, students will take part in Lenten Liturgies and activities focused on prayer, service, and giving to others. These experiences help our students understand that living our faith is not just something we talk about, but something we actively practice each day. Thank you for your continued support and partnership as we journey together through Lent, growing in faith and living out our HAWKS virtues within our school and beyond.

May God bless our students, families, and staff during this Lenten season. May He guide our hearts, strengthen our faith, and help us grow in love, compassion, and service to one another. Amen.

Mrs. S. Collier *Miistaki anniski a Kii*
FLVT Principal



PRAYER

A Prayer for Lenten Grace

Loving God,

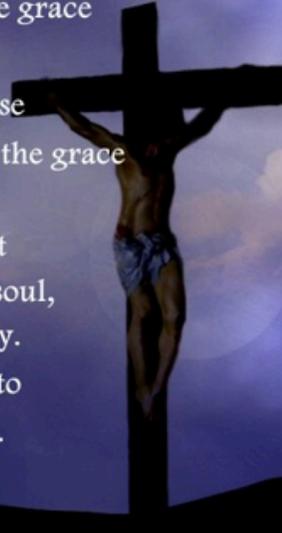
During the sacred season of Lent, bring me closer to you. Prepare a place in my home and heart for silence and solitude, so that I may re-discover the grace of a prayer-full life.

Enlarge my heart so that I give to those in need and, in so doing, re-discover the grace of gratitude and generosity.

Help me to fast from those things that threaten the well-being of body and soul, remind me of the grace and simplicity.

May this season be grace-filled time to rekindle my love for and faith in you.

Amen.



Lent Puzzle Activities

RINEFGOVSS

RCGEA

RTHGWO

OEPH

NTLE

THLGI

VOEL

MCRYE

SERTAE

ERRYAP

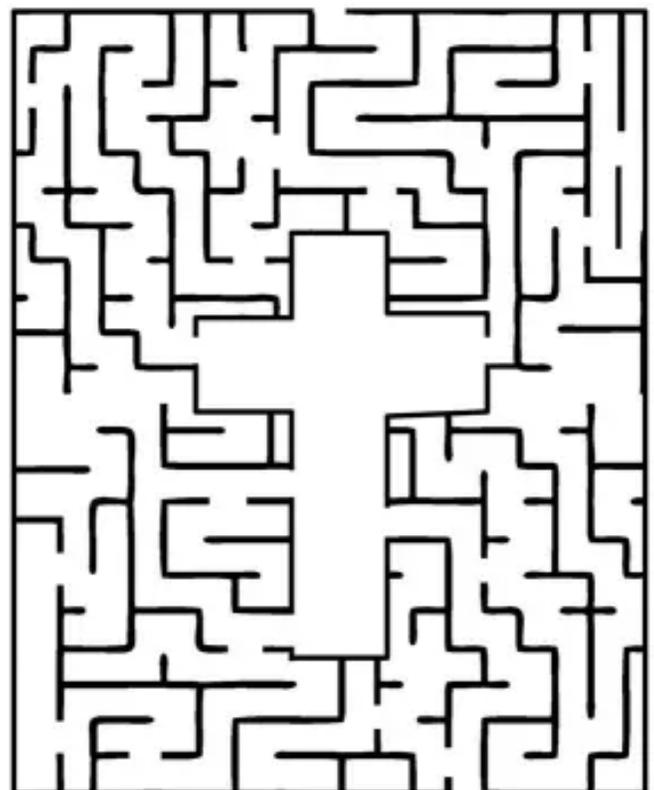
MGGILIASVN

HASES

ACTHRIY

SROCS

Finish



Start



FATHER LEONARD VAN TIGHEM, OMI, SCHOOL

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



Shannon Collier, Principal
Justin Molas & Cason Machacek, Associate Principals

Dear Father Leonard Van Tighem Families,

As we enter this holy season of Lent, our school community is reflecting on the call to prayer, fasting, and almsgiving. This year carries a special significance as it marks our final Lent together as a K-9 school community before our elementary students and staff transition to their new home at St. Kateri School in January 2027. While there is a natural sense of grief in saying goodbye, we are choosing to transform that transition into a "warm welcome" by building a spiritual bridge between our two locations. We move forward with confidence, trusting in the promise of Isaiah 43:19: "For I am about to do something new. See, I have already begun!"

To honor this journey, our Lenten Almsgiving initiative, "**Our Lenten Bridge: From One Home to Two,**" will raise funds to give the gift of a St. Kateri statue to the new elementary school when they open wide their doors and share Christ's love in our Division's new building. This statue will serve as a permanent symbol of our shared faith and a piece of our collective heart planted in their new building, proving that even as our hallways change, we remain one family in Christ. It is a beautiful opportunity for us to be mindful of our many blessings and to give in a way that creates a lasting, positive impact on our future school community.

We invite your family to join us in this communal act of prayer and blessing. Throughout the Lenten season, we will house a collection basket in our students' classrooms or students can bring directly to the office for any donations you may feel called to share. Additionally, during our Lenten Liturgies, students will be invited to process to the altar with any "almsgiving acts" they wish to contribute.

Please feel free to refer to the back of this letter for the **Steps for an Official Donation Receipt for Income Tax Purposes.**

"Many Hands Building A Better World"

Make a School Donation: Steps for an Official Donation Receipt for Income Tax Purposes.

1 Navigate to <https://www.holyspirit.ab.ca/>

2 Click "Donations"

3 Click the desired amount you may wish to give.

4 Select the "Father Leonard Van Tighem School" option.

5 Click this field.

6 Type specifically "St.Kateri School Statue"

7 Click the "Add To Cart" Button and proceed through the final steps to checkout.

We are deeply grateful for your continued partnership and for the love you pour into this school community as we walk together, giving thanks to the Lord with all our hearts.

In Christ,

Father Leonard Van Tighem School

"Many Hands Building A Better World"

DATES TO REMEMBER...

