



May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Last day to order plants	4 	5	6	7
8 	9 SFJH Fine Arts performance 9:10 – 9:50am	10	11 5B field trip to Wetlands 8:15am – 3:00pm School council meeting 7:00 pm	12 'Pulse' Student Retreat 	13	14
15	16 Gr 3 – Troyanda Ukrainian Dancers 12:15 – 2:00 	17	18 Gr 6 PAT LA Part A 3T – Galt Museum Spring Flower Delivery Day (time to be determined)	19 5B – Galt Museum 10:30 am 	20 Jump Rope for Heart Kickoff Assembly 	21
22	23  No School	24 No School 	25 Board Meeting @ CEC	26 STEAM DAY All day Dress like scientist or artist Hot Lunch – Via Cibo World Catholic Education Day	27	28
29	30 Gr 5 Year-end field trip	31 Marian Mass 9:00am 				



MAY NEWSLETTER

CALDER'S COMMENTARY

Rejoice! He is risen.

Easter is upon us. This is the season for renewal, to celebrate all that the resurrection represents.

Did you know that Easter isn't just one day, but an entire season? There are many great ways to celebrate the Easter season which officially ends on Pentecost Sunday. Check out this blog for some great ways to celebrate the Easter season in your home.

<https://www.catholiccompany.com/getfed/three-simple-ways-to-celebrate-easter-6037>

As the end of the year rushes towards us, we have a number of exciting events to look forward to.

We are looking forward to sharing our faith in a fun, engaging way with all of our students at OLA on Thursday, May 12. A student retreat group called PULSE will spend the day with OLA students, singing, praying, reflecting, and celebrating the Good News together. We are blessed to have the opportunity to gather as an entire school community for this special day.

We are also looking forward to May 26. On that day the whole school will be participating in numerous STEAM activities. We are asking students to dress as their favourite scientist or mathematician for the day. Additionally, that day is World Catholic Education Day. We are grateful for the opportunity to be able to focus on our faith every day at OLA and will show our gratitude in prayer on that day.

Risen Lord, the joyful message is that suffering and death were not the end. You rose triumphantly in a new and glorified body, opening the door for all who believe in You to do the same. Draw me in, dear Lord, to Your suffering and death so that I may also be drawn into the glory of Your Resurrection. Give me the courage You had as You endured so much. Help me to face the crosses in my life with Your strength. As I do, fill me with hope as I anticipate the new life You will bring from all sufferings united to You.

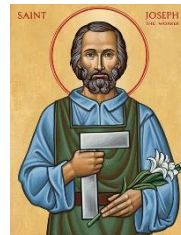
Amen

<https://mycatholic.life/catholic-prayers/triduum-and-easter-prayers/easter-prayer/>

TOGETHER ON THE JOURNEY

Alleluia, He is risen! A happy and blessed Easter to each and every one of you. As we emerge from the solemnness of Lent (and the windy, snowy April) into the joyfulness of Easter (and, hopefully, a bright and sunny spring), we find renewed energy and happiness in ourselves and our faith.

Last month, we focused on Saint Kateri, who has a special place in our hearts as a rare saint from North America. This month, we focus on Saint Joseph, the final member of the Holy Family.



Like Mary, Joseph faced a challenging decision: to accept God's word and trust in his plan or to fall back on the conventions of the world. And like Mary, Joseph made the difficult choice: to say yes to God's plan, knowing full well that it would expose him to suspicion, ridicule, and possibly danger.

We know surprisingly little about Jesus' earthly father. The Bible tells us that he was a good and holy man who didn't want to expose Mary to shame even before he realized that her child was the Son of God, and that he was a carpenter from Nazareth. However, Joseph does not speak in any of the Gospels, and by the time Jesus begins his ministry, Joseph is nowhere to be found.

Nonetheless, we can find in Saint Joseph a model of trust, humility, and openness to God's calling. Joseph lived a humble and godly life, and probably didn't expect to play a major part in the salvation of all humanity. His lack of words in the Bible reminds us that even the most unsuspecting person has significance in God's eyes.

PRAYER TO ST. JOSEPH

Saint Joseph, you responded with faith and trust whenever God called you to change your plans and to journey along unfamiliar roads.

When we are called to take a leap of faith, we so often hesitate or make excuses.

May we look to you as our model when God beckons us to step beyond our comfort zone and travel along strange new pathways. Amen.

