



OCTOBER NEWSLETTER

CALDER'S COMMENTARY

Wow! What an amazing month we have had back at school. I would like to commend all of our families who are learning at-home or in the school for your hard work in helping to transition back to school in a safe, yet fun, way. While I know there have been a few difficult pieces in managing our return to school, the OLA community has really come together, making the best with what we have. This ties so nicely to our faith plan for this year, Transformed by the Journey. While the situation is not what we are used to, we find ways daily to be grateful and gracious. I know that I am personally grateful for the grace that has been shown to me as I transition to a new school and community.

Thank you for your continued diligence in helping to keep our community healthy and safe. Our students have been amazing at learning and following the new protocols in their daily routines. Our families have adhered to the guidelines, which is not always an easy task. We appreciate your continued commitment to the success of our students and our school.

We had our AGM last night. Thank you to those who attended. We are excited to announce that Michelle Dormer will be our Chairperson, Deena MacWilliam will be our Vice Chair, and Rhonda Norris will head up hot lunches and fundraising. We are looking forward to a great year. School Council meetings will be held virtually the second last Wednesday evening of every month at 7:00pm.

We are looking forward to a beautiful fall with a few celebrations, including Halloween. Please continue to read the newsletter for details.

Have a great October.
Many Blessings,

Mrs. Calder

WELCOME

I am so excited to introduce myself as Miss. Jenn, Our Lady of the Assumption's Family School Liaison Counsellor. I will be at the school on Thursdays. Mental health and wellness are a few things that I am very passionate about! It is so important that we take care of our minds and our bodies to be better able to function in our daily lives. There are many challenges and difficulties that we experience throughout life, and being able to have support and connection can make these times more bearable.



As the school counsellor, my door is always open to students, staff and families. I am here to talk, listen and navigate a variety of stressors and situations. Together we will come up with solutions to work through these challenges.

Here are ten random facts about me:

- o I can't live without animals
- o Mountains make my heart happy
- o I am obsessed with alpacas
- o My favorite color is purple
- o I grew up in a small town in southern Alberta
- o I am kind hearted
- o I recently learned pottery and made a mug
- o Pizza is always a good idea
- o Volleyball is my favorite sport
- o I love hiking

I can't wait to meet you!

-Miss. Jenn

ACT LIKE MARY – OCTOBER CHALLENGE

In October, we are continuing to build our students understanding that being grateful and gracious in our lives can add so much joy to the lives of others in our school and community. Through our continued work with our Act Like Mary initiative, OLA students will be challenged to take a moment each day and look for the needs of others. Is there a way to make someone's day better with a small gesture like kind words of encouragement or helping them with a small gesture? Classrooms will highlight ways that you can make the day of the people around you a little better for the month of October. Classrooms will share these gracious acts on a communal bulletin board near our music room.

SCHOOL FEES

Thank you to those families that have already paid their school fees. School fees are now due. Please register with School Cash Online to pay all fees. If you have any questions, please feel free to contact Marina Miller at the school office. Email: millerm@holyspirit.ab.ca or phone: 403-327-5028.



SUPERVISION

Morning supervision – starts at 8:25am
Afterschool supervision – there is no after school supervision on the playground.

SCHOOL PICTURES

Lifetouch School Photography will be at the school Tuesday, October 20, to take student photos. All students will have their individual picture. This year there will be not be group / class pictures taken. Proofs will be sent home approximately two weeks later. At that time, you may choose the package you wish to purchase. All orders are placed through Lifetouch online.

Picture retakes are scheduled for Tuesday, November 17. If your child was absent or you are not satisfied with your pictures, please return the proof package and new pictures will be taken.

NO SCHOOL DAYS

There is no school on Friday, October 9, Professional Development Day for staff, Monday October 12, Thanksgiving Day and Tuesday October 13, Teacher Collaboration Day.

TURKEY TROT



Our annual Turkey Trot will take place on Thursday, October 8. Students are encouraged to dress like turkeys and will participate with their cohorts in a fun run around the school.

HALLOWEEN

Students are invited to wear their Halloween costumes to school on Friday, October 30. We ask that students do not bring any form of weapons or props (stuffies, etc.) and refrain from wearing gory costumes. When deciding on a costume remember that students will still be doing their school work and need to be comfortable sitting at their desks. Teachers will plan Halloween themed activities rather than class parties due to COVID restrictions.

COOLER WEATHER

With the weather being unpredictable this time of year, we ask that you send your children dressed for cooler, windy days. All students are expected to be outside for their breaks and being warm can make this time more enjoyable.

