



# FEBRUARY NEWSLETTER

## PRINCIPAL'S MESSAGE:

"No one after lighting a lamp covers it with a jar or puts it under a bed, but puts it on a stand, so that those who enter may see the light" ~ Luke 8:16

The month of February has significant meanings associated with light, healing, the Holy Family, and, of course, the beginning of Lent. In Luke 8:16, Jesus uses the parable of a lamp on a stand to teach that the word of God received by disciples must not be hidden but openly proclaimed and lived out, so it illuminates others, just as a lamp on a stand provides light for the whole house. The meaning emphasizes that the truth, once revealed, should be manifest and provide guidance, and that followers have a responsibility to share the light of the gospel, not conceal it.

The Holy Family in the Catholic Church serves as a time to honor Jesus, Mary, and Joseph as the model of virtue, love, and unity for all Christian homes. This devotion emphasizes the home as a 'domestic church' and highlights the virtues of obedience, faith, and sacrifice within family life. With these two focal points, Catholics then venture into the 40-day season of prayer, fasting, and almsgiving that prepares Christians for Easter. Lent symbolizes the 40 days Jesus spent fasting and facing temptation in the desert. The season focuses on repentance, self-reflection, and inner conversion to align with God's will. This is a time when St. Paul community members and families can reflect and act as Jesus did. Holding these acts and reflections can be a powerful way to connect with our faith as we prepare for Easter.

In February, St. Paul School will be very busy with a number of events and extracurricular activities. Basketball leagues will start up for grade 5-6 boys' and girls' teams. Grade levels will head to St. Basil's for some Wednesday masses and memorable grade-level retreats. Surveys will continue to be submitted by students, teachers, and parents, as well as new registrations submitted by new and existing families for the 2026/27 upcoming school year. The February break will allow our families to enjoy time together on the 16th and for teachers to pursue their professional development aspirations during the SWATCA convention later that week.

One last shout-out would be to thank Ms. Anton, our beloved Administrative Assistant, for her 20+ years of service to St. Paul School! As a community, we will be forever grateful for the love she has shared with our students, teachers, and families, and we wish her the very best in her retirement! We will miss her dearly!

Wishing you all a fabulous February,

Mr. Ryan Myndio



## IMPORTANT DATES

Grade 2 Retreat	Feb 2
Winter Walk	Feb 4
Oh Canada Day	Feb 6
Soccer Game	Feb 6
Hot Lunch	Feb 10
School Council Meeting	Feb 10
Wear Red	Feb 13
Candy Grams	Feb 13
Reading Week	Feb 16 - 20
Christian Action	Feb 24
Pink Shirt Day	Feb 25
Ash Wednesday Mass	Feb 25
Jump Prize Assembly	Feb 27



## ASSOCIATE PRINCIPAL'S MESSAGE:

Welcome to February! We are already halfway through the school year. February is the shortest month, but it is also very busy and full of fun activities.

We have lots to celebrate with our students and families this month. On February 4, we will take part in Winter Walk Day. On February 6, we will dress up for O Canada Day. On February 12, we will get active during our Jump Rope for Heart day.

Starting on February 16, we will celebrate Family Day and enjoy a week off from school. We hope everyone takes time to rest, have fun, and enjoy being together.

On February 25, we will celebrate Pink Shirt Day by spreading kindness and caring for others in our school, our community, and beyond.

In February, we also focus on the Holy Family. We are reminded to show love, kindness, and care in our own families, just as Mary, Joseph, and Jesus did. Ash Wednesday which marks the beginning of Lent this year falls on February 18. This season of Lent we are challenged to pray more, give more and love more!

February will go by very quickly, so let's make the most of this special month together.

Tina Delinte, Associate Principal

## FEBRUARY FAITH FOCUS

The month of February is dedicated to the Holy Family - Mary, Joseph and Jesus and the love that they shared and modeled for each of us.

### CHRISTIAN ACTION

Love

THE VIRTUE OF LOVE ENCOURAGES US TO SHOW GENUINE CONCERN FOR THE GOOD OF OTHERS, WITH UNSELFISH ACTS OF KINDNESS SUCH AS:  
COMPASSION, CARING,  
THOUGHTFULNESS, SERVICE AND OTHER HUMANITARIAN AND NOBLE ACTIONS.  
ALL WE NEED IS LOVE!

THIS MONTH WE LOOK FOR OPPORTUNITIES FOR CHARITY, ONE OF THE FRUITS OF THE SPIRIT.

