








# September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <b>LABOR DAY</b> 	5 Kindergarten Meet & Greet By appointment	6 First day for Kindergarten A -J	7 First day for Kindergarten L - Z	8	9
10	11 Early Learning Program begins 8:45 – 11:45am	12	13 School council AGM 7:00pm 	14	15	16
17	18	19	20	21	22 	23
24	25 PD Day No School	26	27 Opening Mass 9:15am  Welcome Back Event	28	29 Wear Orange today 	30 

## SEPTEMBER 2023

### PRINCIPAL'S MESSAGE

Welcome back OLA!

It is so great to see all of our returning families and welcome those who are new to OLA, Lethbridge, and even Canada. We are blessed to have families from many diverse backgrounds at OLA. Diversity truly strengthens our community.

We are back to business as usual. Your child's teacher has likely already communicated via email. Please note that you can email your teacher or the school office with questions or information regarding your child(ren). The office email address is [olaoffice@holyspirit.ab.ca](mailto:olaoffice@holyspirit.ab.ca).

We will again be using SPACES as our digital portfolio, assessment, and reporting system. Within the next two weeks, teachers will be inviting families from grades 1-6 to join SPACES. This will allow you to follow your child's progress throughout the year. Please reach out to your teacher should you have any difficulty logging into the program.

School council will be hosting their Annual General Meeting (AGM) in person at the school on Wednesday September 13, at 7:00pm. We would love to have many parents and family members attend to support learning here at OLA. All are welcome.

All families are welcome to join us for our welcome back mass. It will be held at 9:15am on Wednesday September 27 at Assumption Church. Our welcome back event for families is scheduled for the evening of Wednesday September 27 at 5:30pm. More information will be shared via email in the coming weeks.

We are looking forward to another exciting year at OLA.



### 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, our faith plan theme was Arise! Pilgrims of Hope. We looked inward to find God in our hearts and focused on our own spiritual journey: on self-knowledge, meditation, and connection to the Holy Spirit.



Last year's section of the stained-glass window focused on the Holy Spirit's descent and our invitation to renew our commitment to God. As a community, we awoke from any stupor we may have entered -- spiritually or in response to the enforced isolation of Covid-19 -- and renewed our commitment to living lives of faith and holiness together.

You can see that this year, the position of the people has changed. They are active and ready to move forward!



That brings us to this year's faith plan, Build! We will be considering how God works in our minds and how we as followers of Christ can build His kingdom here on Earth. Students will have many opportunities to put the faith plan into practice through monthly themes, reflections, and partner projects focusing on building. We will have the chance to focus on Catholic social justice teachings and consider how we can truly be salt and light in the world.

Welcome back to school! We missed you and we are excited to build together: connections, futures, and hope. We pray that you will have a very blessed year journeying together as Pilgrims of Hope.

#### **This year's focus verse:**

*"I told them that the hand of my God had been gracious upon me, and also the words that the king had spoken to me. Then they said, "Let us start building!" So they committed themselves to the common good."*

*-Nehemiah 2:18*

## WELCOME



Hello! My name is Kevin Toews. It is very exciting to return to Our Lady of the Assumption School. I attended my grade six year here, and it is really neat to be able to teach in the very school where I was once a student. This is my third year as a teacher, and I am excited for all the new experiences that OLA has in store for me. Previously, I have taught at Ecole St. Mary School and St.

Francis Jr. High, which both taught me so much. I hope to carry forward all of the lessons I have learned from those schools!

Outside of school, you can usually find me spending time with my family, including one energetic and awesome Border Collie named Hank. I love reading, cooking, and playing guitar. I am also a huge Star Wars fan, and I play my share of video games. If you would like to reach out to me, feel free to email me at [toewsk@holyspirit.ab.ca](mailto:toewsk@holyspirit.ab.ca). I would love to get to know more of the Our Lady of the Assumption community!

