



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:

OCTOBER 2026

It is hard to believe that September is already coming to an end! The month seems to have flown by; what a wonderful month it has been! From the moment our students walked through the doors, there has been an incredible energy and excitement throughout the building. Classrooms are busy, friendships are being renewed and formed, and our hallways have once again been filled with the laughter and enthusiasm that make our school community so special.

We began the year by coming together for our Opening Mass, a beautiful opportunity to gather as a faith community and ask God's blessing on the year ahead. A special highlight was the participation of our Junior High Choir, with more than 80 students lending their voices to the celebration! Their enthusiasm and beautiful singing helped make our first Mass together a truly memorable occasion.



Our students have also been busy outside the classroom. We blasted off the school year with our Terry Fox Run, bringing our school community together in support of Terry's incredible legacy and his vision of a world without cancer. It was wonderful to see students and staff participating with such enthusiasm and school spirit.

The excitement continued with SpongeBob auditions, as our Fine Arts students stepped forward to demonstrate their courage, creativity, and talent. We are already looking forward to seeing how this production comes together!

It has also been fantastic to see the return of Junior High volleyball to our gymnasium. The sounds of whistles, cheering, and bouncing volleyballs have once again filled the gym, and our students are demonstrating teamwork, perseverance, and school spirit both on and off the court.

September also provided important opportunities for us to reflect on our commitment to Truth and Reconciliation. Our students participated in a ribbon-tying ceremony, taking time to learn, reflect, and honour the experiences and stories of Indigenous peoples. These opportunities remind us of the importance of listening, learning, building relationships, and continuing our journey toward reconciliation as a school community.

As I reflect on all that has taken place in these first few weeks, I am especially grateful for the tremendous energy, enthusiasm, and sense of community that our students and staff have brought to the start of this school year. There is a wonderful feeling in the building, and it is exciting to see all that is already happening.

It is fitting that we are now moving into October and the celebration of Thanksgiving. After such a busy and exciting start to the year, Thanksgiving provides us with an opportunity to slow down, pause, and recognize the many blessings in our lives. As a Catholic school community, we are reminded that gratitude is not simply about saying thank you, but about recognizing God's presence in our lives and appreciating the people who journey alongside us.

Gracious God,

As we enter October, we give thanks for the many blessings you have placed in our lives. As Scripture reminds us, **"Give thanks in all circumstances; for this is God's will for you in Christ Jesus."** — 1 Thessalonians 5:18

Help us to recognize your presence each day and to be grateful for our students, families, staff, and school community. May our gratitude inspire us to share our gifts generously, care for one another, and be a blessing to those around us.

We ask this through Christ our Lord. Amen.

Thank you to our students, staff, and families for making September such a wonderful start to the year. May October be a month filled with gratitude, kindness, and opportunities to celebrate the many blessings within our school community.

Happy Thanksgiving, and may God bless you and your families.

Mr. Molas



Holy Spirit Catholic School Division

...where students are cherished and achieve their potential

SafeArrival (How to Report an Absence)

What is Safe Arrival?

<https://www.holyspirit.ab.ca/safe-arrival>

SafeArrival is an absence management system that improves student safety and makes it easy for you to let the school know about your child's absence. You are asked to report your child's absence in advance whenever possible using one of these convenient methods!

SM Home Mobile App: To download and use the free SchoolMessenger Home mobile app:

- Provide your email address to the school during registration.
- Get the app from the Apple App Store or Google Play Store (or from the SchoolMessenger Canada website).
- Tap Sign Up to create your account.
- Select Attendance from the menu, and then select Report an Absence.

Website: To use the web or mobile version:

- Provide your email address to the school during registration.
- Go to the SchoolMessenger website. Users in Canada can access the SchoolMessenger Canada Website.
- Click Sign Up to create your account. Select Attendance from the menu, then select Report an Absence.

Toll-Free phone (833) 225-4644: Absences can be reported in advance: 24 hours a day, 7 days a week! For any school day in the school term, any time up till the cut-off time on the day of the absence.

NEED TO FIND INFORMATION FOR FATHER LEONARD VAN TIGHEM FOR THE 2026-2027 SCHOOL YEAR

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

(Please note: information for students attending St. Kateri Elementary School, Early Learning to Grade 5, can be found on their website <https://sks.holyspirit.ab.ca/>)

Safe Arrival - Reporting Absences, Lates, Early Departures, etc:

<https://home.schoolmessenger.ca/>

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

FLVT Calendars

School based events: <https://flvt.holyspirit.ab.ca/calendar>

Co-curricular Athletics: [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/>

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

FLVT School Council Meeting Dates & Minutes:

https://flvt.holyspirit.ab.ca/school_council

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

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

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

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



Hello Families!

Exciting news! Your online gallery from your school photo session is now live!

