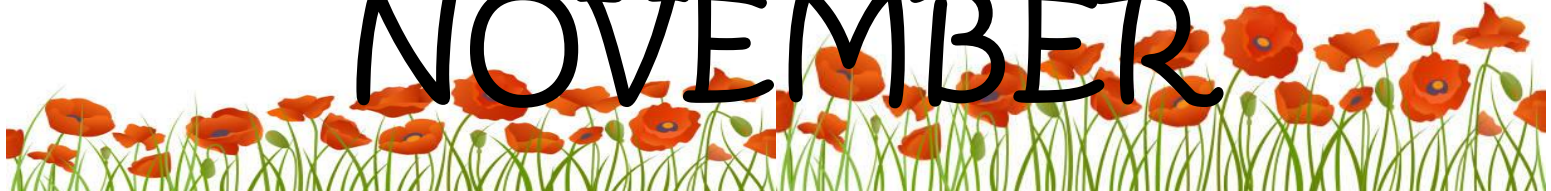











NOVEMBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Plant fundraiser</p> 	<p>1</p>  <p>All Saints Day</p> <p>Gr 5 & 6 volleyball 3:00– 4:00</p>	<p>2</p>  <p>All Souls Day</p>	<p>3</p>	<p>4</p> <p>Gr 5 & 6 volleyball 3:00– 4:00</p>	<p>5</p>	<p>6</p>
<p>7</p>  <p>Fall Back</p> <p>Catholic Education Sunday</p>	<p>8</p>  <p>PICTURE RETAKE Day!</p> <p>STEAM DAY</p> <p>Gr 5 & 6 volleyball 3:00– 4:00</p>	<p>9</p>	<p>10</p> <p>Wear Red today</p> <p>Remembrance Day Liturgy 11:00am</p>	<p>11</p> <p>Last day to order Pasta Lunch</p> <p>No School</p>  <p>REMEMBRANCE DAY <i>Let Us Not Forget</i></p>	<p>12</p>  <p>SCHOOL CLOSED</p>	<p>13</p>
<p>14</p>	<p>15</p> <p>Gr 5 & 6 volleyball 3:00– 4:00</p>	<p>16</p>	<p>17</p> <p>All plant orders due today</p>  <p>School Council meeting 7:00 pm</p>	<p>18</p> <p>Hot Lunch Pasta Lunch by Prime Catering</p> <p>Gr 5 & 6 volleyball 3:00– 4:00</p>	<p>19</p> <p>Last day to order your OLA Gear</p>  <p>OLA Our Lady of the Assumption School</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>Gr 5 & 6 volleyball 3:00– 4:00</p>	<p>23</p>	<p>24</p> <p>Grade 3 Retreat</p> <p>Board Meeting 6 pm</p>	<p>25</p> <p>Crazy Sock Day</p>  <p>ROCK YOUR SOCKS</p> <p>Gr 5 & 6 volleyball 3:00– 4:00</p>	<p>26</p> <p>Mass 9:00 am (Live streamed)</p>	<p>27</p>
<p>Online Parent Teacher Interviews</p>						
<p>28</p> 	<p>29</p> <p>1st Advent Celebration 11:00 am Hosted by 3T</p> <p>Gr 5 & 6 volleyball 3:00– 4:00</p>	<p>30</p>				



NOVEMBER 2021

CALDER'S COMMENTARY

We begin this month with All Saints' Day and All Souls' Day. On November 1, All Saints' Day, we are called to live as saints, reminding ourselves to live as God calls us to. On November 2, All Souls' Day, we ask God's mercy for all those who have gone before us. Take some time this month to talk about friends, family, saints, and others who provided an example for us to follow and offer prayers of remembrance in their names and memories.

<https://www.catholic.org/news/hf/faith/story.php?id=65067>

November is a time to focus on peace. Peace is the harmony we have in our lives. It is something we are called to bring about in the world. Pope Francis has said that Peace takes hard work and must be built one person at a time.

November is also the time we remember those serving our country and our veterans. The virtue of Peace reminds us that each of those who have risked or continue to risk themselves for peace, but also those around the world who seek peace for their families. These members risk their lives to end wars and promote peace. Peace is not just the absence of war, but a complete trust and fraternity between people.

