











NOVEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Plant fundraiser 		1 	2 	3 Gr 5 & 6 volleyball 3:50– 4:50	4	5
6  Catholic Education Sunday	7 Grade 3 Retreat 9:00am – 2:00pm Gr 5 & 6 volleyball 3:50 – 4:50	8 Office Hours 20 – 4:30 – 6:00pm	9  Quizno's and Booster Juice Lunch orders due Office Hours 3T – 4 - 6	10 Wear Red today Remembrance Day Liturgy 10:20am Gr 5 & 6 volleyball 3:50 – 4:50	11 NO School  REMEMBRANCE DAY <i>Let Us Forget</i>	12
13 Plant orders due by tomorrow 	14 Wellness Day 	15	16 Office Hours Swark 5:00 – 6:30pm School council meeting 7:00 pm	17 Hot Lunch Gr 5 & 6 volleyball 3:50– 4:50	18 Mass 9:00am 2O & 5B Volleyball Jamboree	19
20	21 Office Hours 5B & 6G 4:00 – 5:30 pm	22 Office hours 1D – 4:00 – 6:00pm	23 Board Meeting 6 pm	24 Crazy Sock Day  Gr 5 & 6 volleyball 3:00– 4:00	25 Mass 9:00am 4S & 6G	26
27 	28 1 st Advent – 11:30 Hosted by 3T Steam Day Plant pick up	29	30			



NOVEMBER 2022

PRINCIPAL'S MESSAGE

The OLA school council has been working hard to fundraise for important enhancements to learning at OLA. Please read the following for one such opportunity.

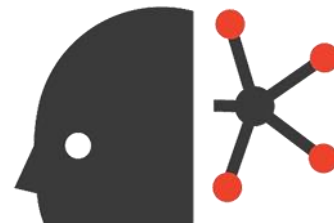
At OLA, our goal is to provide supportive, community-centered, STEAM based learning for everyone. STEAM based learning focuses on education through Science, Technology, Engineering, Art, and Math, and helps prepare our students for the challenges of the future. Through innovative approaches and modern technology, we aim to support students as they become innovative problem solvers ready to take on a changing world.

In order to facilitate these goals, we are seeking to partner with NeuroMaker, an educational initiative born out of real technology incubated in the Harvard iLab as a Time Magazine Award winning prosthetic hand and Brain Computer Interface technology used by Formula 1 Racers. NeuroMaker brings real-world brain computing and advanced prosthetic technology into the classroom in a format that engages students as young as eight in real-world learning!

In practice, NeuroMaker consists of two parts: an interactive headband and a prosthetic arm. Students use on-screen coding as well as brainwave interfaces to control the prosthetic. This technology is relatively new and OLA is one of the first schools in Alberta to work with NeuroMaker to bring it into the classroom.

Although this technology creates obvious opportunities for students to practice coding and technological learning, the implications actually extend far beyond these areas. Once students are comfortable working with the prosthetic arm, they can design their own technology to solve real-world problems, coming to see themselves as the innovative problem solvers of the future. In addition, the ability to monitor their brain waves in real time provides students with genuine feedback on their physical and emotional state, giving teachers a way to integrate socio-emotional learning and help students engage with their own wellness and mental health. In the wake of the Covid-19 pandemic, this has become an ever-increasing need in Alberta classrooms. NeuroMaker technology gives students the chance to grow intellectually, emotionally, and creatively in one package!

If you would be interested in learning more about NeuroMaker, please take a look at their website, www.neuromakerstem.com. They also have a youtube channel with some excellent explanation videos. The name of the channel is NeuroMaker STEM and you can find a very good introductory video at <https://tinyurl.com/ygywet7b>.



NEUROMAKER

ASSOCIATE PRINCIPAL'S MESSAGE

As we leave October behind with a rapid pivot into winter weather, I hope you've found plenty to be grateful for this month: the extended warm weather, the opportunities we had to gather as a community, and of course the joy of Halloween adventures! As we progress into November, we have a new theme for this month:

PEACE



Peace is, of course, a deeply fitting theme for the month of November, as we mark Remembrance Day to honor those who have fought and died to preserve peace in our world. However, God also invites us to find and strive for peace in our daily lives.

Sometimes, this means being peacemakers. It's all too easy to hold a grudge, let anger boil over, or continue unkind comments. It takes far more strength -- strength beyond what we are capable of on our own -- to be the place anger comes to die. When we let the pain of the world overwhelm us, we naturally contribute to it. Only by *becoming* peacemakers ourselves do we *find* peace.