- Please visit this link to access the gallery:
<https://vando.imagequix.com/K9L3W9Z>
- The login code to access your images is on the yellow QR flyer your child was given on photo day. Please check with them.
- Any active email address can be used to login.
- **Your order deadline is: October 14 2026**
- All orders will be shipped to the school. *If you miss the deadline, your order will be shipped with your school's Catch Up Photo Day orders at no extra cost, however this will take 3-5 weeks.*

Missing your login code? No problem!

1. Visit <https://www.mountainwest.ca/support-for-families>
2. Enter the information required.
3. Your code will be emailed within 1 business day.

Catch Up Photo Day

- Did you miss your first photo day or are needing a retake? Retakes are offered for expression, poor posture, or head tilt; not for personal style changes (ie: change of clothing or hair). Please note all glass glare is removed on final prints.
- If you would like your photo taken, we will be at your school on: **October 19 2026**
- [Father Leonard Van Tighem Retakes CLICK HERE to sign up](#). The cutoff to sign up is **October 15 2026**

[Click Here](#) to find out more about ordering.

Phone: 1.888.644.4494

Email: help@mountainwest.ca

STAY CONNECTED AND SCHOOL FEES ARE NOW DUE



School Fees are Now Due!

School Fee are now available on SchoolCash Online.
Please ensure that your child's fees have been fully paid. If you have any questions regarding this, please do not hesitate to contact the office! We would be happy to help.

Please login to SchoolCash Online.

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.schoolcashonline.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.

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

WAYS TO CONNECT WITH US... stayed informed through our website, newsletters, emails and through our social media channels.

- Check out our website <https://flvt.holyspirit.ab.ca/> for access to calendars, school fees, newsletters, bell times... you name it, it's there!
- Follow us on Facebook and Instagram
- Download the PowerSchool App or bookmark it on your device for information about your child's progress (Jr High) and attendance.
- Subscribe to our monthly (sometimes twice a month) newsletter.
- Ensure your email information and phone numbers are up-to-date in PowerSchool by letting the office know as there are often call outs and frequent email updates. Please email us a flvtooffice@holyspirit.ab.ca with any changes to phone numbers, addresses, contacts...
- If all else fails, call the school at 403-381-0953 and someone will help you find the information you are searching for.

HALLOWEEN

All students are encouraged to dress-up Friday, October 30th.
Costume Parade...stay tuned for details.

Following the protocol of our school and as Halloween is meant to be a fun and safe time for children, we ask that students do not bring any form of weapons with their costumes, plastic, cardboard or otherwise. If a student does bring one with them, it will be taken and held in the office until the end of the day.

We wish all a
Happy Halloween!



FLVT ANNUAL JR HIGH AWARDS 2025-2026

Monday, October 26 at 6:00pm



Sponsorship towards our Celebration of Excellence
are now being accepted.

Please email flvtooffice@holyspirit.ab.ca
for more information

WELCOME

FLVT SCHOOL COUNCIL MEETING DATES

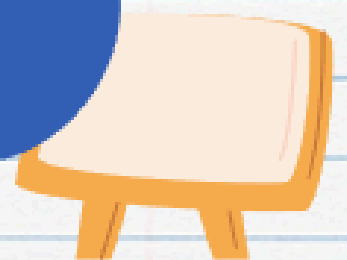


Tuesday, October 20th
Tuesday, November 17th
Tuesday, December 8th
Tuesday, January 12th
Tuesday, February 9th
Tuesday, March 9th
Tuesday, April 13th
Tuesday, May 11th
Tuesday, June 15th

**Next
Meeting**

**VOLUNTEERS
NEEDED**

**FLVT SCHOOL
LIBRARY 7PM**



☺ CANTEEN MENU ☺

MEALS

HOT DOG	\$2.50
HAMBURGER	\$4.50
CHEESE BURGER	\$5.00
NACHOS & CHEESE	\$5.00
PIZZA SUB	\$5.00
CUP OF SOUP	\$2.50

SNACKS & TREATS

MUFFINS	\$2.50
CINNAMON BUNS	\$2.50
APPLE TURNOVERS	\$2.50
CANDY BAGS	\$2.00
STRAWBERRY PARFAIT	\$3.50
ICE CREAM	\$2.50
POPSICLES	\$1.00

SALADS & WRAPS

CHICKEN CAESAR SALAD	\$7.00
GRILLED CHICKEN VERMICELLI SALAD	\$7.50
TACO SALAD	\$7.50
DILL PICKLE PASTA SALAD	\$4.00
CHICKEN WRAP (RANCH, CAESAR, BUFFALO)	\$5.00

DRINKS

CHOCOLATE MILK	\$2.50
GATORADE	\$3.00
WATER	\$1.00
ICE TEA	\$2.00
FLAVOURED WATER	\$1.50

☆ Check newsletter for daily specials! ☆



LUNCH CREDITS/TAB AVAILABLE!