STAY INFORMED

Follow us on [Facebook](#)

Twitter - [@OLAlethbridge](#)

Webpage - ola.holyspirit.ab.ca

**HAVE YOU OPTED-IN
TO RECEIVE
TEXT MESSAGES
FROM US?**

Just send "Y" or "Yes" to 978338

OCTOBER 2020

Sun

Mon


Tue

Wed

Thu

Fri

Sat

				1	2	3
4	5	6	7	8 Thanksgiving Liturgy 9:00am Turkey Trot 	9 No School P.D. Day 	10
11 	12 No School	13 	14	15	16 Wear you OLA gear or blue and white 	17
18	19	20 	21 School Council virtual meeting 7:00pm Our Voice counts... 	22	23	24
25	26	27	28 Board Meeting 6:00 pm	29	30 Wear your costume 	31



Transformed by the Journey

OCTOBER

I will give thanks to the Lord with my whole heart!
Psalm 9:1a



Special Days to Remember	
Month of the Holy Rosary	
4	Feast Day of St. Francis of Assisi
7	Memorial of Our Lady of the Rosary
12	Thanksgiving Day
16	World Food Day
22	Feast Day of St. John Paul II

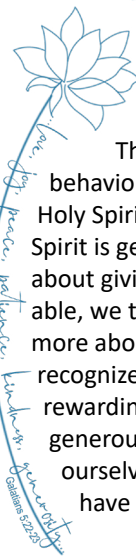
Bedtime Prayer
of
Thanks
for Children

Thank you
for being with me today.
Thank you for helping me
when I needed you.
Thank you for being with me
when I was afraid.
Thank you for helping me
to be generous
with my time and talents.
Thank you for giving me
the strength I needed
to do my best today.

Amen

Click [here](#) for a printable version of this prayer.

Be Gracious

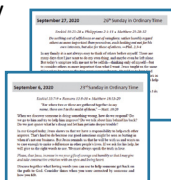


To be gracious is to be filled with good will and to treat others in the loving manner that Jesus taught us.

The Fruits of the Holy Spirit are the observable behaviours of people who have allowed the grace of the Holy Spirit to be effective in them. One of the Fruits of the Spirit is generosity. We often associate generosity as being about giving money. While that can be important if you are able, we try to model for our children that generosity is really more about the giving of ourselves. While it's important to recognize generous behaviour, we must be careful about rewarding it with youngsters. We teach them that being generous is not about getting recognition or a reward for ourselves. It is about sharing who we are and what we have with others, expecting nothing in return.

Catholic Education

A few years ago, we started the tradition of asking our teachers to read the upcoming Sunday Gospel with their students each Friday. We wanted our students to learn to consider how the lessons of the Gospel stories will help them live their life today. In order to now connect this to your home, we have purchased "Mass Transit Cards" for you to use as you prepare for Sunday Mass. Included is a simple explanation of the Gospel and a reflection question for your family to encourage conversation about the Scripture. You can access the Mass Transit Cards for October [here](#).



Be Grateful

This month, we will focus on prayers of thanksgiving, another of our beautiful Catholic prayer traditions. Of course this is especially appropriate during the month of October when we actually mark Thanksgiving Day in Canada. Prayers of thanksgiving invoke a spirit of gratitude, of thankfulness for God's many blessings. Every moment of one's life can become a moment of thanksgiving, and thereby of prayer.

It would do our children well if we could respond to our many emotions throughout the day with prayer. When your children are joyful or excited about something, encourage them to say a quick prayer of thanksgiving – "Thank you God for our happy hearts!"



Faith & Family

Brainstorm with your children ways to help others with their time, treasure, and talent by creating a "Family Foundation". This month, everyone in the family can decide how they will donate to the foundation. Perhaps your child will decide to be generous with his/her time by playing with a little brother or sister without being asked. Maybe your child will decide to donate part of his/her allowance to a favourite family charity. Perhaps your child will discover how to use his/her talents to bring joy to others. For example, a budding artist can create a chalk picture on the sidewalk for everyone in the neighbourhood to enjoy.

What a wonderful way for your children to understand what it means to serve and put our faith into action!



For it is in giving
that we receive.

- St. Francis of Assisi

Resources: *Praying Together* by Karla Hardersen; *Teaching Kids to Care* by Sr. Janet Schaeffler, OP



*'Let us come into his presence with thanksgiving:
Let us make a joyful noise to him with songs of praise!'*
(Psalm 95:2)