Good day OLA families, I am Mrs. Tracy Bozzi, the new Administrative Assistant in the office. I am outnumbered in my family, I am the only girl. My husband is Jarrett, and my three handsome boys are, James (12), Matthew (10), and William (7). When I'm not running my boys to their activities, I enjoy playing my piano or French Horn. I currently teach piano and play the French Horn with the Lethbridge Community Band. I look forward to meeting all of you this year.



## SCHOOL WEBSITE

Our school website: [ola.holyspirit.ab.ca](http://ola.holyspirit.ab.ca) is full of useful information. Calendars, bell times, fee information, teacher contact, newsletters, bussing, school handbook, etc.

## SCHOOL FEES

All school fees for the 2023-24 school year are due by the end of September. All payments can be made on [School Cash Online](#). If you prefer to pay by cheque or cash, you can always do so by visiting our office. Fees for Grades 1-6 are \$25.00 and the Kindergarten fee is \$51.00. Thank you in advance for your prompt attention to this matter.

## TRANSPORTATION

All students who are registered to ride the bus will receive a bus pass the first week of school. We suggest bus passes be attached securely to backpacks as student's are required to have a valid pass to board the bus.

Southland Transportation uses a GPS tracking service app called "My Bus Stop" which delivers real-time information about a subscriber's bus location, route, schedule and possible delays. More information is available here. The updated code for OLA is 1PH3YR370J.

Information about bussing can be found [here](#).

OUR SOUTHLAND RIDERS CAN USE...

# MyBusStop

REAL-TIME SCHOOL BUS TRACKING FOR:

- ROUTE STOPS
- ROUTE SCHEDULES
- TRAFFIC
- BUS LOCATION
- BUS PROGRESS
- POSSIBLE DELAYS

OUR LADY OF THE ASSUMPTION SCHOOL'S CODE:  
1PH3YR370J

For more information, visit: [www.holyspirit.ab.ca/transportation/mybusstopapp](http://www.holyspirit.ab.ca/transportation/mybusstopapp)

## OPENING MASS

All students and staff will be walking to Assumption Church to attend our opening Mass at 9:15 am on Wednesday, September 27. All are welcome to attend. Our welcome back event is scheduled for Wednesday evening beginning at 5:30pm. More details will be shared when finalized.

## TERRY FOX RUN

Our school's Terry Fox Run will be held on Friday, Sept 22, 2023. 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 Tuesday, October 3, 2023, to take student photos. All students will have their individual picture taken. 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 Thursday, November 16. 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

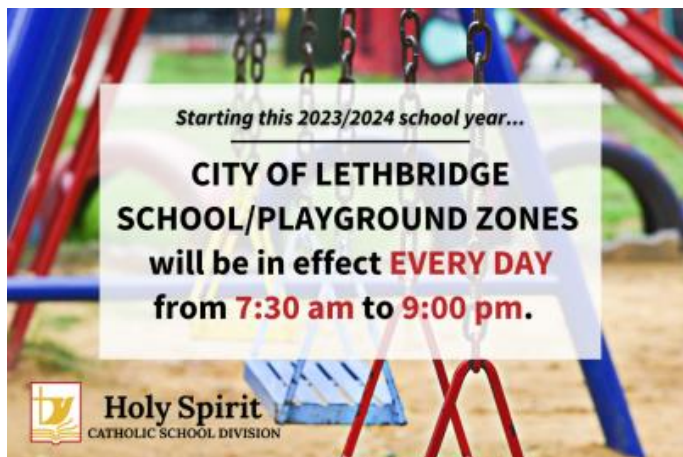
If there are any changes to your child's data, i.e.: address, phone number, emergency contacts, email address, etc. please inform the office. This information is vital so that the school can contact you in case of an emergency.

### Nutrition Breaks

All students eat in their classrooms during nutrition breaks. There are **no microwaves** available so please pack lunches accordingly. Please ensure you send enough food for both breaks. If you send food that requires a spoon or fork, please send them. We **DO NOT** supply these items.