Wondering how to pay for lunches and/or snacks in the canteen?

Lunch credits/tab will be available again this year!

The students use the credit to purchase their food & drinks.



PAYMENT OPTIONS INCLUDE:

School Cash Online, cash, cheques payable to Kayla Knowles or pay by e-transfer to **kkchapman15@gmail.com** and "Debit tap" is also available.

♥ Thank you for supporting our school canteen! ♥



Holy Spirit
CATHOLIC SCHOOL DIVISION

Piitawaani

Traditional Powwow

Thursday, October 8th

5:00pm-7:00pm

Grand Entry at 5:00pm

Children of St. Martha School

206 McMaster Blvd. W.

- ◆ Host drum will be paid.
- ◆ First 14 registered dancers will be paid (all dancers welcome).
- ◆ Food trucks available for purchase of dinner.

Please bring lawnchairs or blankets.

Everyone welcome!



Dancer Registration Form



What's happening in our Parishes this month:

Event: First Friday Soup Supper

Date: First Friday of each month.

Time: 6:00 PM – 8:00 PM



Details: First Friday Soup Supper is held each month at Our Lady of the Assumption Hall, beginning at 6:00pm and concluding at 8:00pm with Benediction at Eucharistic Adoration. Join us for a simple, hearty meal and good conversation as we gather in fellowship and faith. All are welcome—come share a bowl of soup and stay to pray!

Podcasts & More

- **FORMED:**
 - The premier Catholic "Netflix," offering thousands of video studies, feature films, and audiobooks to enrich family faith life.
- **Sunday Homilies with Fr. Mike Schmitz:**
 - Fast-paced, inspiring weekly homilies that bridge Scripture with practical, real-world application for daily life.
- **All Things Catholic with Dr. Edward Sri:**
 - Clear and insightful reflections exploring Catholic theology, Scripture, and practical virtues to deepen your everyday walk with Christ.
- **Taste & See by Paradisus Dei:**
 - Weekly guided meditations and reflections on the upcoming Sunday Mass readings, helping prepare your heart for the Eucharist.
- **Abiding Together:**
 - Warm, living-room-style conversations hosted by Sister Miriam, Michelle Benzinger, and Heather Khym, offering a place of rest, encouragement, and connection in Christ.
- **The Catechism in a Year & The Bible in a Year:** Transformative daily journeys guided by Fr. Mike Schmitz that unpack Sacred Scripture and Church teaching step-by-step over 365 days.

Coat 4 Kids

The Knights of Columbus are collecting new or gently used fall and winter coats for students at West Lethbridge Catholic schools until **October 20th**. Please wash any used coats and drop them off in the designated "K of C Coats 4 Kids Campaign" box at St. Martha's Church. Your generosity in purchasing or donating coats to help keep local children warm this winter is deeply appreciated.

Formation Groups

CWL meet every 2nd **Thursday (NOTE THE CHANGE)** of the month, at 7:00 pm, in the KofC Hall.

The Legion of Mary meets every **Wednesday, at 6:00 pm**, in the basement of St. Martha's Church (meeting room #3). All are welcome!

The Mothers' Rosary group will be meeting weekly downstairs at St. Martha's for prayer and fellowship, **every Wednesday from 9:30-11:30**. Mothers are looking for a volunteer to babysit their children: contact the parish office if you are available!

Facebook group "Women's Rosary Group - Lethbridge" Women of the parish, you are invited to join the group, for information on weekly gatherings and other events to build faith and community for those from both Lethbridge parishes.

Abiding Together Podcast group for adult women is **Wednesdays from 6:30pm - 8:00pm** in the gathering space at St. Martha's. For info email Shanice scharchun@gmail.com

Hobby prayer group meetings on **Mondays at 1:30pm**

Hopeful Hearts: the Journey Forward: a bereavement support group for everyone coping with loss. Meetings are on the 3rd Tuesday of the month at 1pm.

October





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October





**The
MASS**

ENTERING INTO WORSHIP



Holy Spirit
CATHOLIC SCHOOL DIVISION



ENTERING INTO WORSHIP

Participating in the Mass actually begins with our choice to attend the Mass. When we make the conscious choice to worship God, we seek to spend time with Him and to return our love to Him. As we approach the Mass, whether in our day prior to Mass, on the way there, or in the quiet moments before it starts, we can think intentionally about the things that we want to share with God — the things that we are thankful for, the places where we need help, the things that we are worried about. Then, at the doors, we bless ourselves with Holy Water, and genuflect to the tabernacle as we enter the pew.

