

OCTOBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Gr 6 field trip to Helen Schuler 12:45 picture day 	4 Science Sizzle 3:50 – 5:20 	5	6 Liturgy 9:10am Hosted by 5B 	7
8 	9 No School	10	11 Science Sizzle 3:50 – 5:20	12 School Council online meeting 7:00pm 	13 Mass – 9:00am 4S & 6G 	14
15	16	17 STEAM DAY 	18 Office hours Gr 1 from 4 – 6 Gr 4 from 4:30-6 Science Sizzle 3:50 – 5:20	19 Hot lunch Office Hours 4:30 – 6:00 Gr 5 & Gr 6	20 Mass – 9:00am 2O & 5B 	21
22	23 PD Day  No School	24	25 COLOUR DAY Wear your team colour Science Sizzle 3:50 – 5:20	26	27	28
E WASTE COLLECTION OCTOBER 24-27 DROP OFF AT THE FRONT OF SCHOOL						
29	30	31 Halloween 				



A Community of Hope and Learning

Principal: Meghan Calder
Associate Principal: Caryn Swark

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OCTOBER NEWSLETTER

PRINCIPAL'S MESSAGE

Wow! We are blessed at OLA.

We had an amazing Welcome Back BBQ at the school this week. I would like to take this opportunity to thank everyone who helped make the evening possible, families, volunteers, staff, and especially the school council. Without the dedication of our school council, events like this would not be possible. We had an amazing turnout and enjoyed a lovely Welcome Back Blessing from Father Santiago and Father Kevin to begin the evening.

As we are now well into our school year routine, I would like to take this opportunity to let you know about a few items. School Council currently has an open fundraiser. Families can order from Big Chief Meat Snacks until October 7.

Teachers have begun communicating with families about Spaces and office hours. Spaces is an online portfolio system that allows families to track their child(ren)'s growth. They take the place of a traditional report card so we ask that all families use this platform. Please reach out to your classroom teachers if you have any issues or would like to book office hours.

We look forward to Thanksgiving, focusing on our many blessings.

Let us remember that we are in the holy presence of God.
Loving Creator,

We asked for strength, and you gave us difficulties
to make us strong.

We asked for wisdom, and you gave us problems to solve.
We asked for prosperity, and you gave us purpose
and brains to use.

We asked for courage, and you gave us fears to overcome.
We asked for patience, and you gave us
situations where we were forced to wait.

We asked for love, and you gave us troubled people to help.
We asked for justice, and you called us to be just
and to lead with integrity.

Lord, we have received nothing that we asked
for or wanted.

And yet, we received everything that we needed.
For this, we give thanks.

Amen

[Thanksgiving Prayers](#)

ASSOCIATE PRINCIPAL'S MESSAGE

With a full month of school under our belts, we are settling in and ready to really commit to our faith. This month we will begin our school's faith plan centered around the theme Build! Pilgrims of Hope. Each teacher has a selection of bricks in their classroom, and we have an outlined church on a bulletin board in the gym. Every month, teachers will look for students "caught" doing good deeds, then give them a brick to hang. This way, we will work together to build our bulletin board through our good works.

Next time you are in our school gym, whether this is for a liturgy, a special event, or a community gathering, take a look at the board. You will be able to see where students are building together through the awesome things they do in Christ!

This month we will also begin to discuss the Catholic social justice teachings. Every month from now on, we will pick one of those teachings and explore it in a little more detail. This month, we are introducing the concept of social justice.

When you talk with your children, some of these ideas are big and complicated! A simple way to explain it is that social justice is living out Christ's commandment that we love each other the way we love ourselves. Whether another person is our best friend, a family member, someone in our community, or someone we've never met on the other side of the world, God calls us to love everyone equally and make sure they have the things they need to live good, healthy, and happy lives.

This month we will celebrate Thanksgiving. As we focus on the things for which we are grateful, maybe take a moment to help your children look for ways they can enact social justice in their own lives by caring for those less fortunate!

This month's verse:

"The righteous care about justice for the poor, but the wicked have no such concern."

-Proverbs 29:7

PICTURE DAY

SMILE! Tuesday, October 3 is picture day. All students will have their individual picture taken.