### Food Allergies

In our school community there are students who have potentially life-threatening allergies (anaphylaxis) to certain foods. It is important to be aware and respectful of those who may have food allergies. Please inform your teachers and school staff about any allergies your child may have. Before bringing food items to the classroom, check with the homeroom teacher if there are any items to avoid. By being mindful and considerate of food allergies in the classroom, we can create a safe and inclusive environment for all students.



## 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 home-  
work, and practice read-  
ing!



Teach your Child to be responsi-  
ble 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



## Welcome to All Saints Parish Registration for First Reconciliation Grade 2 and up

Registration forms will be distributed from the schools .  
Registration weekends will be held on the following dates:  
September 9th and 10th from 10:00 am till 2:00 pm AND  
September 16th and 17th from 10:00 am till 2:00 pm  
At Assumption Church Hall.

**Registration forms available on line at: [www.allsaintslethbridge.org](http://www.allsaintslethbridge.org)**

*"For if you forgive other people when they sin against you, your heavenly Father will also forgive you."*  
Matthew 6:14

### Has your child missed a sacrament?

How can we help your family on your faith journey.

If you are looking for answers please call

All Saints Parish Office at 403-327-8931 and ask for Cyndi



## Welcome to All Saints Parish Registration for First Eucharist Grade 2 and up

Registration forms will be distributed from the schools .  
Registration weekends will be held on the following dates:  
September 9th and 10th from 10:00 am till 2:00 pm AND  
September 16th and 17th from 10:00 am till 2:00 pm  
At Assumption Church Hall.

**Registration forms available on line at: [www.allsaintslethbridge.org](http://www.allsaintslethbridge.org)**

*Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty"*

John 6:35

## Welcome To All Saints Parish Registration for Confirmation Grade 6 and up

Registration forms will be distributed from the schools .  
Registration weekends will be held on the following dates:  
September 9th and 10th from 10:00 am till 2:00 pm AND  
September 16th and 17th from 10:00 am till 2:00 pm  
At Assumption Church Hall.

***Registration forms available on line at: [www.allsaintslethbridge.org](http://www.allsaintslethbridge.org)***

*"Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love."*



## Welcome to All Saints Parish Registration for Baptism

Does your child need Baptism? We can help you. Baptism preparation classes are held once a month at Assumption Parish Hall. Please call the office for more details.

***Registration forms available on line at: [www.allsaintslethbridge.org](http://www.allsaintslethbridge.org)***

*"Whoever believes and is baptised will be saved...."*

Mark 16:16





**Welcome To All Saints Parish**  
**Registration for**  
**Confirmation**  
**Grade 6 and up**



Registration packages will be distributed from the schools and completed forms can be dropped off at the schools. Fees will be collected at the first workshop or may be dropped off at All Saints Parish Office.

***Registration forms available on line at:***  
***[www.allsaintslethbridge.org](http://www.allsaintslethbridge.org)***

***“Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.”***





# September

## Build! Pilgrims of Hope



“...if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday.”

Isaiah 58:10

### St. Vincent de Paul 1581-1660 (Feast Day: September 27)

St. Vincent de Paul was born in France in 1581, and lived in the countryside with his family until the age of 15, when he entered the seminary to train as a priest. He didn't start out intending to become a great saint; in fact, it took him quite a while to figure out how to really live out his vocation. Over time, his heart was changed and became more compassionate towards the poor. Once he began working simply to respond to the basic needs of those around him from a Christian stance, his work blossomed. He worked with the *Daughters of Charity*, a group of lay women who worked extensively with the poor and sick. They collected donations for distribution that created homes for abandoned children, a hospice for the elderly, and freed galley slaves.

He can be a great model for us in our daily lives then, if we are struggling to determine our vocation or to find ways to contribute to the common good. In all of his endeavours, St. Vincent de Paul started by recognizing and promoting the dignity of those around him. This legacy lives on today, in the *Society of St. Vincent de Paul*, founded in 1833 by his followers. This Catholic society is open to all who want to love and serve their neighbour. In Canada the [Society of St. Vincent de Paul](#) serves more than 350,000 people each year.