March 2026

- 2 - Lenten Celebration
- 5 - Gr 6 Religious Retreat
- 5 - Twin/Triplet Day
- 5 - Jr High Dance
- 7 - "ShrekFest" Waffle Breakfast 8-11am @FLVT
- 8 - Daylight Savings - Spring Ahead
- 10 - School Council @7pm
- 11 - Lenten Celebration
- 12 - Ski Trip
- 13 - NO SCHOOL - PD Day for staff
- 15 - Shrek - Full Run Through - ALL CAST/CREW
- 16 - Grade 9 to 10 Course Selections Due
- 17 - St. Patrick's Day - wear green
- 19 - Jersey Day
- 19 - Lenten Celebration
- 20 - Gr 4 Science Fair
- 24 - Winter Pursuits to Waterton
- 24 - Shrek Jr Picture Day
- 25 - Gr 4 to Aggie Days
- 25 - Panago Pizza Fundraiser Night
- 25 - Parent Teacher Interviews
- 25 - Holy Spirit Board Meeting at CEC
- 26 - KindenGrad Picture Day
- 26 - Family Photo Evening
- 26 - Parent Teacher Interviews
- 27 - Lenten Celebration
- 29 - Shrek - Full Run Through - ALL CAST/CREW
- 30 - Palm Sunday Liturgy
- 30 - Jr High Choir Banff Trip
- 31 - Tech Talk - Parent Evening - 6pm
- 31 - Jr High Choir Banff Trip



Week 1 - Tuesday, Feb. 24 at 9:30am - 6L/1E
Week 2 - Monday, Mar. 2 at 3:10pm - 8C
Week 3 - Wednesday, Mar. 11 at 10:00am - 4B/4C
Week 4 - Thursday, Mar. 19 at 12:30pm - 1T/6W
Week 5 - Friday, Mar. 27 at 10:30am - 7M
Palm Sunday - Monday, Mar. 30 at 3:10pm - 7R/5A
Stations of the Cross - Thursday, April 2 - 9B

Please join us for our Lenten Services

Recurring Weekly Events this month

- Wednesday** - JH Drama Club 4-5pm
- Thursday** - JH CommuniTEA - @lunch break
- Friday** - Choir Grades 4, 5, 6 11:30-12:30
- Friday** - JH Games Club 11:30-1:00

FOR THE MOST UP TO DATE INFORMATION - PLEASE USE OUR **ONLINE EVENTS CALENDAR**

<https://flvt.holyspirit.ab.ca/calendar>

Additional Calendars can be found

<https://flvt.holyspirit.ab.ca/view-additional-calendars>

including schedules on our co curricular events...Shrek rehearsal schedule and athletics

PLEASE WELCOME

Please Welcome

Andreas Gateman PSII with Mrs. Johnson

Hello! My name is Andreas Gateman, and I am thrilled to be joining the Father Leonard Van Tighem School community as a student teacher from the University of Lethbridge.

I was born and raised here in Lethbridge and completed much of my schooling in French immersion, including a three-month exchange in Southern France during high school. My love of language and culture has continued into my university studies, and alongside my degree, I work part-time with Canadian Parents for French supporting language education initiatives across Alberta.

Outside of the classroom, I am a very musical person and play several instruments, including piano, saxophone, and the pipe organ. I also love hiking, visiting museums, and exploring new places, especially local coffee shops! Previously, I have worked in museum programming and youth ministry, where I had the opportunity to design engaging learning experiences for children and teens.

I am passionate about creating inclusive, thoughtful classrooms where students feel supported, challenged, and excited to learn. As a practicing Anglican, I am especially grateful for the opportunity to learn within a Catholic school community and to experience how faith and education intersect in meaningful ways.

I look forward to supporting your children in their learning and becoming part of this wonderful school community!



Please Welcome

Rebecca Tivadar PSII with Mr. Pollio



Hi everyone, my name is Rebecca Tivadar and I am very excited to be a student teacher at FLVT! I recently graduated with my BSc majoring in neuroscience and applied right after to the education program to fulfill my goal of becoming a teacher! To get a bit more personal, I recently got married, I am a fur mom to two shepherds, and my favourite hobbies are reading and watch movies.

PLEASE WELCOME

Please Welcome

Claire Rose PSII with Mrs. J Collier

Hello! My name is Claire Rose, and I am a fourth-year English-Education major at the University of Lethbridge. As an English and Education major, I have a deep love for reading and a passion for empowering students through education. Beyond academics, I enjoy spending time with animals, exploring nature, traveling, baking, and engaging in creative digital projects.

Currently, I serve as the Director of Social Media for the Education Undergraduate Society, where I create engaging content to promote our club and education-related events. This role has allowed me to combine my creativity with my commitment to building community within the education field.

I am incredibly excited and grateful to be welcomed into Father Leonard Van Tighem School. I feel fortunate to have the opportunity to learn and grow as an educator under the guidance of Mrs. Collier as well as the rest of the school community.



Please Welcome

Kurt Brown PSII with Ms. Giannetti



My name is Kurt Brown, and I am a student teacher from the University of Lethbridge completing my PSII practicum here this term. I am currently studying Education, majoring in Mathematics Education with a minor in Social Studies Education. I'm especially interested in how students come to understand challenging ideas and in approaches like 'Thinking Classrooms' that encourage problem-solving, student collaboration, and active engagement.

I chose teaching because I value the opportunity to guide students as they develop confidence and independence in their learning. I believe classrooms work best when students are supported, challenged, and feel encouraged to think for themselves and explore new concepts.

Outside the classroom, I have a strong interest in philosophy, faith and theology, and enjoy reflecting on how values and community shape our lives. I also enjoy fitness and spending time outdoors, especially hiking and exploring nature. I'm excited to become part of the school community, and make meaningful relationships with the staff and students.

NEED TO FIND INFORMATION FOR YEAR...

Please click on the following links for more information.