St. Joseph, pray for us.

BELL TIMES NEXT YEAR

Our bell times will be changing in September.
Monday – Thursday – 8:45am – 3:47pm
Friday – 8:45am – 12:42pm

BEFORE AND AFTER SCHOOL CARE

BGC Lethbridge is able to provide before and after school care for students. Their program begins at 6:45am and ends at 6:00pm. Additionally, they will also provide afternoon care for both Kindergarten and Early Learning students. Please contact the BGC for more information.



Our Lady of Assumption
BEFORE & AFTER SCHOOL PROGRAM

Our program includes:

- Licensed Childcare
- Certified Staff
- Healthy Snacks
- Educational, Sport & Art Programming
- Much more!

Subsidy Available!

Let us know if you're interested or need more information!

Contact Us:
info@bgclethbridge.com
(403) 327-6423
bgclethbridge.com




PLANT FUNDRAISER

Thank you to everyone who supported our grade 6 spring fundraiser and ordered plants from Devry Greenhouses. If you haven't ordered yet, there are still a few days left. All orders must be placed [online](#) by May 3. The plants will be ready for pick up on Wednesday, May 18. Once we have a confirmed time we will let you know.

JUMP ROPE FOR HEART

Over the past 40 years of Jump Rope for Heart has helped make enormous strides in preventing, diagnosing, and treating heart disease and stroke. OLA is once again participating in the JRFH Program, which helps to teach students the importance of caring for their hearts through fitness and heart health education. This year our event day is June 10 with the kickoff assembly on May 20. Students may collect pledges online from family, friends and neighbors. To get started go to jumpropeforheart.ca and click on join us, be sure to put Our Lady of the Assumption school. There will be lots of great prizes for those who collect donations. Watch for more information to come home. Happy Skipping!



SPRING HAS SPRUNG!

Even though the weather is warmer we can still experience some unpredicted cool, wet or windy days. Please ensure that you still send your child with a jacket every day. It may be sandal wearing weather, but proper running shoes are still required for physical education classes as we do not want anybody twisting an ankle trying to run in sandals. Students are expected to dress appropriately for school and parents are asked to monitor their child's choices. Clothing that is revealing and/or inappropriate for a child's age, disrespectful, or displays text or an image that is clearly obscene or disrespectful is not allowed. Students riding their bicycles to school are reminded to always wear their helmet, and lock their bicycle in the stands provided on the north side of school. Please ensure that all these items are labeled. No bike riding, rollerblading or skateboarding is permitted on school grounds.



E-WASTE DRIVE

Thank you for supporting our E-Waste collection! Together we were able to save **500kg** of electronics from the landfill.

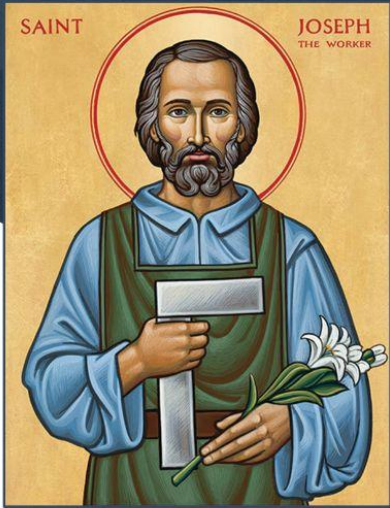


May

Together on the Journey

“Whoever is faithful in a very little is faithful also in much; and whoever is dishonest in a very little is dishonest also in much.”

Luke 16:10



St. Joseph

Schools: Catholic Central High
St. Joseph



ST. JOSEPH

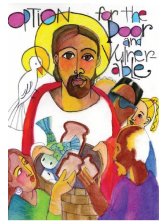
St. Joseph is a silent figure of the New Testament. The Gospel does not record one spoken verse for St. Joseph. He was “of the house and lineage of David” (Luke 2:4). St. Matthew identifies Joseph as “an upright man.” He was engaged to Mary when he discovered that she was pregnant. He “decided to divorce her quietly” (Matthew 1:19), nevertheless, the Angel of the Lord appeared to him in a dream, revealing to him that Mary had conceived by the power of the Holy Spirit, and commanded that he take Mary as his wife and Jesus as his own Son. Without question or hesitation, St. Joseph did as the angel commanded. Throughout the Gospel he faithfully obeyed the commands of God: taking his family to the safety of Egypt to flee the wrath of King Herod; returning to Nazareth; presenting his child in the Temple; and traveling to Jerusalem to celebrate Passover. St. Joseph worked as a carpenter. He passed this trade onto his Son. Tradition holds that St. Joseph died before Jesus began His public ministry since he was never referred to in the Gospels. For example, he was not mentioned at the cross when Jesus entrusted the care of His mother to St. John the apostle, indicating she was a widow with no other children to care for her. St. Joseph is the Patron Saint of the Universal Church, fathers, workers, travelers, and a happy death.