I love you



# welcome



## MS. CALF ROBE

OKI, MY NAME IS MS. CALF ROBE AND MY BLACKFOOT NAME IS POKOMOPISTAAKI (LITTLE BUNDLE WOMAN) I'M FROM SIKSIKA NATION, ITS AN HOUR EAST OF CALGARY. I WAS RAISED BY MOM ROBERTA AND MY LATE GRANDPARENTS (ED & MARIE CALF ROBE). MY GRANDPARENTS SPOKE TO ME IN BLACKFOOT AT A YOUNG AGE AND TAUGHT ME ABOUT OUR BLACKFOOT CULTURE. IM VERY BLESSED AND GRATEFUL FOR THIS WONDERFUL GIFT.

MY 2 CHILDREN AND I MOVED TO LETHBRIDGE IN 2008. IT'S BEEN 17 YEARS NOW, MY CHILDREN HAVE GROWN AND GRADUATED HIGH SCHOOL AND HAVE FURTHERED THEIR EDUCATION AND CAREERS. I LOVE TO ATTEND POW-WOW, HANDGAMES, GOTO SUNDANCE, AND LOVE TO DO BEADED WORK IN MY SPARETIME.

I'M THE FIRST NATION METIS & INUIT FACILITATOR FOR ST. PAUL SCHOOL AND ST. TERESA OF CALCUTTA SCHOOL. I'M HONORED TO TEACH AND GUIDE THE STUDENTS, MEET FNM&I STUDENTS/PARENTS AND I'M LOOKING FORWARD TO A WONDERFUL SCHOOL YEAR HERE AT ST. PAUL.

MS. CALF ROBE

FIRST NATION METIS & INUIT FACILITATOR



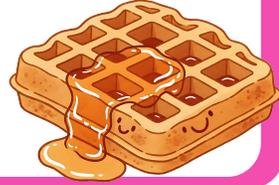
# Breakfast Club



JUST A REMINDER THAT WE HAVE OUR BREAKFAST PROGRAM THAT RUNS  
MONDAY TO FRIDAY 8:00-8:30AM.



THIS PROGRAM IS FREE OF CHARGE AND IT IS FOR EVERY STUDENT  
TO ENJOY. WE HOPE TO SEE YOU FOR BREAKFAST!



## Valentines Candy Grams

TIME TO SPREAD KINDNESS! ST. PAUL SCHOOL COUNCIL IS EXCITED TO ANNOUNCE VALENTINES CANDY GRAMS. THIS FUNDRAISER WILL GO TOWARDS YEAR-END ACTIVITIES.

CANDY GRAMS WILL BE SOLD FOR \$1 A PIECE. FEEL FREE TO PURCHASE AS MANY AS YOU WISH. SENDING SOME LOVE TO YOUR CLASSMATES, TEACHERS, OR OTHER STAFF AT ST. PAUL SCHOOL.

TO PLACE YOUR ORDER, GRADES 1-6, BRING MONEY TO YOUR HOMEROOM TEACHER FROM JANUARY 27- FEBRUARY 6.  
(NO LATE ORDERS ACCEPTED)  
CANDY GRAMS WILL BE DELIVERED FEBRUARY 13



**FEBRUARY 13**

**HEART SUCKER WITH VALENTINES TAG**

**\$1 EACH**

**\$20 WHOLE CLASS**

### PICKING UP STUDENTS DURING SCHOOL TIME:

FOR CONTINUED SAFETY OF OUR CHILDREN WE REQUIRE PARENTS TO COME AND SIGN THEIR CHILDREN OUT AT THE OFFICE WHEN THEY ARE PICKING UP THEIR CHILD DURING SCHOOL TIME. PARENTS PLEASE CONTINUE TO SEND IN ADVANCE A NOTE IN YOUR CHILD'S AGENDA INFORMING THE SCHOOL THAT YOU WILL BE PICKING UP YOUR CHILD DURING SCHOOL HOURS.

WHEN PARENTS ARRIVE AT SCHOOL, PLEASE COME TO THE OFFICE AND SIGN YOUR CHILD OUT. WHILE SIGNING OUT YOUR CHILD, 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 TO CREATE A SAFE AND SUPPORTIVE LEARNING ENVIRONMENT FOR ALL STUDENTS.

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CONTACT THE OFFICE AT (403)328-0611.



