



# September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
	<b>5</b> <b>LABOR DAY</b> 	<b>6</b> Kindergarten Meet & Greet By appointment	<b>7</b> First day for Kindergarten A - J	<b>8</b> First day for Kindergarten L - Z	9	10
11	<b>12</b> Early Learning Program begins 8:45 – 11:45am	13	<b>14</b> School council AGM 7:00pm 	15	16	17
18	19	20	21	<b>22</b> Kindergarten Galt Museum 9:15am 	<b>23</b> 	24
25	26	27	<b>28</b> Opening Mass 9:15am Welcome Back BBQ 5:45pm <i>Back to School</i> <b>BBQ</b> 	<b>29</b> 	<b>30</b> No School 	

## SEPTEMBER 2022

### PRINCIPAL'S MESSAGE

Welcome everyone! It is so exciting to be back at school and to see all returning and new students. We are looking forward to living, laughing, and learning together this year. I pray for our entire community as we embark on this year together.

I have a few important items that I would like to share with you to begin the year.

#### Spaces

OLA will continue to use the online portfolio platform called Spaces this year. This platform allows families to see student growth through learning posted online. Families can expect 3-4 posts by teachers per month. Spaces provides evidence of learning, growth, and progress for students. Therefore, we do not have a traditional report card. Teachers will be reaching out to families in the next two weeks to add families to the platform so you can begin to see your students' profile. While there is some ability to communicate with students and teachers within Spaces, we encourage you to email your students' teacher with questions that may require a timely response. The Spaces platform is continually improving. For those of you familiar with Spaces, you may note some positive changes this year.

#### Office Hours replacing Parent/Teacher Interviews

We are excited about our shift to Spaces and the ability to view student growth throughout the year. To better reflect this platform and have ongoing communication with families, we will no longer have two set times for Parent/Teacher Interviews. This year teachers will set Office Hours. This will include 1-2 hours most months where teachers will be available to meet with parents in person, online, or by phone. Teachers will communicate directly with parents regarding their availability and scheduling.

Again, we are excited to begin a new school year together with your family. Please note a few important upcoming dates.

- Sept 14 - School Council AGM at OLA at 7:00pm
- Sept 28 - Opening Mass at Assumption church at 9:15am  
all are welcome.
- Welcome Back BBQ at OLA - 5:45pm - 8:00pm

### ASSOCIATE PRINCIPAL'S MESSAGE

Welcome back to school! We hope you had a blessed, relaxing, and restorative summer, and we are so excited to have you as part of our OLA community, whether you are new to our school or have been with us for many years.

Last year, we examined a new saint each month. This year, we will be exploring a new theme each month that allows us to live our faith to its fullest. Your children have these themes available in their monthly agendas should you wish to discuss or explore them further! Fittingly enough, the theme for September is

#### **HOSPITALITY**



Hospitality means many things to many people, but we see it in a particular way in the Biblical story of Martha. She welcomed Jesus into her home and went out of her way to make him feel comfortable and cared for. This month, let's consider ways we can make people feel welcomed in ways big and small, whether that means sharing our baking with a guest or reaching out to a new neighbor.

Our students have the opportunity to practice this in a significant way with the many new students in their classrooms and, perhaps, by welcoming those with whom they may have had conflicts last year. As teachers, we have spent the last several weeks preparing our classrooms to welcome all of our students, and we hope to invite many of you to visit us in the school in the months to follow.

So in that spirit, **WELCOME TO OLA!** We are so excited to begin the journey of this school year with you and can't wait to see where God takes us.

#### **Verse of the Month**

*And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.'*  
-Matthew 25:40

## **BELL TIMES**

Bell times will be changing for the 2022 – 2023 school year.

