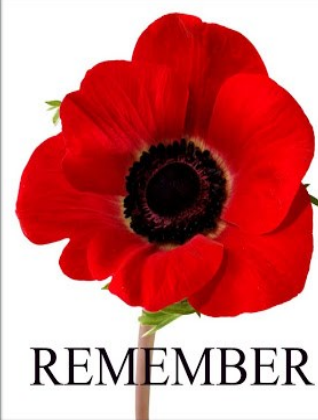




From the Principal's Desk

'Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations.' ~ **Psalm 100: 4-5**

After witnessing the turnout of our 2nd Annual Multicultural Night, where we gathered as a community of St. Paul, I am grateful and proud of our families and colleagues who make up our community. We were present to celebrate all that is good about our beloved school. We were proud to celebrate our own cultures and traditions and those of our neighbors. As we prepare to recognize the students who have shown gratitude in our next Christian Action awards, we should remember that it's important to thank them for the gifts we have.

St. Catherine, our Saint of November, is our patron Saint of students, librarians, and teachers. Her tenacity to stand up for Christianity and challenge those who endeavored not to believe in facts made her a martyr. She calmly debated others into believing in the Christian faith without aggression or prejudice. The lessons we can learn from her are far-reaching, especially in a year when we hope to 'Proclaim' our faith as a school division.

St. Paul School will again embark on its annual Food Drive/ Principal for a Day Fundraiser at the beginning of November. Students will receive one entry for each non-perishable food item they donate to the Lethbridge Food Bank. Contributing student names will be added to a draw; thereafter, two names will be randomly selected to act as a Principal for the Day next to me. Last year's principals met with the superintendent to discuss strategic plans, evaluate class lessons, meet with community donors, and deliver the food to the food bank.

Last year, the families and students of St. Paul School donated over 1,300 pounds of food to this fundraiser. This generous donation helped dozens of families through the winter months and the Christmas season. We hope to surpass last year's final amount and possibly even have community support to enrich this year's contribution.

I thank you for your unwavering support and commitment to the St. Paul School and I hope you have a wonderful month of November.

God Bless,
Mr. Ryan Myndio

IMPORTANT DATES

- Food Drive
Nov 1-29
- I Read Canadian Day-
Wear Red & White
Nov 6
- Remembrance Day
Ceremony/ Wear Red
Nov 7
- Wellness Day—
No School
Nov 8
- Remembrance Day
No School
Nov 11
- Div. Collab Day—No
School for Students
Nov 12
- Volleyball Jamboree
Nov 15
- Grade 3 Retreat
Nov 19
- Plaid Day
Nov 20
- Family/Teacher
Conferences
Nov 21
- Christian Action
Nov 26



Associate Principal's Message

November is always a month of reflection for me. We spend time in classrooms discussing Remembrance Day and helping our students understand the great sacrifices our veterans made in the past and those that our current peacekeepers make. We share messages of peace and hope for the world going forward and we pray together. Our gratitude for all of the sacrifices is expressed in our words and actions as we commit to act as peacemakers with one another. Our students are reminded that kind actions and kind words, finding positive ways to resolve conflicts and forgiveness are just a few of the ways that they are peacemakers every day.

In November we celebrate two feast days in our church; November 1st - All Saints Day and November 2nd - All Souls Day. All Saints Day is the day when we remember all those holy men, women and children who have gone before us to heaven. These saints, recognized by the church, are 'ordinary' people like you and I, and those in our family who led holy lives. They all lived lives faithful to God and they are champions for us, cheering for us who are still living. All Souls Day is a day to remember our family and loved ones who have died. We ask God to help us live with the hope that one day we will be reunited in heaven.

As teachers, we also spend hours reflecting on our students as we draw together all the pieces of information we have to put together their Fall assessment. We look forward to meeting with parents and students during Family interviews. This is a wonderful opportunity for parents, students and teachers to connect, share and set new goals together.

