



MARCH 2024 NEWSLETTER



Principal's Message:

"We wait in hope for the Lord; he is our help and our shield. In him, our hearts rejoice, for we trust in his holy name. May your unfailing love be with us, Lord, even as we put our hope in you." ~ Psalm 33: 20-22

In the time of Lent, the 40 days between Ash Wednesday and our awaiting the resurrection of our Lord, let us take the opportunity to reflect upon what Jesus has bestowed upon us. He taught us about forgiveness, gratitude, honesty, empathy, and, of course, love! In the most patient of ways, he knew it might take time for people to aspire to be and act like him. Many stories, such as that of the Good Samaritan, teach us to treat individuals as we would like to be treated. Centering stories such as this keep us mindful of what it must have been like to walk with Jesus, put others first, give to those less fortunate than us, and act unselfishly along our journey.

In February, our school community worked very hard to 'Build' on the already strong and diverse culture that St. Paul prides itself on. With a school Read Aloud Day, a successful family Bingo night, Ash Wednesday, and a Pink Shirt Day bringing awareness to Anti-Bullying issues, the community once again 'raised the bar!' Whether it was the teachers, students, or a committed Parent Council, the needs of students were brought to the forefront. Our efforts could not have segwayed us into Lent any better than this!

As we move into March and ready ourselves for what Jesus's resurrection teaches us, I ask this community to continue to support and grow together!

Exciting events upcoming in March include:

- Intramural Spirit Day (Mar 1st)
- Christian Action Awards of Love (Mar 5th)
- Science Sizzle Wednesdays from 3:45 -5:20
- Gr. 6 Tours of St. Francis Jr High (Mar 7th)
- Aladdin Play visits to St. Francis (Mar 12th/ 15th)
- Divisional Collaborative Day (Mar 11th) - No School for students
- Spring Family Conference (Mar 21st)
- Good Friday and the start of Easter Holidays (Mar 29th - Apr 7th)

Along with these exciting events are the continuation of the Young Drums program, the Blackfoot Drumming Club, and anti-racism presentations that further support our students. I hope you and your families can continue finding the time to support these incredible endeavors as we journey through this memorable year!

God Bless,
Mr. Ryan Myndio

Up Coming Events:

No Kindergarten	Mar 1
Christian Action	Mar 5
Grade 2 Retreat	Mar 7
Grade 6 Orientation @ SFJH	Mar 7
Div. Collab Day— <u>No School</u>	Mar 11
Cereal Box Domino Run	Mar 12 –26
School Council Meeting	Mar 12
Wear Green	Mar 15
Family/Teacher Conferences	Mar 21
No Kindergarten	Mar 22
Denim Day	Mar 27
Good Friday—No School	Mar 29



Associate Principal's Message:



Lent
fast · give · pray

March is here! The days are getting longer and warmer and that makes spring feel closer. March is filled with the weeks of Lent. The 40 days of Lent give us time to reflect and do a bit of a self-examination of our hearts. Father Rob Galea explains the season of Lent by saying that Lent isn't just about improving ourselves- it is about improving the lives of others. This inspires us to think about what we are doing everyday to make someone else's life better. Lent gives us 40 days of opportunity to encourage others, spread love and joy and to be peacemakers. Make the most of it!

Tina Delinte
Associate Principal



March Faith Focus

The month of March is dedicated to St. Joseph, the husband of the Blessed Virgin Mary and the foster father of Jesus. We are encouraged to be devoted to Joseph, who by his every action demonstrated to us all of the virtues.

Christian Action Theme - Forgiveness

The virtue of forgiveness is all about letting go of grudges and bitterness. By embracing forgiveness you can also embrace peace, hope, gratitude and joy.



This month we look for opportunities to demonstrate our faithfulness, one of the Fruits of the Spirit.

Important Reminders

Registration Updates:

An email was recently sent to all parents/guardians informing you that the 2024/2025 registration updates are ready and available to be completed. Please complete these as soon as possible. If you require any assistance please call the office at 403-328-0611.

Also, please note that we are still accepting online Kindergarten registrations for the 2024/2025 school year.



Remember!

Spaces & Parent Conferences:

Reminder—Spaces is our School's new reporting platform, there will NOT be any report cards issued during the school year. To see your child's progress, please set up your Spaces parent account today!