- Monday – Thursday  
8:45am – 3:47 pm  
First nutrition break 10:50-11:30  
Second nutrition break 1:30-2:10
- Friday  
8:45 am – 12:42 pm  
Break – 10:40-11:00
- Supervision begins at 8:30 am  
No after school supervision
- Kindergarten  
8:45am – 11:45am  
Monday - Thursday
- Early Learning Program  
8:45am – 11:45am  
Monday - Thursday



## **WELCOME**

My name is Emma O'Donnell. I grew up in Okotoks, Alberta and have been attending the University of Lethbridge for the past 4.5 years. I am a science education student and am currently completing my final PS2/3 practicum. I love to be outside, going for walks, going to the lake, camping, playing softball, and reading. I also love music. I used to play the flute and piccolo throughout my schooling career and have played various percussion instruments as well. I am very excited to be completing my final practicum with Mrs. Orr's grade 2 class at OLA and am excited to get to know the students in the school and have a learning filled semester! I will be here until December 16, 2022.



## **TRANSPORTATION**

Elementary students living at least 2.4 km from their resident school are eligible to ride the bus at no cost. Students living between 1.2 km and 2.39 km will be required to pay a user fee of \$25.00 per month per student. Only registered riders that have paid for, at least, one month in advance (if applicable) will be permitted to ride the school bus. All eligible riders are required to register in order to access transportation. Families of eligible students should have received an email asking them to complete the online registration form in SchoolEngage. Bus routes can be found [here](#).



## **OPENING MASS**

All students and staff will be walking to Assumption Church to attend our opening Mass at 9:15 am on Wednesday, September 28. Anyone interested in joining us is welcome to attend.

## **BACK TO SCHOOL BBQ**

All families are invited to attend a welcome back barbecue and blessing on Wednesday, September 28 at 5:45 pm.



School Council will be providing hamburgers, chips and a drink at no charge. After the BBQ, at approximately 6:30 pm, you are invited to informally meet with your child's teacher in their classroom.

## **OUR LADY OF THE ASSUMPTION**

### **School Fees: 2022 - 2023**

<b>Kindergarten Required Fee:</b>	
- Activities & Field Trips	\$51.00
<b>Total Due by September 30, 2022</b>	<b>\$51.00</b>
<b>Grade 1 – 6 Required Fees:</b>	
Agenda	\$7.00
School Council	\$6.00
Technology Integration	\$6.00
Field Trip – Grade 1 - 5	\$6.00
Field Trip – Grade 6	\$13.00
<b>Total Due by September 30, 2022</b>	<b>\$25.00</b>
<b>Transportation Fees (if required):</b>	
Monthly Bus	\$25.00
<b>Payment due prior to 1<sup>st</sup> of month</b>	
<b>ELP Monthly Fees Due before 1st</b>	
2 days/week	\$100.00
3 days/week	\$150.00
4 days/week	\$200.00

### TERRY FOX RUN

Our school's Terry Fox Run will be held on Friday, Sept 23, 2022. All children will be running/walking on this day, rain or shine, so please be sure they have appropriate footwear. This is a wonderful opportunity for us to explore the importance of giving to others. We are asking for "Toonies for Terry" but all donations great or small will be appreciated.

### PICTURE DAY

Lifetouch School Photography will be at the school on Thursday, September 29, to take student photos. All students will have their individual picture. 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 Wednesday, November 9. If your child was absent or you are not satisfied with your pictures, please return the proof package and new pictures will be taken.

### **IMPORTANT REMINDERS**

#### Supervision

Morning supervision begins at 8:30 am and our first bell rings at 8:42 am. Students are asked to meet their teacher at their designated place outside each morning. Students will be dismissed at 3:47pm Mon – Thurs, and 12:42pm on Friday. We ask parents to pick up their child promptly as there is no supervision after school.

#### Attendance

If your child(ren) will be absent from school for any reason, please contact the office at 403-327-5028 to let us know. You can leave a message or email [olaoffice@holyspirit.ab.ca](mailto:olaoffice@holyspirit.ab.ca) All unexcused absences are followed up with a phone call.