## Be my Valentine

THIS YEAR FOR VALENTINE'S DAY, WE WILL BE CELEBRATING ON  
FRIDAY, FEBRUARY 13.

STUDENTS ARE WELCOME TO BRING VALENTINE CARDS FOR THEIR CLASSMATES; OTHER CANDY, TREATS, AND GOODIES ARE ALSO WELCOME!

## SCHOOL COUNCIL

OUR NEXT SCHOOL COUNCIL MEETING:  
TUESDAY, FEBRUARY 10 @ 6:30PM

*All are Welcome!*



OUR FEBRUARY BREAK IS:

FEBRUARY 16-20, 2026

THERE WILL BE NO SCHOOL FOR  
STUDENTS. ENJOY THIS TIME OFF WITH

YOUR FAMILY!



# REGISTRATION

SCHOLENGAGE REGISTRATIONS FOR THE 2026-2027 SCHOOL YEAR ARE AS FOLLOWS:  
STARTING: JANUARY 19, 2026 - PRE-REGISTRATION FOR BOUNDARY-AFFECTED STUDENTS  
STARTING: FEBRUARY 2, 2026 - REGISTRATION FOR EXISTING FAMILIES  
STARTING: FEBRUARY 9, 2026 - REGISTRATION FOR NEW STUDENTS.

PLEASE TAKE A LOOK AT YOUR EMAIL OR LOG IN TO YOUR POWERSCHOOL PARENT PORTAL TO COMPLETE THESE FORM. ALL FORMS ARE REQUIRED BY ALBERTA EDUCATION TO BE COMPLETED.

YOU CAN LOG IN HERE TO GET STARTED:

[HTTPS://HOLYSPIRIT.POWERSCHOOL.COM/PUBLIC/](https://holyspirit.powerschool.com/public/)

**REGISTER NOW**

## STAYING CONNECTED

WE HAVE MANY WAYS FOR YOU TO STAY CONNECTED WITH US. PLEASE CHECK OUT OUR  
SCHOOL WEBSITE AT [STPAUL.HOLYSPIRIT.AB.CA](http://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!





# SPELLING BEE & MINI BEE

**March 14 | 1 - 5 p.m. | Main Branch**

Join the Fun at the Spelling Bees! Calling all young word wizards! Love spelling and friendly competition? Don't miss the Spelling Bee & Mini Bee. The Mini Bee is for children in grades 1-3, and the Spelling Bee is for grades 4-6.

**How to Participate:** Sign up today to have fun, build your skills, and learn new words.

**Prize:** Winners take home a trophy celebrating their spelling mastery!

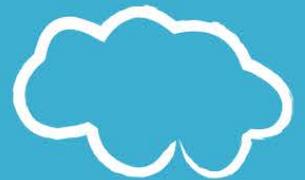
**For more details, visit [lethlib.ca/events](http://lethlib.ca/events).**



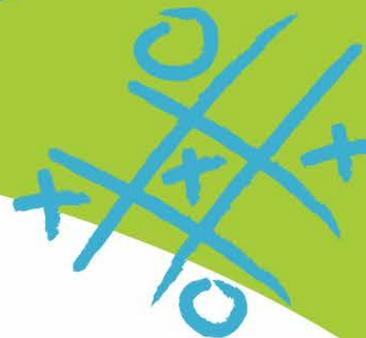
Lethbridge  
Public Library | **CONNECTING  
YOU**



# SCHOOL'S OUT!



February 17 - 20 & March 13 | 10 a.m. - 4 p.m.  
Main & Crossings Branches



Visit the library on school closure days and enjoy a variety of fun crafts, games, and other activities!  
Free, drop-in program.



Lethbridge  
Public Library

CONNECTING  
YOU



AND



Lethbridge  
Public Library

CONNECTING  
YOU



presents

# After School Gaming

For Youth 14-17 yrs.

Thursdays Feb 12th to Mar 26th, 2026

6:00 PM TO 8:00 PM

Where: **Lethbridge Public Library  
Crossings Branch**



Where Strategy Meets Fun!

Looking for a place to hang out, challenge your friends, and try something new? Join our teen game group! No screens, no pressure — just games, laughter, and chances to test your skills. From strategy games to fast-paced challenges, there's something for everyone. Discover your next favorite game.