Entrance Hymn and Procession

The Mass begins with the singing of the entrance hymn and a procession to the front of the clergy and the altar servers. They bring our focus through the central aisle to the altar, and remind us that we are all people on a journey to the altar. In some places, and at some times in the year, we also are a part of the procession; think of Palm Sunday, for example. As the procession occurs, we sign songs of joy and welcome. St. Augustine wrote that “singing is for one who loves”; a reminder that this is an encounter of love.

Sign of the Cross and Greeting

The priest begins the Mass with the sign of the cross, which the congregation also traces on their bodies. As we do this, we are reminded of the Holy Trinity and the identity that we have in God.



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ENTERING INTO WORSHIP

Penitential Act

We follow the greeting with a public and communal confession of our sins, ways in which we have failed to love God and those around us. We remind ourselves that we need God's help to love as he does, and to express our sorrow for the ways in which we haven't. In this moment, we all come to the Mass as equals, sinners in need of God's grace.

Gloria

It is fitting that we follow the penitential act with the Gloria — praising God wholeheartedly to express our love for Him.

Collect

Then, the priest prays an opening prayer called the collect. This prayer collects all of our prayers together into one. He offers an invitation — “Let us pray” — then pauses for a moment of silence before this prayer. At the end of this prayer, we sit down in anticipation of the Liturgy of the Word, changing our posture to become attentive in our listening.



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REFLECTIONS

Why is the sign of the cross — the mark of baptism — ideal as the opening gesture of the Mass?



When the celebrant offers the invitation, “Let us pray,” what is he encouraging us to do? Why are moments of silence important in the Mass?



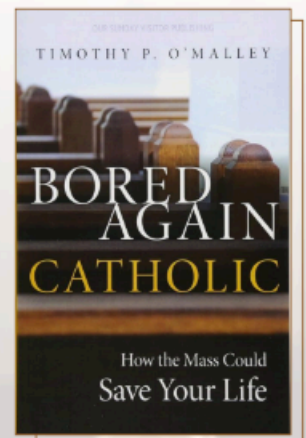
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CONVERSATIONS

In his book "Bored Again Catholic," Timothy O'Malley says the following:

"The sacrifice of the Mass is Christ's very sacrifice of love. It is the sacrifice of love that is the very origin of the Church to begin with....our participation in the sacrifice of the Mass is a return gift of love offered to the God who made the first move of love to us...He loved us first, and he loved us unto the end, dying upon the cross as a supreme act of love. And he still loves us, drawing us closer to his side."

In kissing the altar, the priest offers our return gift of love to the God who first loved us. Where have you already noticed God's activity of love in your own life?



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CONVERSATIONS

What joys and sorrows do you want to bring to the altar of God? What do you hope that God will do with your offering?

"We shall steer safely through every storm, so long as our heart is right, our intention fervent, our courage steadfast, and our trust fixed on God."

— ST. FRANCIS DE SALES —

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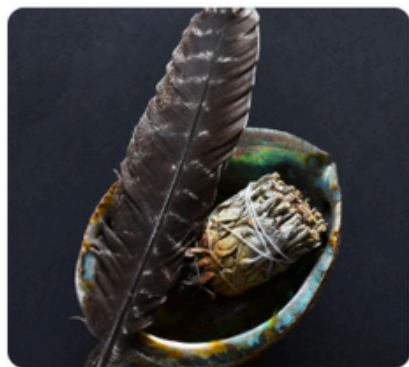
In the Blackfoot tradition, smudging uses sacred smoke to cleanse our mind, senses, and heart before entering into ceremony or prayer. In the Mass, we begin by blessing ourselves with Holy Water, making the Sign of the Cross across our forehead, heart, and shoulders.

Both traditions teach us that our bodies and spirits belong together. By using gifts from the Earth, like water, plants, and smoke, and by using physical movements, we quiet our minds and prepare our senses and whole body to enter into worship.

How does physically marking or symbolically cleansing our body help us connect to Creator? (or in different words - When you smudge or make the Sign of the Cross, how does that action help your heart feel quiet and close to Creator?)

Smudging Poster

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CONVERSATIONS

Before we pray or smudge, we take a moment to quiet our minds, and set an intention.

What is one worry or negative feeling you want to leave at the door today so you can feel peaceful?

What is a small gesture or action you can do today to bring peace and harmony to your family or school community?

Smudging helps bring balance and positive energy back into our bodies, homes, and classrooms.

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St. Francis de Sales

1567-1622 (Feast Day: January 24)



St. Francis de Sales (1567–1622) was born into a noble family in the Duchy of Savoy. Although his family expected him to pursue a distinguished career, Francis discerned a vocation to the priesthood. He was eventually ordained and became deeply involved in the renewal of Catholic life during the period of the Protestant Reformation.