SCHOOL FEES

Thank you to those families that have already paid their school fees. School fees are now due. Please register with School Cash Online to pay all fees. If you have any questions, please feel free to contact Tracy Bozzi at the school office. Email:

bozzit@holyspirit.ab.ca or phone: 403-327-5028.



SUPERVISION

Morning supervision – starts at 8:30 am

Afterschool supervision – there is no after school supervision on the playground.

VOLLEYBALL

Grade 5 & 6 volleyball practices will start on Tuesday, Oct. 3, from 3:50 – 4:50pm. Practices will be on Tuesday and Thursday after school, from 3:50 – 4:50pm. Please be prompt when picking up your child at the end of practice.

COOLER WEATHER

With the weather being unpredictable this time of year, we ask that you send your children dressed for cooler, windy days. All students are expected to be outside for their breaks and being warm can make this time more enjoyable.

E-WASTE COLLECTION OCTOBER 24-27

E-WASTE



The grade 4 class at OLA will be collecting E-Waste from October 24-27. Bring your E-Waste to the front of OLA and drop it off in the bin. We will be collecting small appliances (irons, shavers, clocks, etc.), power tools (drill, grinder, etc.), audio visual (headphones, CD player, DVD player, etc.), printers, cell phones. Almost anything with a cord. Thank you for your support. If you have any questions email stellark@holyspirit.ab.ca

COLOUR DAY

Wednesday, Oct 25 is Colour day. We encourage students to wear their team colour this day. Comets – white, Astros – blue, Stormtroopers – yellow, Fiery Fusion – red, Martians – green and Galaxies – black.

LITTLE LIBRARY

Thank you to Michelle and Justin Dormer for installing the Little Library. We are so excited to be able to provide books to our students and local community.

HALLOWEEN

Students are invited to wear their Halloween costumes to school on Tuesday, October 31. We ask that students do not bring any form of weapons or props (stuffedies, etc.) and refrain from wearing gory costumes. When deciding on a costume remember that students will still be doing their school work and need to be comfortable sitting at their desks. Watch for further information from classroom teachers.

MAINTAINING A GROWTH MINDSET

Growth mindset is a key aspect of learning and growth, and your children are learning about it in health class. This month, our theme is **YOU CAN GROW YOUR BRAIN:** how your brain works and how we learn.

Your brain is composed of neurons. These neurons pass information between each other in the form of electrical signals. When you're learning something new, those signals might be weak. The information can be lost in transmission. However, repeated practice builds up the connection, strengthening the signal so that the activity becomes easier and faster. That's why when someone asks you "What's 2+2," you don't have to stop to think about it. The message is transmitted instantaneously!

This month, students will be talking about how intelligence is not something you're born with. It's something we create and grow through practice, repetition, and effort.



SCHOOL COUNCIL NEWS

We held our Annual General Meeting on September 13th. OLA's 2023/2024 Council members are:

Chair: Michelle Dormer

Vice Chair: Deena MacWilliam

Hot Lunch/Fundraising Coordinator: Selestia Jackson

Secretary: Vacant

Treasurer: Vacant

We are still looking to fill a few positions and would love to have some new members. We encourage all parents/guardians to attend meetings, help us vote on items and contribute ideas for the coming year. We have some great things planned and look forward to another wonderful year!!

Our Welcome Back BBQ took place on September 27th and it was great to see everyone there! A big thank you to all our volunteers, to White Lake Colony for supplying the burgers/hot dogs and for cooking for us, to Kona Ice for supporting us with 20% of the sales from the BBQ and to Hibikiya Taiko for the wonderful performance and for performing for free!

Fundraising Update: Our Big Chief Meat Snacks Fundraiser is in full swing. You have until October 7th to place orders. Funds raised will go towards field trips, school events and student activities. Thank you for your support!!

Lastly, our Little Free Library is now up and running! We know it will serve our school in positive ways by promoting literacy, celebrating diversity and fostering a sense of community. We also hope this serves as a visual reminder of the wonderful ways school council can contribute to growth and learning and that it encourages parents to take an active role in school council.