This is a great month to take some time to reflect on what peace looks like to you personally and as a family. Is peace a lively conversation over dinner? An hour spent by yourself in silent prayer and meditation? That first sip of coffee before the kids get up in the morning? To each of us, peace looks different, and it can be a challenge to find it in our busy lives. This month, see if you can take just a moment a day to actively engage in peace to strengthen yourself for the challenges of life!

Verse of the Month

"I have told you these things so that in me you may have peace. In this world you will have trouble. But take heart: I have overcome the world."

-John 16:33

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.



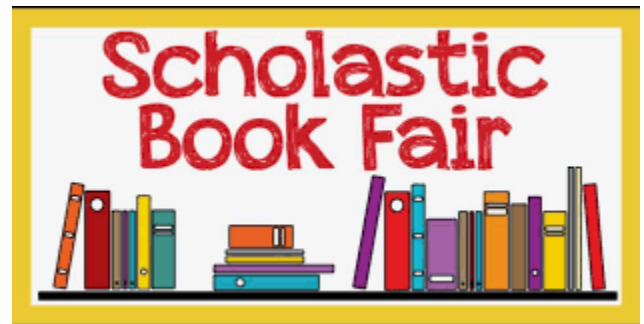
CRAZY SOCK DAY

On Thursday November 24, students are asked to wear crazy socks to help kick off our annual sock drive. This year we will be collecting **new** socks, toques, gloves, mittens and any other **new** warm winter wear.



SCHOLASTIC BOOK FAIR COMING IN DECEMBER:

We are excited to announce the return of a Scholastic Book Fair on Wednesday, December 7th and Thursday, Dec. 8th. Watch for more information in the coming weeks. **VOLUNTEERS** are needed for Thursday evening (6-8pm). If you are able to lend a hand, please call the office at 403-327-5028 or email buggb@holyspirit.ab.ca



SCHOOL PICTURES

Student pictures arrived the week of Oct. 17 and were sent home with students. If you wish to order pictures, please do so before November 30.

PICTURE RETAKES

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. 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 with boots, a warm jacket, snow pants, gloves/mitts, toque, etc. Please label all items as many students have the same pair of black boots.

OLA GEAR IS COMING!

You will soon be able to purchase school clothing online. Choose from hoodies, t-shirts, joggers, etc. Makes a great Christmas gift.

Intramural team colours are available in t-shirts.

Our team colours are:

Comets – White

Storm Troopers – yellow

Astros – blue

Martians – green

Fiery Fusion – red

Galaxies – black



Watch your email or Facebook for more information

DECORATE FOR THE HOLIDAYS



HOLIDAY
WREATH
\$36.00



OUTDOOR
ARRANGEMENT
\$46.00



POINSETTIAS
RED or WHITE
\$16.00



HANGING
BOUGH
\$36.00



INDOOR
PLANTER
\$36.00

We are once again selling beautiful Christmas plants. Plants will be ready for pick up on November 28. (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.

2022-2023 OLA Cookbook

Fundraiser for FULL STEAM AHEAD – by School Council

School Council is making a cookbook!

We would love to capture the diversity of our school community through the best thing – **FOOD!!!** We are asking students and their families to submit their favourite family recipes. All recipes are due by Nov. 10, 2022 and can be submitted by email to your classroom teacher or to olaoffice@holyspirit.ab.ca.

Cookbooks will be sold for \$20 each and make a great Christmas gift for family and friends.

Proceeds from funds raised could be used for:

- Neuromaker tech & electronic devices
- School lunches
- School community events
- Field trips
- Guest speakers
- Christmas gifts for classrooms
- Hardship fund

Thank you for your continued support.



All youth in
Grades 1 – 6
are invited to join us
each Wednesday for
Liturgical Crafts, Lives of
the Saints and Fun Faith
Filled Learning.

November 2 to December 7
4:15 – 5:15pm

St. Basil's Church Hall

Cost: \$10 per child or \$25 per family of 3 or more
(immediate family only)



Registration forms
are available at
All Saints Parish Office
or on our website at

www.allsaintslethbridge.org/little-saints.html

LFS Angel Tree Christmas Campaign

Register Today!