Francis became known for his gentle approach to evangelization, leading him to be sometimes called the “Gentleman Saint”. Rather than relying on fear or harshness, he sought to lead people toward Christ through patience, reason, kindness, and personal holiness. As Bishop of Geneva, he worked tirelessly to teach the faith and encourage people to return to the Catholic Church.

One of his most important contributions was his teaching that holiness is a vocation for everyone. In *Introduction to the Devout Life*, he encouraged ordinary people — including those with families, careers, and responsibilities — to seek God through prayer and the faithful living of their daily lives. His spirituality emphasized that our relationship with God should shape every part of our lives.

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St. Francis de Sales and Entering Into Worship

St. Francis also understood prayer as an encounter with God that requires attentiveness and openness. His teaching provides a fitting connection to the beginning of the Mass: before we can fully participate in worship, we must allow ourselves to become present to God. The Sign of the Cross and the Introductory Rites help us leave behind distractions, recognize that we are gathered in God's name, and prepare our hearts to encounter Christ.

St. Francis de Sales therefore reminds us that entering into worship is more than simply being physically present. We are invited to bring our whole selves before God — mind, body, and heart — and to become attentive to His presence.



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St. Francis de Sales Prayer



Be at peace.

Do not look forward in fear to the changes of life;
rather look to them with full hope as they arise.

God, whose very own you are,
will deliver you from out of them.

He has kept you hitherto, and He will lead you
safely through all things;

and when you cannot stand it,
God will bury you in his arms.

Do not fear what may happen tomorrow;
the same everlasting Father who cares for you
today will take care of you then and every day.

He will either shield you from suffering,
or give you unfailing strength to bear it.

Be at peace, and put aside all anxious thoughts

and imagination.

St. Francis de Sales — Pray for us!

Candlelit **FAMILY ADORATION**



THE THIRD SUNDAY OF EACH MONTH
HOSTED AT ASSUMPTION CHURCH
7:15 - 8:00PM (AFTER THE 6PM MASS)



LETHBRIDGE FAMILY LIFE
MANY CHURCHES ONE FAMILY

All Saints 
Roman Catholic Parish



FAMILY & YOUTH

Get Connected



Faith



Community



Friendship



Food + Fun



Family Events

Open To All
Families of Any Size

A time to come together
make connections
form meaningful community



Scan to get
Connected



Youth Events

Open To All
Grade 6 - 12 Students

Helping young people
to learn and live like Christ
and live life to the fullest!

Scan to join our
Youth Ministry



NEVER MISS AN EVENT

Add our digital calendars right to your phone

Family Events



Grade 6 - 8



Grade 9 - 12



ALL FAMILY & YOUTH EVENTS ARE **FREE** TO ATTEND

THAT'S RIGHT. NO HIDDEN FEES, NO COLLECTION PLATES,
AND NO AWKWARD TIPPING SCREENS!
(UNLESS DIRECTLY STATED)

GET IN CONTACT



403-327-8931



allsaintslethbridge.org



familylife@allsaintslethbridge.org



[@lethbridgefamilylife](https://www.instagram.com/lethbridgefamilylife)

LETHBRIDGE FAMILY LIFE YOUTH MINISTRY
MANY CHURCHES **ONE** FAMILY

Manna

COME AND KNOW THE LORD IS GOOD



MOST WEDNESDAYS

6:15 - 7:30 PM



OPEN TO ALL STUDENTS

GRADE 6 - 8



HOSTED AT

ASSUMPTION



GROWTH

LEARN TO LIVE
LIKE CHRIST



COMMUNITY

MEET PEOPLE
MAKE CONNECTIONS



FUN

LEARN HOW TO LIVE THE
JOY OF THE GOSPELS

**"THE WORLD OFFERS YOU COMFORT,
BUT YOU WERE NOT MADE FOR COMFORT; YOU WERE MADE FOR GREATNESS"**

- POPE BENEDICT XVI -

LETHBRIDGE FAMILY LIFE YOUTH MINISTRY
MANY CHURCHES **ONE** FAMILY

Illuminate

LIVE FOR MORE. BE THE LIGHT



MOST SUNDAYS

7:10 – 8:30 PM
(AFTER THE 6 PM MASS)



OPEN TO ALL STUDENTS

GRADE 9 – 12



HOSTED AT

ASSUMPTION HALL



**REGISTER BY
SCANNING THIS
QR CODE**



GROWTH

LEARN TO LIVE
LIKE CHRIST



COMMUNITY

MEET PEOPLE
MAKE CONNECTIONS



PURPOSE

LIVE FOR MORE
THAN GOOD ENOUGH

**"THE WORLD OFFERS YOU COMFORT,
BUT YOU WERE NOT MADE FOR COMFORT; YOU WERE MADE FOR GREATNESS"**

- POPE BENEDICT XVI -

FLVT FINE ARTS



BE PART OF THE

DRAMA CLUB

Explore performance, storytelling, and stage
creativity in a dynamic group setting.