### “Building” In Our Schools

This year, the call in our Holy Spirit Catholic School Division Faith Plan is to *Build!* Last year, there were so many ways in which students and staff in our schools showed how to *Arise* in our faith, and we are looking forward to sharing the different ideas that schools have around “building” over the course of this year.

One project that we are all contributing to this year is raising funds to assist in the building of St. Odilia's School in Zambia. You can find out more about this school [here](#); please consider how you might be able to help us with this project!

## Corporal Works of Mercy

### — Shelter the Homeless —

Speaking in Washington, D.C. in 2015, Pope Francis said:

*I can imagine Joseph, with his wife about to have a child, with no shelter, no home, no place to stay. The Son of God came into this world as a homeless person. The Son of God knew what it was to start life without a roof over his head. We can imagine what Joseph must have been thinking. How is it that the Son of God has no home? Why are we homeless, why don't we have housing? These are questions which many of you may ask, and do ask, every day. Like Saint Joseph, you may ask: Why are we homeless, without a place to live? And those of us who do have a home, a roof over our heads, would also do well to ask: Why do these, our brothers and sisters, have no place to live? Why are these brothers and sisters of ours homeless?*

People experience homelessness for many different reasons. Our faith encourages us to reach out and encounter those without the stability of a home, affirming their human dignity, and assisting them in seeking solutions to the challenges they face.

What might some practical suggestions be?

- help elderly neighbours care for their homes and do repairs
- support and/or volunteer at a homeless shelter
- support and/or volunteer for charitable agencies who care for the homeless, build homes, and provide support in the wake of natural disasters
- consider becoming a foster parent

## Dignity of the Human Person

Through the course of this year, we will look each month at one of the Catholic Social Teachings. The aim of Catholic Social Teaching is to shine the light of the Gospel on our contemporary world, allowing us as disciples of Christ to look at the world around us with new eyes, and to take action.

All of the Catholic Social Teachings are rooted in the inherent dignity of the human person, created in the image and likeness of God. Our belief in the sanctity of human life and inherent dignity are the foundation of our moral vision for society. As the Catechism of the Catholic Church notes:

“Being in the image of God the human individual possesses the dignity of a person, who is not just something, but someone.”

Consider the following questions in your reflection:

- How strong is your belief in your own human dignity?
- When you interact with family members and friends, can you honour and reverence the dignity of each person?
- Are there some people whose dignity you find challenging to uphold? How could you pray about overcoming these obstacles?

Learn more through one or more of these videos:

Catholic Social Teaching 101 - [Life and Dignity of the Human Person](#)

Duquesne University - [Human Dignity in the Catholic Tradition](#)

Caritas Australia - [Dignity of the Human Person](#)

FORMED - Symbolon Episode 9: [Building a Civilization of Love](#)

FORMED - Symbolon Episode 10:

[Protecting the Dignity of the Human Person](#)

“If we are faithful to God, we will lack nothing.”

- St. Vincent de Paul



# Gospel Readings

September 3, 2023

22nd Sunday in Ordinary Time

## Gospel Reading: Matthew 16:21-27

“...You are thinking not as God does, but as human beings do.” — Matthew 16:23

If you had to leave your house in a hurry, what five things would you take? What if you only had time to take just one of them? What would be the most important thing to save? In our Gospel today, St. Peter tries to stop Jesus from going into danger. He has decided that Jesus' life is the most important thing to save. But Jesus knows that saving his own life isn't the most important thing. He knows that eventually some people will kill him for speaking the truth, speaking out against injustice, and loving everyone, even those whom others don't think are worthy of love. But Jesus is willing to die rather than change the way he lives, and he knows that God can make new life come out of death.

Have you ever experienced a difficult situation only to find out later that God had a plan to use that for your good?