Eligibility:

Children 0 - 18 years old are eligible
to receive gift bundles.
Families requiring assistance at Christmas,
living in Lethbridge and area.

Register online at www.lfsfamily.ca

Registration Open

October 1 – November 30, 2022



Contact:

Lethbridge Family Services
Michelle Gallucci
Phone: 403-327-5724
Email: mgallucci@lfsfamily.ca

Lethbridge Family
Services
Since 1982



angel tree
CHRISTMAS CAMPAIGN

About LFS Angel Tree Christmas Campaign: Lethbridge Family Services' collects new, unwrapped toys during November and December and distributes them to children and youth in Lethbridge and area, 0 - 18 years old, whose families need help at Christmas.

November

Arise!

Pilgrims of Hope



“In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.”

Matthew 5:16

Blessed Carlo Acutis 1991-2006 (Feast Day: October 12)

Born in London and raised in Milan, Carlo's wealthy parents were not particularly religious. Upon receiving his first communion at age seven, Carlo became a frequent communicant, making a point of praying before the tabernacle before or after every Mass. In addition to Francis of Assisi, Carlo took several of the younger saints as his models, including Bernadette Soubirous, Jacinta and Francisco Marto, and Dominic Savio.

At school Carlo tried to comfort friends whose parents were undergoing divorce, as well as stepping in to defend students with disabilities from bullies. After school hours he volunteered his time with the city's homeless and destitute. Considered a computer geek by some, Carlo spent four years creating a website dedicated to cataloguing every reported Eucharistic miracle around the world. He also enjoyed films, comics, soccer, and playing popular video games.

Diagnosed with leukemia, Carlo offered his sufferings to God for the intentions of the sitting pope—Benedict XVI—and the entire Church. Carlo died in 2006 and was beatified in 2020. As he had wished, Carlo was buried in Assisi at St. Mary Major's "Chapel of the Stripping", where St. Francis had returned his clothes to his father and began a more radical following of the Gospel. Among the thousands present for Carlo's beatification were many of his childhood friends.

Holy Moments In Our Schools

St. Mary Taber grade 9 students started off their 2022-2023 school year with a walk to St. Augustine Parish to attend Mass. Like Blessed Carlo, the choices we make daily, even at a young age, can have a major impact not only in our lives, but the world around us. We are grateful for Catholic education and the ability to attend Mass; giving thanks to our good and gracious God for the blessings that we have received from Him.



The Spiritual Works of Mercy – Pray for the Living and the Dead

- Prayer is one of the most powerful ways we can support others. Joining together in prayer for the living and the dead entrusts us all into God's care.
- Request a mass intention for a friend or family member who is going through a tough time.
- Request a mass intention for a friend or family member who has passed away.
- Keep your own book of prayer intentions, writing down the names of those who you are keeping in your prayers.
- Ask a friend or family member if there is anything you can pray for them about.
- Through prayer, entrust your cares and concerns for those around you to God.

Carlo is Blessed, not a Saint. What does it mean to be blessed? There are four steps to becoming a saint in the process called [canonization](#). First, one is declared a **Servant of God**, then **Venerable**, then **Blessed**, then a **Saint**. In this process, the Church investigates the life of the person to find evidence of their virtue, their witness, and any miracles performed through their intercession. This sometimes takes years to complete.

Sources:

[Who is Carlo Acutis? 10 things you should know about him](#)

[Blessed Carlo Acutis](#)

[The Fruit of the Holy Spirit: What Is Joy?](#)

[The Spiritual Works of Mercy - Pray for the Living and the Dead](#)

[Home Page](#)

The Fruit of the Spirit – Joy

The second fruit of the Spirit is joy. The word 'joy' appears nearly 200 times in the Bible, which helps us understand just how important this second sweet fruit of the Spirit really is. Joy is a condition of the heart.

People often confuse joy with happiness, but they are not interchangeable. Joy is from within, regardless of what is going on around you. Happiness can be a blurred emotion, dependent on a situation. Joyful people make a commitment to gratitude regardless of the circumstances.

In Greek, the word for joy is 'chara.' This describes a feeling of inner gladness, delight or rejoicing. This inner gladness leads to a cheerful heart and a cheerful heart leads to cheerful behavior.

The most important attribute of joy is that you can find joy in adversity. This can be a difficult idea to grasp, because joy might be the last thing we are feeling when facing struggles. God knows our sorrows, heartaches and fears and He calls us to rejoice anyway. He wants us to live a life full of joy and promise.