An Email with a google form will be sent on Wednesday, March 13 to schedule a Family/Teacher Conference being held on Thursday, March 21. Please contact the school office at 403-328-0611 for assistance with booking parent/teacher conferences.

Breakfast Program

Just a reminder that our Breakfast Program runs Monday through Friday 8:00-8:30am. It is free of charge and open to ALL students. Please encourage your children to come and join us for breakfast.



Picking up Students During School Time

To further enhance the safety of our children we require parents to come and sign their child out at the office when they are being picked up during school time.

- ◆ Parents please continue to send a note in advance in your child's agenda, informing the school that you will be picking up during school hours.
- ◆ When parents arrive at the school, they are required to come to the office and sign their child out. While signing out, the office will contact the homeroom teacher and have your child sent to the office.

Thank you in advance for your cooperation by helping us to continue providing a safe and supportive learning environment for all students.

Stress Coping Skills for Everyday Life

Set Realistic Goals

Don't Take on too much. Know your limits, It's okay to say 'no' or ask for help when you feel overwhelmed.

Express Yourself

Talk to a family member or friend that you trust about your stress. It can calm you and give you a different perspective.

Write it Out!

Keep a journal. It's a good way to help understand what causes your stress and how you react.

Laugh

When you laugh you breathe in more oxygen and your body releases chemicals that make you feel good. It increases blood flow and relaxes the muscles.

Be Positive

Appreciate and focus on your strengths!

Eat Well

Proper nutrition fuels the brain and body.

Be Active

Exercise for 30 minutes, 5 days a week can improve your physical and mental health.

Alberta Health Services

For more information about the effects of stress on your health and ways to manage stress, talk to your healthcare provider or visit:

myhealth.alberta.ca

For 24/7 Health Advice Call:
HEALTHLink Alberta

1-866-408-5465

(LINK)

Attendance:



Student attendance and punctuality is key to the success of all learners. The Alberta School Act supports this belief in section 12(b) by stating that a student shall, ".....attend school regularly and punctually." We appreciate your efforts in ensuring your child is at school and on time every day.

The entrance bell rings at 8:37 am each morning.

Attendance Matters!



Every Student, Every School, Every Day

STAYING CONNECTED

We have many ways for you to stay connected with us. Please check out our school website at www.holyspirit.ab.ca/stpaul

You will notice on our home page it is easy to stay connected with Facebook or Twitter. Please give it a try!

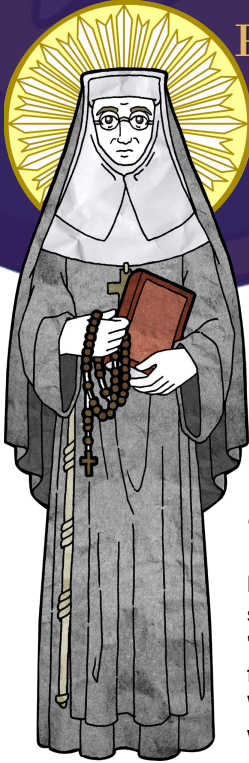


School Council News:

Our next meeting will be Tuesday, March 12, 2024

March Build!

Pilgrims of Hope



*“Out of our common todays and yesterdays we are building for eternity.
No thought, no work of ours ever dies. We shall meet them all again,
and in the world to come shall find our gathered harvest.”*

- St. Katharine Drexel

St. Katharine Drexel 1858-1955 (Feast Day: March 3)

Katharine Drexel was born into a wealthy American family, and despite some personal hardship, grew up in relative comfort, with private tutors and the ability to travel widely. Her family was also very dedicated to prayer and service; they supported the poor and needy of their community from their abundant wealth. During a family trip to the western states, Katharine saw the plight of the Indigenous peoples of the west, met the Sioux leader Red Cloud, and began to send financial support to western missionaries.

In a later visit to Europe, Katharine met Pope Leo XIII and, after describing what she had seen and experienced in the western United States, asked him to send more missionaries to that area. She was surprised when the Pope suggested that she become a missionary! After prayer and spiritual direction, Katharine indeed joined a religious order, later founding another order known today as the Sisters of the Blessed Sacrament. She used her wealth to finance the establishment of over 60 schools and missions across the United States that served the various First Nations and African-American communities, never hesitating to speak out against racial injustice and discrimination. Katharine passed away in 1955 at the age of 96. When Katharine was canonized, Pope John Paul II made specific mention of her courage and initiative in addressing social inequality, her perspective on the unity of all peoples, and her love of the Eucharist.