Have a peaceful November!

Tina Delinte
Associate Principal



November Faith Focus

November is a faith-filled month where we will have many opportunities to explore ways that we can be committed to deepening our faith, being responsible and being stewards for each other.

Christian Action Theme - Peace

Peacefulness is a way of approaching conflict with others so that no one is made wrong. It is being fair to others and yourself. Peace is giving up the love of power for the power of love. When you are peaceful, you respect others and their differences.



This month we recognize the virtue of peace.

Every person can work for peace by carefully considering how their words and actions make others feel. Peace within nations starts with peace among us!

*O Lord our God,
As we remember those who have died in conflict,
Teach us the ways of Peace.
As we learn from past mistakes,
Teach us to hope.
As we give thanks for the sacrifices of the past,
Help us to make your future in this world.
Amen*



THANK YOU FOR FEEDING OUR KIDS!

Thank you to our wonderful breakfast program and Mindful Munchies through the Lethbridge Food bank for supplying our school with our lunch program. We are so grateful to be able to ensure full bellies to our kids thanks to you!

Another big thank you for the amazing donation from Mr. Marc Dufresne at *St. Michael's Health Centre* and *Martha's House*. The

beautiful assortment of healthy snacks dropped off at our school weekly has made a tremendous difference and is so greatly appreciated!



"A generous person will be enriched, and one who gives water will get water."

Proverbs 11:25

Our St. Paul Choir is back again! We have over 70 students participating so far this year and we are so happy they have been able to fill our school with such beautiful music. Choir Practice is Tuesdays at lunch recess.

We will be singing at GLOW Lethbridge again this year, on Sunday, Dec. 1 at 2:00 PM. We will also be singing our National Anthem at a Hurricanes Game on Feb 14. More details about these performances and others to be booked will be shared with choir members closer to the dates. St. Paul School will be leading Music Ministry at ST, Basil's 11:00ams Mass on Sunday, Nov 17 and Dec 15. All St. Paul Students are welcome to join. You do not need to be a choir member to help at church.



Thanks for your support in our musical endeavors!



FAMILY/TEACHER CONFERENCES

November 21, 2024

In-Person Interviews: Strongly encouraged that Students are present

Step 1: Check your email—A class email will come from School Messenger with a google form attached.

Step 2: Click on the class google form. Fill in your email, child's name, and select the time you'd like your interview to be.

Step 3: See you there at your scheduled appointment time!

If you have any questions, please feel free to contact the office at 403-328-0611



PERSONAL DIGITAL DEVICES

We ask students to please not bring their own digital devices to school (Phones, iPad's, DS, Etc.) We are not responsible if the devices are lost or stolen. If a student does bring their own device, they are asked to bring them to the office as soon as they come into the building in the morning, and pick them up at the end of the day before they leave. We know these devices are expensive and don't



want any to disappear!



Parents, all the information about *Angel Tree* and how to get involved, whether that is to Register, Donate, or Volunteer is located on their website at:

<https://www.lfsfamily.ca/register>

PARENTS!

Want To Help Angel Tree?

Drop Off a New, Unwrapped Toy:

- At your school, OR
- At any of our official Angel Tree drop-off locations (visit our website for all locations)

Are You In Need of Angel Tree Services?

- Beginning Oct. 5, you can register on our website to receive a Christmas bundle for your child (www.lfsfamily.ca)