FLVT website: <https://flvt.holyspirit.ab.ca/>

Bell Times: https://flvt.holyspirit.ab.ca/bell_times

Calendar (school based events): <https://flvt.holyspirit.ab.ca/calendar>

Co-curricular Athletics Calendar: [Athletic Calendar](#)

Co-curricular Performing Arts: https://flvt.holyspirit.ab.ca/performing_arts

Bussing Information: <https://flvt.holyspirit.ab.ca/transportation>

Fee Payments: <https://holyspirit.schoolcashonline.com/>

School Supplies: https://flvt.holyspirit.ab.ca/supply_lists

School Council Meeting Dates & Minutes: https://flvt.holyspirit.ab.ca/school_council

Divisional Website: <https://www.holyspirit.ab.ca/>

Facebook: <https://www.facebook.com/flvthawks/>

Instagram: <https://www.instagram.com/flvthawks/>

Student Handbook: https://flvt.holyspirit.ab.ca/student_handbook

HONEST **HAWKS** **KIND**
ACCEPT **WISE** **SPIRITUAL**
ING

FATHER LEONARD VAN TIGHEN

STAY CONNECTED AND SCHOOL FEES ARE NOW DUE

SchoolCash Online

School Fees are now due - please login to SchoolCash Online SchoolCash Online and School Fees The Holy Spirit School Division uses School Cash Online which provides you with the convenience of paying online for school items such as school fees, trips, co-curricular fees, etc. Go to <https://holyspirit.schoolcashionline.com/> to register online. Once you have registered your child, you will be able to see all fees owing for your student. All fees are posted on the website, under the "Our School" tab on our main page and attached to this newsletter. Having troubles finding your child's student number for SchoolCash Online - send an email with your child's full name (and grade level) to flvtooffice@holyspirit.ab.ca



PARENT TEACHER STUDENT INTERVIEWS

Parent teacher student conferences are Wednesday, March 25 & Thursday, March 26, from 5:00-8:00 pm.

Conference Manager will open Monday, March 8th and close Tuesday, March 24th.

Conference Manager will open Monday, March 8th and close Tuesday, March 24th.

For Grades 1-9

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.

Kindergarten

Book your interview online @ <https://vantighem-leth.schoolsoft.com/login.jsf> starting March 8th..

FLVT SPOTLIGHT



Knights of Columbus
**Keep Christ
in Christmas
Poster Contest**

District **Level** Winners!!



Congratulations Everett, Brynn, Ayla & Macky

15th Annual
Country Music Alberta Awards
Horizon Youth Award Nominee
Autumn Bruce



15th Annual
COUNTRY MUSIC AB AWARDS

NOMINEES

HORIZON YOUTH AWARD

CRANG BENTK
Karma CONCERTS

YOUTH LEADERSHIP - IN ACTION

Show courage, kindness, and leadership



**CONGRATULATIONS
TO OUR
WINNERS!!**



2026

Alberta Winter Games

CONGRATULATIONS TO ALL OUR FLVT
ALBERTA WINTER GAMES ATHLETES



BROOKLYN SEEMAN - JUDO



AIDEN BASTIEN - ALPINE SKIING



CLAIRE PEAKE - SPEEDSKATING





2026

Alberta Winter Games
CONGRATULATIONS TO ALL OUR FLVT
ALBERTA WINTER GAMES ATHLETES



GRACELYNN MAIER - ARTISTIC SWIMMING



ANISTON WEENK, BROOKE PILSNER,
ELLA TILLSLEY, & VIVIAN LAVENS- VOLLEYBALL



RACHEL PEAKE & CHARLEY EVANS - ARTISTIC GYMNASTICS

Lenten

SERVICES



Week 1 - Tuesday, Feb. 24 at 9:30am - 6L/1E

Week 2 - Monday, Mar. 2 at 3:10pm - 8C

Week 3 - Wednesday, Mar. 11 at 10:00am - 4B/4C

Week 4 - Thursday, Mar. 19 at 12:30pm - 1T/6W

Week 5 - Friday, Mar. 27 at 10:30am - 7M

Palm Sunday - Monday, Mar. 30 at TBD - 7R/5A

Stations of the Cross - Thursday, April 2 - 9B

Please join us for our Lenten Services

GRADE 6 CAMP FUNDRAISERS

February 23rd - March 13th



Ben's Beef Jerky & Kernels Popcorn



SHREK FEST

A Waffle Breakfast

Fundraiser!

Saturday March 7th
from 8:00am - 11:00am
in the FLVT Gathering
Space

Featuring
performances from the
cast of Shrek Jr.

Breakfast,
entertainment, Silent
Auction & more!

Scan to purchase



10\$
A PLATE!

All proceeds go towards the FLVT production of Shrek the Musical Jr.
Poster Art by: Rylan Holstein

**Want to support this
year's musical
production of
Shrek Jr. at FLVT?**



**Consider being a sponsor!
Please see the sponsorship
form for more information!
Thank you for supporting
the arts in our school.**

Support this years musical Shrek Jr.

OPTION 1

Advertising in the Playbill.

<https://holyspirit.schoolcashonline.com/Fee/Details/44237/179/False/True>

OPTION 2

Donating to the Program.

<https://holyspirit.schoolcashonline.com/Fee/Details/2/179/false/true>

Under Gift, Information, choose FLVT School and write Spring Production in the memo.

For more information please Kennedy McKenzie
mckenziek@holyspirit.ab.ca

**Deadline for donations and advertisements:
April 2nd, 2026.**



We are raising
FUNDS

To Support Flvt Junior Choir



YOU CAN SUPPORT OUR PROGRAM
by purchasing delicious perogies
or cookie dough.

WE APPRECIATE YOUR SUPPORT!!

The JH Choir is running a fundraiser selling frozen goods.

Items are on sale from February 25 to March 4

Please help us support Junior High Choir!

[Junior High Choir Fundraiser](#)

Family Photo Night is coming soon!

EACH FAMILY RECEIVES 1 **FREE** 8X10 PHOTO OF THEIR CHOICE!

- An affordable and convenient option for family portraits.
- Great for Mother's Day, Father's Day and holiday gift-giving!
- Sitting fee is \$30. 100% of the fee is donated back to your school!
- Convenient weekend and evening portrait sessions
- 10 minute sitting includes 10-15 online proofs with the option to order additional photos.

Have questions? Email us at help@mountainwest.ca

Sign up today!