For more info contact Darcy at 403-320-8888  
or email [d.nalder@familyties.ca](mailto:d.nalder@familyties.ca)



to register

Lethbridge Family Services

Since 1910

Counselling, Outreach & Education



# CONNECTED KIDS

## A PLAY-BASED COUNSELLING GROUP FOR SOCIAL AND EMOTIONAL GROWTH.

Friday afternoons

March 6 to April 24, 2026

2:00 pm–4:00 pm

Open to:

• **Children ages 7-9**

Facilitators:

**Chantelle Kultgen, MACP**

Canadian Certified Counsellor

**Kelli Bowles, MACP**

Canadian Certified Counsellor

No cost to participate



LFS Counselling office:

1098 3rd Avenue North

This group will provide children with the opportunity to learn and practice skills to support their social and emotion growth. Using a combination of facilitator directed and self-directed activities, participants will be given opportunities that promote self-esteem and problem-solving skills within a safe and inclusive environment.

To register, please contact:

Lethbridge Family Services Counselling Intake

403-327-5724 or [counsellingintake@LFSfamily.ca](mailto:counsellingintake@LFSfamily.ca)

Intakes are occurring in February 2026



## In-Person DBT Skills Group for Adolescents and Parents

A six-week group for adolescents and their parents aged 13 through 17 who struggle managing emotions and behaviors. Participants must register in advance:

You will learn...

- How to become more mindful and self-aware
- Better manage feelings of anxiety and depression
- Reduce impulsive behavior & learn new coping skills
- Have healthy relationships and better communication

This six-week curriculum follows a set agenda in which new information is taught & practiced weekly, followed up with homework tasks. Skill sets include Mindfulness, Distress Tolerance, Emotional Regulation, Interpersonal Effectiveness, and Walking the Middle Path.

**Thursday's from 6 to 7:15p.m., February 26<sup>th</sup> to April 2<sup>nd</sup>, 2026.**

Recovery Alberta Child, Youth and Family Addiction and Mental Health Clinic, Melcor Centre (Suite 120A 200 - 4 Ave. S.).

**To register, call Access Addiction & Mental Health  
1-888-594-0211**

# FEBRUARY FUN CAMP



For Youth 8-12 years old

*It's Going to be Out of this world!*



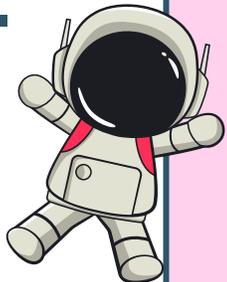
## FUN - GAMES - CRAFTS



to register

<b>\$ 10</b> REGISTRATION FEE	<b>Feb 17, 18 &amp; 19</b>
----------------------------------	----------------------------

**10:00 AM -  
3:00 PM**



Family Ties Gathering Space  
911 -3 Ave N

More Info: 403-320-8888 or  
email: [d.nalder@familyties.ca](mailto:d.nalder@familyties.ca)



## Walk-In Services:

### Child, Youth & Family Mental Health & Addiction Clinic

**We offer a free, single-session or “one at a time” mental health and addiction services for children, youth and families. The goal is that you leave with a clear plan of support and strategies to address the concern that brought you in.**

Our service includes:

Therapy supports for children and youth ages 7-17.

Parenting supports for parents of children ages 0-17.

Hours: Thursday 11:30 AM – 4:30 PM (Registration starts at 11:30 AM. No new clients will be accepted past 3:15 PM)

**Things to bring:**

- Alberta Health Care Card.
- Identification for older youth and parents/guardians of children.
- A list of other therapists you are seeing (if any and if you have this available).
- Any relevant custody orders.

**Location:** Enter through the AHS doorway on the south side of Melcor Centre – 200-4<sup>th</sup> Avenue South. Walk down the long corridor into the main mall area. We are located on the main floor, Suite 120A.

Call 403-381-5278 for more information



# LETHBRIDGE LITTLE LEAGUE

2026 Spring House League Registration Open  
January 6 - February 28

Lethbridge Little League is the governing association for Little League Baseball within the City of Lethbridge. Players who are interested in playing baseball in Lethbridge should register using the information below. We are excited for another exciting season of Little League Baseball.

**Register online at:** [www.lethbridgelittleleague.com](http://www.lethbridgelittleleague.com)

<u>AGE</u>	<u>DIVISION</u>	<u>FEE</u>	<u>GAME DAYS</u>
4-5	T-Ball	\$165	Mon/Wed
6-7	Coach Pitch	\$165	Tue/Thurs
7-8	Rookie	\$225	Mon/Wed
9-11	Minor	\$285	Tue/Thurs
10-12	Major	\$285	Mon/Wed
13-14	Teenage	\$285	Tues/Thurs
15-16	Teenage	\$285	Mon/Wed

\*\*Make up games and special events may be scheduled on Friday-Sun.