“Building” In Our Schools

Building in our schools and in our communities! On Tuesday, February 13th, students and staff at Children of St. Martha spread love and kindness to the community by hosting a "Take What You Need" event. The students created "heart art", which was placed on the fence in the bus loop. The community was invited to stop by and take whatever they wanted. Whether picking something up, or simply driving by, the art is a creative demonstration that we are all loved by God.



Corporal Works of Mercy — Clothe the Naked —

Living in southern Alberta in the wintertime is a clear reminder of our basic human need for clothing! When we think of Clothing the Naked, we often think of that literal level which is very important - but so also is the wider work of mercy that can be applied. This is outlined by Philip Kosloski in [this article](#) from the National Catholic Register. In it, he notes:

“When we search out the “naked” of our local community, we shouldn’t only be looking for those without clothes. We should also look for those who are rejected, alone, and forgotten. They too are “naked,” without friends or family, stripped of all meaningful human relationships. They are like the man in the parable of the “Good Samaritan.” He was not only stripped of his clothes, beaten and left for dead, but also completely alone. Numerous people passed him by and no one extended a hand. He was treated like he was invisible.”

Consider one of the following suggestions from the McGrath Institute at Notre Dame:

- Give up a particular item that you might normally spend money on and donate the funds to an organization that might be in need.
- Donate clothing (new or in good condition)
- Hold a baby shower for a mom in need.
- Consider reaching out to organizations that help children who might be in foster care or living in a shelter.

Pope’s Prayer Intentions - For New Martyrs

Let us pray that those who risk their lives for the Gospel in various parts of the world might imbue the Church with their courage and missionary drive.

For more Information: [Works of Mercy](#)

[Home Page](#)

Catholic Social Teaching — Economic Justice —

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.

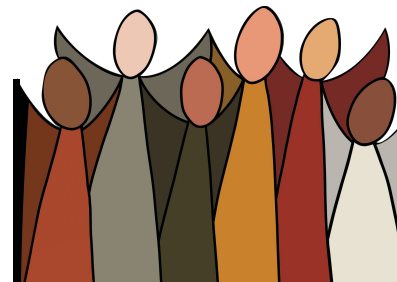
Last month, we looked at solidarity as the need to recognize our interdependence, to see ourselves in others and to seek to secure their good. One area in which we can see this specifically is economic justice. Many papal encyclicals that are now part of the magisterium of the church speak to economic justice. In 1891, with the release of the encyclical *Rerum Novarum*, Pope Leo XIII responded to the conditions of the Industrial Revolution by highlighting both the need for private property as well as the rights of workers to fair wages and unions. More recently, we have seen Pope Francis write encyclicals such as *Laudato Si* and *Fratelli Tutti*, in which he is critical of our ‘throwaway culture’ and speaks of a need for integral ecology in which to balance economic development with the environment. Throughout all of these encyclicals, we see the Church advocating for just economic systems that are rooted in the need to address both individual human dignity and the common good.

Learn more about economic justice with one of these resources:

[Rerum Novarum](#)
[Laudato Si](#)
[Fratelli Tutti](#)



*“...Whoever has two coats must share with anyone who has none;
and whoever has food must do likewise” (Luke 3:11)*



Gospel Readings

March 3 2024

3rd Sunday in Lent

Gospel Reading: John 2:13-25

“Take these out of here, and stop making my Father’s house a marketplace.” — John 2:16

Today in the Gospel we see that Jesus was angry with the way people viewed his Father’s house. It makes me think about how we view God’s house today. Would Jesus be happy with the way we act in church? Do we rush in and out because we have better things planned for our day, or do we take a few extra minutes to speak privately with Jesus? Do we prepare ourselves by the way we dress and quiet ourselves before we enter into the church knowing that Jesus is truly present there in the Eucharist? Do we genuflect out of respect? When we do these things we show God how much we love him.

What are some ways your family prepares for Mass? What could you change to prepare better?”



Prayer:

Dear Lord, we want to honor and worship you when we spend time in your house. Please give us the grace to fight off temptations of distraction so we may love and glorify you by our presence in church.