*For where your  
treasure is,  
there your heart will  
be also.*

- Matthew 6:21

### Prayer:

*Lord, when I am struggling, help me to trust that you know what's best and you will use all things for my good, even those that are painful right now.*

September 10, 2023

23rd Sunday in Ordinary Time

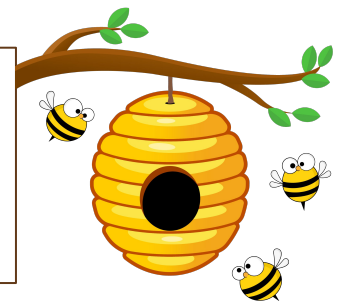
## Gospel Reading: Matthew 18:15-20

“For where two or three are gathered together in my name, there am I in the midst of them.” — Matthew 18:20

When we discover someone is doing something wrong, how do we respond? Do we go to him and try to help him improve? Do we talk about him behind his back? Do we just ignore what he's doing and let him get into deeper trouble?

In our Gospel today, Jesus shows us that we have a responsibility to help each other improve. That's hard to do because our good intentions might be seen as butting in when it's not our business. But Jesus reminds us that he will be with us and wants us to care enough to make a difference in other people's lives. If we ask for his help, he will give us the right words to use. We must always speak the truth in love.

Discuss together what loving words you can use to help someone get back on the path to God. Consider times when you were corrected by someone and how you felt.



Pleasant words are like a honeycomb, sweetness to the soul and health to the body.  
Proverbs 16:24

### Prayer:

*Please, dear Jesus, increase in me your gifts of courage and humility so that I may give and take constructive criticism with an open and loving heart.*

Download this month's [Saint Prayer Card](#) - St. Vincent de Paul



# Gospel Readings

September 17, 2023

24th Sunday in Ordinary Time

## Gospel Reading: Matthew 18:21-35

“Lord, if my brother sins against me, how often must I forgive him?” — Matthew 18:21

When someone hurts us, it's very common to want revenge. We often feel it's unfair if that person does not experience the same hurt inflicted on us.

In our Gospel today, Jesus tells us that his way is different. Instead of looking for ways to get back at someone, we should remember that Jesus forgave us even when we didn't deserve it. Just before Jesus died on the cross, he said to his Father “Forgive them, for they know not what they are doing.” What an example He gave us! Even in the midst of suffering like a criminal, even though he was completely innocent, he forgave not only those who inflicted the pain that day but all people throughout the ages—even us. So, are we to forgive only once in a while? Jesus said there is no limit to the amount of times we should forgive others. For surely he didn't limit his forgiveness of us!

Pray today for people in prison and those who have been hurt by their crimes.



Matthew 18:21-22

### Prayer:

*Lord, it's hard to forgive when I experience injustice. Only with your help can I imitate your great love. Come to me when I need to forgive someone, dear Jesus.*

September 24, 2023

25th Sunday in Ordinary Time

## Gospel Reading: Matthew 20:1-16

“Thus, the last will be first, and the first will be last.” — Matthew 20:16

In the Gospel today, we hear a parable about a landowner who pays all his workers the same amount of money, even though they did not all work the same amount of time. We may wonder why Jesus seems to be okay with that— isn't it unfair?

I remember when my son made the basketball team in junior high. Every day after school he and his teammates practiced for two hours. One day, a new student came to his school. The coach wanted him to feel welcome so he made him the starter for the next game. Without doing all the work the rest of the team had done, he received the same reward. Do you think that was fair? The team DID NOT! The following year my son started high school and his art and music teachers gave him opportunities to shine. He had natural talent in these areas, but so did other students. Was it fair? Perhaps the Gospel message is that instead of measuring our blessings against what others get, we should appreciate the many ways we are blessed.

Have you ever been jealous of someone else's success? Remember, God loves us all... in different ways!