\*\*\* Please note **residency and school attendance eligibility rules** apply: **Players can play in the league where they either live or go to school.** Please email [info@lethbridgelittleleague.com](mailto:info@lethbridgelittleleague.com) to learn more about eligibility rules.

LETHBRIDGE PLAYS PRESENTS

# A Winter **MINI** **PLAY!** **SUMMIT**

HOSTED BY FAMILY TIES &  
LETHBRIDGE PUBLIC LIBRARY

**CO-REGULATION, PLAY, &  
EMOTIONAL RESILIENCE**

**FEBRUARY 27, 1:30-3 PM**

LETHBRIDGE PUBLIC LIBRARY,  
MAIN BRANCH, COMMUNITY ROOM

REGISTRATION - \$10/PERSON



[www.lethbridgeplays.ca](http://www.lethbridgeplays.ca)

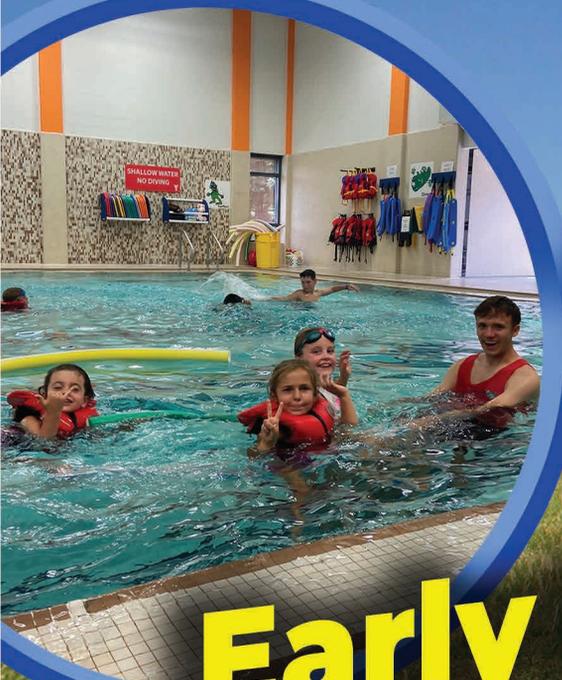


Since 1993

# Soccer Day Camps



...more than just a soccer camp!



## Early Deals, Big Savings, Ends March 31, 2026



- ✔ July & August weeks
- ✔ Morning & Full Day sessions
- ✔ Ages 5 to 13
- ✔ Before & After Care available

For more information:  
[royalsoccer.com](http://royalsoccer.com)  
800-427-0536

Mornings Starting from **\$165\***/week  
Full Days Starting from **\$249\***/week

\* Limited time, discounts vary, see website  
Additional discounts for week 1 & 6 ( 4 day weeks)

For location & registration details visit our website.



# OFF THE RECORD



BUILDING SAFER COMMUNITIES 



## strongHER together

### International Women & Girls in Sports Day



FEB 4TH,  
2026

6:00 PM -  
7:30 PM

LETHBRIDGE POLYTECHNIC  
VAL MATTEOTTI GYMNASIUM  
(3000 COLLEGE DR S)



\* FOR FEMALE YOUTH 10YRS -  
17RS \* NO COST \*

in collaboration  
with

**KODIAKS**



# 2026 OUTDOOR RECREATIONAL SOCCER REGISTRATION INFORMATION

[www.lethbridgesoccer.com](http://www.lethbridgesoccer.com) - 403-320-5425 (KICK)

**ONLINE ONLY:**

Sunday February 1st - Sunday March 22nd

*\*all registration must be done online\* REGISTER YOUR PLAYER BY THEIR BIRTH YEAR*

*\*payments must be made online using RAMP*



**IF YOU ARE USING KIDSPORT OR JUMPSTART**

YOU MUST REGISTER YOUR PLAYER AND PAY ONLINE WWW.LETHBRIDGESOCCER.COM BEFORE APPLYING FOR FUNDING THROUGH JUMPSTART, KIDSPORT OR CITY OF LETHBRIDGE FAP

**REGISTER:**

[www.lethbridgesoccer.com](http://www.lethbridgesoccer.com)