We will celebrate Remembrance Day on Wednesday, Nov. 10. Please lift your prayers this month to remember those who have given their lives for peace, homes, or countries.

Have a peaceful November.
Mrs. Calder



Remembrance Day

Lest We Forget

"At the going down of the sun and in the morning, We will remember them"

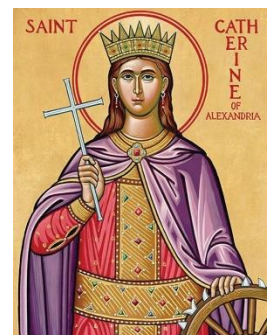
TOGETHER ON THE JOURNEY

Our students truly lived their mission to Be Committed, Be Accountable this month through their incredible efforts for the food bank. Thanks to you and your children, many families will not go without this year. Whether you contributed through donations, prayers, or conversations about reducing the stigma of poverty, know that you were an important witness to your child on our call to serve the community in the name of Christ our Lord!

As we continue through the year, we journey with the many saints of particular significance to Holy Spirit Catholic Schools. Last month we focused on St Francis of Assisi, who reminded us to love the world around us, care for creation, and watch over the poor. This month, we will focus on St Catherine of Alexandria.

From a young age, Saint Catherine of Alexandria acquired a reputation for intelligence, wisdom, and curiosity. As she grew, she dedicated more and more of her time, her heart, and her life to Jesus, becoming a well-known defender of the faith.

In fact, Catherine became so well known that the Emperor ordered pagan philosophers to debate her, seeking to quiet her words. Instead, the Holy Spirit came upon her and she spoke so eloquently, she converted hundreds of people before she was tragically put to death. Saint Catherine provides a wonderful example of female leadership in the church. She was steadfast, intelligent, loyal, courageous, and utterly devoted to her faith.



Prayer to St Catherine of Alexandria

Lord, we recognize the life of the courageous martyr St. Catherine of Alexandria, who fearlessly opposed the Roman Empire during an era of Christian persecution. May we look to St. Catherine, herself only a teenager when she met her cruel fate, as someone who spread the Good News of Jesus Christ with zeal, patience, compassion, and love for the Lord and neighbour. We ask this through Christ our Lord. Amen.

St. Catherine, pray for us.

MASKS

All students are required to wear a mask while in school. We are having to supply masks to a number of students daily, who either forget them at home or lose them during the day. Please send your child with a mask and one extra to be kept in their backpack every day. Thank you for your continued cooperation.



WATER BOTTLES



We have no working water foundations at this time, only filling stations. Please remember to send a water bottle with your child(ren) every day.

SCHOOL FEE REMINDER

School fees are now due. They are available for payment in your School Cash Online account. If you have any questions, please contact the office at 403-327-5028.

PARENT-TEACHER-STUDENT INTERVIEWS

Our parent-teacher-student interviews will once again be held virtually. look different. All teachers will be conducting their interviews online November 23 – 25.



Your child's teacher will be in contact with you to arrange a time for a virtual meeting or phone call.

PICTURE RETAKES

Picture retakes are scheduled for Monday, November 8. If your child was absent or you are not satisfied with your pictures, please return the proof package and new pictures will be taken. Returning the package is very important so the photographer can see the image and know how to correct it, as well there is a barcode on the proof sheet that needs to be scanned.

DRESS FOR THE WEATHER







Students are expected to play outside during the breaks. If your child has a medical reason to remain inside during this time they must give their teacher a written request from you, their parent or legal guardian. This note should include specific dates on which you would like your child to remain inside; otherwise it is assumed that the note is for the current day only.

Please ensure your children come to school dressed for the weather. Please label all items as many students have the same pair of black boots.





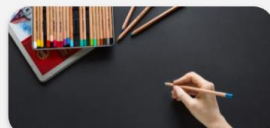
SPACES online portfolio, assessment, and reporting tool
<https://spacesedu.com/en/>

OLA is excited to be introducing a new online app and platform called SPACES. Spaces will allow students, teachers, and families to track growth and progress in an online portfolio. **It will replace our traditional, paper report card.**

Why use a portfolio?