angel tree
CHRISTMAS CAMPAIGN

Lethbridge Family Services | Angel Tree Christmas Campaign

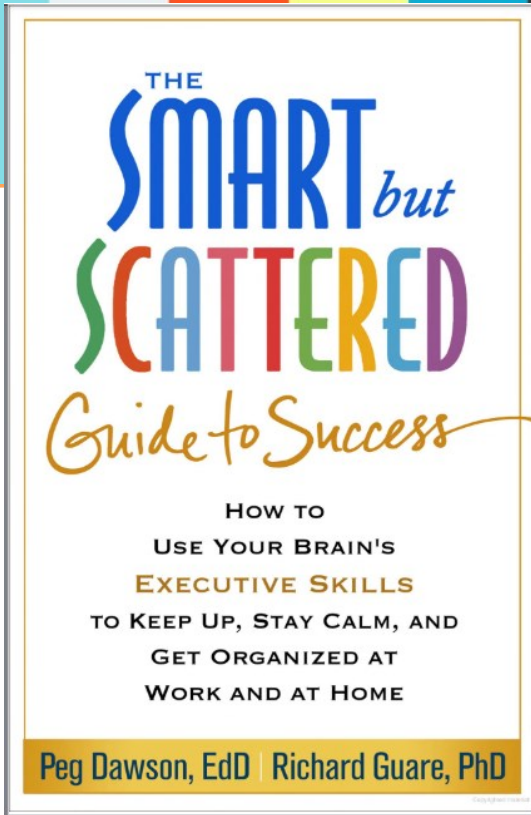
School Fees

A REMINDER THAT SCHOOL FEES ARE PAST DUE. IF YOU HAVE ANY PROBLEMS REGARDING THE PAYMENT OF THESE FEES, PLEASE ADVISE THE SCHOOL OFFICE AS SOON AS POSSIBLE. TO PAY YOUR FEES LOG ON TO YOUR SCHOOL CASH ONLINE ACCOUNT OF SCAN THE ATTACHED QR CODE



Psych It Up!

Book of the Month



ABOUT THIS BOOK:

This cutting edge research book is packed with strategies, concrete examples, and downloadable practical tools to help with organizational skills, time management, emotional control, and nine other essential capacities.

WHAT OTHERS HAD TO SAY ABOUT THIS BOOK:

"If you are the parent of a child with a learning disability, ADHD, ASD or just a typical child whose messy room, homework refusal, or poor sportsmanship is causing tension in your home, the advice offered by Drs. Dawson and Guare will speak to you."

"The two most useful takeaways from this book were: 1. a breakdown of specific types of executive skills-response inhibition, working memory, etc.—and 2. the concept that if your kid has not yet developed an executive function, you have to be their "scaffolding" and provide support until they do develop it."

"I initially thought this book would be helpful in parenting kids with ADHD but it is really an excellent resource for parents of typically developing children as well as those with deficits in their executive functioning skills."

Coming Soon: Drumming Club





ST PAUL SCHOOL COUNCIL NEWS



Welcome to **St Paul School Council News**! St Paul School Council participates directly with our School, our Teachers, and our Students and of course our Parents/Legal Guardians. Succession planning is always on the forefront so if you look after one or more children in our school and feel you may have an hour or two every month to make a difference we invite you to join us.

St Paul School Council meetings are virtual on the **2nd Tuesday of each month** and the link will be shared in the weekly School Updates email. We look forward to seeing you!

Next Meeting - Tuesday, November 12th - 6:30pm we hope to see you here!

Current Council Members ...

Chair— Michelle Carlson;

Co-Chair—Open;

Treasurer - Dalyce MacKay;

Secretary - Open;

Fundraiser Coordinator - Judy Meier;

Hot Lunch Coordinator - Tiffany Freer & Pat Morris



Our Safety Patrol Club has started!

Please be mindful of all roadway signs, rules, and regulations as our grade 4/5 students are on our street to help all pedestrians get across the street safely. Remember not to park by the stop signs or fire hydrants!

Thank you for your support with our Safety Patrollers!