Request Fee covers 2 PLAYERS ONLY - \$40.00 - Payable at office or over the phone -Player requests MUST be sent by email to [kristy@lethbridgesoccer.com](mailto:kristy@lethbridgesoccer.com)

<u>Age Group</u>	<u>Birthyear</u>	<u>Fee</u>	<u># of sessions</u>	<u>***Days Playing***</u>	<u>***Fields***</u>	<u>***Times will alternate***</u>
U4 - CoEd/ Parent & Tot	2022	\$135.00	10 (30 min sessions)	Monday	Servus Sports Centre Indoor Field	5:00pm &/ or 5:45pm
U5 - CoEd	2021	\$150.00	10 (45 min sessions)	Tuesday	Outdoor Servus Sports Centre Field	5:00pm &/ or 6:00pm
U6 - CoEd	2020	\$150.00	10 (45 min sessions)	Wednesday	Outdoor Servus Sports Centre Field	5:00 &/ or 6:00pm
U8 Boys	2018 & 2019	\$230.00	18 (1 hr sessions)	Tuesday & Thursday	Lethbridge Polytechnic Field	5:15pm & or 6:15pm
U8 Girls	2018 & 2019	\$230.00	18 (1 hr sessions)	Monday & Wednesday	Lethbridge Polytechnic Field	6:15 PM
U10 Boys	2016 & 2017	\$230.00	18 (1 hr sessions)	Monday & Wednesday	Lethbridge Polytechnic Field	5:15pm & or 7:15pm
U10 Girls	2016 & 2017	\$230.00	18 (1 hr sessions)	Monday & Wednesday	Lethbridge Polytechnic Field	6:15 PM
U12 Boys	2014 & 2015	\$230.00	18 (1hr sessions)	Monday & Wednesday	St. Teresa School (North)	5:00pm &/ or 7:00pm
U12 Girls	2014 & 2015	\$230.00	18 (1hr sessions)	Monday & Wednesday	St. Teresa School (North)	6:00pm
U14 Girls	2012 & 2013	\$230.00	18 (1 hr sessions)	Tuesday & Thursday	TBD	5:00pm, 6:00pm &/or 7:00pm
U14 Boys	2012 & 2013	\$230.00	18 (1 hr sessions)	Tuesday & Thursday	TBD	5:00pm, 6:00pm &/or 7:00pm
<b>**PLEASE NOTE** If we do not get enough females registered in the U12 or U14 age groups (4 teams max.) - Age groups will be CoEd</b>						
U16 CoEd	2010 & 2011	\$230.00	18 (1 hr 10 min sessions)	Monday & Wednesday	Wilson School (North)	6pm & 7:30pm
U18 - CoEd	2008 & 2009	\$230.00	18 (1 hr 10 minute sessions)	Monday & Wednesday	Atso Towaawa (West)	6pm & 7:30pm

**\*\*\* START TIMES CANNOT BE REQUESTED AS TIMES WILL ROTATE THROUGHOUT THE SEASON \*\*\***

**Sessions will be scheduled during the Victoria Day long weekend (Monday evening)**

**\*\*SEASON STARTS MONDAY APRIL 20 and be complete SATURDAY JUNE 20, 2026\*\***

*Jersey kits included in Registration price- Jersey, shorts and socks*

**U4-U6 Timbits:** An introduction to soccer. All sessions ran by LSA Staff Coaches, with activities based around players exploring the soccer ball and getting comfortable with an invasion sport. Some small sided scrimmages may be played, but this environment is purely about the players gaining their first touches of a soccer ball.

**U8-U10 Fundamental:** Individual development is paramount by building a love of the ball. Sessions will challenge players creative side as well introduce them to skills needed in the game such as dribbling, passing and shooting. Scrimmages will be played, but no scores will be kept, and all players will be asked to experience all positions of a soccer match (goalkeeper, defender, midfielder, striker).

**U12-U14 Learning The Game:** This age is classed as 'The Golden Age Of Learning' where skills learnt in the earlier stages are now enhanced as well as an introduction to the tactical side of the game. Scrimmages will be played and although scores will be kept during the game, coaches and players are asked to keep games meaningful, competitive and to avoid blowouts at all costs. There will be no league standings.

**U16-U18 Excel In The Game:** Utilizing the technical understanding and tactical skills learnt in the previous three phases to excel in the game. Like the previous 'Learning the Game' phase, coaches are asked to avoid blowouts and keep games competitive throughout.