 <p>To help keep organized</p>	 <p>To keep track of learning</p>	 <p>To celebrate achievements</p>
 <p>To express personal reflections</p>	 <p>To share learning with peers/family</p>	 <p>To see growth over time</p>

What can I see in the digital portfolio?

 <p>Photos</p>	 <p>Videos</p>	 <p>Learning Samples</p>
 <p>Audio Recordings</p>	 <p>Drawings</p>	

For more information about how to access and use SPACES, please watch the following video and/or slide presentation.

<https://www.youtube.com/watch?v=48tToQQiQwU>

<https://tinyurl.com/y99fatpy>

OLA GEAR IS COMING!

You will soon be able to purchase school clothing online.
Fully Promoted online store will be open the first week of November.
Watch your email or Facebook for more information.

DECORATE FOR THE HOLIDAYS



HOLIDAY
WREATH
\$35.00



OUTDOOR
ARRANGEMENT
\$45.00



POINSETTIAS
RED or WHITE
\$15.00



HANGING
BOUGH
\$35.00



INDOOR
PLANTER
\$35.00

We are once again selling beautiful Christmas plants. Plants will be ready for pick up on December 1. (time to be determined). All orders are placed online at <https://ourladyoftheassumption.growingsmilesfundraising.com/home>
Funds raised will help with purchasing supplies for our monthly STEAM DAYS, supplies for our maker space, student activities, and OLA Hardship Fund.

Angel Tree for Kids

Registration is Now Open!

Eligibility:

Children (18 years and under) are eligible to receive gifts
Families living in Lethbridge and area.

Register online at www.lfsfamily.ca

Registration Open

October 4 - November 30, 2021



Contact:

Lethbridge Family Services
Rosie Digout
Phone: 403-327-5724
Email: rdigout@lfsfamily.ca



Lethbridge Family Services  angel tree CHRISTMAS CAMPAIGN

About Angel Tree for Kids Campaign: At Lethbridge Family Services, we collect new, unwrapped toys during November and December and distribute them to children and youth in Lethbridge and area whose families need help at Christmas.



The **Catholic Bishops**
of **Alberta** and the
Northwest Territories

Les **évêques catholiques**
de **l'Alberta** et des
Territoires du Nord-Ouest

8421 - 101 Avenue, Edmonton, Alberta, Canada, T6A 0L1 | T 780.469.1010 F 780.465.3003

*'I will restore you to health and heal your wounds,
declares the Lord.'* Jeremiah 30:17



November 2021

Dear Sisters and Brothers in Christ,

The fourth wave of this pandemic continues to challenge us. In the midst of illness, uncertainty and insecurity, these prophetic words of Jeremiah resonate deeply: “I will heal your wounds,” says the Lord. “I will restore you to health.” These words offer comfort and hope to our Catholic school communities here in Alberta as they celebrate Catholic Education Sunday on November 7, 2021. In solidarity with our fellow Ontario Catholic educators, we embrace the theme: **Catholic Education: Rebuild, Restore, Renew Together.**

The difficult circumstances of these past two years have placed upon our families the heavy burden of worry and uncertainty as they strove to support the educational learning of their children. Our Catholic schools worked closely with parents through the dedicated efforts of trustees, superintendents, teachers and staff, all deeply committed to fulfilling the vision of Catholic education for more than 183,500 students in 450 schools across the province of Alberta. The many acts of sacrificial love made for the sake of our students give witness to our faith, and serve to rebuild, restore and renew Catholic education. Together, our parish and school communities encourage parents to continue to choose a Catholic school for their children. We are grateful for the treasure that is Catholic education, and are eager to share it.

Catholic Education Sunday is an annual event that serves to celebrate the important and critical role that our Catholic schools play in the province of Alberta. It provides us with an opportunity to recognize the vibrant faith that is the foundation of our Catholic schools, and encourages us to reflect with gratitude on the countless blessings to be found within the Catholic educational community. Catholic Education Sunday also serves to challenge each of us to step forward as advocates, inspired and emboldened to ensure the future of Catholic education as an essential dimension of the mission of the Church.

We, the Bishops of Alberta, recognize the vital role of Catholic education in the life and future of the Church and society. We are deeply committed to ensuring the integrity of our Catholic schools and the gift of faith offered to our students and their families. With hope and boldness, we must rebuild, restore and renew together the wonderful legacy of Catholic education.

