



# May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1	2	3 	4	5	6	
7	8 SFJH Fine Arts performance 9:10 – 9:50am 	9 Gr 3 – Troyanda Ukrainian Dancers  Gr 6 10 – 2:30 U of L / City Hall	10	11 Kindergarten to Fort Whoop Up 9:15 am 	12 Mass – 9:00am 4S & 6G  Last day to order Spring plants 	13	
14 	15	16	17 Gr 6 PAT LA Part A	18 World Catholic Education Day Wear <b>BLUE</b> Walking to Gyro Park 11:30 – 1:30	19	20	
<b>CATHOLIC EDUCATION WEEK</b>							
21	22  No School	23 No School 	24 Board Meeting @ CEC – 6:00 pm	25 STEAM DAY All day Hot dog lunch 	26 JUMP ROPE FOR HEART KICK OFF  Spring Plant delivery 	27	
28	29 Lacrosse workshops 	30 Gr 5 –Galt Museum 8:45 – 11:15 	31 Marian Mass 9:15 am  School council meeting @ 7:00pm				



## MAY NEWSLETTER

### PRINCIPAL'S MESSAGE

Happy Easter! The Pascal season is always exciting, filled with new life, growth, and change.

We have a few exciting events on the horizon for the month of May.

#### Catholic Education Week May 15-19

Catholic Education week will be celebrated the week of May 15-19. We will have activities throughout the week exploring and being grateful for the amazing blessing that is Catholic Education. Each day we will focus on one Mark of Catholic Education. On Thursday, May 18, we will celebrate World Catholic Education day by asking everyone to wear **blue**. Additionally, students in grades 1-6 will be walking to Gyro park to participate in a prayer walk and activities.

#### STEAM Day May 25

We are working on plans to finalize our full STEAM day which will take place on May 25. We have partnered with the Lethbridge College, Southland International, and Career Transitions, to plan a full day with a wide variety of activities. The goal for the day is to introduce students to STEAM in the trades and local industry. We have a wide variety of volunteers from a variety of trades and industry to lead activities for students in grades 1-6.

Some activities may include:

Grades 1-2 - Nuts and bolts shapes, Marshmallow structures, Measuring cups, P-Trap, 3D printing  
Grades 3-4- No bake recipe, Tire pressure and gauges, Measuring Tapes, Non-contact force, Agricultural drones  
Grade 5-6- Virtual welding, window casings, wind turbine, Irrigation, Bike demolition

Students will be exposed to age appropriate activities and tools. They will be briefed about safety precautions for each activity and will be expected to follow all safety guidelines.

We are looking forward to a very exciting day. We are so thankful for the wide variety of community support committed to making this a great day.

### ASSOCIATE PRINCIPAL'S MESSAGE

*Christus surrexit!* He is risen, and we move forward into the joy of the Easter season with the heavy weight of the cross (and, hopefully, winter) behind us. The theme of the month for May is...

### **COMPASSION**



With the end of the school year and summer in sight but not yet near, many of our children (and we ourselves) begin to experience frustration, distraction, and worry. This month, see if you can find ways to practice compassion for both others and yourself! Our faith calls us to practice care for others, but it's always easy to turn on ourselves.

As people of God, we sometimes do this in the name of humility. However, it is worth remembering some of C. S. Lewis' words on humility. He reminds us that "true humility is more like self-forgetfulness than false modesty" and that the truly humble person "will not be thinking about humility: he will not be thinking about himself at all." In Lewis' view, God wants to bring us "to a state of mind in which [we] could design the best cathedral in the world, and know it to be the best, and rejoice in the fact, without being any more (or less) or otherwise glad at having done it than [we] would be if it had been done by another."

So, this month, encourage yourself and your children to take joy in their own accomplishments and pride in the gifts God has given us while also practicing compassion and joy for others. Remind them that compassion doesn't mean loving ourselves less -- only loving others more!

### **Verse of the Month**

*Let your compassion come to me that I may live, for your law is my delight.*

-Psalm 119:77

## MAINTAINING A GROWTH MINDSET

In health class, your children are learning to develop a growth mindset. You can learn more about this and other topics we are studying in Health in your child's Spaces portfolio! Each month, we will have a theme. Discussing these themes at home will help your children develop a positive mindset about mistakes and failures!

### **The theme for May is: I GOT THIS!**

As we move towards the end of the year, hopefully students have come to see intelligence in a new way, understanding that they are not born smart, but BECOME smart through effort, repeated failure, and the power of YET. This month, and in keeping with our reflections on compassion and humility in our faith plan, we will focus heavily on self-talk.