School council would like to extend a thank you to Justin Dormer for assembling and installing the Little Free library.





be part of the community

OLA Needs You!



be part of the community

Volunteer for School Council - Together we make a *Difference*



You're Invited!

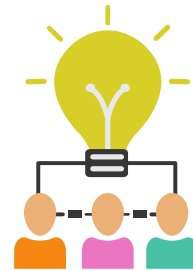
Please join us for our next Meeting
online on Thursday, October 12th @ 7 pm.

Join us to hear about upcoming events at the school, share your amazing ideas and help us decide what to spend school council money on this year. We promise you won't be disappointed!

If you would like to join the council, we have the following positions:
Chairperson, Vice Chairperson, Treasurer,
Secretary, Hot Lunch/Fundraising Coordinator.

There are many ways to get involved:

- attend monthly meetings
- contribute ideas and suggestions
- volunteer for fundraisers, hot lunches or school events
- join school council



Nothing you do
for children is
ever wasted.

—Garrison Keillor

VOLUNTEERS
don't necessarily
have the time;
they just have
the heart!





ALBERTA
EDUCATION

*Office of the Minister
MLA, Calgary - Bow*

Dear Parents,

Another school year has started and as Alberta's new Minister of Education, I want to introduce myself and give you a quick update about some of the things your government has been doing to ensure our students are set up for success.

A top priority for my parents was getting me a high-quality education, since I'm a second generation Calgarian. Having immigrated to Calgary in the 1970s their educational opportunities were limited, and they firmly believed that a strong education is the path to greater success and prosperity. I took their advice to heart and went on to earn my PhD in political science and conflict resolution. I'm passionate about education and will work hard to set our students up for success.

As the 2023/24 school year gets underway there are several important highlights I want to share with you.

I firmly believe that the upcoming school year will give students the tools and resources they need to succeed.

Here are some of the things that we are working on:

1) We are injecting new funding to start the school year off on the right foot.

For the current school year, Alberta's government has increased funding to many of our school divisions to make sure they have the financial resources they need to give our kids a world-class education. Funding has increased by seven per cent from last year increasing the total amount of taxpayer dollars going directly to our school divisions to \$7.4 billion. In addition, a new Classroom Complexity Grant will be implemented which provides \$126 million over three years in new funding to help school authorities hire more educational assistants to help our teachers manage classrooms that are increasingly more complex with more students with diverse learning needs. As well, our hardworking teachers will also receive a two per cent salary increase this September as part of a deal reached with teachers last year and finally, we are providing \$414 million in new funding, a 32 per cent increase, to help bus another 80,000 students to school.

2) We are hiring more teachers and staff in our classrooms.

As students head back to class, they may start to see new friendly faces in their school. Budget 2023 provided funding to hire up to 3,000 new educational staff over three years, including teachers, educational assistants, bus drivers and other school support staff such as speech language pathologists and psychologists. Ensuring students have the supports they need to succeed in and out of the classroom is a top priority of mine.

3) We are focused on improving student mental health.


Alberta's government is supporting almost 80 mental health pilot projects across the province, with an investment of \$50 million. These projects will encourage student well-being through new and innovative approaches to providing supports and services like counselling, social and emotional learning, student assessment and training for school staff. For more information, please click [here](#).

4) We will continue to lead the country in early literacy and numeracy assessments.

As a father of two, I want to know how my girls are progressing in their academic journey and I know many of you want the same. In September of 2022, Alberta's government implemented new mandatory literacy and numeracy screening assessments for all students in Grades 1 – 3. These assessments will help identify students who are struggling with literacy and numeracy skill development and inform teacher intervention lesson plans and techniques to improve student skills. Based on school reporting, these interventions are working. I am very proud of the work that is being done here. Please know Alberta is leading the country with this type of early assessment and screening and will continue to foster new and improved ways to improve the education system. For more information, please click [here](#).

In closing, I want to thank and acknowledge all our hardworking teachers, educational assistants, principals, and other school support staff. The work that you do is deeply acknowledged and appreciated by Alberta's government and I want to express my personal appreciation for your work. I look forward to serving as our province's Minister of Education for our great province and am confident we can continue to provide every student with a world-class education.