RAISING DIGITAL KIDS: WHAT EVERY PARENT SHOULD KNOW

Today's adolescents are growing up online –
and the digital world is constantly evolving.

Join us, *Building Safer Communities*, for an engaging session
on youth online safety, shaped by local insight gained
through our partnership with the *Lethbridge Police Service*.

BUILDING  **Lethbridge**
SAFER COMMUNITIES

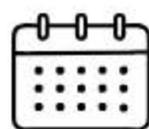
THE SESSION COVERS:

The digital platforms
young people use, how
they engage online
current behavioral trends.

Key Online Harms:
What to Watch for
& How to Respond

How to use parental
controls & app safety
features effectively

Practical strategies &
conversation starters to
help youth build
safer online behaviours



Tuesday March 31, 2026
6:00 - 7:30 p.m.



Father Leonard Van
Tighem School

light refreshments & snacks provided

REGISTRATION REQUIRED
Scan the QR Code *or* click the Link





Holy Spirit Catholic School Division Town Hall for Future Budget Conversations

What is a Town Hall - The purpose of the town hall is for parents/guardians to discuss future budget allocations in an open forum where school leadership shares financial realities, priorities, and projected needs, while inviting questions and feedback from families. It allows parents/guardians to better understand funding constraints and trade-offs, helping shape strategic priorities for Holy Spirit's Catholic School Division's future.

Wednesday March 11, 2026 @ 6pm on CCH Campus West

Wednesday March 18, 2026 @ 6 pm on CCH Campus East

Monday March 23 @ 5 pm Virtually. (Link to follow closer to the date)



Holy Spirit
CATHOLIC SCHOOL DIVISION

Parent Assurance Survey

Alberta Education is requesting your participation in an online survey for Holy Spirit Catholic Schools.

On February 10th/11th an email, with a Random Access Code, was sent to parents of Grade 4 and 7 students from 'FLVT Office' requesting your completion of the Alberta Education Survey.

More information on the collection of this data can be found here: [Alberta Education Parent Survey Letter](#)

Please complete the online survey by March 6, 2026.

Your voice matters!

FLVT Junior High

DANCE

Thursday, March 5

6:00-9:00 pm

Cost is \$5 per student

Tickets will be sold ONLINE ONLY until 11:55 pm on Wednesday, March 4th

Dance is from 6:00 - 9:00 p.m.

Doors open at 5:55 p.m. at the earliest.

All students must be picked up by 9:15 p.m.

The canteen will be open to purchase food and drinks

CHAPERONES ARE NEEDED

Please email flvtooffice@holyspirit.ab.ca to volunteer as a chaperone.

Early Chaperone shift is from 5:45-7:30 p.m.

Late Chaperone shift is from 7:30-9:15 p.m.

Elementary Marathon Club

Monday, Wednesday, Friday Starting April 13th



- Information packages have been sent home with students and can be found on our website under 'permission forms & notices'
- Opt in for breakfast by March 27th (SchoolCashOnline)
- Need a run club shirt - order by March 13th (SchoolCashOnline)
- Register for the the Little Souls Race & the final leg of the Marathon. Race is Wed, May 27 at 6:30pm at Chinook High School.

PLEASE NOTE: FAMILIES ARE RESPONSIBLE TO REGISTER FOR THE RACE ONLINE AT AS WELL AS PICK UP RACE PACKAGES

<https://runnersoul.com/event/little-souls-kids-marathon/>

REGISTER EARLY AS THE RACE FILLS UP QUICKLY!