This can be such a challenge for students. Many of them are kind, loving, considerate people -- to everyone but themselves! We will be discussing the little "voice in our heads," and whether it is giving us positive, growth mindset feedback or telling us mean things. Encourage your kids to treat themselves at least as nicely as they would treat one of their friends. If you hear them using self-put downs, encourage them to think through another way to look at the situation and see if they can come up with a more encouraging way to help themselves!

### **What Can I Do at Home?**

Supporting a growth mindset at home goes a long way to helping your children on their learning journeys! A few simple steps:

- Institute a "no put downs" rule in your family -- and make sure it applies to the things we say about ourselves!
- Encourage children to reflect on one (or more) thing(s) they did well each night, maybe over dinner or before bed
- Keep a journal of family accomplishments and family goals
- Continue to cultivate the idea of YET: when we struggle with something, it means we don't understand it yet. Learning is a journey and growth is always possible.

Keep encouraging a growth mindset!

## SCHOOL COUNCIL UPDATE

Thank you to everyone who helped raise money for OLA through our Texas Donut Fundraiser. Thank you to Bootsma Bakery for the wonderful donuts. It was great to see the students eyes light up when they saw the size of them!!

The next Hot Lunch will be on a hot dog lunch on **Thursday, May 25th** (STEAM day).

Our next online School Council meeting is scheduled for Wednesday, **May 31st**. All are welcome to attend

# REMINDERS

Reminder that all **school fees** are due. With upcoming field trips planned, fees are required to be paid prior to attending. If you have any questions or need assistance please phone the school at 403-327-5028 and we would be happy to assist with any inquiries.

**Please Re-register** your child for the 2023/24 school year as we are starting to get ready for the next school year and need an accurate count to build our classes. If your child will be attending a different school please notify us by emailing [olaoffice@holyspirit.ab.ca](mailto:olaoffice@holyspirit.ab.ca) or phone the office at 403-327-5028.

## 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 12. The plants will be ready for pick up on Wednesday, May 26. 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 8 with the kickoff assembly on May 26. Students may collect pledges online from family, friends and neighbors. To get started go to [jumpropeforheart.ca](http://jumpropeforheart.ca) 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.



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](mailto:kawarh@holyspirit.ab.ca) by June 9, 2023.

Nomination information is accessible on the division's website or by clicking on this link:

[Share the Mission Award Nomination Form](#)





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

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Catholic Education Week 2023

*As for us, we will walk in the name of the Lord our God forever and ever. Micah 4:5*

Dear Sisters and Brothers in Christ,

In this month of May, we celebrate Catholic Education Week in the province of Alberta. This occasion affords us the welcome opportunity to reflect on the crucial role Catholic schools play in educating our children and young people, by creating formative communities of love and care that witness to the Gospel of Jesus Christ. Alberta's Catholic schools are beacons of hope for families across the province seeking faith-based education for their children.

The provincial theme this year reminds us of the call to “walk in the name of the Lord our God for ever and ever” (Micah 4:5). Catholic Education Week also provides a special opportunity to thank each one of you for your extraordinary service on behalf of Catholic education.

We offer our deep appreciation to the educators in our Catholic schools who stayed the course throughout these past difficult years with extraordinary commitment. To the teachers, administrators and support staff of our schools, please know that your efforts have not gone unnoticed. Your tireless dedication on behalf of Alberta's children and families has been holy work. As Scripture states, “Well done good and faithful servants”.

Parents, you have our prayers and our support. Raising a family is both a joy and challenge. Our increasingly secularized society makes your task even more demanding. We honour the role you exercise as your child's first and most important teacher. When you choose Catholic education, you are making a choice to have your child in a community of learning where faith in God is permeated in all of the activities of the school every day.

To the community that surrounds Catholic education, - clergy, grandparents and parishes – we want to affirm your commitment to supporting and enriching Alberta’s Catholic schools as essential. Please continue to pray and advocate for this precious gift of publicly funded Catholic education.


We, the Bishops of Alberta and Northwest Territories, in unity with the Alberta Catholic School Trustees’ Association (ACSTA), the Council of Catholic School Superintendents of Alberta (CCSSA) and Grateful Advocates for Catholic Education (GrACE), invite you all to unite with us in the promotion and strengthening of Catholic Education, as we walk in the name of the Lord along the pathway of faith and hope.