Particularly in these difficult times we are facing during the worldwide pandemic, it may seem difficult to be joyful. Our lives have changed, and we are facing adversity that is unprecedented. Certainly, many of us are not happy. But, joy is an internal experience, and even through our own unhappy circumstances, we can find joy in the midst of the storm with our faith in God.

“To be always united with Jesus, this is my plan of life.”

- Carlo Acutis

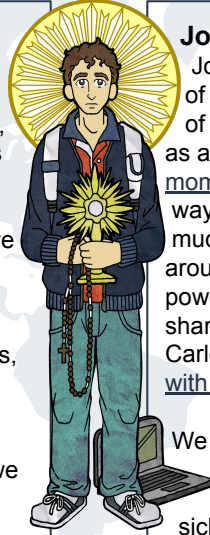


Reflecting on the life of Blessed Carlo Acutis...

Pray for the Living and the Dead

At all times, we know that we are called to pray for the living. In the month of November, we are also very conscious of praying for the dead. On November 2, we have All Souls' Day, where we pray and remember all of the faithful departed. This is distinct from All Saints' Day (November 1), where we commemorate all of the Saints in heaven. We also know that Remembrance Day falls in November. Many parishes will have a Book of Remembrance that is displayed and added to throughout the month. As Catholics, we pray for the dead because, in short, while we hope that they have already been reunited with God in heaven, we also know that for some of us, we will continue to be purified after our death in purgatory.

In many of our schools, we have the tradition of asking our patron saints to pray for us at the conclusion of our prayers; we have continued that tradition as we have met new saints this year on our prayer cards. We can also pray a [Litany of the Saints](#). Whether we are praying for the living or the dead, we know that we are all one in the communion of saints; that we can assist them through our prayers as they can assist us through theirs. Blessed Carlo Acutis, pray for us!



Joy

Joy is a condition of the heart, where we choose, regardless of circumstance, to be grateful and cheerful in the knowledge of God's promises to us. We might also think of this, in a way, as a willingness to [experience the holy wherever we are in each moment](#). Blessed Carlo Acutis showed this joy in a couple of ways. One of his great passions was pilgrimage. He spent much of his life seeking out and visiting Eucharistic miracles around the world. If you also enjoy traveling, you know the power of seeking out holy places and experiences, and how you share those experiences and memories with others. Blessed Carlo Acutis used the digital realm to [share his experiences with others](#).

We also will recognize that Blessed Carlo died at a young age. In his short life, he brought many, including his parents, to deeper belief through his joyful witness. When he was sick with leukemia, he accepted his sufferings and offered them up to God, and for the intentions of the Pope and the Church. Even as he faced this adversity, he remained a model of holiness for those around him.

Gospel Readings

November 1, 2022 All Saints' Day

Gospel Reading: Matthew 5:1-12a

"See what love the Father has bestowed on us, that we may be called the children of God." — 1 John 3:1

Today is a great feast day, when we remember all of those blessed people we call saints that have gone before us to be with God. Many of these people lived extraordinary lives of faith, setting great examples for us to follow. Saints like St. Francis, St. Oscar Romero, and St. Teresa of Calcutta were all people who gave their lives, hearts, minds and souls to the Lord. Others lived seemingly ordinary lives doing ordinary things to the best of their abilities. For those of us among the living, we are called to strive to be saints too. It may look different, but we can live saintly lives as students, teachers, engineers, doctors, mail carriers, or house cleaners. We, too, can live extraordinary lives of faith in imitation of the great saints of old.

Dear Lord, please give us the desire to serve you with all that we are, so that we too may one day be with you in eternity.

Have I given my all to Jesus? My thoughts? My words? My actions? What can I do to better follow the paths of the saints?

November 13, 2022 33rd Sunday in Ordinary Time

Gospel Reading: Luke 21:5-19

"It will lead to your giving testimony. Remember, you are not to prepare your defense beforehand, for I myself shall give you a wisdom in speaking..." — Luke 21:14-15

We are all children of God. Sometimes we are called to more than just knowing that fact. Sometimes the Lord wants us to share what we know about his love. That can be a scary thing. "What will people think of me? Will they make fun of me?" In today's Gospel, Jesus tells us that this is what he wants us to do. He tells us that it will be difficult and uncomfortable for us. But sometimes difficulties bring blessings. Maybe some people with whom you share your faith are going through tough times, and by hearing from you about your love for God, they experience a peace they may never have known without your witness. Do not be afraid to share God's love!