Best,

A handwritten signature in black ink, appearing to read "Demetrios Nicolaides". The signature is fluid and cursive, with a long horizontal stroke at the end.

Demetrios Nicolaides ECA PhD
Minister of Education

October

Build! Pilgrims of Hope



Saint Marguerite d'Youville 1701-1771 (Feast Day: October 16)

St. Marguerite d'Youville is the first native-born Canadian to become a canonized saint in the Catholic Church. She was born just outside of Montreal in 1701 into a growing family, but at the age of seven, her father died, which left the family impoverished. She left school to help work and take care of the family, and later married Francois d'Youville. Her marriage and family life were challenging; Francois was a dishonest businessman and did not care deeply for Marguerite, and four of their six children passed away at young ages. Upon Francois' death in 1730, a priest told Marguerite:

“Console yourself, Madame, God has destined you for great works, and you will rebuild a crumbling house.”

Despite all of the sadness and challenges of her early life, Marguerite was convinced of God's presence in her life, and sought to make real to others his compassionate love. In 1737, Marguerite and some other women established a home for the poor in Montreal. Over time, the group became a religious order and took over the General Hospital in Montreal. The Grey Nuns, as they were commonly known, cared for the elderly, the ill, and the poor of the surrounding communities, and eventually spread to nearly every continent to feed the hungry and serve the common good.

“Building” In Our Schools



This year, the call in our Holy Spirit Catholic School Division Faith Plan is to *Build!* St. Patrick Fine Arts is celebrating all the ways community members can *build* others up through their words and actions. Students are encouraged to fill out a “Project BUILD Slip” when they've experienced or seen a kind word or action and place it in the “Project BUILD Box”. During morning announcements, the slips are read as an encouragement to all, that we are created with a purpose and a calling to build God's Kingdom through service to others.

Corporal Works of Mercy — Feed the Hungry —

So many people in our communities and world do not have enough food to eat. As we enjoy Thanksgiving this month, it is a good time to pause and reflect on how we may be blinded to our own waste or excess. On top of hunger, we also know about the expansion and impact of food insecurity. According to a Caritas study, only 19% of countries worldwide have full food security, and inside those we know that experiences vary drastically. As Pope Francis said,

“Consumerism has led us to become used to an excess and daily waste of food, to which, at times, we are no longer able to give a just value, which goes well beyond mere economic parameters. We should all remember, however, that throwing food away is like stealing from the tables of the poor, the hungry!”

What might some practical suggestions be?

- See to the proper nutrition of your loved ones
- Support and volunteer for food pantries, soup kitchens, and agencies that feed the hungry
- Make a few sandwiches to hand out as you walk through areas where you might encounter people in need
- Educate yourself about world hunger
- Avoid wasting food
- Share your meals with others

Pope's Prayer Intentions - For the Synod - Let us pray for the Church, that she may adopt listening and dialogue as a style of life at every level, allowing herself to be guided by the Holy Spirit towards the world's peripheries.

[Home Page](#)

“The Lord calls us to share in his work of creation and to contribute to the common good by using the gifts we have received.” (Christus Vivit 253)

“To each is given the manifestation of the Spirit for the common good.”

1 Corinthians 12:7

Catholic Social Teaching — Common Good —

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 embedded in our relationship with God and others. Because we each have inherent dignity, being created in the image and likeness of God, we are called to live, learn, and work together in community. We are built for relationship, in the same way that our triune God is a relationship. The Catechism of the Catholic Church notes that: “The good of each individual is necessarily related to the common good...The common good concerns the life of all.”

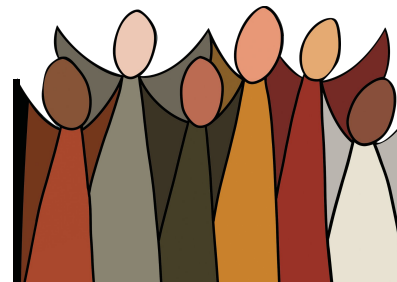
There are three main elements required for the common good:

- (1) Respect for the person; (2) Social well-being and development; and (3) peace. Lastly, “The dignity of the human person requires the pursuit of the common good. Everyone should be concerned to create and support institutions that improve the conditions of human life.” (CCC 1905-1926)

As we build our societies, we are called to organize in ways that promote human dignity, and consider what is good for all human persons.