Yours in Christ,

Catholic Bishops of Alberta and NWT



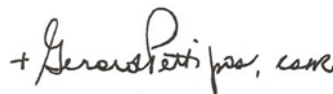
Most Reverend Richard W. Smith  
Archbishop of Edmonton



Most Reverend William McGrattan  
Bishop of Calgary



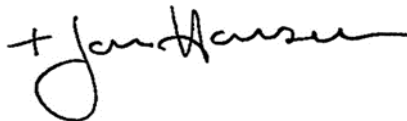
Most Reverend Gary Franken  
Bishop of St. Paul



Most Reverend Gerard Pettipas CSsR  
Archbishop of Grouard-McLennan



Most Reverend David Motiuk  
Bishop of the Ukrainian Eparchy of  
Edmonton



Most Reverend Jon Hansen, CSsR  
Bishop of Mackenzie-Fort Smith

# May Arise!

## Pilgrims of Hope



*“As God’s chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience.”*

Colossians 3:12

### Blessed Isidore Bakanja 1887-1909 (Feast Day: August 15)

In Christus Vivit (Christ is Alive), Pope Francis upholds Blessed Isidore Bakanja as a saint who devoted his life to Christ, and in his own way and time lived a life of holiness. In Christus Vivit 59, he says:

Blessed Isidore Bakanja was a layman from the Congo who bore witness to his faith. He was tortured at length for having proposed Christianity to other young people. Forgiving his executioner, Isidore died in 1909.

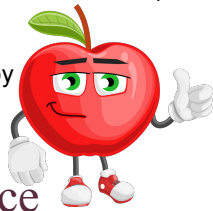
Bakanja was born in 1887 in the Congo Free State, which was under the colonial control of Belgium. During this time, the Congo was renowned for both its natural mineral resources and wealth, as well as the harshness of the Belgian overseers. Bakanja was exposed to Catholicism in his youth, and was baptized in May 1906, with the baptismal name Isidore. He was known for carrying his rosary, wearing his scapular, and sharing his faith widely with those around him.

It was in 1909 that he was martyred. A local rubber plantation overseer, who viewed Catholicism as a challenge to Belgian authority, demanded that Bakanja abandon his faith and remove his scapular. When Bakanja refused, the overseer had him beaten severely and placed in a terrible solitary confinement. After this, Bakanja fled into the forest, and was found eventually by another inspector and missionaries, who were unable to help him heal of his wounds.



### Holy Moments In Our Schools

We continue to see so many Holy Moments and experiences in our schools this year. As part of their staff retreat, staff at St. Catherine School examined the Papal Catechesis on Discernment, and completed these art pieces to show how they are Arising to follow the footsteps of Jesus. At St. Teresa of Calcutta, students are completing a large paint by number version of the faith plan image on their gathering space glass.



### May – Month of Mary

The Catholic tradition suggests that two months of the year, May and October, are dedicated to Mary. One reason why May is dedicated to Mary is to reflect the splendor of spring and new life, of which Mary as Mother of Christ is a model. There are many Marian devotions that are emphasized in May – one reason why our schools are hosting a Marian pilgrimage through this month and toward the Memorial of the Immaculate Heart of the Blessed Virgin Mary on June 17.

Blessed Isidore Bakanja was renowned for his dedication to Mary – seen through sacramentals such as the Rosary and Brown Scapular. The Brown Scapular is a minimalist form of the garment worn by the Carmelites, a religious order founded by hermits in the 12th century in the Holy Land. It is a sign of entrustment to Mary, and a dedication to seeking to live with her virtue.



In whatever dedication you have to Mary, let us offer her our prayers this month for her intercession, confident that she will protect us, bless us with her favour, and lead us closer to her Son.

We pray also in a special way this month for our Mothers, and those who have played a significant motherly role in our lives. May God richly bless them and bring them closer to Him!

### The Fruit of the Spirit – Patience

The word ‘patience’ is mentioned in Scripture nearly 70 times. But, really, who has time for patience? All of us have been told at some point in our lives to just be patient. In our age of instant gratification, nobody enjoys patiently waiting.

For most people, patience can be difficult in certain circumstances. Whether it’s waiting in a doctor’s office past your appointment time, sitting in traffic or trying to get the kids to do their chores, patience is sometimes hard to come by.

