

## PRINCIPAL MESSAGE: MARCH 2025

The season of Lent is a special time of receiving God's gifts. It is also a time that Catholics have found prayer, fasting, and almsgiving to be an important part of repentance and renewal.

Prayer is turning the heart toward God. When a person prays, they enter into a living relationship with God (YOUCAT 469). How can we add a little more prayer to our lives?

We may choose to turn off our electronic devices and spend more time in prayer. We may also choose to spend more time, as a family, reading the gospels together. Or we may spend time quietly reflecting. Expressions of prayer are found in a variety of ways.

Fasting, if spoken in the simplest terms is the opposite of feasting. Is there a way we may choose less in order to become more in touch with those in need? This small suffering should not be met with misery but with great joy as we better understand the incredible sacrifice that Jesus Christ made for humanity. What plans do each of us have to "give up" or "not feast" during this season?

Almsgiving is a sign of our care for those in need and an expression of our gratitude for all that God has given to us. What can we do for those in need?

Jesus spoke about being asked: "Lord, when did we see you hungry and feed you, or thirsty and give you drink?" and his response was "if they did this for the least of these they also did it for him."

Lent begins on Ash Wednesday and concludes at sundown on Holy Thursday. May your Lenten journey draw you even closer to the miracle that will happen at Easter!



### DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints; contemplate simplicity.

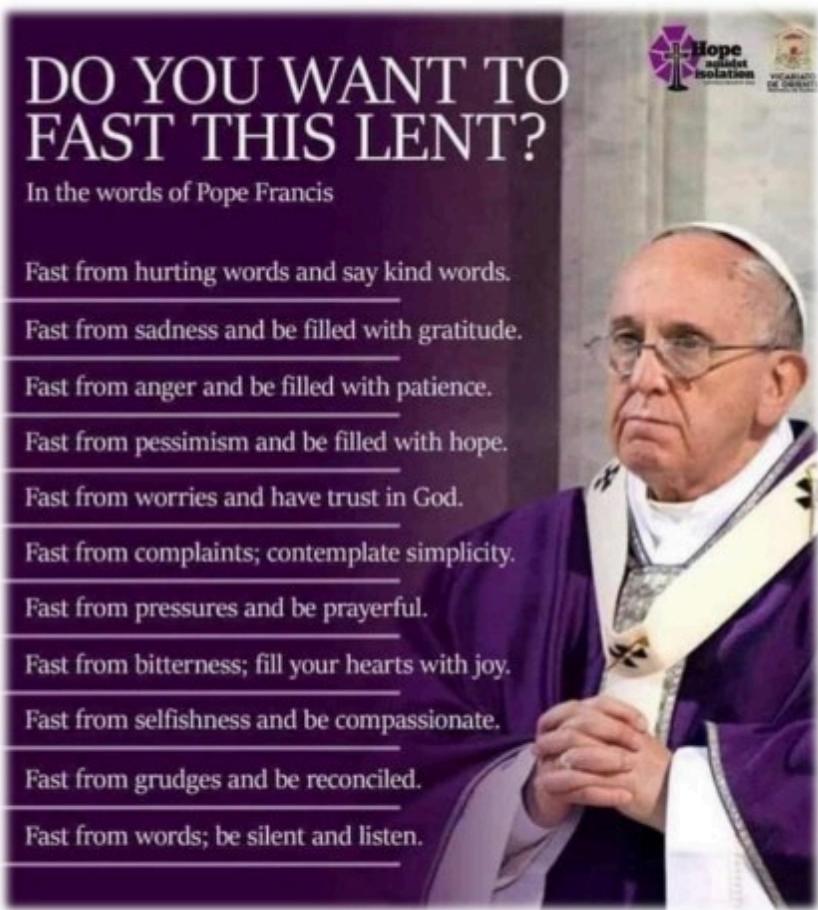
Fast from pressures and be prayerful.

Fast from bitterness; fill your hearts with joy.

Fast from selfishness and be compassionate.

Fast from grudges and be reconciled.

Fast from words; be silent and listen.