As the pandemic continues to challenge us, we encourage all who have worked tirelessly to promote Catholic education to stay strong, continue your good work, pray for inspiration and guidance, and be strengthened in the promise offered to all believers: “And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast”. (1Peter 5:10)

In this Year of St Joseph, during May’s Catholic Education Week, we consecrated all of Alberta’s Catholic schools to the loving care of St Joseph. As we continue to ask for the intercession of our patron saint, we call all the faithful across our province to unite in a novena prayer for our Catholic Schools.

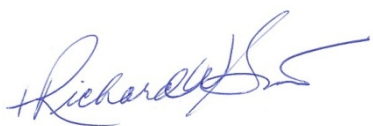
https://docs.google.com/document/d/1AStZtrZHjFCgLJEbd-x_F4WeioS96MA0/edit

Publicly funded Catholic education is a gift which must not be taken for granted. Our commitment to Catholic education is steadfast. Together with the Alberta Catholic School Trustees’ Association (ACSTA), the Council of Catholic School Superintendents of Alberta (CCSSA) and Grateful Advocates for Catholic Education (GrACE), we shall continue our efforts to ensure the future of Catholic education in our province.

United in prayer, let us humbly and confidently ask our loving God to rebuild, restore and renew all of our Catholic schools through His providential care.

Yours sincerely in Christ,

Catholic Bishops of Alberta and NWT



Most Reverend Richard W. Smith
Archbishop of Edmonton



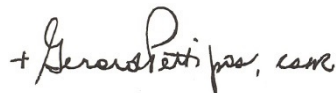
Most Reverend David Motiuk
Bishop of the Ukrainian Eparchy of Edmonton



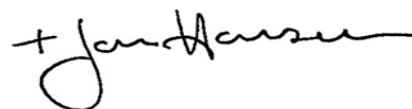
Most Reverend Paul Terrio
Bishop of St. Paul



Most Reverend William T. McGrattan
Bishop of Calgary



Most Reverend Gerard Pettipas CSsR
Archbishop Grouard-McLennan



Most Reverend Jon Hansen CSsR
Bishop of Mackenzie-Fort Smith

November

Together on the Journey

“Desire therefore my words; long for them and you will be instructed. Resplendent and unfading is Wisdom, and she is readily perceived by those who love her; and found by those who seek her.”

Wisdom 6:11-12



School: St. Catherine



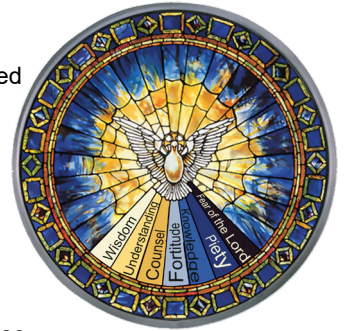
ST. CATHERINE OF ALEXANDRIA

Catherine was born around 287 in Alexandria, Egypt. She was of noble birth, possibly a princess. She was educated and an avid scholar. When the emperor Maxentius began persecuting Christians, Catherine visited him to denounce his cruelty. Maxentius summoned fifty orators and philosophers to debate her. However, Catherine was moved by the power of the Holy Spirit and spoke eloquently in defense of her faith. Her words were so moving that several of the pagans converted to Christianity and were immediately executed. Catherine was eventually ordered to be executed on a breaking wheel. When Catherine was presented before the wheel, she touched it and a miracle occurred that caused the wheel to shatter. Unable to torture her to death, the emperor simply ordered her beheaded. One account claimed that angels took her body to Mt. Sinai. In the sixth century, the Emperor Justinian ordered a monastery established in her name. The monastery, Saint Catherine's, remains to this day and is one of the oldest in the world.

The Gifts of the Holy Spirit

St. Catherine was known for her wisdom which is one of the seven gifts of the Holy Spirit. These gifts are bestowed on the faithful when they receive the Sacrament of Confirmation. The gifts allow the faithful to become God's special instruments in this world.

Isaiah foretold that the Holy Spirit would rest upon the promised Messiah, Emmanuel, and that he would possess wisdom and understanding, counsel and fortitude, knowledge, fear of the Lord (Isaiah 11:2), and piety. As Jesus was blessed with these gifts by his Father, every believer is blessed with the same gifts by the Holy Spirit (1 Corinthians 12:8-10).



