



MARCH NEWSLETTER

CALDER'S COMMENTARY

I would like to begin my message this month with an exciting announcement for OLA. OLA has been granted a 0.5 numeracy specialist teacher for the remainder of this school year. This teacher will focus on supporting students in all classrooms throughout the school with opportunities to address numeracy specific needs.

I am excited to announce that Mr. Matthew New will be taking on the role of numeracy specialist, in addition to his associate principal role, for the remainder of the year. This is very exciting for the school as Mr. New is familiar with all of our students and classrooms and will be able to support our students fully.

I am therefore thrilled to announce that Mrs. Christine Baptista has agreed to take on full time duties in the 5B classroom for the remainder of the school year. This will allow the students in 5B to continue with very little disruption. I am certain this will benefit our entire school community greatly.

March sees us well into our Lenten journey this year. Ash Wednesday was February 17 and we will focus our upcoming weeks on our Lenten challenges. Lent is a season to focus on repentance, prayer, and fasting. It is a time for us to remember the suffering Jesus went through for our salvation. We can use this time, as Catholics, to renew our focus on our faith. Through our Lenten sacrifices or acts of service, we recognize our call to be merciful and see the face of Jesus in those we encounter. Take time throughout this season to pray, fast, and give alms; recognizing the sacrifices of Jesus and his 40 days in the desert.

Prayer for Lent

Generous Father, you constantly shower us with your abundant graces.
Grant, we pray, that our Lenten sacrifices, prayers and reflections
will help us to better recognize the graces of this season.
May we share what you have given us with those less fortunate.
And help us, Father, to walk confidently on our path,
leading us closer to you as we prepare to welcome your Son,
our risen Saviour, this Easter.
Amen

Lenten Challenge 2021

ACT LIKE MARY – MARCH CHALLENGE

In March, we are celebrating the season of Lent while continuing to build on our students' understanding that being grateful and gracious in our lives can add so much to the lives of others in our school and community. Each week of Lent students will receive a Be Gracious (Monday/Tuesday) and a Be Grateful Challenge (Wednesday/ Thursday). We will also have a reflection question that will focus on how we made the lives of those around us a little better. The challenges for this year's Lenten Challenge were inspired by the student's ideas of what Gracious and Grateful looks like here at Our Lady of the Assumption school. We encourage all families to participate in these challenges at home as well. Our hope is that we continue to grow through this year's faith plan in which we are Transformed by the Journey.

| Lenten Challenge | Monday/Tuesday Be Gracious | Wednesday/Thursday Be Grateful | Friday Reflection |
|-----------------------------------|---|--|---|
| OLA | | | |
| Week 1 Feb 22-26 | Be Gracious with Praise Give those around you compliments for their hard work or a job well done. | Be Grateful with Thanks Write a thank you note to someone that has been nice to you. Saying thank you is a great way to show someone you care. | Looking back at this week, what was your favorite moment of this week? |
| Week 2 March 1-5 | Be Gracious with Time Ask someone new to be your partner or play a game with them outside. | Be Grateful with Acknowledgement Share with your teacher one thing you love about being in their class. | What was something nice that someone did for you this week? |
| Week 3 March 8-12 | Be Gracious with Helping Others Ask others if they could use some help. This could be by helping to clean up, solve a problem, or just listening. | Be Grateful with Prayer As a class, sit in a circle and give everyone an opportunity to share one thing they are grateful for. Finish the activity with a prayer of thanks. | Describe your favorite person and list all of that person's good qualities. |
| Week 4 March 15-19 | Be Gracious with a Little Gesture Do something small to make someone's day a little better. You could hold a door for someone, let them go first, or visit with someone new today. | Be Grateful with Kindness Brainstorm ideas of ways we can be kind to each other. Talk about how it feels when others show kindness to you. How do you feel when you're kind to someone. | What is something someone else did to make you happy this week? |
| Week 5 March 22-26 | Be Gracious with a Smile Give someone a smile that will light up their day. This is a simple way to spread kindness and it can be so powerful. | Be Grateful with Sharing Write five things that you are thankful for that your parents do for you. When you get home, share with your parents what they mean to you and say thank you. | What was one thing you did this week to make someone else happy? |
| Week 6 March 29-April 1 | Be Gracious with Listening Ask others a question like "How are you? How was your weekend? What's your favorite activity? Really listen to their response. This will allow you to get to know them a little better. | Be Grateful with Self Awareness You have worked so hard during this Lenten Challenge. Take thirty minutes tonight and do something you love to do, and be grateful for the time. | One of the best experiences of my life was... I am grateful for that experience because |

WELCOME



My name is Miss. Alyssa Paquette and I'm incredibly excited to be joining Mrs. Orr's grade 2 class for my PSII Practicum! I am working on my Education after Degree at the University of Lethbridge and completed a Bachelor of Arts in History in April 2020. I love animals, especially cats. I've done ballet since I was in grade one and I love sitting down with a good book. I've spent most of my life in Grande Prairie before moving to Okotoks when I was in grade 11 then, finally Lethbridge for university. If you see me in the hallway come say hi, I'd love to meet you!