March 10, 2024

4th Sunday in Lent

Gospel Reading: John 3:14-21

“For God did not send his Son into the world to condemn the world, but that the world might be saved through him.” — John 3:17

Some people think God is like an angry judge. They forget that he is a loving parent. He loves each one of us as his own children. Ask your parents how much they love you. It may be hard for them to express all the love they have for you in their hearts. But parents love their children a lot, wanting the best for them. God wants that for us, too. He saw that we needed to know his love, and the best way to show us was to send his Son. But he didn’t stop there. He allowed his Son to show us God’s love all the way to the cross. Jesus laid down his life for us, and then rose from the dead to love us even more. Our God really loves us a lot!

How do you view God? As an angry judge or a loving parent? Are you afraid of him or do you run into God’s arms for love?



Prayer:

Dear Lord, thank you for being a Father who is willing to go to any length to show us, your children, that you love us.

Download this month’s [Saint Prayer Card](#) - St. Katharine Drexel



Gospel Readings

March 17, 2024

5th Sunday in Lent

Gospel Reading: John 12:20-33

“Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life.” — John 12:25

Today’s scripture from the Gospel sounds kind of confusing. Most of us like our lives. It is hard to understand why we would lose it just because we like it. But I think that Jesus is looking deeper than what meets the eye. In different words, “whoever loves his life more than God will lose it and whoever puts God first will gain eternal life.” If we live our lives only to please ourselves, we lose out in the end. But if we learn to put God first in our lives, we take steps closer to being with him forever in heaven.

What are ways I put myself ahead of God? How can I make a change to start putting God before myself?



Prayer:

Dear Lord, help me to put you first, even before all the things I want. Teach me to seek you in all I do.

March 24, 2024

Palm/Passion Sunday

Gospel Reading: Mark 14:1-15:47

“...every tongue confess that Jesus Christ is Lord, to the glory of God the Father.” — Philippians 2:11

Today we reflect on Christ’s passion and death. In the midst of the story it is hard to believe that “every tongue will confess that Jesus Christ is Lord.” Most voices at this moment are condemning him. There are only a few people that are standing by him, suffering with him. There are times in life when we have the choice to be a person who stands for God, even it’s really difficult, or to be a person of anger, betrayal, and abandonment.

Which voice will you have in this week before Easter? Which side will you be on, Christ’s or the world’s?

Prayer:

Lord, you suffered because of your great love for us. Give me a voice to tell people how important you are to me!



March 31, 2024

Easter Sunday

Gospel Reading: John 20:1-18

“...he saw and believed.” — John 20:8

Those who went to the tomb to see that Jesus was not there—that he had risen—were indeed blessed. But Jesus said, “Blessed are those who believe without seeing.” That’s us! We believe because of the stories we have been told, the traditions that have been passed down to us, the experiences we have had through Holy Week and Easter. We are blessed to have the gift of faith to hear and believe that: Jesus Christ is Risen today! Alleluia!!!

What does God want to bring to life in you today?

Prayer:

Dear Lord, we praise you and thank for this Easter Sunday that reminds us of your gift of salvation. We are forever grateful for such a gift!



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>

(I)SWAG Presents:

ADHD - UNDERSTANDING THE DIAGNOSIS AND TREATMENT STRATEGIES

Ft. Aleigha from True Balance Counselling

5:30pm to 8pm March 20th, 2024

Join us as Registered Psychologists Aleigha and Ashley from True Balance Counselling presents on ADHD while we enjoy a complimentary dinner and the chance to win some door prizes at a fun night of learning.

Please RSVP @



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

Location:

THE ESSIE'S BALLROOM

Sandman Signature,
320 Scenic Drive S,
Lethbridge AB



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

ALEIGHA ARKSEY

True Balance Counselling

Aleigha is a Registered Psychologist who specializes in working with youth, anxiety, and grief and loss, but does work with individuals of all ages. Working with an open heart and open mind, Aleigha draws from a variety of approaches including Cognitive-Behavioural Therapy, Mindfulness, Play Therapy, Person-centered Therapy, Strength-based, and Solution focused.

This is a **FREE** event
Intended audience: parents, guardians, caregivers, aunts, uncles, grandparents, childcare providers, all school staff, bus

drivers, parishoner's

Please RSVP @

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