Wisdom is the first gift of the Holy Spirit. It is the ability to exercise good judgment. It is grounded in common sense and comes from life experience, thoughtful reflection, and learning life's lessons in "The School of Hard Knocks." Wisdom distinguishes between right and wrong, seeks and upholds truth and justice, and balances personal good with the common good.

Understanding is the gift of intelligence and enlightenment. It is the ability to perceive, comprehend, and interpret information; to have insight and discern meaning.

Counsel is good advice. It is the ability to teach and inform, guide and direct, warn and admonish, recommend and encourage. The Holy Spirit offers this special gift to parents, teachers, coaches, mentors, advisors, supervisors, elders, and the like. Counsel is not only the ability to give good advice, but to receive it as well.

Fortitude is an unwavering commitment to God or a proper course of action, and it shows itself in moral strength, courage, determination, patient endurance, long-suffering, a resolute spirit, stamina, and resiliency.

Knowledge is the ability to study and learn; to acquire, retain, and master a wide spectrum of information; and to put it to good use for constructive purposes.

Fear of the Lord is awe, reverence, and respect for God. It downplays human self-sufficiency and acknowledges that everything comes from God. Consequently, those who "Fear the Lord" gladly offer their praise, worship, and adoration to God alone.

Piety is the only gift not part of Isaiah's original list. Piety is personal holiness, the ability to live a decent life, free of sin, devoted to God, and obedient to God's will.

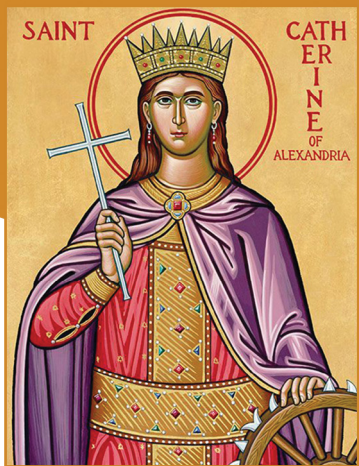
“If any of you is lacking in wisdom, ask God, who gives to all generously and ungrudgingly, and it will be given you.”

- James 1:5

Click [here](#) to view a larger image of **The Gifts of the Holy Spirit**.

November

Together on the Journey



School: St. Catherine

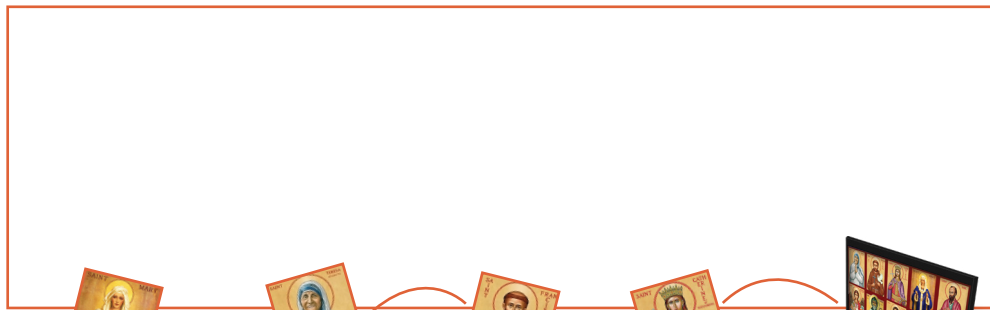
Feast Days and Celebrations November 2021

- 1 All Saints' Day
- 2 All Souls' Day
- 11 Remembrance Day
- 14 World Day of the Poor
- 25 Memorial of St. Catherine of Alexandria
- 28 1st Sunday of Advent

As you journey with St. Catherine this month...

WEEK ONE

The internet provides us with access to great knowledge and some of the world's best teachers. Take some time to learn more about St. Catherine and her life. What is something that you've learned about St. Catherine that you didn't know before?