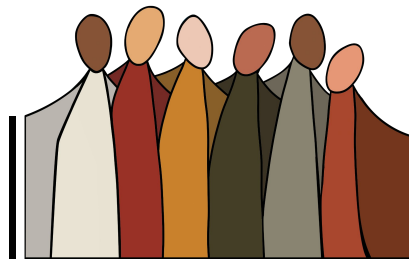
During these recent times, our days can be long, hard and incredibly stressful. When we’re exhausted or worried, finding patience is probably the last thing on our minds, but it should really be the first. We are told in Psalm 37:7, “Be still before the Lord and wait patiently for him.”

How do we develop patience? How can we cultivate patience in relationships with our loved ones? Patience is waiting with grace and it’s what enables us to live in this demanding world and still have love, joy and peace, and all the other fruits of the Spirit. But, patience is much easier said than done, right? Waiting with patience is difficult, and God knows this. The good news is that you don’t have to wait alone.

Ask God for the patience that you need to get you through all the struggles, pain and trials and may you be like Jesus more and more as He fills you with His love.

*“But if we hope for what we do not yet have, we wait for it patiently. In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.”*

Romans 8:26



# Reflecting on the life of Blessed Isidore Bakanja...

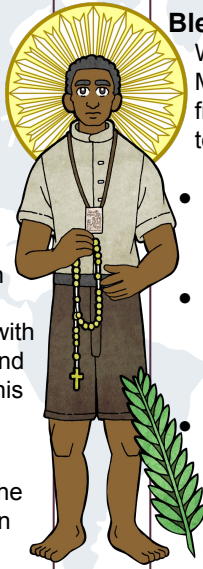
## Blessed Isidore Bakanja Showed "Bear Wrongs Patiently"

Patiently bearing the wrongs that others do, especially to our families or ourselves, is very difficult indeed. We saw this last month in the example of St. Augustine Zhao Rong and Companions, and we see it again this month with Blessed Isidore Bakanja.

As Bakanja shared his faith with those in his community, he began to encounter the hatred and persecution of the Belgian agents who were overseeing his work on a rubber plantation. He was told to stop teaching his fellow workers how to pray, with the agents telling him "You'll have the whole village praying and no one will work!" He continued, and continued also to wear his scapular and rosary, which led to his vicious beating and imprisonment.

As those around him tried to help him heal from his wounds, he received his final sacraments and was known to have forgiven his persecutor, saying "I shall pray for him. When I am in heaven, I shall pray for him very much." Because of this, Blessed Isidore Bakanja is considered a strong witness to the grace of reconciliation.

Blessed Isidore Bakanja, Pray for us!



## Blessed Isidore Bakanja Showed "Patience"

We know how dedicated Blessed Isidore Bakanja was to Mary - he would have sought to live with her virtue. Aside from bearing wrongs patiently, where else might he have tried to emulate her patience?

- In her travel - Mary would have traveled frequently and sometimes in challenging conditions. She would have had to exercise patience with her donkey or caravan.
- In her relationship with Joseph - Mary would have had to have been patient with Joseph, waiting for him to process his own experience with the Immaculate Conception and messages in his dreams.
- In her flight - the Holy Family fled to Egypt; what things might they have had to be patient with there? Their expectations for a normal life, their desire to return home, or hopes for the future?
- With her children - as her children, how must Mary be patient with us, our stubbornness, rejection and questioning?

Mary, Model of Patience, Pray for us!

## Gospel Readings

May 7, 2023

5th Sunday of Easter

### Gospel Reading: John 14:1-12

"And if I go and prepare a place for you, I will come back again and take you to myself, so that where I am going you also may be."  
— John 14:3

Jesus brings words of hope and encouragement in today's Gospel. He assured his disciples that there is more work for them to do. Jesus says, 'I Am the Way, the Truth and the Life.' The work of God the Father was also his work, and because he is ascending into heaven, it is now our work. In fact, Jesus tells us in the last line of the gospel, 'Very truly I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father.' These are encouraging words for us. We all must keep doing good works to carry on the mission of Jesus.

*"I am indeed going to prepare a place for you, that where I am, you also may be." Thank you, Father.*