### Prayer:

*Lord, please help me to appreciate your gifts, even if things seem unfair at times. Give me the patience to wait and see what generous ways you love me.*

### Sources:

[St. Vincent de Paul](#)

[Human Dignity: The Cornerstone of Catholic Social Teaching](#)

Image: [Beehive Hanging On A Tree Branch](#)

# Division Parishes

*“...not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.”*

Hebrews 10:25

 <p><b>Assumption Church Lethbridge</b></p> <p>Father Kevin Tumback Father Santiago Torres</p> <p><b>Mass (Saturday): 5:00 pm</b> <b>Mass (Sunday): 9:00 am (Live-streamed) 6:00 pm</b></p> <p>2405-12th Avenue S. Lethbridge, AB T1K 0P4 Tel: 403-327-8931</p>	 <p><b>St. Basil's Church Lethbridge</b></p> <p>Father Kevin Tumback Father Santiago Torres</p> <p><b>Mass (Saturday): 7:00 pm</b> <b>Mass (Sunday): 7:30 am   11:00 am</b></p> <p>604 13 Street N. Lethbridge, AB T1H 2S7 Tel: 403-327-8931</p>	 <p><b>St. Martha's Parish Lethbridge</b></p> <p>Father William Monis</p> <p><b>Mass (Saturday): 5:00 pm</b> <b>Mass (Sunday): 9:00 am   11:00 am</b></p> <p>355 Columbia Blvd. W. Lethbridge, AB T1K 5Y8 Tel: 403-381-8891</p>
 <p><b>Ss. Peter &amp; Paul Parish Lethbridge</b></p> <p>Father Gary Sedgwick</p> <p><b>Mass (Saturday): 8:30 am</b> <b>Mass (Sunday): 10:00 am</b></p> <p>643 12B Street N. Lethbridge, AB T1H 2L6 Tel: 403-328-4753</p>	 <p><b>St. Ambrose Parish Coaldale</b></p> <p>Father Ian Gagne</p> <p><b>Mass (Sunday): 9:00 am   4:00 pm</b></p> <p>1523-23rd Avenue Coaldale, AB T1M 1E2 Tel: 403-345-3400</p>	 <p><b>St. Catherine Parish Picture Butte</b></p> <p>Father Ian Gagne</p> <p><b>Mass (Sunday): 11:00 am</b></p> <p>762 Crescent Avenue Picture Butte, AB T0K 1V8 Tel: 403-732-4433</p>
 <p><b>St. Augustine Parish Taber</b></p> <p>Father Philip Van Tinh Le</p> <p><b>Mass (Saturday): 5:00 pm</b> <b>Mass (Sunday): 9:00 am</b></p> <p>5009-48th Avenue Taber, AB T1G 1T4 Tel: 403-223-2226</p>	 <p><b>St. Michael's Parish Bow Island</b></p> <p>Father Wojciech Jarzecki</p> <p><b>Mass: 9:00 am</b></p> <p>1101-1st Street E. Blow Island, AB T0K 0G0 Tel: 403-545-2023</p>	 <p><b>St. Michael's Parish Pincher Creek</b></p> <p>Father Myles Gaffney</p> <p><b>Mass: 10:00 am</b></p> <p>958 Christie Avenue; Box 339 Pincher Creek, AB T0K 1W0 Tel: 403-627-3071</p>



# Welcome Back!

**HELLO AND WELCOME TO THE NEW SCHOOL YEAR!**

The Holy Spirit School Division has created a new mental health and wellness initiative for the school communities. This team is comprised of Billy Woitte and Emily Williston, and is called the (I)SWAG - (Indigenous) Student Wellness Access Guides - our focus is on helping our students and their families find the right supports for them in the community, providing further education and knowledge gaining for parents on mental health concerns the child may be experiencing and how they can help them work through these issues, as well as initiating an Artist in Residency program that will place emphasis on the benefits of art on healing within the schools.

Please stay tuned for further information on the parent presentation topics and benefits of attending these presentations (...prizes and food!...), dates and times will be released in the October newsletter!

We look forward to meeting you all and working together to create a year full of learning, connecting, and community!