STAYING CONNECTED

We have many ways for you to stay connected with us. Please check out our school website at

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

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



November

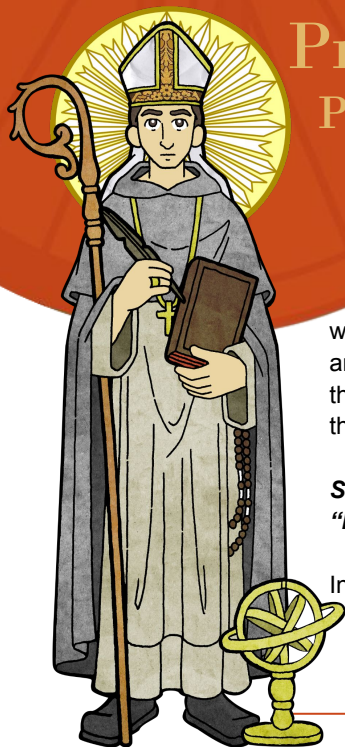
"It is by the path of love, which is charity, that God draws near to man and man to God."

- St. Albert the Great

St. Albert Magnus 1200-1280 (Feast Day: November 15)

Proclaim!

Pilgrims of Hope



Albertus Magnus (Magnus meaning 'Great') was born in what is today Germany around the year 1200. His family was likely of the nobility, which led to him having more formal education than many people of that time. His studies, largely in theology, led him to enter the Dominican order, and in that order he traveled to various locations around Germany to instruct as a lecturer. Eventually he moved to the University of Paris, where he has among his students a young Thomas Aquinas. He returned eventually to Germany as a Bishop, but continued his academic instruction as well until his death in 1280.

St. Albert is well known for his academic prowess - he was a scientist, philosopher, theologian, spiritual writer, and diplomat in his time. He wrote a great deal, with his collected works reaching over 35 volumes. He was an expert in many fields, including law, ethics, natural sciences and minerals. One key area in which he influenced the medieval world was in the area of faith and science. St. Albert showed that faith and science were not at odds; that we can look into the mysteries of creation and in them find holiness. As Pope Benedict XVI said in 2010:

Saint Albert shows us that faith is not opposed to reason, and that the created world can be seen as a "book" written by God and capable of being "read" in its own way by the various sciences.

In many ways, he set the stage for others like St. Thomas Aquinas to refine and deepen Catholic theology. For these reasons, St. Albert the Great was canonized in 1931 and named Doctor of the Church.

The Apostles' Creed

"... and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary..."

The second section of the Apostles' Creed shifts our focus from God to Jesus. In it, we attest to our belief in the Incarnation; the union of divinity and humanity in Jesus Christ. This simple statement belies endless complexity and questions. Many of these were questions that the early Church wrestled with. However, we know from both Scripture and from early historians such as Josephus and Tacitus that there are historical records of the existence of Jesus.

What do we profess about Christ when we proclaim the Apostles' Creed?

- We proclaim our belief in Christ as the only Son of God - one unique relationship with God, in contrast to those who suggested otherwise.
- We profess Christ as Lord - the same title often used in the era of the Old Testament to describe Yahweh with respect.

- We profess belief in the immaculate conception.

Jesus' humanity allows us to identify closely with him, who also had fears, happiness, hunger, and fatigue. And it is in his Incarnation that we too have hope that we can be children of God in his Kingdom.

As we seek to become Pilgrims of Hope this year, let us contemplate the Creed, and how our proclamation of the Creed unites us to one another and to all Christians through time and space.

FORMED - [Why did God become man?](#)

FORMED - [Was Jesus a Real Person \(or Really God\)?](#)

FORMED - [What does it mean to have a relationship with God?](#)

"Proclaiming" In Our Schools

Every November, as Holy Spirit, we gather together to offer a Mass for our retired staff. This month, the Mass will be held on **Tuesday, November 5, 5:00 at St. Basil Catholic Education Centre**. This is an important opportunity for us to gather together with our colleagues and to also remember those colleagues who have passed away. We recall their faithful service and witness in proclaiming the Gospel message to so many of us, former students and co-workers, and the lasting impact they have had on our communities. Please consider joining us this year!



Pope's Prayer Intentions - For Anyone Who Has Lost a Child

We pray that all parents who mourn the loss of a son or daughter find support in their community and receive peace and consolation from the Holy Spirit.