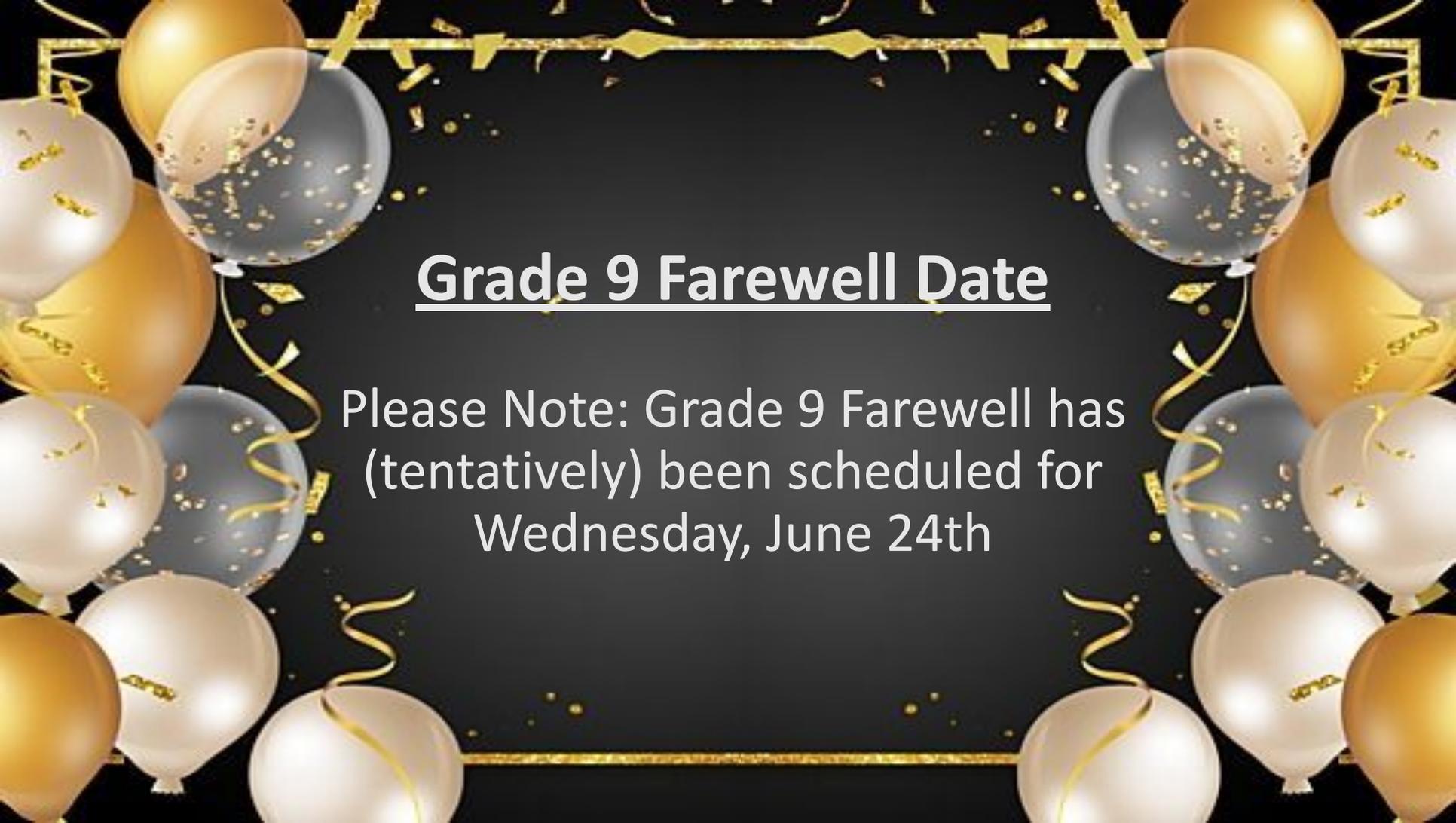
2026 PAT Schedule

Grade 6

- May 22, 2026: Grade 6 English Language Arts Part A
- June 4, 2026: Grade 6 English Language Arts Part B
- June 11, 2026: Grade 6 Social Studies
- June 12, 2026: Grade 6 Science
- June 15, 2026: Grade 6 Math Part A
- June 18, 2026: Grade 6 Math Part B

Grade 9

- May 21, 2026: Grade 9 English Language Arts Part A
- June 9, 2026: Grade 9 English Language Arts Part B
- June 16, 2026: Grade 9 Math Part A
- June 19, 2026: Grade 9 Math Part B
- June 22, 2026: Grade 9 Social Studies
- June 23, 2026: Grade 9 Science



Grade 9 Farewell Date

Please Note: Grade 9 Farewell has
(tentatively) been scheduled for
Wednesday, June 24th

Does your child love swimming? Looking for a summer cross-training opportunity? Want to make new friends, set and achieve goals, develop skills, and have a LOT of fun doing it in a flexible and supportive team atmosphere?

Come swim with us!

LETHBRIDGE ORCAS SUMMER SWIM CLUB 2026 Registration

**Registration Begins March 1st.
Early bird pricing until April 15!**

Check out our registration evenings for more information or view the 2026 parent handbook on our website:
lethbridgeorcas.com

Wednesday March 11th - 5:00 - 7:00pm

Thursday March 12th - 5:00 - 7:00pm

@Nicholas Sheran Arena Lobby

Suitable for swimmers of all levels, ages 5+

Paraswimmers Welcome

Please email orcasecretary@gmail.com if you have other questions or need more information

2026 LETHBRIDGE COUGARS BASKETBALL CLUB

ELIGIBILITY: All participants must be enrolled at a Holy Spirit School.

REGISTER AT: LETHBRIDGECOUGARS.CA **QUESTIONS?** lethbridgecougarsbasketball@gmail.com

1. TOURNAMENT TEAM TRYOUTS (U11 – U17)



Divisions: U11 (Gr. 4-5), U13 (Gr. 6-7), U15 (Gr. 8-9), U17 (Gr. 10-11)

Registration Deadline: March 22, 2026 **Tryout Fee:** \$10.00 (Due with registration)

Tryout Schedule & Locations:

- **Mon. March 23 & Wed. March 25 (at CCH East Campus):**
 - **Boys U11:** 5:00 PM – 6:30 PM
 - **Boys U13:** 6:30 PM – 8:00 PM
 - **Boys U15/U17:** 8:00 PM – 9:30 PM
- **Tues. March 24 & Thurs. March 26 (at CCH East Campus):**
 - **Girls U11:** 5:00 PM – 6:30 PM
 - **Girls U13:** 6:30 PM – 8:00 PM
 - **Girls U15:** 8:00 PM – 9:30 PM
- **Friday, March 27 (at CCH West Campus):**
 - **Boys U17:** 1:00 PM – 2:30 PM
 - **Girls U17:** 3:00 PM – 4:30 PM



2. U11/U13 DEVELOPMENTAL PROGRAM (Grades 4–7)

- **When:** Tuesdays, 6:30 PM – 8:00 PM
- **Dates:** April 14 – June 2 (8 Sessions) → **LCBC Hoodie and Jersey** received with registration!
- **Location:** Father Leonard Van Tighem School (25 Stoney Cres west)
- **Registration Deadline:** Friday, March 27

3. U9 DEVELOPMENTAL PROGRAM (Grades 2 & 3)

- **Boys U9:** Tuesdays, 4:15 PM – 5:15 PM (April 14 – June 2)
- **Girls U9:** Wednesdays, 4:15 PM – 5:15 PM (April 15 – June 3)
- **Location:** Ecole St. Mary's (422-20th Street South)
- **Registration Deadline:** Monday, March 30 → **LCBC T-Shirt and Ball** received with registration!

Important Notes for All Programs:

- **Arrival:** Please arrive 15 minutes early for Tryouts and 5 minutes for developmental sessions.
- **Gear:** Bring proper court shoes, shorts, and a water bottle.