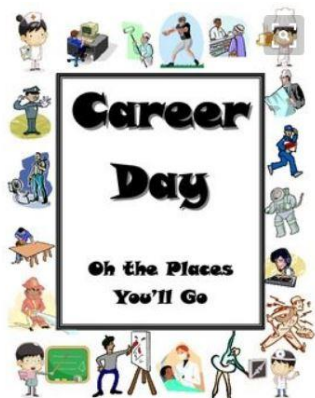
My name is Kyra Peake and I will be joining Mrs. Nemecek's grade 4 class. I am a fifth-year Art and Education student at the University of Lethbridge, currently working towards my dream of becoming a teacher. I've aspired to become a teacher because I have a passion for the arts and want to teach students the significance of art courses in schools. Another intention I have for teaching is to encourage students to be the best versions of themselves possible. Two fun facts about me are that I have a fraternal twin brother named Ty who is six minutes older, and I love the 1889 painting *The Starry Night* by famed artist Vincent Van Gogh. Outside of art and teaching, I enjoy playing badminton, hockey, painting, and visiting with my friends and family.



PARENT TEACHER INTERVIEWS

All teachers will be conducting interviews virtually on Tuesday March 23, Wednesday, March 24 and Thursday, March 25. Your child's teacher will be contacting you via email to book a meeting. If you have not received an email from your teacher by March 23, please call the school at 403-327-5028.

CAREER DAY



What will you be when you grow up? A butcher, a baker, a candlestick maker? Students are encouraged to dress up as something or someone they may inspire to be.



REGISTRATION AND UPDATES

Individual emails with your link to register your child for the upcoming school year have been send out. We ask that you complete the online 'Registration Update Form' To access the **Registration Update Form**:

1. Log in to your PowerSchool Parent Portal (<https://holyspirit.powerschool.com/public/>).
2. Click on the **SchoolEngage** link on the bottom left corner of the screen.
3. Verify and update your information on the form. Save and submit.

Thank you in advance for your prompt completion of this form. If you need assistance, see the [Guidelines for Completing the Registration Update Form](#), or contact the school.

Students new to division can enroll for the 2021/2022 school year [online](#)

NO SCHOOL DAYS

Reminder we have no school on the following days:

- Friday, March 19, 2021
Divisional Collaborative Day
- Monday, March 22, 2021
Spiritual Development Day

WATER BOTTLES AND MASKS

Please remember to send a water bottle to school. Our fountains are unavailable at this time but we do have filling stations located around the school.

Also, masks are mandatory for students in grade 3 – 6. Thank you for making sure your child has a mask each day.



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March 2021

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|---|---|---|-----|
|  | 1 | 2 | 3 | 4 | 5 | 6 |
|  | 7 | 8 | 9 10 School council virtual meeting 7:00 – 8:00 pm  | 11 | 12 Career Day  | 13 |
|  | 14 | 15 | 16 17  St Patrick's Day Wear GREEN | 18  | 19 No School  | 20 |
|  | 21 22 Spiritual Development Day  | 23 STEM <small>science technology engineering math</small>  | 24 Div Board Mtg 6:00 pm | 25 <div style="border: 2px solid red; padding: 5px; text-align: center;"> Virtual Parent Teacher Interviews </div> | 26 Wear OLA Gear or blue and white  | 27 |
|  | 28 | 29 | 30 | 31 Assembly |  | |



MARCH

Monthly Theme: Forgiveness



| Special Days to Remember | |
|---|--|
| Month of St. Joseph | |
| 5 | World Day of Prayer |
| 17 | Feast Day of St. Patrick |
| 19 | Solemnity of Joseph, Spouse of the Blessed Virgin Mary |
| 25 | Annunciation of the Lord |
| 28 | Palm Sunday - Holy Week Begins |
| April 1 Holy Thursday April 2 Good Friday | |

My God,
I am sorry for my sins with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against you
whom I should love above all things.
I firmly intend, with your help,
to do penance,
to sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ
suffered and died for us.
In his name, my God, have mercy.
Amen.

Prayer Source: loyolapress.com

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

Be Gracious



In the Gospel of Matthew, Peter asks Jesus how many times he must forgive someone who hurts him. Jesus tells him that he must forgive not seven times but seventy-seven times. Jesus placed great emphasis on forgiveness — both our need to seek forgiveness from others and from God but also our need to forgive others too.