God Bless,  
Mrs. S. Collier *Miistaki anniski a Kil*  
FLVT Principal

<http://www.catholiceducation.org/en/culture/catholic-contributions/history-of-lent.html>



# Proclaim!

Pilgrims of Hope  
St. John the Baptist

Feast Day: June 24

O God, You raised up St. John the Baptist  
to prepare a perfect person for Christ.

We call upon St. John's intercession to properly  
prepare us with a true sense of repentance  
to receive Your grace and salvation.

Make us faithful to truth and justice, as You  
did Your servant, John the Baptist, herald of  
Your Son's birth and death.

Lord, may You increase Your life within us. Amen.

St. John the Baptist — pray for us!



# March 2025

HONEST  
ACCEPTING  
WISE  
KIND  
SPIRITUAL

Sun	Mon	Tue	Wed	Thu	Eri	Sat
2 <b>1st Sunday of Lent</b> Gr. 6 Camp Fundraiser Bottle Drive Feb.24-March 7 Beef Jerky and Kernels Popcorn Feb.24-March 14 	3 Cheesy Garlic Fingers \$5  <b>Badminton Tryouts begin</b> Coffee Fundraiser March 1st-10th School Cash Online 	4 Mini Pepperoni Pizza \$5 <b>SHROVE TUESDAY</b> 	5 Kraft Dinner \$3 Add Pulled Pork \$2 <b>Ash Wednesday@ 9:15am</b> 	6 Chicken Burger \$5  <b>Jr High Communita</b> Twin/Triplet Day 	7 Elementary Choir Gr 4-6  <b>Jr High Games Club</b> Last Day Gr. 6 Bottle Drive 	8
9 <b>2nd Sunday of Lent</b> Daylight savings begins 	10 Cheesy Garlic Fingers \$5 <b>Lenten Celebration 12:15</b>  Last day for Coffee orders School Cash Online 	11 Mini Pepperoni Pizza \$5 KinderGrad & Playbill Photo Day  <b>School Council Meeting 7pm</b>	12 Taco and Mexi Fries \$5 Newsies Field trip for Elementary and Junior High Drama Students 	13 Chicken Brgr \$5  <b>Jr High Communita</b> Ski trip Gr. 5-9 	14 Elementary Choir Gr 4-6  <b>Jr High Games Club</b> Where GREEN for St. Patrick's Day 	15
16 <b>3rd Sunday of Lent</b>	17 No School Divisional Collaboration Day 	18 No School PD Day 	19 Loaded Nachos \$5 <b>Lenten celebration 3:10</b> 	20 Chicken Burger \$5  <b>Jr High Communita</b>	21 Elementary Choir Gr 4-6  <b>Jr High Games Club</b> Conference Manager Opens Online for Parent/Teacher Interviews 	22
23 <b>4th Sunday of Lent</b>	24 Cheesy Garlic Fingers \$5 Grade Six Retreat 	25 Mini Pepperoni Pizza \$5 <b>Lenten Celebration 12:15</b> 	26 Taco in a bag (pre-order) \$6.25 K-9 Family Math Night 5:00-7:00pm CEC Board Meeting 	27 Chicken Burger \$5  <b>Jr High Communita</b>	28 Elementary Choir Gr 4-6  <b>Jr High Games Club</b> 	29 Marathon Club begins Monday, March 31st.

# A warm welcome to new staff members:



Kara-lyn Fredrickson will be filling our Family School Liaison Counsellor position! Kara-lyn is originally from Whitehorse Yukon, moving to Lethbridge 10 years ago to pursue her bachelor's degree of Health Sciences in Addiction Counselling. Following this, Kara-lyn worked in various family support and mental health roles in the Lethbridge area while completing her Master's in Education. Most recently, Kara-lyn has been working with youth as an addiction counsellor with Alberta Health Services for about 5 years, as well as working in a pilot project to improve mental health in schools with Southwest Collaborative Support Services. Kara-lyn completed Master of Social Work degree and some students and families will recognize her as she completed her practicum alongside Andrea Kobert, at our school from September to December 2024.