Catholic Social Teaching

St. Joseph, as the patron saint of workers, reminds us of the dignity of work. The Dignity of Work is one of our Catholic Social Teachings.



1 God made each person, so every life is important and should be protected.



4 God wants us to help people who are poor, who don't have enough food, a safe place to live, or a community.



7 The world was made by God, so we take care of all creation.

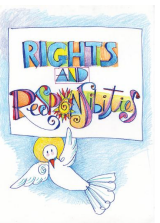


2 God made us to be part of communities, families and countries, so all people can share and help each other.



5 Work is important in God's plan for adults and their families, so jobs and pay should be fair.

Click [here](#) for a poster of the seven themes of Catholic Social Teaching for children. Click [here](#) for a poster of CST 101 Themes from Catholic Social Teaching for adults from Catholic Relief Services.



3 God wants us to help make sure everyone is safe and healthy and can have a good life.



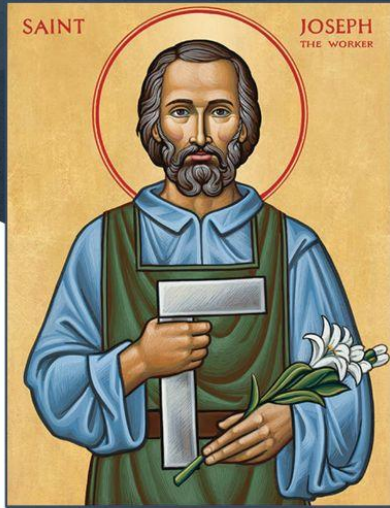
6 God made everyone, so we are all brothers and sisters in God's family wherever we live.



Did you know, December 8 2020 to December 8 2021 was the Year of Saint Joseph? Pope Francis wrote an Apostolic letter called "Patris Corde" (With a Father's Heart) to celebrate the 150th anniversary of the declaration of Saint Joseph as Patron of the Universal Church.

May

Together on the Journey



St. Joseph

Schools: Catholic Central High
St. Joseph

Feast Days and Celebrations May 2022

- 1 Feast of St. Joseph the Worker
- 8 Mother's Day
- 26 Ascension of the Lord
- 26 World Catholic Education Day
- 23-27 Catholic Education Week

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

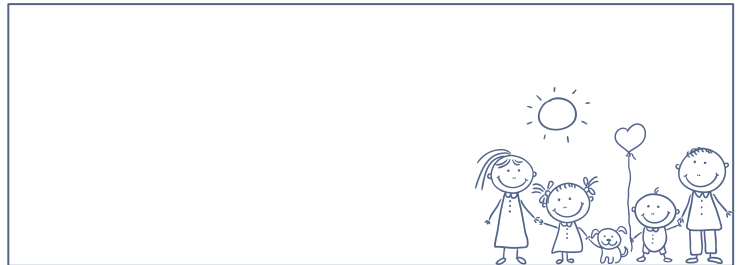
WEEK ONE

In the Gospel of Matthew we learn two important things about Joseph. First, he descended from the great King David. Second, he is the husband of Mary, of whom Jesus was born. We can often find ourselves afraid, ashamed, or frozen because we define ourselves by our worst moments. Do not be afraid! You are a child of God, who is King of the Universe. Like St. Joseph, live your life with courage! Take a moment to read this Scripture from 1 Peter 2:9 and ponder who you are as a child of God.

“But you are a chosen race, a royal priesthood, a holy nation, God’s own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvelous light.” (1 Peter 2:9)

WEEK THREE

Joseph honoured and cared for his family. This month is Mother’s Day. Think of how you can love others in your family and show you care for them.



WEEK TWO

Joseph put the will of God and the good of his wife before his own desires. What is something you can do to put the good of others before your own desires?