2026 Lethbridge Cougars Basketball Club TRYOUTS

***MUST BE ENROLLED AT A HOLY SPIRIT SCHOOL**

TRYOUTS WILL BE HELD AT:

Catholic Central High School - EAST CAMPUS: 405-18th Street S. (M-TH)

Catholic Central High School - WEST CAMPUS: 251 Britannia Blvd W. (F)

DIVISIONS OFFERED: U11 → Gr. 4-5, U13 → Gr. 6-7, U15 → Gr. 8-9, U17 → Gr. 10-11

Boys U11/13/15 *U17 Mon Only TRYOUTS MON. MAR. 23 & WED. MAR. 25	Girls U11/13/15 TRYOUTS TUES. MAR. 24 & THUR. MAR. 26	Boys/Girls U17 TRYOUTS @ CCH Campus West Friday March 27th
BOYS U11 5:00 - 6:30 PM	GIRLS U11 5:00 - 6:30 PM	BOYS: 1:00 - 2:30
BOYS U13 6:30 - 8:00 PM	GIRLS U13 6:30 - 8:00 PM	GIRLS: 3:00 - 4:30
BOYS U15/U17* 8:00 - 9:30 PM	GIRLS U15 8:00 - 9:30 PM	

IMPORTANT NOTES FOR TRYOUTS:

- TRY TO ENSURE YOU ARE AT **BOTH** TRYOUTS.
- ARRIVE **15 MINUTES** EARLY FOR REGISTRATION
- BRING YOUR WATER BOTTLE (LABELED WITH NAME) RUNNING SHOES, AND LCBC JERSEY IF YOU HAVE ONE.



- **Registration Deadline: MARCH 22, 2026**
- Sign up at: **lethbridgecougars.ca**
- Tryout Fee: **\$10.00** DUE WITH REGISTRATION

CONTACT lethbridgecougarsbasketball@gmail.com for more information!

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



2026 Lethbridge Cougars Basketball Club U9 SIGNUP

***IF YOU ARE ENROLLED AT A HOLY SPIRIT
ELEMENTARY SCHOOL YOU ARE INVITED TO
BE APART OF *Lethbridge Cougars Basketball Club!*
U9 DEVELOPMENTAL PROGRAM (GRADE 2'S & 3'S)
LOCATION: **Ecole St. Mary's: 422-20th Street South****

BOYS U9 PROGRAM WEEKLY ON TUESDAYS 4:15 - 5:15 pm	GIRLS U9 PROGRAM WEEKLY ON WEDNESDAYS 4:15 - 5:15 pm
Program Runs April 14 - June 2	Program Runs April 15 - June 3

IMPORTANT NOTES FOR U9 PROGRAM:

***PLEASE ARRIVE **5 MINUTES** EARLY**

***BRING YOUR PROPER COURT SHOES, SHORTS,
WATER BOTTLE, AND LCBC JERSEY/SHIRT IF
YOU HAVE ONE.**



**EVERYONE IN GRADE 2 OR 3 IS WELCOME
BUT SPACE IS LIMITED! REGISTER FAST.**

**CONTACT lethbridgecougarsbasketball@gmail.com
for more information**

[Deadline to Register: MONDAY MARCH 30](#)

*** TO REGISTER: LETHBRIDGECOUGARS.CA**

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





2026 Lethbridge Cougars Basketball Club

U11/U13 DEVELOPMENT PROGRAM SIGN-UP

If you are enrolled at a Holy Spirit Elementary School, you are invited to join the Lethbridge Cougars Basketball Club!

Program Details:

- Who: Co-ed | Grades 4–7 |
- Location: Father Leonard Van Tighem School, 25 Stoney Crescent W, Lethbridge
- When: Tuesdays, 6:30 PM – 8:00 PM
- Dates: 8 Sessions | April 14 – June 2

Important Notes:

- **Arrival:** Please arrive 5 minutes early for each session.
- **Gear:** Bring proper court shoes, shorts, and a water bottle.
- **Swag:** All participants receive an **LCBC Hoodie and Jersey** with registration!

Space is limited! Everyone in Grades 4–7 is welcome, but spots fill up quickly. Register fast to secure your place.



Registration Deadline: Friday, March 27

How to Register: LETHBRIDGECOUGARS.CA

Questions? Contact us at lethbridgecougarsbasketball@gmail.com for more information.

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



JR.STEEL

Jr Steel U16 tackle football team is looking for a few more girls to fill the roster.

More info can be found at <https://www.lethbridgeminorfootball.org/>

JR.STEEL

REGISTRATION FOR THE 2026 SEASON IS OPEN!

NEW PLAYERS ARE ALWAYS WELCOME AND ENCOURAGED TO COME OUT AND PLAY!

REGISTRATION LINK IN THE BIO AND FEEL FREE TO DM WITH ANY QUESTIONS REGARDING FOOTBALL, REGISTRATION OR ANY GENERAL INQUIRES

CAN'T WAIT TO MEET YOU ALL!

JR STEEL 2

JR STEEL 9

JR STEEL 4

JR STEEL 2

JR STEEL 9

JR.STEEL



OUTDOOR REGISTRATION IS OPEN!

WWW.LETHBRIDGETRACK.CA

TUESDAY & THURSDAY

5:30-7PM (COACHING)

SATURDAY

10:30-12PM (LTFC OPEN TRACK)

U OF L COMMUNITY STADIUM

How well can your child see?

You can't see the world through your child's eyes, but your optometrist can.

During your child's eye exam, your optometrist will assess:

- ★ Visual acuity (how well they can see)
- ★ Lazy eye, crossed eyes
- ★ Nearsightedness, farsightedness and astigmatism
- ★ Colour vision
- ★ Eye coordination, tracking and depth perception
- ★ Eye health

**Kindergarten
Students**


**FREE
GLASSES**



For more information about
Eye See...Eye Learn™

contact Alberta Association of Optometrists
at 1-800-272-8843 or visit
optometrists.ab.ca/ESEL

EYEWEAR PARTNERS



Eye See...Eye Learn™ is
funded in part by the
Government of Alberta



Alberta
Association
of Optometrists 

Your child's vision and eye health are essential.



Eye See...Eye Learn™

is a program that ensures children starting kindergarten have the vision they need. The Alberta Health Care Insurance Plan (AHCIP) provides partial coverage towards an annual eye exam for children under the age of 19. If required, kindergarten-aged students can also receive a free pair of eyeglasses through the Eye See...Eye Learn™ program.

optometrists.ab.ca/ESEL

How kindergarten-aged students participate*

STEP 1

Parents can find a participating optometrist at optometrists.ab.ca. Click on Find an Optometrist and check the box for Eye See...Eye Learn™, then enter your postal code to find a doctor close to you. Call or go online to book an appointment.