**What kind of good works is Jesus calling you to do?**

May 14, 2023

6th Sunday of Easter

### Gospel Reading: John 14:15-21

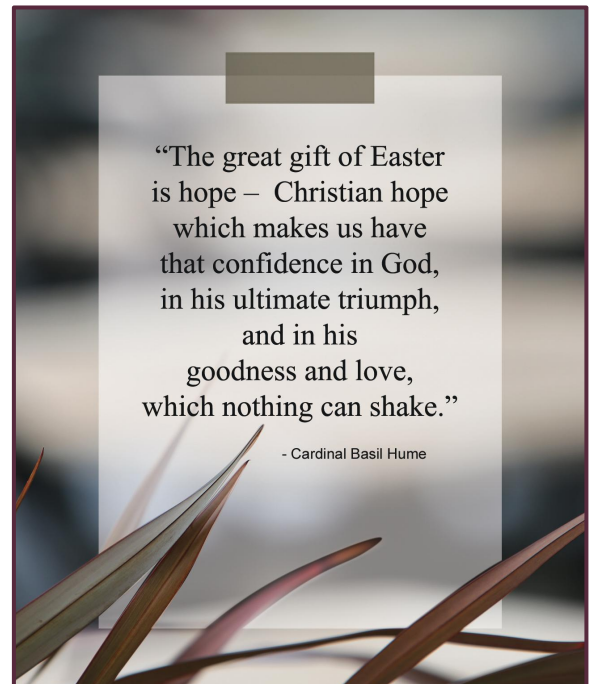
"And I will ask the Father, and he will give you another Advocate to be with you always, the Spirit of truth, whom the world cannot accept, because it neither sees nor knows him. But you know him, because he remains with you, and will be in you." — John 14:16-17

Jesus has said and done everything possible in the last few weeks in the Gospel readings to show his disciples, and all of us, how much he loves us and wants us to follow him. He loves us so much that he assures us that he will even send us a special helper to keep us on track, the Holy Spirit (sometimes called the 'Advocate'). He needs us to help everyone around us to understand who Jesus is through our words, and actions. It can be hard to do that just on our own. Even the disciples couldn't do it on their own. It's a good thing God sent us the Holy Spirit!

*Father in heaven, please make our hearts open to receiving your Holy Spirit so we, too, may proclaim to the world that you are our savior.*

**What are some ways we can share Jesus with others?**

[Home Page](#)





# Gospel Readings

May 21, 2023

Ascension of the Lord

## Gospel Reading: Matthew 28:16-20

“Behold, I am with you always, until the end of the age.” — Matthew 28:20

Imagine the roller coaster ride Jesus’ disciples were experiencing. First, they witnessed Jesus’ death and burial. They must have felt scared and completely alone. Then, almost unbelievably, they saw him after his resurrection and were elated and hopeful. Now, they see Jesus rising up into heaven; he is gone again! What might they have felt this time?

Jesus knew how they would feel, and how we feel when we are living with a difficult situation and it seems he is nowhere to be found. He wants us all to know that even though we can’t see him, he is still always with us – just like the sun is still shining even if we can’t see it because it’s behind the clouds. As a sign of Jesus’ everlasting presence, he gave us the sacrament of the Eucharist so at every Mass we can receive him in a special way. He wants to be that close to us!

*Jesus, help me to remember that you are with me every minute of every day. Thank you for giving me your own body and blood to unite me to you.*

**What are some ways Jesus has shown his presence to your family?**

May 28, 2023

Pentecost Sunday

## Gospel Reading: John 20:19-23

Jesus came and stood in their midst and said to them, “Peace be with you.” When he had said this, he showed them his hands and his side. — John 20:19-20

Have you ever been in a scary situation? Imagine what you might feel if the biggest bully at school decided you would be a great target and began running after you. Just the thought of it might make your heart begin racing. In today’s Gospel, we see that Jesus’ followers were very scared. The bullies who killed Jesus were powerful and could easily target them as they did Jesus. Now picture how you would feel if, just before the school bully caught up with you, your parents pulled up to your school, got out of the car, and came by your side. What a relief that would be! That’s how Jesus’ followers felt when Jesus appeared to them on Pentecost. They saw that the bullies had not won the battle because Jesus was alive, and Jesus promised that his Spirit would be with them to protect them in the job he was giving them to do. What relief they must have felt!

*Dear Lord, help me to remember that, with you by my side, there is nothing I cannot face. Send your Holy Spirit to comfort me when I am afraid.*

**How can you help others when they are fearful? Was there a time when Jesus rescued you from harm? Be sure to share that experience with others.**

Download this month’s [Saint Prayer Card](#) - Blessed Isidore Bakanja



Merciful and forgiving Father,  
you filled your servant Isidore Bakanja  
with the gifts of prayer and witness  
and inspired him to heroic patience and pardon  
in his atrocious sufferings.

By the grace of Your Holy Spirit,  
grant us Your gifts of reconciliation  
and perseverance in the faith,  
and lead us on the way of justice and peace.

We ask this through our Lord Jesus Christ, your Son,  
who lives and reigns with you and the Holy Spirit,  
one God, forever and ever.