Best wishes,  
Your local (I)SWAG, Billy Woitte and Emily Williston  
#StrongerTogether



# SWIM SESSIONS

## STARTS

**Sept 11, 2023**

## AT

**Fritz Sick Pool**

**420 11 St S**

**Our club offers children an opportunity to swim at a variety of levels: from competitive, to swimming as a cross training opportunity or to swimming as a life skill.**

**[SPARTANSAQUATIC.COM](http://SPARTANSAQUATIC.COM)**

## **AGES 6+**

### **DATES**

**Our fall session starts Sept 11 and runs for 13 weeks.**

### **FLEXIBLE**

**Our club offers a variety of times and days of the week as well as make-up classes.**

### **SKILL LEVEL**

**Our beginner group is for kids who can swim a length of the pool independently.**

### **COST**

**The fall session fees start at \$260 for the session.**

### **ADULTS**

**Our club offers a Masters program for adults.**




**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 17, 2023 - spots fill quickly so don't delay!**

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



[lethbridgespeedskating.ca](http://lethbridgespeedskating.ca)  
[leth\\_bridge\\_blades](#) 

*Join* **LETHBRIDGE  
SPEEDSKATING**



**Youth ages 5 - 18**

**Recreational to Competitive Levels**

**Season runs September to March**

**Affordable Equipment Rental Available**

FREE "Try B4U" Join held throughout the year  
NEW "Learn to Skate" Program Tuesday Evenings

Contact [Issa.sk8r@gmail.com](mailto:Issa.sk8r@gmail.com)



## Lethbridge & District 4-H Clubs are looking for new members to join their clubs this fall!!



4-H IS A YOUTH DEVELOPMENT PROGRAM WITH A LONG, RICH HISTORY IN ALBERTA AND AROUND THE WORLD.

**LOOKING FOR MEMBERS 9 – 20 YEARS OF AGE**  
**SOME CLUBS OFFER THE CLEVER KIDS PROGRAM - 6 - 8 YEARS OF AGE**  
**NO EXPERIENCE REQUIRED**

4-H is a dynamic program whose projects encompass everything from **active living**, **arts**, **science and technology**, **crafts**, **cooking**, **agriculture** and **so much more!**

The 4-H program gives **URBAN** and **RURAL** youth and adults life-long skills such as co-operation, leadership, interpersonal relations, critical thinking, decision making, organization, public speaking and community service.

Check out the 4-H website for more information – [www.4hab.com](http://www.4hab.com)

### **Contact one of the clubs in the Lethbridge District**

Green Acres Dairy 4-H Club – [greenacresdairy4h@gmail.com](mailto:greenacresdairy4h@gmail.com) – Toby Kleinsasser  
Project: dairy

Lethbridge Coaldale 4-H Beef – [1daniels@telus.net](mailto:1daniels@telus.net) or call/text 403-308-7191 – Kim Daniels  
Project: beef

Lethbridge Northern 4-H Beef - [treenavh@gmx.com](mailto:treenavh@gmx.com) – Treena Van Hierden  
Project: beef

Readymade 4-H Multi Club - [readymade4hclub@gmail.com](mailto:readymade4hclub@gmail.com) – David Hodge  
Projects: beef, sheep, arts, crafts, cats, shooting sports

TNT 4-H Multi Club – [melanie.daniels84@gmail.com](mailto:melanie.daniels84@gmail.com) or 403-635-0564 – Melanie Daniels  
Projects: pheasants, crafts, foods, wood turning, shooting sports, fishing & more

Turin 4-H Club – [turinalberta4H@gmail.com](mailto:turinalberta4H@gmail.com) or 403-360-4808 – Chelsea Nieboer  
Projects: sheep, beef, sewing

Wild n Woolly 4-H – [wvw.sheep@gmail.com](mailto:wvw.sheep@gmail.com) or 403-634-7297 – Marina Grant  
Project: sheep



# Learn To Do By Doing