STEP 2

See your optometrist for the eye exam. Have your health card ready. Through Alberta Health Care, there is partial coverage towards your child's annual eye exam up to the age of 19.

STEP 3

If required, kindergarten-aged students will receive a free pair of eyeglasses. Ask to see the frame selection available. The optometrist will order your glasses for you.

**Free glasses are covered by a one year manufacturer's warranty.*

KINDERGARTEN
STUDENTS

FREE
GLASSES

Who can participate?

Eye See...Eye Learn™ is available to all kindergarten-aged students in Alberta. It's important to address eye health and vision problems before children begin school. Children are eligible to participate in the program from the July before they start kindergarten until August 31 of the next year before they enter Grade 1.

Eye exam coverage

The Alberta Health Care Insurance Plan (AHCIP) provides partial coverage towards an annual eye exam for children under the age of 19. Eye exams are a painless, non-invasive process that could change their lives and help them reach their full learning potential.

Check with your optometrist to determine if there are any additional costs prior to your appointment.



Did you know?

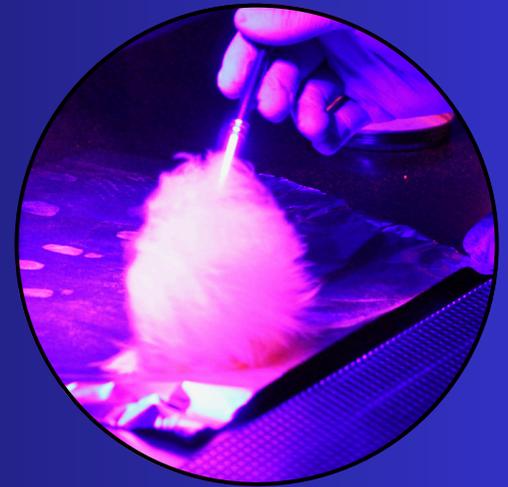
- ★ Up to 80% of learning is visual.
- ★ 1 in 4 school-aged children has a vision problem.
- ★ An eye exam detects health problems such as crossed eyes or lazy eye.
- ★ Children with vision problems are often misdiagnosed as having learning or behavioural disabilities.
- ★ The earlier an eye health or visual problem is identified, the more likely it can be corrected and the less likely it is to impact learning.
- ★ Children often don't know they have a vision problem, as they believe what they are seeing is normal.
- ★ It is not uncommon for parents to believe they would know if their child has a vision problem. However, these issues can be hard to spot, particularly if there is a problem in only one of the eyes.



LETHBRIDGE POLICE SERVICE PRESENTS

Youth Police Academy

ARE YOU BETWEEN AGES 12-16 AND WONDERED WHAT IT'S
LIKE TO BE A POLICE OFFICER?
JOIN US FOR OUR THREE DAY YOUTH POLICE ACADEMY



APRIL 7-9 2026



8:00 AM - 4:00 PM



LETHBRIDGE POLICE
HEADQUARTERS 135 1 AVE S

DEADLINE TO APPLY: MARCH 20TH

FOR MORE INFO AND
APPLICATION



**The parking lot is not a race track!
Please slow down!**



GET CONNECTED

To All Lethbridge Family Life and Youth Events
BY SCANNING THE QR CODES
AND ADDING THEM RIGHT
TO YOUR PHONE



**FAMILY
EVENTS**
(ALL AGES)



**YOUTH
MINISTRY**
(GRADES 6 - 8)



**YOUTH
MINISTRY**
(GRADES 9 - 12)



ALL ARE
WELCOME
ALL ARE WANTED



YOUTH MINISTRY

GRADES 6 - 8

WEDNESDAYS 6:15 PM - 7:30 PM
HOSTED AT ST. MARTHA'S PARISH
355 COLUMBIA BLVD W,
FAITH + FOOD + COMMUNITY

Scan Here To Register
Questions? Email: andy@stmarthaslethbridge.org

Scan Here To See All Upcoming Events

Youth Ministry

Grades 9 - 12

SUNDAYS
7:15 PM - 9:00 PM
ASSUMPTION HALL
2405 12 AVE S
FAITH + FOOD + COMMUNITY

Scan Here To Register
Questions? Email: andy@stmarthaslethbridge.org

Scan Here To See All Upcoming Events



LETHBRIDGE FAMILY LIFE
TWO PARISHES ONE FAMILY

JOIN US FOR:
ST. PATRICK'S STEW SUPPER

SATURDAY,
MARCH 14TH,
6 PM - 8 PM
HOSTED AT:
ASSUMPTION HALL



LETHBRIDGE FAMILY LIFE
TWO PARISHES ONE FAMILY

ADORATION
Praise & Worship

MARCH 15th | 7:15pm - 8:00pm

Hosted at:
Our Lady of the Assumption Church
2405 12 Ave S, Lethbridge

Lethbridge Family Life March Event Calendar

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Lenten Fridays



Mass & Adoration

At: Assumption Church

- 9:00 AM Mass
- 10:00 AM Adoration
- 12:00 PM Rosary
- 3:00 PM Divine Mercy Chaplet
- 5:30 PM Stations of the Cross
- 7:15 PM Teaching
- 7:45 PM Benediction

At St. Martha's Parish

- 9:30 AM Adoration
- 3:15 PM Benediction
- 7:00 PM Stations of the Cross



Soup Supper

At: Assumption Hall

- 6:00 PM - 7:00 PM

At: St. Martha's Parish

- 6:00 PM - 7:00 PM

Family Adoration



Family Adoration

Sunday March 15th

At: Assumption Church

- 7:15 PM - 8:00 PM

Family Events



St. Patrick's Stew Supper

Saturday March 14th

At: Assumption Hall
6:00 PM - 8:00 PM



Family Skate

Saturday March 21st

At: Civic Ice Center
5:00 PM - 7:00 PM
Free Admission

Youth Ministry



Youth Night **Grades 9 - 12** **Sundays**

At: Assumption Hall
• 7:15 PM - 9:00 PM



Youth Nights **Grades 6 - 8** **Wednesdays**

At: St. Martha's Parish
• 6:15 PM - 7:30 PM



Open Wide the Doors!