Dear Lord, help us not to be afraid to share our love for you. You promised us that if we do, we will be with you in eternity. Thank you for that gift.

What are some ways I can share my love for God with those around me?

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November 6, 2022 32nd Sunday in Ordinary Time

Gospel Reading: Luke 20:27-38

"It is my choice to die at the hands of men, with the hope God gives of being raised up by him..." — 2 Maccabees 7:14

We recently celebrated All Saints' Day. Some saints lived very ordinary lives, and some of them even gave up their lives because of their belief in God. Because of the love they had for God, the saints knew that in giving up their lives, they were choosing everlasting life. This helped them not to be afraid to share their faith. We may never be called to die for our faith like the brothers in the first reading or the saints of old, but we may be called to do hard things for our faith. For example, if you are ever with a group of friends who say they didn't believe in God, you will have an opportunity to speak up and share why you believe. You don't have to make them change their minds, but you are called to be faithful to your own experience and sometimes that might mean putting your fears aside and sharing your beliefs.

Dear Lord, it is not always easy to share my faith in you with others. Please give me the courage to show others that I know I am a child of yours whenever I can.

If you met someone today whom you didn't know very well, how would that person be able to tell that you are a child of God?

Gospel Readings

November 20, 2022 Christ the King

Gospel Reading: Luke 23:35-43

"Above him there was an inscription that read, "This is the King of the Jews." — Luke 23:38

The title "king" is a very important one. To some, it is a title of respect and honor. To others, it is very threatening. When Jesus was born and Herod learned from the magi about a new king, he felt threatened. He did not want anyone to be more powerful than he was, so he tried to destroy this new king. Later in Jesus' life, Pontius Pilate also felt threatened and put Jesus to death. Jesus was a king who didn't act like other rich and powerful kings who wanted to be the center of attention. He was a humble king who led by example and gave all he had so that we may know God's love. May we give all we have to our King of Kings to thank him for such a gift.

Dear Lord, you are the greatest king there ever was. Teach me how to always give you the love you deserve.

Today is the last Sunday of the liturgical year. It is fitting, as we enter the Advent season and prepare ourselves for the baby Jesus, that we remember Jesus' purpose in coming. He was sent by God to bring us into his Kingdom through his death and resurrection.

How do you feel about our King? How do you love, respect and honor him?

November 27, 2022 1st Sunday in Advent

Gospel Reading: Matthew 24:37-44

"Therefore, stay awake! For you do not know on which day your Lord will come." — Matthew 24:42

During the season of Advent, we begin to get ready for Christmas. It can be so exciting with many fun activities, yummy food to eat, and extra time with friends and family. But there is another kind of getting ready we are also called to do. We must get our hearts ready. Jesus, our King, will come again someday. It could be on Christmas Day, it could be next year, it could be any time. If this were the moment we had to face our King, would we be proud of our thoughts, words, and actions in this life? We must work very hard every day to turn away from what isn't loving or kind, and begin to prepare our hearts for our Jesus this Christmas.

Dear Lord, we await your coming with great joy. Please help us to turn away from sin and help us to prepare our hearts for you this Christmas.

What are some ways I can prepare my heart to give as a gift to Jesus this Advent? Are there ways I can change my thoughts, words, or actions to please him?

Download this month's [Saint Prayer Card](#) - Blessed Carlo Acutis



November



Arise! Pilgrims of Hope Journal

WEEK ONE

When do you feel most connected to others?



Additional Sources:

[Praying for the Living and the Dead](#)

[The Importance of Praying for the Dead](#)

[Why Do Catholics Pray for the Dead?](#)