Our families are where children first learn about how forgiveness can bring about healing and reconciliation. They learn to say sorry to their brothers and sisters for being mischievous and they learn to say sorry to their mom and dad for times when they are not doing as they have been asked. As children grow, they have more opportunities to ask for forgiveness at school when they make bad choices and they learn how to forgive classmates who have hurt them too. This is a healthy part of a child's development — we teach them to be gracious by being able to admit to making a mistake and then asking for forgiveness, as well as being able to offer forgiveness to those who have hurt us.

Be Grateful

During the season of Lent, we focus on repentance, being truly sorry for our sins and expressing our sorrow to God for the mistakes we have made. Let us remember to be grateful that one of the beautiful gifts of our Church are the Sacraments we receive, including the Sacrament of Reconciliation. When we receive this Sacrament, we are reminded that we do not have to hold onto our burdens. We can confess our sins and we can be forgiven — this is so important for our mental, physical, and spiritual health.

If your child has received their First Reconciliation, encourage them to receive this Sacrament often so it becomes a healthy spiritual habit. And of course if we model to our children how grateful we are to receive this Sacrament ourselves, they will be encouraged to make it part of their life as well.

If your child has not received the Sacrament of Reconciliation, encourage them to talk to God in their prayers about the choices they are making so that they can hear his voice guiding them to live a good and holy life. We are so blessed in our faith that we have a gracious, merciful, and forgiving God. Let us be grateful for that!



Catholic Education

The school and home are partners in Catholic Education and we must work together to teach our students the power of forgiveness. When your child brings home stories of their struggles during the day, take a moment to flesh out if reconciliation has occurred. If not, perhaps model with your child how he/she might consider handling the situation tomorrow so that there is healing for everyone. This is what Jesus asks us to do. It greatly helps all aspects of a child's wellness if together, we can help them learn how important it is to both forgive others and to ask for forgiveness too!

Faith & Family

During this season of Lent, we are asked to pray, fast, and give alms as part of our penance. Does your family have a special place devoted to prayer? Please see this [article](#) to get some ideas about how to create such a space in your home if you don't already have one.



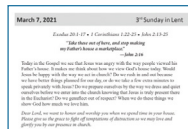
An Ignatian prayer tradition is the Daily Examen which is a great way to reflect on our day while offering thanksgiving for our opportunities to see God at work as well as asking for forgiveness when we have sinned. This [article](#) shows you how to teach your children to pray a Daily Examen. Perhaps this would be a nice prayer for your family to practice over the Lenten season.



Forgiveness

Forgive, and you will be forgiven.

- Luke 6:37b



We hope you are enjoying the Mass Transit Cards to discuss the Sunday Gospel with your family. To access the March cards, click [here](#).



“Be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you.”

(Ephesians 4:32)

LETHBRIDGE MINOR SOFTBALL

ABOUT US: The Lethbridge Minor Softball Association is a non-profit organization which offers programs for Lethbridge and area youth to participate in the sport of softball. Girls and Boys from age five to nineteen are eligible to play in divisions of two year increments.

All age groups offer instruction so that the skills to play are fundamentally developed. Players will participate, twice a week in practices, training sessions or games which will run from late April, (weather permitting), through to the end of June. We have a house league as well as a competitive provincial team for players wanting to challenge themselves.

We believe that you are never too old to register and regardless of experience we would love to have you come out and learn the sport which is described as a lifelong sport that encourages physical activity along with social enjoyment!

| YEAR OF BIRTH | DIVISION | FEES | NIGHTS |
|---------------|------------|-------|--------|
| 2015 – 2016 | Timbits U6 | \$80 | M/W |
| 2013 – 2014 | Timbits U8 | \$80 | M/W |
| 2011 - 2012 | U10 | \$80 | Tu/Th |
| 2009 – 2010 | U12 | \$120 | M/W |
| 2007 – 2008 | U14 | \$120 | M/W |
| 2005 – 2006 | U16 | \$120 | T/Th |
| 2002 – 2004 | U19 | \$120 | T/Th |

TO REGISTER OR FOR MORE INFORMATION
GO TO:

www.lethbridgeminorsoftball.com

Due to Covid-19 Payment will not be required at time of registration but will be collected prior to the start of the season.

For more information, contact:

Jennifer Drader - President 403-360-7806

Lethbridge Minor Softball admin@lethbridgeminorsoftball.com

2021 OUTDOOR SOCCER REGISTRATION

Online Registration begins March 1, 2021 at noon – Sunday April 4, 2021



www.lethbridgesoccer.com

403-320-5425

Boys and Girls

U4 – U6 (Co-Ed) \$115.00

U7 - U19 (Co-Ed) - \$165.00

Season to start May 10 – July 10, 2021



LFC Competitive information will be made available online at lethbridgesoccer.com or visit our Facebook Page at Lethbridge Soccer Association. LFC Registration will open online March 1, 2021