Sent To Share Christ's Love

St. Benedict Joseph Labre

Feast Day: April 16

St. Benedict Joseph Labre,
you gave up comfort and money
because you loved Jesus.

Help us to care more about Jesus
than about the things we own.

You lived quietly among the poor.

Help us to see Jesus in people who are poor
or in need, and not to judge them.

Help us remember that when we help them,
we are helping Jesus too.

You loved to pray, especially in front
of Jesus in the Blessed Sacrament.

Teach us to keep praying, even when it is hard.

St. Benedict Joseph Labre,
poor in the eyes of the world
but rich in God's eyes, pray for us.

Amen.



Holy Spirit Catholic School Division

...where students are cherished and achieve their potential

Dear Parents/Guardians,

We at the Holy Spirit Catholic School Division are happy to share with you some of the important dates to note for the upcoming 2026/2027 school year, including start/end dates, Christmas Break and Easter Break.

- First day of school - ***September 1, 2026***
- Last day of classes before Christmas Break - ***December 18, 2026***
- First day back from Christmas Break - ***January 4, 2027***
- Last day of classes before Easter Break – ***March 25, 2027***
- First day back from Easter Break - ***April 5, 2027***
- Last day of school for Elementary & Junior High students – ***June 25, 2027***
- Last Diploma for High School students - ***June 28, 2027***

A finalized calendar for the 2026/2027 school year will be made available to all Holy Spirit Catholic School Division families and staff following the May 2026 Board of Trustees Meeting.

Sincerely,

Chantel Axani, Superintendent of Schools



MARCH

**HONEST
ACCEPTING
WISE
KIND
SPIRITUAL**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p>  <p>SECOND SUNDAY OF LENT</p>	<p>2</p>  <p>Lenten Celebration 3:10pm</p> <p>Cheesy Garlic Fingers \$5</p>	<p>3</p> <p>Mini Pepperoni Pizza \$5</p>	<p>4</p> <p>JH Drama Club 4-5pm</p> <p>Mac and Cheese \$3 & Pulled Pork \$3</p>	<p>5</p> <p>Gr 6 Religious Retreat</p> <p>Twin/Triplet Day</p> <p>JH CommuniTEA</p> <p>Jr High Dance 6-9</p> <p>Chicken Burger \$5</p>	<p>6</p> <p>Choir Gr 4-6 11:30-12:30</p> <p>Jr High Games Club 11:30-1:00</p>  	<p>7</p> <p>"ShrekFest" 8:00-11:00</p> <p>Waffle Breakfast</p> 
<p>8</p>  <p>THIRD SUNDAY OF LENT</p> <p>Daylight savings begins, spring ahead</p> 	<p>9</p> <p>Cheesy Garlic Fingers \$5</p>	<p>10</p> <p>7pm School Council Meeting</p> <p>School Council Meeting</p> <p>Mini Pepperoni Pizza \$5</p>	<p>11</p>  <p>Lenten Celebration 10am</p> <p>JH Drama Club 4-5pm</p> <p>Chicken Nuggets \$5</p>	<p>12</p>  <p>Gr 5-9 Ski Trip</p> <p>JH CommuniTEA</p> <p>Chicken Burger \$5</p>	<p>13</p> <p>Spiritual PD Day No School for students</p> 	<p>14</p>
<p>15</p> <p>Shrek Full Run Thru CAST/CREW</p>  <p>FOURTH SUNDAY OF LENT</p>	<p>16</p> <p>Gr 9 to Gr 10 Course selection Due</p>  <p>Cheesy Garlic Fingers \$5</p>	<p>17</p> <p>St. Patty's Day - Wear Green</p>  <p>Mini Pepperoni Pizza \$5</p>	<p>18</p> <p>JH Drama Club 4-5pm</p> <p>Taco in a bag \$6.50 PRE ORDER</p>	<p>19</p> <p>Jersey Day</p> <p>JH CommuniTEA</p> <p>Lenten Celebration 12:30</p>  <p>Chicken Burger \$5</p>	<p>20</p> <p>Gr 4 Science Fair</p> <p>Choir Gr 4-6 11:30-12:30</p> <p>Jr High Games Club 11:30-1:00</p>  	<p>21</p>
<p>22</p>  <p>FIFTH SUNDAY OF LENT</p>	<p>23</p> <p>Cheesy Garlic Fingers \$5</p>	<p>24</p> <p>Winter Pursuits to Waterton</p> <p>Shrek Picture Day</p>  <p>Mini Pepperoni Pizza \$5</p>	<p>25</p> <p>Gr 4 Aggie Days</p> <p>JH Drama Club 4-5pm</p> <p>Panago Pizza Fundraiser Night!</p> <p>Parent Teacher Interviews</p> <p>3-6pm Holy Spirit Board Meeting at District Office</p> <p>Loaded Naches \$5</p>	<p>26</p> <p>Kinder Picture Day Family Photo Night</p>  <p>Gr 9's to</p>  <p>JH CommuniTEA</p> <p>Parent Teacher Interviews</p> <p>Chicken Burger \$5</p>	<p>27</p>  <p>Lenten Celebration 10:30</p> <p>Choir Gr 4-6 11:30-12:30</p> <p>Jr High Games Club 11:30-1:00</p>  	<p>28</p>
<p>29</p> <p>Shrek Full Run Thru CAST/CREW</p>  <p>Palm Sunday</p>	<p>30</p>  <p>Palm Sunday Liturgy 3:10pm</p> <p>JH Choir Banff Trip</p> <p>Cheesy Garlic Fingers \$5</p>	<p>31</p> <p>Tech Talk Parent Evening 6pm</p> <p>JH Choir Banff Trip</p> <p>Mini Pepperoni Pizza \$5</p>	<p>The most up to date events calendars can be found on our website https://flvt.holyspirit.ab.ca/ The most up to date co curricular calendar can be found on our website Co-curricular Calendar</p>			