Gospel Readings

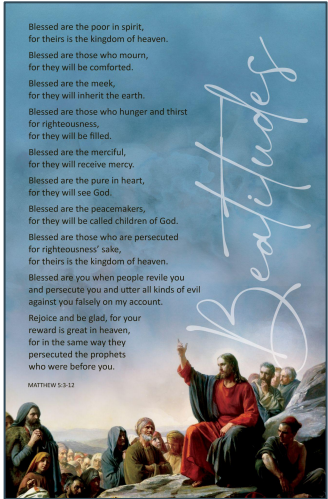


Gospel Reading: Matthew 5:1-12a

“Blessed are you when they insult you and persecute you and utter every kind of evil against you (falsely) because of me. Rejoice and be glad for your reward will be great in heaven...” — Matthew 5:11-12

When Jesus taught us the Beatitudes, he said that we are blessed when we are insulted and persecuted because of our faith in him. In his time and culture, and still in some countries today, people were and are treated terribly for being Christians. Jesus wanted them to know that they weren’t alone when this happened, and that ultimately they would be rewarded for being faithful to him. This is hard to understand because we normally think that we are blessed when we are approved and honored, not when we are insulted and persecuted. Jesus turned a lot of thinking upside down like this. We can ask the Holy Spirit to help us understand Jesus’ words and help us to live more like Jesus taught.

Does our family follow the Beatitudes as a way of life, giving special care and respect for the ones our society usually looks down upon? Read the Beatitudes today and focus on one or more to live out in your family.



Prayer:
Dear Holy Spirit, help us to live for Jesus and to live according to the Beatitudes.

View The Beatitudes poster [here](#)

Gospel Reading: Mark 12:28b-34

“You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength...You shall love your neighbor as yourself’. There is no other commandment greater than these.” — Mark 12:30-31

The scribe asked Jesus, “Which is the greatest commandment?” Because he understood the answer, Jesus told him that he is not far from the kingdom of God.

Do I understand Jesus’ words? Do I love God with all my soul, mind and strength? When we love what is good and strive to do what is right, then we are loving God. Do I love my neighbor as myself? Is my neighbor’s well-being as important as my own? It’s not selfish to be good to ourselves, but we are asked to treat others just as well. For some people, it is harder to be as good to themselves as they are to others. Jesus asks us to try to do both. Love others AND love ourselves.

Do we care about our neighbor as much as we care about ourselves? How can we do better?



Prayer:
Dear Lord, we want to understand your words. We want to live your commandments with all our heart. Holy Spirit, please help us to know how to express our love for God, others, and ourselves.

Download this month’s [Saint Prayer Card](#) - St. Albert the Great
[Saint Prayer Card](#) (black and white version for colouring)



Gospel Readings

Gospel Reading: Mark 12:38-44

“Do not be afraid...first, make a little cake and bring it to me. Then you can prepare something for yourself and your son.” — 1 Kings 17:13

The poor widow did not refuse the prophet Elijah's request, even though she barely had enough flour and oil to prepare one meal for her own family. She made a cake for Elijah, and afterwards, the Lord blessed her family with enough to eat for a full year. It must have been so hard for her to offer the last of her food to someone else when she didn't know where any more would come from. This is one of many stories in the Bible when God provides for people when they are self-less and share what they have with others. Do I trust God this much—enough to put others' needs before my own?

How can our family show our trust in God and our gratitude for all God has given us?
This week, can our family give one item to the poor that we would rather keep for ourselves?

Prayer:

Dear Lord, please give us the faith and trust to put the needs of others before our own. Help us to see you in the poor and to care for them as we would care for our own family. Help us remember that everything we have is a gift from you for us to share. Please give us the grace we need to trust you in all things.