WEEK FOUR

The angel revealing Jesus’ name to Joseph is very important, because in ancient Jewish culture, it was a father’s role to give a child his or her name, and naming a child was a sign of adoption. Joseph, in obedience to God, adopted Jesus, making Him heir to the kingship of David, which the Old Testament tells us was a requirement to be the Messiah of Israel. Jesus became part of the family of King David by being adopted, and we become part of the family of Jesus, God Himself and King of the Universe, by being adopted into His family at our baptism. Thank God for the gift of baptism - when you were adopted by God. Say a prayer also for children who are adopted, for their birth parents, and for their adoptive parents.

WEEK FIVE

Throughout the Gospels, Joseph did as God desired. He didn’t complain. He didn’t argue. He didn’t over analyze. He simply followed the will of God as faithfully as he could in every situation. Pray this prayer to St. Joseph...

Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you God entrusted his only Son; in you Mary placed her trust; with you Christ became man.
Blessed Joseph, to us too,
show yourself a father and guide us in the path of life.
Obtain for us grace, mercy and courage,
and defend us from every evil. Amen.

Sunday Gospel Readings

- May 1st/3rd Sunday of Easter
John 21:1-19
- May 8th/4th Sunday of Easter
John 10:27-30
- May 15th/5th Sunday of Easter
John 13:1, 31-33a, 34-35++
- May 22nd/6th Sunday of Easter
John 14:23-29
- May 29th/ The Ascension of the Lord
Luke 24:44-53

Sources: *Daily Lessons from the Saints* by Fr. Brice Higginbotham
Who Was St. Joseph by [Catholic Straight Answers](#)



Building Community Connections



In our Catholic faith, the time of Easter is all about having faith in new beginnings and believing in the promise that we can all rise up! The coming weeks provide an opportunity for each of us to create a positive outlook, trying something new and leaving the things that drag us down in the past and behind us. The season of Spring provides an opportunity for growth and it is really a chance to see infinite potential in ourselves and the world around us!

We hope that through our Building Community Connections Publication you are able to find the many ways and opportunities to rest, be still and really better understand why you are here and why you do what you do. We also hope that you find inspiration to rise and set your intentions to begin anew.

If you would like to submit information for Building Community Connections, please email hssupportservices@holyspirit.ab.ca



[Carbondale - Sartoris Backroads | Alberta, Canada](#)

Sartoris Road from Crownsnest Pass south to the Carbondale River affords an intimate view of this landscape rejuvenated by wildfire.



[Writing-on-Stone Park](#) contains the greatest concentration of rock art on the North American Great Plains. Writing On Stone is a World Unesco Heritage Site.

ACTION FOR HAPPINESS

Let's take action to be **Happier and Kinder, Together**

Take Action

Action for Happiness brings people together and provides practical resources. We help each other learn evidence-based skills for happier living, feel a sense of belonging, and commit to personal action to create more happiness for ourselves and others. [Join the movement.](#)

DOMESTICATED DIVAS EVENTS PRESENT

Mother's Day Gift Expo

EXHIBITION PARK MAIN PAVALION
SATURDAY, MAY 7, 2022
8 - 2 PM
FREE TO ATTEND

Please be advised we will be following any current AHS guidelines at the time

PRESCRIPTION TO GET ACTIVE

It's exactly like it sounds...

[A prescription for you to engage in physical activity.](#)

This uniquely designed prescription gives healthcare partners the opportunity to discuss the importance of physical activity and grant patients access to community recreation. This motivational tool breaks down barriers and encourages patients to find the right activities for them as they work towards a healthier life.



All ladies need a coffee break from time to time.

[Westside Community Church.](#)

Tuesday, May 10, 2022 / 7:00 - 8:30 PM

Chat, share, encourage, fellowship. Bring your own beverage!

Join us! Let's get to know each other better!

The Southern Alberta Ethnic Association presents

Asian Heritage Festival 2022

Saturday May 28, 2022
Multicultural Centre - 4216 Ave South
11:00am-3:00pm

A time to celebrate and learn about Asian communities and culture in southern Alberta!