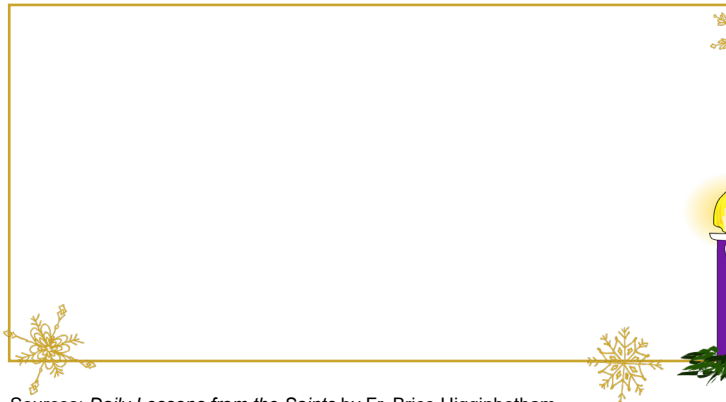
WEEK TWO

In her time, St. Catherine spoke against cruelty and stood up for those who were being persecuted. In our day, we pause this week to remember the sacrifices of those who have served our country, for those who have been victims of aggression and inhumanity, and to pray for peace. Take time this week to make a note and pray about how you can participate in bringing God's peace into the world.



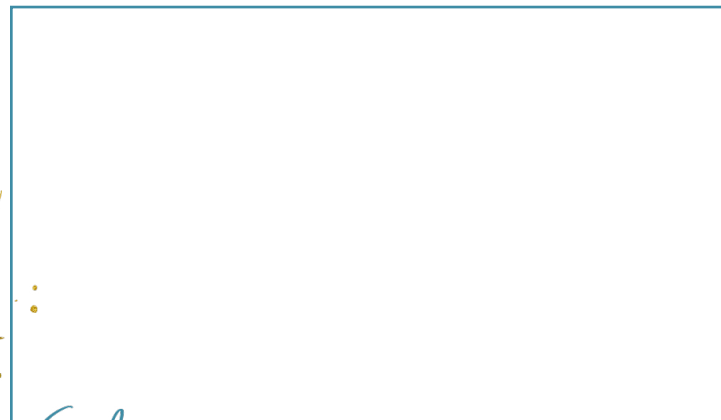
WEEK FOUR

The first Advent candle symbolizes hope. Each time a candle is lit we are one step closer to Christmas. We await with hopeful anticipation the celebration of the birth of Jesus. As we light the first Advent candle, may we put aside all worry and stress and allow our hearts to be open for the day when we celebrate Jesus' birth. What are you hopeful for this Advent season?



WEEK THREE

God answered Catherine's prayers, but not always in ways she expected. Are we prepared to receive God's answers to our prayers, even when they're not what we're expecting? If we are, we will receive, like Catherine, even more joy than we imagined. Write a prayer, or say a prayer in your heart asking God for His help with any problems you are having.



God answers prayer
John 15:7

Sunday Gospel Readings

- Nov. 7th/32nd Sunday in Ordinary Time
Mark 12:38-44
- Nov. 14th/33rd Sunday in Ordinary Time
Mark 13:24-32
- Nov. 21st/34th Sunday in Ordinary Time
John 18:33b-37
- Nov. 28th/1st Sunday of Advent
Luke 21:25-28, 34-36



OLA School Council News

Introducing to your 2021-2022 School Council:

Chair - Michelle Dormer

Vice Chair - Deena MacWilliam

Hot Lunch/Fundraising Coordinator - Selestia Jackson

Treasurer - Deniece Lisowicz

Secretary - Michelle Tyslau

Thank You

Thank you to Lakeview Bakery for providing the October Hot Lunch!!



Upcoming Events:

Next hot lunch will be on November 18th and will be a pasta lunch. More information to come.

Fundraisers:

- Panago Pizza Night on November 29th - 15% of all pizza orders purchased that day will be donated to OLA. Details to follow.
- Ability Bottle Depot - North and South Locations - You can donate a portion or all of your recyclables to OLA.

Got a suggestion - forward to olaschoolcouncillethbridge@gmail.com





Whatever the weather!

Tips to get kids active outside on cold or wet days

As fall turns to winter, some kids can't wait to venture out into the cold, wind, and snow. They're unfazed by the weather and ready to build snow forts, skate, and explore. Others can be much more reluctant.