Gospel Reading: Mark 13:24-32

“Heaven and earth will pass away, but my words will not pass away. But of that day or hour, no one knows, neither the angels in heaven, nor the Son, but only the Father.” — Mark 13:31-32

Jesus told us that one day everything as we know it will end and that we will not know the time when this will happen. That might seem a little bit scary. At the same time, we know that some people die suddenly every day in accidents or from heart attacks or other unforeseen occurrences. Jesus is trying to tell us that we should be living every day as if this is our last. If I were to die today, would I be satisfied with how I lived my life or would I regret doing something or not doing something? What should I take from Jesus' stories and teachings to apply to my life today?

If I knew today was my last day on earth, how would I want to spend it?
What would I want to do or say?

Prayer:

Dear Lord, we do not know when we will meet you face to face, but we hope that when that day comes, you will be pleased with the way we tried to live our lives for you. Please give us the grace to always make choices that will lead us to you.



Gospel Reading: John 18:33b-37

...Son of Man received dominion, glory and kingship... — Daniel 7:14 | Jesus Christ is the faithful witness...and ruler of the kings of earth. — Revelation 1:5 | “My kingdom does not belong to this world...My kingdom is not here.” — John 18:36

Jesus is the KING OF KINGS! Jesus is the KING OF HEAVEN AND EARTH! Yet Jesus isn't like earthly kings who are wealthy and powerful and can make people do whatever they want them to. Jesus wants what is good and right for everyone in the world. He doesn't want power for himself - he wants everyone to be treated with justice and to have what they need to live joyful lives. Can Jesus be the King of your heart? He wants to be. He wants to work together with us to bring about a Kingdom of love and equality.

What are some ways that I can live as though Jesus is the king of my heart? If Jesus came to visit our home today, what kind of “royal treatment” would we give him to celebrate his presence?

Prayer:

Dear Lord, thank you for being an awesome God. You are the most gentle, loving, just, kind, glorious, powerful king in all of heaven and earth. We love you and invite you into our hearts.



Sources:
[Stories of Saints | St. Albert the Great](#)
[How St. Albert was known as “the Great” even during his life](#)

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

 Assumption Church Lethbridge Father Kevin Tumback Father Santiago Torres Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am 6:00 pm 2405-12th Avenue S. Lethbridge, AB T1K 0P4 Tel: 403-327-8931	 St. Basil's Church Lethbridge Father Kevin Tumback Father Santiago Torres Mass (Saturday): 7:00 pm Mass (Sunday): 7:30 am 11:00 am 604 13 Street N. Lethbridge, AB T1H 2S7 Tel: 403-327-8931	 St. Martha's Parish Lethbridge Father William Monis Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am 11:00 am 355 Columbia Blvd. W. Lethbridge, AB T1K 5Y8 Tel: 403-381-8891
 Ss. Peter & Paul Parish Lethbridge Father Gary Sedgwick Mass (Sunday): 10:00 am 643 12B Street N. Lethbridge, AB T1H 2L6 Tel: 403-328-4753	 St. Ambrose Parish Coaldale Father Ian Gagne Mass (Sunday): 9:00 am 4:00 pm 1523-23rd Avenue Coaldale, AB T1M 1E2 Tel: 403-345-3400	 St. Catherine Parish Picture Butte Father Ian Gagne Mass (Sunday): 11:00 am 762 Crescent Avenue Picture Butte, AB T0K 1V0 Tel: 403-732-4433
 St. Augustine Parish Taber Father Philip Van Tinh Le Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am 5009-48th Avenue Taber, AB T1G 1T4 Tel: 403-223-2226	 St. Michael's Parish Bow Island Father Wojciech Jarzecki Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am 1101-1st Street E. Bow Island, AB T0K 0G0 Tel: 403-545-2023	 St. Michael's Parish Pincher Creek Father Marino Infante Mass (Saturday): 7:00 pm Mass (Sunday): 10:00 am 958 Christie Avenue; Box 339 Pincher Creek, AB T0K 1W0 Tel: 403-627-3071