#### Medication

If a student requires medication to be administered at school proper documentation must be completed by a doctor and parent. The forms are available in the office. These forms must be on file before any medication can be given. The school does not give out any over the counter medication such as Tylenol or cough medicine and we do not use antiseptic cream such as polysporin.

#### Contact Information

If there are any changes to your child's data, i.e.: address, phone number, emergency contacts, email address, etc. please inform the office. This information is vital so that the school can contact you in case of an emergency.

#### Nutrition Breaks






All students eat in their classrooms during nutrition breaks. There are **no microwaves** available so please pack lunches accordingly. If you send food that requires a spoon or fork, please send them. We **DO NOT** supply these items. Remember to send a water bottle as our water fountains are only used as a filling station.

### Nut Aware

We have some students with a severe nut allergy. We ask that you be mindful of this when packing your child's lunch and snacks. Please avoid sending peanut butter, nutella or products with peanuts or nuts listed in the ingredients to school.

**Counsellor's**  
→ **Corner**

How Can I help my  
child **SUCCEED** in  
school?

-  Ask your child about school and encourage them to talk about their day!
-  Stay involved and connect with the school supports and teachers as needed!
-  Ensure your child gets plenty of sleep and is prepared for school each day!
-  Help your Child with their homework, and practice reading!
-  Teach your Child to be responsible for their actions and take pride in all they do!
-  Be Positive! Always speak positively about school, learning, and your child's teacher!
-  Build Self-esteem! Praise your child often because the last few years have been difficult!

~Mr. Hoffos~  
School Liaison Counsellor



## NOTICE TO PARENT OR GUARDIAN OF RELIGIOUS PERMEATION

Section 58.1 of the *Education Act* requires a school board to give notice to a parent or guardian when courses of study, education programs, institutional materials, instruction or exercises include subject matter that deals primarily and explicitly with religion. All of the schools in this division are Catholic Separate Schools, the essential purpose of which is to fully permeate Catholic theology, philosophy, practices and beliefs, the principles of the Gospel and teachings of the Catholic Church, in all aspects of school life, including in the curriculum of every subject taught, both in and outside of formal religion classes, celebrations and exercises. Every course of study and educational program, all institutional materials, instruction and exercises will at all times include subject matter that deals primarily and explicitly with religion.



## FAIR NOTICE LETTER

Dear Parents / Guardians,

The Holy Spirit Catholic School Division is committed to providing safe learning environments for all students, staff, school visitors and community members. When a student behaves inappropriately, principals use progressive discipline to help a student take responsibility for their actions, change their behavior and learn from their mistakes.

When students' behaviors pose a potential threat to safety or serious harm, the Southwest Alberta Regional Violence Risk Threat Assessment Protocol (VTRA) helps principals take further steps to protect the well-being of students and staff. The protocol helps schools respond quickly to threatening incidents such as: possession of a weapon or a replica weapon, bomb threats or plans, verbal, written or electronic (internet, text) threats to kill or injure oneself or others or other threats of violence, fire setting.

The Southwest Alberta Regional VTRA Protocol outlines how a school responds immediately to threatening behavior. Principals may first bring together a School Threat Assessment Team, which ideally includes the principal / associate principal, a school based counsellor / jurisdictional lead and police of jurisdiction. If the situation is serious the principal may also consult the Superintendent of Schools and call in members of the Community Threat Assessment Team. This community team may include representatives of community agencies who work with us to keep our schools safer such as, but not limited to, local police, children's mental health organizations or Child and Family Services. Parents / guardians will be notified as soon as possible in the Stage I - VTRA Process. If parents / guardians cannot be reached, but a concern for safety still exists due to threatening behavior, the threat assessment may still proceed. Personal information shared throughout this process will respect and balance each individual's right to privacy with the need to ensure the safety of all.