Blessed Isidore Bakanja - Pray for us!

[Carmelite Quotes](#)



CELEBRATING  
CATHOLIC EDUCATION  
WEEK  
MAY 15-19, 2023



“...where children are cherished and achieve their potential”

### Sources:

- [Bl. Isidore Bakanja](#) (ewtn.com)
- [Black History Month: Blessed Isidore Bakanja](#) (The Tablet)
- [Bl. Isidore Bakanja](#) (General Secretariat of the Synod of Bishops)
- [The Fruit Of The Holy Spirit: What Is Patience?](#) (Osprey Observer)



# May



Arise!  
Pilgrims of Hope Journal

## WEEK ONE

When did you feel at peace today?

HAPPY  
MOTHER'S  
DAY!



## WEEK TWO

How has God provided for you when you were worried?



*"Cast all your anxiety on him, because he cares for you."* (1 Peter 5:7)


## WEEK THREE

What beauty did you see today?



## WEEK FOUR

What was one small victory that you had today?



# Education is an Important Issue

## PROVINCIAL ELECTION 2023

As we move out of the COVID Pandemic era, serious work needs to be undertaken to support student mental health and to provide academic support so all children can achieve their potential as active citizens.

**The 2023 Provincial Election is a great time to bring issues facing education in general, and Catholic Education in particular, to the forefront.**

### **A few facts about Catholic Education:**

- ◆ Catholic education is a constitutional right that many parents and students chose to exercise in Alberta.
- ◆ Catholic schools receive the same public funding as that found in the Public School System.
- ◆ Catholic schools support the development of the whole child; academically, physically, and spiritually.
- ◆ Catholic schools welcome children of all faiths.
- ◆ Catholic School Divisions in Alberta serve over 175,000 children.
- ◆ Holy Spirit Catholic School Division serves over 5000 children from Kindergarten to Grade 12 in and around the communities of Bow Island, Coaldale, Lethbridge, Picture Butte, Pincher Creek, and Taber.

### **When meeting with candidates seeking election, ask them...**

- ◆ What is your party's position on the continuation of full funding for Catholic Education?
- ◆ How will your party implement the curriculum this coming school year and into the future?
- ◆ In what ways will your party achieve stability in education beyond four-year election cycles?
- ◆ What do you see as the biggest issues facing Public and Catholic Education in Alberta?
- ◆ If your party forms government, what will your party do about these issues?



**Holy Spirit**  
CATHOLIC SCHOOL DIVISION







THE MENTAL HEALTH CAPACITY BUILDING  
TEAM INVITES YOU TO JOIN US FOR

# FREE FAMILY SWIM

TO CELEBRATE

## MENTAL HEALTH AWARENESS WEEK

### THURSDAY, MAY 4

**7:45PM - 8:45PM**

Nicholas Sheran Swimming Pool  
401 Laval Blvd. West, Lethbridge

Free Admission  
sponsored by  
Mental Health  
Capacity Building



AT THE  
*pool*

Max 100 People

*Children 8 and under must be accompanied  
by an adult*



**HOLY SPIRIT**  
CATHOLIC SCHOOL DIVISION



# READY TO CREATE. READY TO EXPLORE. READY TO DISCOVER.



DO YOU HAVE A YOUNG ATHLETE, DANCER,  
SCIENTIST, MOUNTAIN BIKER, CHEF, BUILDER  
OR GAMER IN YOUR HOME?

**Now's the time to register them for the hands-on and fun-focused  
summer camps for children and teens at Lethbridge College.**

From Claymation Creators to Forensic Explorers to Kodiaks Camps  
and more, your kids will make new friends and make it a memorable  
summer with a week or more at Lethbridge College's challenging,  
creative and confidence-building summer camps.

GET ALL THE DETAILS AND REGISTER TODAY AT:

[lethbridgecollege.ca/summercamps](http://lethbridgecollege.ca/summercamps)





FAMILY FUN

LEARNING CENTRES

CRAFTS & GAMES

SCAVENGER HUNT

ALBERTA OPEN FARM DAYS HOST



# ENGAGE IN AGRICULTURE

**AUGUST 19 • 11 AM - 3 PM**

BBQ Lunch \$5

Register for a Crop Tour  
11:00 am or 1:30 pm

Visit Learning Centres



**FARMING SMARTER**







**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 from October to March.**

**Registration closes on September 20, 2023 - spots fill quickly so don't delay!**

**[www.lethbridgerechokey.com](http://www.lethbridgerechokey.com)**