November

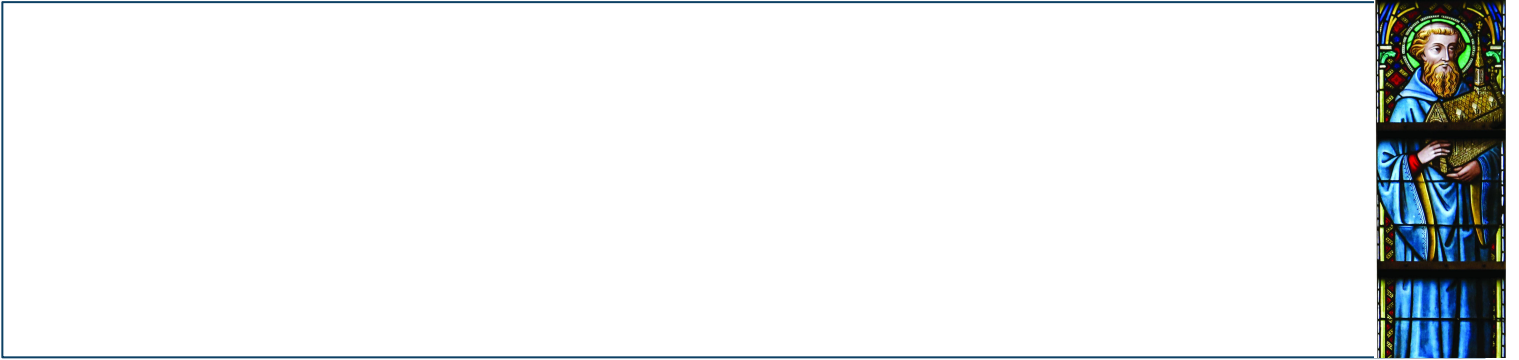
WEEK TWO

What person in your past are you most grateful for?



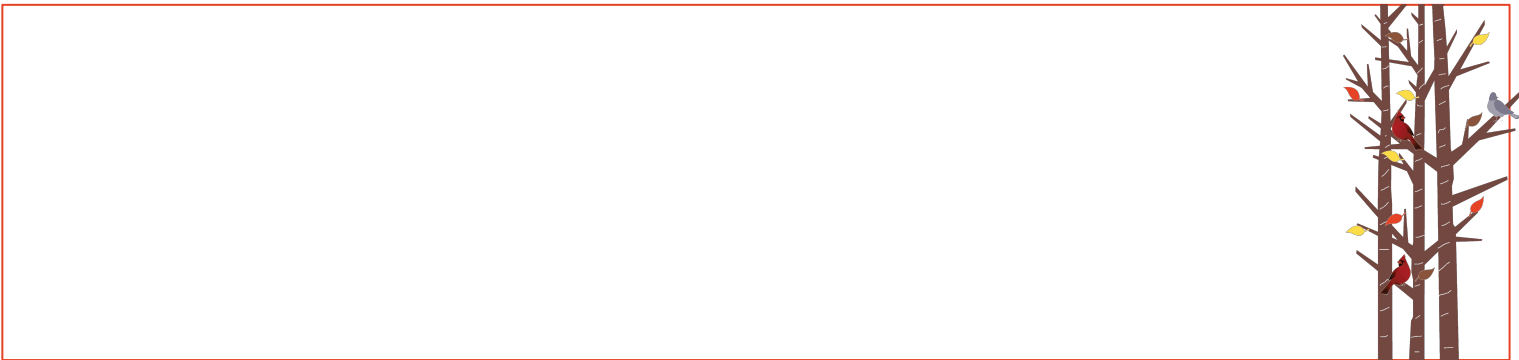
WEEK THREE

Is there a saint that you feel a connection with. Why?



WEEK FOUR

What can you do to live a more joyful life?



WEEK FIVE

What does God's presence feel like to you?



OLA School Council News

November 2022

✧ Volunteers still needed for secretary and treasurer positions. ✧

Thank You

- Thank you to all the family members who volunteered for the Welcome Back BBQ! Your support was much appreciated!
- Thank you to Schwartz Reliance Insurance Coaldale, Davis GMC Buick and Lakeview Bakery for their donations towards the BBQ.
- Thank you to Boston Pizza for providing the October Hot Lunch

Upcoming Events:

Next hot lunch will be on Nov. 17th from Quiznos and Booster Juice! Orders must be submitted by Nov. 9th



Fundraisers:

- In support of the STEAM based learning focus at OLA, we are excited to begin fundraising for NeuroMaker tech!! Information about this incredible opportunity will be sent out to OLA families. OLA is one of the first schools in Alberta to work with NeuroMaker!
- Full STEAM Ahead Campaign! - a donation fundraiser where 100% of money collected goes to the school! Donations will go towards NeurMaker tech, various school activities/events, field trips, classroom gifts, guest speakers, school lunches and hardship fund. More detailed information will be sent out.

Got a suggestion - forward to olaschoolcouncillethbridge@gmail.com