Hi! My name is Sabra Roberts; I am honoured to be in the office as Administrative Support until the end of the school year. I completed my Bachelor of Communications-Public Relations Degree at Mount Royal University in Calgary prior to getting married and becoming a Mom; I am also a Red Seal Master Hairstylist and a small business owner. Over the last five years I have had the privilege of volunteering at FLVT in various capacities including holding the position of Co-Chair on School Council. My husband and I have three children who attend FLVT in Kindergarten, 2nd and 4th grade. The daily interactions I have had with the incredible students, their families and staff members over the last month have me feeling very blessed and excited to have been asked to stay on in the office until the end of June. Please stop by and say "Hi!".



# A warm welcome to a few of the UofL Education students currently in our school!

Hello! My name is Jordan Flexhaug. I am so excited to be joining Mr. Templin's grade 1 class as an intern teacher for my final professional semester. Ever since I was little, I dreamed of one day becoming a teacher. I was fortunate to have an immense number of teachers throughout the years that I looked up to and aspired to be like. I have taken on many roles as an educator from being a tutor supervisor, to coaching soccer to children four and under. There was not a lot of soccer being played as picking flowers seemed much more exhilarating for a four year old. I grew up in Coaldale attending St. Joseph's School and Catholic Central High School for my senior years. Growing up I spent most of my time playing many different sports, but soccer has always had a special place in my heart. In my spare time, I enjoy playing guitar, spending time with my family, friends, and pets, playing soccer, travelling and being outside in nature.

I'm grateful for this opportunity to gain experience in my role as an educator. I very much look forward to learning and growing alongside the students and staff of Father Leonard Van Tighem.



My name is Josh Awosoga, and I'm in the sixth year of a combined Physical Geography and Education degree at the University of Lethbridge. I graduated from Catholic Central High School in 2019. I'm a big fan of science—especially anything to do with aviation—and love photography, cycling, and building drones. My passion for flight and my time in Air Cadets really inspired me to become a teacher. I hope to encourage curiosity and creativity in my students, helping them explore how the world around them works through hands-on activities and meaningful discussion.



My name is James, I am learning education at the university of Lethbridge with a focus on social studies in particular. I have been passionate about learning since a young age, and I always enjoyed being in school and learning. I hope that I can bring some of my passion into the classroom, as I want every student to be able to enjoy their school experience. I look forward to meeting and learning with everyone!



My name is Nicole Goudreault and I am happy to introduce myself as a student teacher for PSII here at Father Leonard Van Tighem School. I'm from a small northern Alberta town called Peace River. Here I grew up in a family of 6 doing competitive swimming, Ukrainian dance, and lots of camping. After graduating in 2020 and taking a gap year, I moved to Lethbridge to pursue a career in teaching; a dream inspired by both my mom and my former teachers. Since then, I've had opportunities to teach here in Lethbridge as well as Brooks. When I'm not in the classroom, you can find me swimming laps at the pool, spending time with my niece, and hitting the local disc golf course. I'm excited to continue my educational journey here at Father Leonard Van Tighem School and look forward to building relationships with the school community!



Hello Father Leonard Van Tighem, my name is Jasmine DeBoer and I am a second-year student at the University of Lethbridge, taking a combined degree program with a BSc in Biology Education and a B.Ed. I grew up in Coaldale Alberta and graduated from Kate Andrews High School in 2023. I still live in Coaldale with my mother, brother and our three cats. I love to read, dance, sing, play guitar, piano, and clarinet and in my free time I play discus and shot put for track and field. Becoming a teacher has been a dream of mine ever since I worked as an Early Childhood Educator, and I am excited for this opportunity to work with the students and staff here at Father Leonard Van Tighem. I am extremely grateful for this opportunity, and I am overjoyed to begin this journey into teaching with you!



Hello everyone! My name is Mr. Lange and I am a student teacher from the University of Lethbridge majoring in general science and Education. I want to create a safe, inclusive and creative environment while also enriching the minds of my classroom. Other than wanting to be a teacher, I enjoy drawing, working out, and playing video games when I have the spare time! I hope that the community of Father Leonard Van Tighem School enjoys my presence as much as I already love theirs.