Resources:

- [The Common Good](#) (The Religion Teacher)
- [The Common Good](#) (Caritas Australia)
- [What exactly is the Common Good](#) (Duquesne University)
- [The Common Good](#) (CAFOD)



Gospel Readings



October 1, 2023

26th Sunday in Ordinary Time

Gospel Reading: Matthew 21:28-32

“Do nothing out of selfishness or out of vainglory; rather humbly regard others as more important than yourselves, each looking out not for his own interests, but also for those of others.” — Philippians 2:3-4

In my family it is not always easy to think of others before myself. There are many days that I just want to do my own thing, and maybe even be left alone. But today’s scripture tells me not to be selfish—thinking only of myself—but to consider others as more important than what I want. Jesus taught us the same thing when he gave us the two great commandments. He told us to love God with all our heart, mind, and strength. He also taught us to love our neighbors as ourselves. This sounds easier than it is sometimes, but if we ask the Lord to help us, he always will.

What are some ways I can put others in my family first?



Prayer:

Lord, please teach me how to love those around me in a self-sacrificing way. As I do, I know I will grow closer to you.



October 8, 2023

27th Sunday in Ordinary Time

Gospel Reading: Matthew 21:33-43

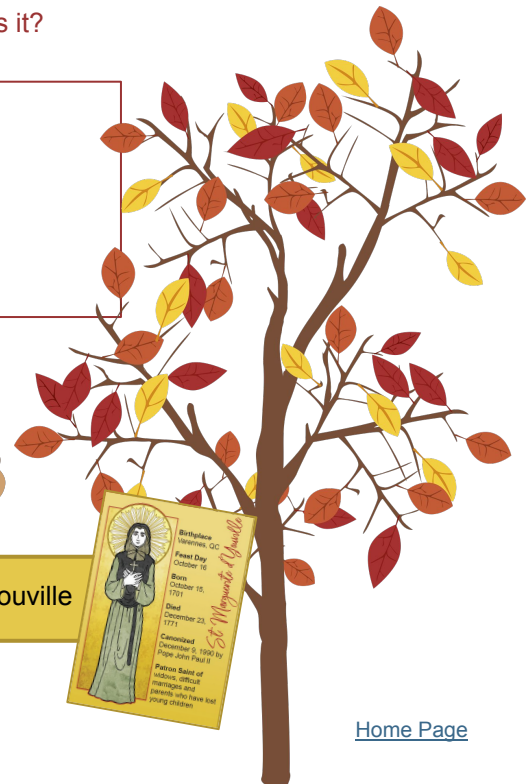
“...whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things.” — Philippians 4:8

There are many ways for us to be entertained these days: video games, movies, books, social media, television, and much more. It can be difficult sometimes to decide what we should and should not be taking in. Are all of these activities making me a better person? Today’s scripture helps us to have a holy focus. If we apply what it is telling us about being true, honorable, just, pure...then the things we use to entertain ourselves will help us grow closer to the Lord, not farther away from him.

Are you aware of any entertainment your family engages in that God may not like? What is it?
Can you substitute other activities that are more in line with today’s scripture?

Prayer:

*Dear Lord, help me to always be thoughtful about the things I let into my heart and mind.
May they always be things that will cause me to praise you.*



Download this month's [Saint Prayer Card](#) - Saint Marguerite d'Youville



Gospel Readings



October 15, 2023

28th Sunday in Ordinary Time

Gospel Reading: Matthew 22:1-14

“I can do all things in him who strengthens me.” — Philippians 4:13

There are times when a task makes me feel overwhelmed. I talk myself out of being able to even try it. I put it off until I convince myself that I can't do it. Today's scripture gives us hope that because we are children of God we can do ANYTHING because it is Christ who gives us what we need to do the task before us. When we feel defeated, we simply need to remind ourselves of the grace we received at baptism. Jesus is on our side, and he makes us stronger!

Name some times that you felt defeated, then asked God to help you.



Prayer:

Dear Lord, thank you for your overflowing grace that makes use strong, even when we feel down. Your love and grace are never ending.