ACTING



IMPROVISATION



GAMES

WEDNESDAYS 4:00-5:00 PM



STARTING IN OCTOBER

Open to performers and creatives Grade 6-7

Sign up with Ms. Beaulac : Room 41

E-SPORTS CLUB



CO-OP GAMES - TOURNEYS - PC & SWITCH FOR GAMERS IN GRADE 6-9

**LAST FRIDAY OF
EVERY MONTH**

**11:30AM
- 1:00PM**

STARTING IN OCTOBER

**LIMITED SPOTS
SIGN UP REQUIRED**

SIGN UP OPENS A WEEK BEFORE

SEE MS. BEAULAC FOR MORE DETAILS

BEAULACA@HOLYSPIRIT.AB.CA



LCBC U15/U17 Girls Fall Training Registration - Presented By: Hoops & Dreams Collective



Preamble:

We are excited to announce that Lethbridge Cougars Basketball Club (LCBC) is partnering with Hoops and Dreams Collective (HDC) to offer a preseason training weekend for female basketball players in grades 8-12 who are attending a Holy Spirit Catholic School!

Hoops and Dreams Collective (HDC) is a developmental basketball program founded by former U of L women's basketball player, Lauren Taal, that uses the game as a tool to help female athletes build confidence — both on and off the court. HDC sessions go beyond fundamental skill work to include leadership, problem-solving, and personal growth. All HDC coaches are current or former USPORT or higher-level athletes and coaches, committed to giving back through their experiences. They believe deeply in the philosophy: "If you see it, you can be it." Their athletes have gone on to play at a variety of levels including: ACAC, USPORT, and NCAA. They take pride in helping every athlete — regardless of stage — grow in skill, confidence, and character.

Weekend Itinerary: Friday Oct 30 & 31 (3 sessions each group)

[GirlsLCBC/HDC October TrainingSchedule](#)

Sessions will take place at CCH West Campus

Group Rate (for 3 Sessions):

\$100 per athlete (each athlete will be guaranteed 5 hours of instruction over the course of 2 days and will go home with a HDC t-shirt).

Session Details:

Each group will be scheduled for 3 sessions which will include a focus on offensive skill development (ball-handling, shooting, footwork, finishing) and controlled, competitive drills to apply the skills learned.

Philosophy:

For more information about Hoops and Dreams Collective and their philosophy, please visit:

<https://www.hdcollective.ca/about>

Registration Links: Please scanqr code above or see links below to register:

[Group #1: Intermediate\(Grades8/9\)](#)

[Group #2: Advanced \(Grades 9/10\)](#)

[Group #3: Elite \(Grades 10/11/12\)](#)

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



Univeristy of Lethbridge
Conservatory of Music

Youth Percussion Ensemble

Ages 12+

Our percussion ensemble is for enthusiastic teenaged percussionists dedicated to the pursuit of excellence. The goal of this group is to create a community of percussionists who are drawn together to develop and share their passion for music. We strive to enhance the talents of students who have discovered an interest in all types of percussion, and offer new opportunities including Steel Pans, Brazilian Samba, Classical Percussion, Japanese Taiko, and Polynesian drumming. Auditions are not required, but before you register, please send a quick email to our instructor to discuss your percussion experience and ensure this ensemble is a good fit: marcvantolpercussion@gmail.com.

FRIDAY, 6:00 - 8:00 P.M. (Located at Casa)

FALL 2026: Sep 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, 27, Dec 4, 11 (Concert: Dec 12, 7:00 p.m., Casa Community Room)

<https://www.ulethbridge.ca/music-conservatory/programs>



Univeristy of Lethbridge
Conservatory of Music

Group Violin Lessons

Our group violin classes welcome students from beginner to experienced levels, from ages 6+! Students will attend the first class on October 3 at 9:30am, and then be assigned their class time (within the times 9:30-12pm) for the rest of the semester. These classes allow beginners to learn the basics of violin technique, music reading, and playing skills, while also having an opportunity to play with one another and develop valuable ensemble skills. Intermediate and experienced students will work together on technique and musicianship, and have the opportunity to develop ensemble skills through chamber music groups. At the end of the semester, there will be a short performance for family and friends!

Saturday, 9:30 - 12:00* | Location: Casa (230 8 St S)

(*students attend 30 minutes within this time block; times will be assigned at the first class based on level/experience)

**FALL 2026: October 3 - December 12 (No Class: Oct 10, Nov 21)
Cost: \$150**



SCAN HERE



Fair Notice Letter

Dear Parents / Guardians,

The Holy Spirit Catholic School Division is committed to providing safe learning environments for all students, staff, school visitors and community members. When a student behaves inappropriately, principals use progressive discipline to help a student take responsibility for their actions, change their behavior and learn from their mistakes.