It's natural to have different comfort levels when it comes to spending time outside. Some kids need more support than others to brave the cold, but everyone benefits from heading out. When young people are physically active outdoors, they move and play more, sit less, and feel better. Help your kids and family keep active outdoors this winter, whatever the weather! Here's how to make it happen.

Layer up

Make sure your child knows [how to dress for](#)

[the weather](#). As temperatures drop, focus on keeping their head, hands, and feet warm and dry. It's okay to skip the big clothing brands—just try to find gear that fits well and keeps moisture out. Second-hand jackets and toques, mittens or gloves, and boots will do!

Teach your child to dress in layers, so they can add or remove clothing to keep comfortable. Watch for long scarves or drawstrings – they can get in the way of safe play. Younger kids may need some practice getting their gear on and off. Be patient and let them try independently.

Older kids might resist layering up at all. Listen to their concerns, and try to offer flexibility and choice. For example, negotiate

Healthy Children

November 2021 Family Newsletter

a temperature range for when winter jackets and toques are required, and another when they can wear hoodies and ball caps.

Explore the great outdoors

As much as you can, give your child time, space, and opportunity to be outside. Resist the temptation to direct their activities. Let them be curious, playful, and imaginative.

Each season presents unique opportunities for play and leisure. Whether they're splashing in rain, sliding on ice, or knee-deep in mud, kids can create their own ways to wonder, learn, and move outside. Young people of all ages benefit from spending time in nature in ways that make sense to them.

Follow your child's lead and join in the fun. Together, you can explore and play creatively with the weather! For example:

- On a windy day, fly a kite or make a wind sock
- On a wet day, jump in puddles or make a rain catcher
- On a snowy day, make a snow maze or build a snow sculpture

Shift the status quo

As a family, challenge the notion that outdoor activities are only possible in nice weather. Be intentional about getting out there, and take pride in adapting for all kinds of conditions. These ideas can help:

- Set a family goal for spending time outside each day. Start small and build up to longer outings as you find your groove.
- Get everyone involved in planning outdoor activities. Kids are more likely to

get excited about venturing out when they have a say in the decision-making.

- Challenge yourselves to try new activities—go ice fishing, shovel driveways in your community, or try stargazing! Use the [My Active Family Bucket List](#) for inspiration.
- Focus on having fun and being social. Some kids are more likely to head out when friends are involved. Look for after-school clubs and sports that involve spending time outdoors, and be sure to follow [public health guidance](#).
- Keep doing routine daily activities outside, even when it's cold and wet. Walk the dog together, bike to school or work, or go to the park! Instead of dwelling on the challenges the weather brings, focus on how good it feels to get moving outside.
- Celebrate coming back inside on a cold weather day! Peel off the layers, admire the rosy cheeks, and settle in with a warm drink or snack.

No matter what your family gets up to this winter, remember that it's not the activity or the destination that matters. The real win is quality time outside.

Get tips to keep your kids and family safe this winter at [MyHealth.Alberta.ca](https://myhealth.alberta.ca):

- [Quick tips: Staying active in cold weather](#)
- [Safety and winter activities](#)

Community Education Service



Improving emotional health and well being

Screen time The Good, the Bad & the Ugly

Dr. Caroline Buzanko | PhD, Registered Psychologist
Clinical Director | Koru Family Psychology

Many parents struggle with screen time. On the one hand, they know they should limit screens. On the other, they realize that screens are part of kids' culture. How much is too much? This workshop is critical for all parents who are wondering about the amount of screen time their children have. In this workshop, participants will learn:

- The effects of screen time on the developing brain
- The behavioural outcomes of too much screen time
- How and when technology can be beneficial

FREE WEBINAR

November 18, 2021
6:30 PM - 8:30 PM

[Register](#)

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with **Koru Family Psychology**.

Community Education Service



Improving emotional health and well being

Kids Have Stress Too™

Stephanie Sands, BSc
Ann Marie Urdal, Caregiver Support Facilitator

An introduction to key aspects of early childhood and brain development, and the crucial role parents and professionals play in buffering the impact of stress on kids. Learn strategies to help young children become aware of and manage stress in fun and engaging ways.

FREE WEBINAR

November 22, 2021
6:30 PM - 8:30 PM

[Register](#)

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with **RVS, MHC B Stepping Stones to Mental Health.**