October 22, 2023

29th Sunday in Ordinary Time

Gospel Reading: Matthew 22:15-21

“We give thanks to God always for all of you, remembering you in our prayers.” — 1 Thessalonians 1:2

It is common that people turn to God in their need, asking for help and for God to fix bad things. But today's scripture encourages us to always give thanks to God in prayer, for the good things and even the bad. Most especially, remember to pray for others and their needs. It can be a blessing to others to have someone praying for them, even if they are not aware of it. They may feel a little happier the day you pray for them, without knowing why. You could consider yourself a “secret agent of prayer” working for God.

Who are some of the people you can pray for on a regular basis?



Prayer:

Dear Lord, we thank you for all the special people you have put into our lives. Please bless them in a special way today.

October 29, 2023

30th Sunday in Ordinary Time

Gospel Reading: Matthew 22:34-40

“You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind.” — Matthew 22:37

I really love watching TV. I also really love eating ice cream. I especially love getting presents. But this kind of love always leaves me wanting more and never feeling satisfied. Jesus gave us hints of how we could be truly fulfilled, by turning our focus to God and giving him all the love we have inside ourselves. By giving God all the love we have inside of us, we are able to give him the credit he deserves for all the good things in our lives, which in turn can also help us appreciate them more. What an awesome God we have, so deserving of all our love.

What are some things that you “love” that can get in the way of your love for God?



Prayer:

Lord, thank you for loving me more than I could ever understand. Please help me to love you with all the love I have, to show you how glad I am to be your child.

[Home Page](#)



Sources:

[St. Marguerite d'Youville](#)
[Marie Marguerite d'Youville](#)
[Saint Marguerite d'Youville](#)

[Practical Suggestions for Practicing the Corporal and Spiritual Works of Mercy](#)



Holy Spirit Catholic School Division

(I)SWAG

(Indigenous) Student Wellness Access Guide

#STRONGERTOGETHER

(I)SWAG PRESENTS

UNDERSTANDING MENTAL HEALTH AND TAKING AWAY THE STIGMA

Join us as Kim Clark from Elite Training Solutions will present while you enjoy your complimentary dinner and the chance for door prizes at a night of great learning.

OCTOBER

19

5:30 - 8:00PM

THE CEDAR ROOM

Sandman Signature
Lethbridge Lodge
320 Scenic Drive S,
Lethbridge, AB

Please RSVP at:

<https://www.surveymonkey.com/r/7R9L8CC>



Cubs to Kodiaks



STARS
Volleyball



LVC
LETHBRIDGE VOLLEYBALL CLUB


U9 (Grades 1-3) & U12 (Grades 4-6)

Intro to volleyball

LIMITED SPOTS!

Starting October 7


Register at Lethbridgevolleyballclub.com



Prairie Baseball Academy

14 Week Winter Camp

Nov 13th- Mar 8th (early bird pricing until Sept 30th)



About Our Camp

The Prairie Baseball Academy is excited to once again be offering our Winter Camp to youth baseball players in the Lethbridge and surrounding areas. This will be the 13th year PBA runs their Winter Camp, and our coaching staff is striving to continue to provide the best instruction possible for your children. Every night, we will provide at least one current PBA coach and 6-8 current players in the program to provide instruction. Our goal as a coaching staff is to work on improving all necessary baseball skills while maintaining a fun and safe learning environment. Baseball in Lethbridge continues to grow year after year, and we want to make sure PBA does it's part to help continue that growth. The hard work campers have put in during the winter months over the last 13 years has directly correlated to the success Lethbridge has had at the national level.

Camp Focus

Efficient Warm Up → Ladder / Agility / Footwork / Speed

SAFE Indoor Throwing Program → Builds arm strength (Radar Gun)

Proper Hitting Technique → For all ages and skill levels

Infield/Outfield Technique → Emphasis on footwork/Glove action

Introduction to Pitching → Starts after winter break. Used as a complete introduction for some. More experienced campers will receive more advanced pitching instruction.

Games → Our staff likes to conclude most camp sessions with some sort of competitive game. These games force kids to use the skills they're learning in camp.