This letter complies with procedure 2 of *Administrative Procedure 322: Violence Threat / Risk Assessment (V-TRA) Protocol*, which states that parents / guardians will be provided with "fair notice" that each threat will be taken seriously. Should you wish to further review this Administrative Procedure, please visit our website at [www.holyspirit.ab.ca](http://www.holyspirit.ab.ca).

If you have any questions regarding the Holy Spirit Catholic School Division's use of the Southwest Alberta Regional V-TRA Protocol, please contact the Director of Support Services at the St. Basil Catholic Education Centre. We appreciate your support in ensuring our schools are safe environments for our students, staff and community partners.

Sincerely,  
Ken Sampson, Superintendent of Schools



ALBERTA  
EDUCATION

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*Office of the Minister  
MLA, Red Deer-North*

While some students participate in year-round schooling and have been in the classroom for a few weeks – the first day of school for many students and teachers is quickly approaching. I am pleased to welcome back all the students and teachers who are returning and give a warm welcome to those who will be joining us for the first time. I hope you had the chance to rest, relax and recharge over the summer and are ready for an exciting and productive school year.

I am truly thankful for everyone's collaborative efforts in providing a safe and healthy learning environment particularly over the last two years and look forward to a smooth return to in-person instruction. We remain committed to ensuring the health and safety of staff, and students. As we head into the school year, I encourage all students and staff to continue exercising regular personal hygiene and staying home when not feeling well. As I have said in the past it is important that individual family choices continue to be respected related to masking and vaccination. No student or staff member should be stigmatized for their choices.

While the last couple of years has taught us resilience and perseverance, we understand the impacts Covid-19 has had on our young learners' education and mental well-being. We are committed to ensuring our students feel connected and supported in their academic and mental-health needs. Alberta's Government is pleased to commit \$110 million over three years to improve mental health services, provide specialized assessments from qualified therapists and psychologists, and help students get their learning back on track after the pandemic. This is in addition to the over \$1.4 billion in Learning Supports Funding provided directly to school authorities each year. This funding envelope includes the Specialized Learning Supports (SLS) grant, the Nutrition grant, and Program Unit Funding (PUF), which support student mental health, specialized assessments and allow school authorities to provide supports to students and staff.

I sincerely appreciate all the teachers, support staff, school boards, administrators and parents who work tirelessly throughout the school year to prepare students for success and ensure they have the proper supports. Your efforts are both noticed and appreciated.

The school year ahead holds tremendous potential and opportunities for students and educators alike. I am proud of what we have accomplished, and what we continue to work towards – improving education and supporting young Albertans. I wish everyone a happy, healthy, and successful 2022-2023 school year!

Sincerely,

Adriana LaGrange  
Minister of Education



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](http://www.lethbridgerechockey.com)



# CANSKATE FALL REGISTRATION IS NOW OPEN!



To register visit:  
[SouthernAlbertaSkating.ca](http://SouthernAlbertaSkating.ca)



SOUTHERN ALBERTA  
SKATING ACADEMY

[southernalbertaskating@gmail.com](mailto:southernalbertaskating@gmail.com)

Classes start Oct.2nd  
Sun 10:15-11am Civic  
Wed 5:30-6:15pm Henderson  
Thur 5:30-6:15pm NicSheran

Teen/Young Adult  
Sunday 5:30-6:30pm ENMAX





September 7, 2022 @ 6:30  
Henderson Ice Center

Free event- ages 5 and up.  
Bring skates, helmet, and  
gloves. We provide the rest!

Register for this event at:  
[www.cometryringette.ca/events/](http://www.cometryringette.ca/events/)

### What is Ringette?

Ringette is a fast-paced team sport played on ice. Similar to Hockey, the objective is to work as a team to get the ring in the opponent's net.