- FOOD VENDORS
- PERFORMERS
- COMMERCIAL OR HANDMADE EXHIBITORS
- CULTURAL DISPLAYS
- GAMES
- CHILDREN'S ENTERTAINMENT

Please contact us 403-320-1577 | info@saea.ca for more information or to sign up

The Asian Heritage Festival is back in-person. Saturday, May 28 at 11:00am at the Multicultural Centre. There will be a fun-filled day of delicious Asian foods for purchase, entertainment, cultural displays, games and children's entertainment! Admission is free. For questions or to sign up: 403-320-1577 / info@saea.ca or www.saea.ca

Dance for Ukraine ~ Benefit Concert ~

Sunday May 15, 1:30pm
Yates Memorial Theatre
presented by
Troyanda Ukrainian Dance Club

"Dance for Ukraine" a special benefit concert for Ukraine will be taking place at the Yates Memorial Theatre on Sunday, May 15 at 1:30pm. Guests can choose the amount they wish to donate to humanitarian aid for Ukraine, as tickets will be by donation.



Many struggle with being able to afford access to health services not covered by the government in Canada. This can range from mental health care to wellness services such as accessing a Naturopath or a personal trainer. [Wellness Association](#) is a Canadian Membership Organization that provides information access and funding for health services that are not covered by the government.

Wellness Association on [Facebook](#)

Promoting Mental Health and Wellness

true balance COUNSELLING

FREE LEARNING SERIES SPRING 2022

- April 27** **Worries, Anxiety and Our Children** - Learn what anxiety is, why we feel anxious and how we know when anxiety becomes a problem • Learn about the pandemic's impact on anxiety and ways to help children cope with anxiety
Presented by: Aleigha Arksey, Provisional Psychologist
- May 4** **Keys to Healthy Communication** • Understand how to gain your partner's perspective • Explore the behaviors that fuel conflict • Learn tips to increase connection
Presented by: Kelly Weitz, Provisional Psychologist
- May 11** **Building Self-Compassion** • Decrease stress quickly by implementing self-compassion techniques • Enhance your ability to regulate emotions • Learn to relate to yourself with warmth and positivity
Presented by: Damaris Malpica, Provisional Psychologist
- May 18** **Strengthening the Brain's Emotional Control Center** • Understand how the brain works • Learn effective strategies to build children's emotional intelligence • Explore ways to support children to regulate emotions
Presented by: Aleigha Arksey, Provisional Psychologist
- May 25** **What is Grief?: Understanding My Loss** • Learn about the common misconceptions of grief • Understand the different types of loss • Explore strategies to cope during the difficult times
Presented by: Kelly Weitz, Provisional Psychologist
- June 1** **Thankful for My Body: Healthy Body Image for Teens** • Explore the impact of media on body image • Learn tips for healthy eating and body image • Understand intuitive and mindful eating
Presented by: Sarah Henderson, Provisional Psychologist

In-Person 6:30-7:30 PM
Online 8:00-9:00 PM
Limited In-Person Registrations

For More Information or To Register For A Presentation: 403-327-2333
truebalancecounseling@gmail.com
www.truebalancecounseling.ca

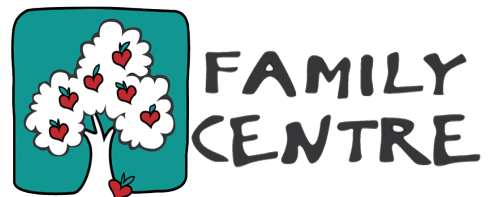
June 20 - 26, 2022

Pollinator WEEK

www.pollinator.org

Take Part in Pollinator Week Canada - June 20-26!

Pollinator Week is an annual celebration in support of pollinator health that was initiated and is managed by Pollinator Partnership. It is a time to raise awareness for pollinators and spread the word about what we can do to protect them. The great thing about Pollinator Week is that you can celebrate and get involved any way you like! Help save the pollinators!



[Family Centre - Dealing With Disobedience](#)

Why do my children not listen to me? Why do I feel like I'm always repeating myself? This Triple P discussion group will help you plan how to deal with disobedience. You'll learn strategies on how to prevent problems and teach your children to follow instructions, cooperate, and contribute to your family. Discover that you are not alone! Child care provided for in-person group. Virtual option available Thursday, May 26 at 6:00pm - 8:00pm / Cost: Free



[Family Centre - Come Build With Us](#)

What can you do with a paper roll tube? How can we use this Lego block? As children use self-expression, creativity, and design they will be introduced to concepts in construction including gravity, patterns, cause and effect, stability, balance, and shape. [Register here](#) for this free program which is open to families with children 0-12 years.