Coaches

TODD HUBKA
Head Coach PBA Varsity

RYAN MACDONALD
Assistant Coach PBA Varsity
Assistant Coach Lethbridge Bulls

RHETT FESER
Pitching Coach PBA

AIDAN GEHRING
JV Head Coach PBA

JOSH BURGSMANN
Pitching Coach PBA
PC Lethbridge Bulls

TATE PEARCE
JV Assistant Coach

PRAIRIE BASEBALL ACADEMY	Early Bird Until Sept 30th	Regular Price After Sept 30th
1 Night/Week 21 Hrs Instruction	\$420	\$498.75
2 Night/Week 42 Hrs Instruction	\$551.25	\$630
Beginner Camp 19.5 Hrs Instruction	\$236.25	\$315

All prices include GST

Camp Times

Mon/Wed
6:00-7:30pm Ages 9-12
7:45-9:15pm Ages 13-17

Tues/Thurs
6:00-7:30pm Ages 9-12
7:45-9:15pm Ages 13-17

Friday
6:00-7:30pm Ages 5-8

Please etransfer pba@telus.net
Email pba@telus.net if you have any questions



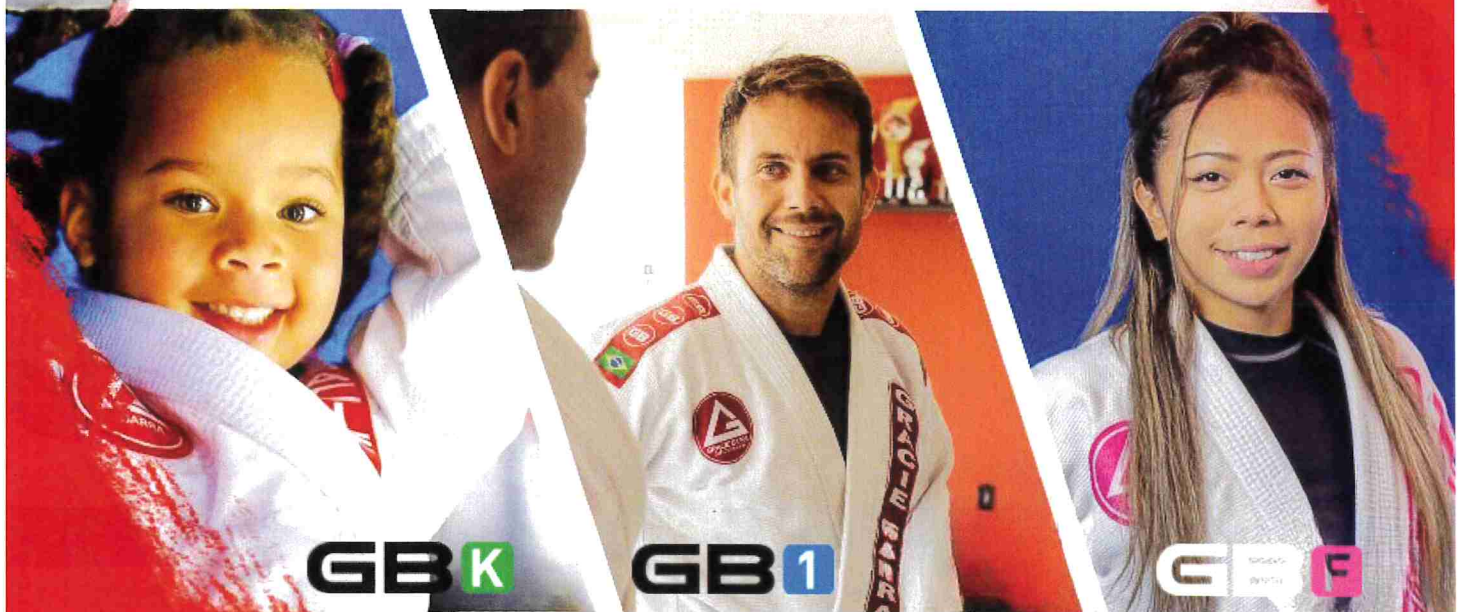
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Master Carlos Gracie Jr.

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and get a
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