When students' behaviors pose a potential threat to safety or serious harm, the Southwest Alberta Regional Violence Threat Risk Assessment (VTRA) Protocol assists administrators in taking the necessary steps to protect the well-being of students and staff. This protocol ensures that schools can respond promptly to worrisome behaviors or threatening incidents, such as possession of a weapon or replica, bomb threats or plans, verbal, written, or electronic (internet, text) threats to harm oneself or others, as well as other acts of violence, including fire-setting.

The protocol requires trained division staff and community partners to work together as a team to complete an Assessment of Risk to Others (ARTO) whenever a student threatens to harm others. The ARTO process leverages the team's knowledge, skills, and experience to assess the level of concern and identify appropriate interventions to protect individuals from harm and ensure a safe environment in both the school and the community. A multi-disciplinary approach is used to address these concerns. Please be advised that the school team will take positive and proactive measures to address all known threats or high-risk behaviors. If you are invited to a meeting to discuss safety concerns about your child, please be assured that our protocol is being followed and that our primary goal is ensuring safety. The Southwest Alberta Regional VTRA Protocol outlines how a school should respond immediately to threatening behavior. Principals may first assemble a School Threat Assessment Team, ideally comprising the principal or associate principal, a school-based counselor or jurisdictional lead, and local police. If the situation is serious, the principal may also consult the Superintendent of Schools and involve members of the Community Threat Assessment Team. This team may include representatives from local police, children's mental health organizations, or Child and Family Services, among other community agencies that collaborate with us to enhance school safety. Parents/guardians will be notified as soon as possible during the Stage I - VTRA Process. If parents/guardians cannot be reached, but a safety concern persists, the threat assessment may proceed. Personal information shared during this process will respect and balance each individual's right to privacy with the need to ensure everyone's safety.

This letter complies with procedure 2 of *Administrative Procedure 322: Violence Threat / Risk Assessment (V-TRA) Protocol*, which states that parents/ guardians will be provided with "fair notice" that each threat will be taken seriously. Should you wish to further review this Administrative Procedure, please visit our website at www.holyspirit.ab.ca.

If you have any questions regarding the Holy Spirit Catholic School Division's use of the Southwest Alberta Regional V-TRA Protocol, please contact the Director of Support Services at the St. Basil Catholic Education Centre. We appreciate your support in ensuring our schools are safe environments for our students, staff and community partners.

Sincerely,

Chantel Axani, Superintendent of Schools

Updated August 2026



Notice to Parent or Guardian of Religious Permeation

Section 58.1 of the *Education Act* requires a school board to give notice to a parent or guardian when courses of study, education programs, institutional materials, instruction or exercises include subject matter that deals primarily and explicitly with religion. All of the schools in this division are Catholic Separate Schools, the essential purpose of which is to fully permeate Catholic theology, philosophy, practices and beliefs, the principles of the Gospel and teachings of the Catholic Church, in all aspects of school life, including in the curriculum of every subject taught, both in and outside of formal religion classes, celebrations and exercises. Every course of study and educational program, all institutional materials, instruction and exercises will at all times include subject matter that deals primarily and explicitly with religion.

FLVT Grade 6

Bell Times 2026-2027

Monday-Thursday		Friday	
Warning Bell	8:45-8:50	Warning Bell	8:45-8:50
Morning Prayer	8:50 – 9:00	1	8:50-9:39
Period 1	9:00-9:45	2	9:41-10:30
Period 2	9:45-10:27	3	10:32-11:23
Recess (15 minutes)	10:27 – 10:42		
Period 3	10:42-11:19		
Period 4	11:19 – 12:06		
Lunch (45 minutes)	12:06 – 12:51		
Period 5	12:51 – 1:33		
Period 6	1:33-2:15		
Recess (15 minutes)	2:15 – 2:30		
Period 7	2:30 – 3:05		
Period 8	3:05 – 3:50		

Junior High 7-9

Bell Times 2026-2027

Monday-Thursday		Friday	
Warning Bell	8:45-8:50	Warning Bell	8:45-8:50
Morning Prayer	8:50 – 9:00	1	8:50-9:39
Period 1	9:00-9:45	2	9:41-10:30
Period 2	9:47-10:32	3	10:32-11:23
Period 3	10:34-11:19		
Period 4	11:21 – 12:06		
Lunch (45 minutes)	12:06 – 12:51		
Period 5 Options	12:51 – 2:12		
Period 6	2:14-2:59		
Break (6 minutes)	2:59 – 3:05		
Period 7	3:05 – 3:50		