ANIME SATURDAYS

Every Saturday is Anime Saturday at [Nikka Yuko](#). Watch your favourite anime shows inside the Bunka Centre every Saturday.



[Mental Health Help Line](#)
1-877-303-2642 (Toll Free)

The Mental Health Line is a 24/7 confidential service that provides support, information, and referrals to Albertans experiencing mental health concerns.



Pincher Creek Women's Shelter
Crisis Line:
1-888-354-4868
Office: 403-627-2114
<https://pcshelter.ca/>

YWCA Harbour House (women, children)
Phone: 403-320-1881
Toll free: 1-866-296-0447

Lethbridge Shelter & Resource Centre
Phone: 403-327-1031

Wood's Homes
Phone: 403-317-1777

Safe Haven
Women's Emergency Shelter
Taber, AB
Crisis Line: (403) 223-0483
Reach out, Connect, Let us help You

Chinook Sexual Assault Centre
Healing starts with Believing
Here for all genders and all ages throughout
Southwestern Alberta
403-694-1094 / 1-(844)-576-2512
502-740 4 Ave South
#IBelieveYou #UHaveThePower
Sexual Assault is a Criminal Act
It is NOT Your Fault

Whenever you need to talk, we're open.

Text 686868
KidsHelpPhone.ca
Call 1-800-668-6868
Message at Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone
Kids Help Phone



Nominations are now welcome for Holy Spirit Catholic School Division's "Share the Mission Award." This prestigious award recognizes community members, parents, students, and school staff who have:

- Offered outstanding or long term service for the benefit of our students;
- Accepted demanding challenges and set new standards for the rest of us to follow;
- Contributed, through action and deed, to the Catholic atmosphere of our schools;
- Demonstrated involvement and leadership in community / parish organizations;
- Reflected the Mission Statement of the Holy Spirit School Division in all actions:

We are a Catholic faith community, dedicated to providing each student entrusted in our care with an education rooted in the Good News of Jesus Christ

Guided by the Holy Spirit, in partnership with home, parish and society, our schools foster the growth of responsible citizens who will live, celebrate, and proclaim their faith.

Our Catholic faith is the foundations of all that we do.

If you know of an individual or group deserving of the "Share the Mission Award," please forward their name to Rhonda Kawa at kawarh@holyspirit.ab.ca by June 10, 2022.

Nomination information is accessible on the division's website at:

https://www.holyspirit.ab.ca/board_administration/board_of_trustees/share_the_mission_award



CONSERVATORY SUMMER CAMPS

Wonderful Wizarding World (Ages 8 - 12)

July 11 - 15 | July 25 - 29

Content Creators: YouTube, Podcasts and Musical Coding, Oh my! (Ages 8 - 12)

July 18 - 22 | August 8 - 12

Mini-U Music School (Ages 5 - 7)

August 2 - 5

Raise Your Voice!: A Broadway Junior Musical (Ages 13 - 20)

August 15 - 19

VISIT OUR WEBSITE FOR MORE INFORMATION:

www.ulethbridge.ca/music-conservatory/programs
music.conservatory@uleth.ca



Interested in hockey but don't want the significant time or financial commitment that often comes with this great sport?

We offer an organized non-checking recreational hockey league for all genders aged 5-17. All skill levels are welcome.

One hour, once a week. Season runs end of September to late March.

Register early - spots fill quickly.

www.lethbridgerechockey.com



OLA School Council News

May 2022

Upcoming Events:



kids alfredo

- Next hot lunch will be on May 26th provided by Via Cibo.
- Proceeds will go towards school field trips, various student activities and events such as sports day and theme days.

Fundraisers:

- Last day to order plants for the Spring Plant Fundraiser is Tuesday May 3rd. Proceeds will go towards Grade 6 farewell activities.
- Ability Bottle Depot - North and South Locations - You can donate a portion or all of your recyclables to OLA.
- Proceeds will go towards school field trips, various student activities and events such as sports day and theme days.

Thank You



- Thank you to Lakeview bakery for the April hot lunch. Students and staff enjoyed a great lunch!
- Thank you to everyone who participated in our April Panago Pizza night. Proceeds will go towards field trips and various student activities.



Got a suggestion - forward to olaschoolcouncillethbridge@gmail.com