- Learn to skate
- Start as young as 5 years old
- Goalie camps available
- Building strong, fit & confident athletes
- Non-contact sport with full protective equipment
- Travel! Play locally, provincially, nationally & even internationally

**Register now for  
the 2022/2023  
season**

For more information or to register, visit our website at  
[www.lethbridgeringette.ca](http://www.lethbridgeringette.ca)

**Follow us online**







## Super powers for super school lunches

With September upon us, making school lunches is back on the agenda. With a little planning and creativity, packing school lunches can be a lot less daunting and can even help your family save money. Lunches that include whole grain foods, vegetables and fruits, and protein foods provide the nutrients and energy needed for children to play and engage at school while also supporting healthy growth and development. Here are some ideas and tips to help make preparing lunches easier and more affordable.

### Unleash your meal planning

Taking the time to plan meals for the week can

take the guesswork out of what to make for meals, including lunches. Here are some tips for successful meal planning:

- Make meal planning a family activity. For example, use dinner time to brainstorm meal ideas or to build a grocery list together. Involving kids in the meal planning process teaches them life skills such as budgeting, organizing, reading recipes, and writing a grocery list.
- Plan for leftovers. Increasing dinner servings so that there are leftovers for lunch is a great way to simplify school lunch prep the next day.

# Healthy Children

## September 2022 Family Newsletter

- Save your meal plan to use again. Once you have a few weeks of meal plans ready, you can use them in rotation or look back at them for ideas for future weeks.

### Jump ahead with meal preparation

- If you can, make time to bake from scratch. Having healthy snacks on hand, such as wholegrain muffins, bannock or granola makes it easy to put a lunch together. Freezing large batches of baking can provide grab-and-go snacks for a few months at time. For recipe ideas go to [Inspiring Healthy Eating](#).
- Wash and cut fresh vegetables and fruit ahead of time. Having ready-to-eat produce on hand helps bring lunches together quickly.
- Repurpose food. If you have vegetables that need to be used up, bring them together to create soup, chili, or stir-fry that you can freeze and use for lunches in the future.
- Involve kids in lunch prep. For example, get them to chop cucumbers, portion out low-fat yogurt, or spread hummus on pita. Not only does this help them develop food literacy skills, it increases the chances that they will eat what they pack.

Using your meal plan to build your grocery list helps ensure that you don't forget anything you need and are less likely to buy things impulsively.

### Become a grocery shopping champion

Once you have a meal plan and a grocery list, grocery shopping becomes a lot more efficient. Being prepared helps reduce the chance of buying food that doesn't get eaten.

Less food waste helps save money while also reducing the impact on the environment. Here are a few tips for grocery shopping:

- Shop the sales. Check out flyers, coupons and apps, then plan for lunches based on items that are priced well.
- Consider shopping for a mix of fresh, frozen and canned produce. Frozen or canned (packed in water or juice) vegetables and fruit are a great alternative, are equally nutritious, and often less expensive than fresh options.
- Try not to grocery shop when you're hungry. This can help you stick to your grocery list and avoid adding unneeded items to your cart.

### Pack lunches like a pro

With meal planning and preparation under your belt, putting it all together is a breeze! Here are some tips to consider when packing up school lunches:

- Use reusable containers, like water bottles, containers, and food wraps. Using these items in place of single use alternatives is an environmentally friendly option that also reduces costs in the long term. Make sure you choose containers that your kids can open on their own. It helps them access their food and also builds their independence and confidence.
- Use an insulated lunch bag and containers. Keeping foods at the right temperature (hot or cold) is important to keep food safe to eat. For tips on

# Healthy Children

September 2022 Family Newsletter

keeping hot food hot and cold food cold, check out [Keeping school lunches safe](#).

## The power of community

If you don't have enough food for school lunches, it's okay to reach out for help. There are often programs and services available to ensure kids have access to breakfast, lunch and snacks at school. Schools may also have options to assist with other school related costs. You can call Alberta 211 or reach out to your school principal or teacher for information on programs and supports at school or in your local area.

### For more tips, go to:

- [Create a healthy grocery list](#)
- [Meal planning template](#)
- [Tips for making lunch](#)
- [Tips to spend less money on food](#)