HOLY SPIRIT FLVT/SK 2026-2027 SCHOOL YEAR CALENDAR

Aug 25 First day for staff
Aug 28 Opening Mass

O – 5
I – 0

AUGUST '26						
S	M	T	W	Th	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					

SEPTEMBER '26

S	M	T	W	Th	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			

Sept 1 First day for students
Sept 7 Labour Day
Sept 23 Div. Board Meeting
Sept 30 National Day for Truth and Reconciliation

O – 20 (25)
I – 20

Oct 12 Thanksgiving Day
Oct 13 PD Day
Oct 14 PD Day
Oct 28 Div. Board Meeting

O – 21 (46)
I – 19 (39)

OCTOBER '26						
S	M	T	W	Th	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

NOVEMBER '26

S	M	T	W	Th	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					

Nov 11 Remembrance Day
Nov 12 Div. PD Day
Nov 13 PD Day
Nov 25 Div. Board Meeting

O – 20 (66)
I – 18 (57)

Dec 16 Div. Board Meeting
Dec 16 Last day before break
Dec 17 & 18 No students
Dec 21-31 Christmas break
Dec 25 Christmas Day
Dec 26 Boxing Day

O – 14 (80)
I – 12 (69)

DECEMBER '26						
S	M	T	W	Th	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		

JANUARY '27

S	M	T	W	Th	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						

Jan 1 New Year's Day
Jan 4 First day after break
Jan 25 PD Day
Jan 27 Div. Board Meeting

O – 20 (100)
I – 19 (88)

Feb 15 Family Day
Feb 16 & 17 Non-operational days – NO Staff or Students
Feb 18 & 19 SWATCA Teachers
Feb 18 & 19 CUPE – with the exclusion of EAs
Feb 24 Div. Board Meeting

O – 17 (117)
I – 15 (103)

FEBRUARY '27						
S	M	T	W	Th	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						

MARCH '27

S	M	T	W	Th	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			

Mar 24 Div. Board Meeting
Mar 25 Last day before Easter break
Mar 26 Good Friday
Mar 29 Easter Monday
Mar 26-31 Easter break

O – 19 (136)
I – 19 (122)

Apr 1-2 Easter break
Apr 5 First day after break
Apr 26 PD Day
Apr 28 Div. Board Meeting

O – 20 (156)
I – 19 (141)

APRIL '27						
S	M	T	W	Th	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	

MAY '27

S	M	T	W	Th	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					

May 24 Victoria Day
May 25 Spiritual Dev. Day
May 26 Div. Board Meeting

O – 20 (176)
I – 19 (160)

Jun 23 Div. Board Meeting
Jun 24 Last day for students
Jun 25 Last day for teachers

O – 19 (195)
I – 18 (178)

JUNE '27						
S	M	T	W	Th	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			

JULY '27

S	M	T	W	Th	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

No students
Stat Holidays
School PD/Div. PD/Spiritual Dev./Collab. Days
Div. Board Meetings
First and last days for students
First and last days for teachers



October 2026



Mon Tue

Wed

Thu

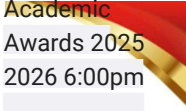
Fri

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](#)

				1 Chicken burgers \$5.50	2 FLVT Games Club 11:30-1:00 	3
4	5 World Teachers Day  Cheesy garlic fingers \$5.50	6 Mini pepperoni pizza \$5.50	7 SZJHAA X-Country Zones  Reading Club @12 Drama Club 4-5pm Kraft Dinner \$3.00 add pulled pork \$2.50 	8 Color Day - Wear Purple Chicken burgers \$5.50	9 Thanksgiving Celebration 10:30 FLVT Games Club 11:30-1:00  + 	10
11 	12 Thanksgiving NOSCHOOL 	13 NOSCHOOL Staff PD Day 	14 NOSCHOOL Staff PD Day 	15 Chicken burgers \$5.50	16 FLVT Games Club 11:30-1:00 	17
18	19 Picture retake day  Cheesy garlic fingers \$5.50	20 FLVT School Council - 7PM  Mini pepperoni pizza \$5.50	21 Reading Club @noon Drama Club 4-5pm  Taco in a bag \$6.50 (by pre order)	22 Brown Day - Wear Brown SR. Hawks Classic Volleyball Tournament @FLVT  Chicken burgers \$5.50	23 FLVT Games Club 11:30-1:00 SR. Hawks Classic Volleyball Tournament @FLVT 	24 SR. Hawks Classic Tournament @FLVT 
25	26 Academic Awards 2025 2026 6:00pm  Cheesy garlic fingers \$5.50	27 Mini pepperoni pizza \$5.50	28 Reading Club @noon Loaded Nachos \$5.50	29 Chicken burgers \$5.50	30 Halloween Dress up Day  E-Sports Club 11:30-1:00 	31 Halloween