











NOVEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Plant fundraiser 			1  All Saints Day	2  All Souls Day Volleyball practice 3:50-4:50pm	3 Mass 9:00am 2O & 5B	4
5  Fall Back Catholic Education Sunday	6	7 Grade 3 Retreat 9:00am – 2:00pm Volleyball practice 3:50-4:50pm	8 Hot Lunch orders due	9 Wear Red today Remembrance Day Liturgy 10:20am Volleyball practice 3:50-4:50pm	10 NO School In lieu of Remembrance Day	11  REMEMBRANCE DAY <i>Lest We Forget</i>
12	13 Wellness Day 	14 Office hours 5B, 5/6T & 6G 4:00 – 5:30 pm Volleyball practice 3:50-4:50pm	15 Plant orders due Office hours 2O 4:00 – 5:30 School Council 7pm Rock your Mocs 	16 Hot Lunch Booster Juice/wraps  PICTURE RETAKE Day! Volleyball practice 3:50-4:50pm	17 Mass 9:00am 4S & 6G Volleyball Jamboree Girls @ STC Boys @ FLVT 	18
19	20	21	22 Kindergarten Office hours 1:00 – 3:30pm	23 Office hours 4S 4:30 – 6:00pm Kindergarten Office hours 1:00 – 3:30pm	24	25
26	27	28 STEAM DAY	29  CRAZY SOCK DAY Plant delivery Board Mtg 6 pm	30		

CLOTHING SWAP



WINTER

Clothes Drive

Help families prepare for winter with new or used coats, snow pants, boots, gloves and hats

Drop-off:
November 1-14
Take home:
November 15-16

Our Lady of the Assumption School

DECORATE FOR THE HOLIDAYS



HOLIDAY
WREATH
\$36.00



OUTDOOR
ARRANGEMENT
\$46.00



POINSETTIAS
RED or WHITE
\$15.00



HANGING
BOUGH
\$36.00



INDOOR
PLANTER
\$36.00

We are once again selling beautiful Christmas plants until noon on November 15. Plants will be ready for pick up on November 29. (time to be determined). All orders are placed online at <https://ourladyoftheassumption.growingsmilesfundraising.com/home>

Funds raised will help with purchasing supplies for our monthly STEAM DAYS, supplies for our maker space, student activities, and OLA Hardship Fund.



A Community of Hope and Learning

Principal: Meghan Calder
Associate Principal: Caryn Swark

2219 14 Avenue South
Lethbridge, AB T1K 0V6
Ph. 403-327-5028
Email: olaoffice@holyspirit.ab.ca



NOVEMBER 2023

PRINCIPAL'S MESSAGE

We begin this month with All Saints' Day and All Souls' Day. On November 1, All Saints' Day, we are called to live as saints, reminding ourselves to live as God calls us to. On November 2, All Souls' Day, we ask God's mercy for all those who have gone before us. Take some time this month to talk about friends, family, saints, and others who provided an example for us to follow and offer prayers of remembrance in their names and memories.

<https://www.catholic.org/news/hf/faith/story.php?id=65067>

November is a time to focus on peace. Peace is the harmony we have in our lives. It is something we are called to bring about in the world. Pope Francis has said that Peace takes hard work and must be built one person at a time.

November is also the time we remember those serving our country and our veterans. The virtue of Peace reminds us that each of these members risk their lives to end wars and promote peace. Peace is not just the absence of war, but a complete trust and fraternity between people.

We will honour Remembrance Day on Thursday, November 9. Please lift your prayers this month to remember those who have given their lives for peace, those who have risked or continue to risk themselves for peace, but also those around the world who seek peace for their families, homes, or countries.



ASSOCIATE PRINCIPAL'S MESSAGE

Hopefully you had a wonderfully blessed Thanksgiving and are looking forward to the upcoming festive season! There are so many reasons to be grateful and celebrate in our lives, and as a community we continue to focus on them in our prayers, liturgies, and assemblies.

During November, we have chosen our first Catholic social justice principle: rights and responsibilities. This month, we are focusing on two ideas that come in partnership. The first is human rights. Every person, no matter who they are, where they live, or what they have done, has the right to certain liberties and necessities: clean drinking water, shelter, safety, and the like. But the flip side of that is that we have a responsibility to share our blessings with others! This month, students are encouraged to look for ways that -- even as **YOUNG** people -- we can make sure people around the world have their rights respected.

Remembrance Day provides us a great opportunity to discuss how fortunate and blessed we are in Canada, and how situations like war, famine, and poverty can rob people of the rights they need to live safe and healthy lives. Keep those without their basic human rights in your prayers this month!

This month's verse:

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity

-1 Timothy 4:12

OLA CLOTHING SWAP

The OLA school council will be hosting a winter wear exchange at the school on November 15 and 16.

Families will be able to bring new and gently used winter clothing, mitts, hats, boots, etc. to the school from Nov. 1-14.

Students and their entire family are invited to "shop" or find items that fit which they are welcome to take home on Nov 15 and 16. Times where families are welcome to come and try on items will be sent home prior to Nov 15.

Please contact the office should you have any questions about this event

SCHOOL FEE REMINDER

School fees are now due. They are available for payment in your School Cash Online account. If you have any questions, please contact the office at 403-327-5028.



CRAZY SOCK DAY

On Wednesday November 29, students are asked to wear crazy socks to help kick off our annual sock drive. This year we will be collecting **new** socks, toques, gloves, mittens and any other **new** warm winter wear.



SCHOLASTIC BOOK FAIR COMING SOON:



We are so excited to tell you that the **Book Fair** is happening **December 4 to 7th**. Books make awesome gifts for family and friends. The Book Fair is our only fundraiser to add NEW and Exciting titles to our collection. Watch for more information later in the month.

PICTURE RETAKES

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. Returning the package is very important so the photographer can see the image and know how to correct it, as well there is a barcode on the proof sheet that needs to be scanned.

NANOWRIMO

National Novel Writing Month Club is open to all grades 5 and 6 students who are interested in trying to do some creative writing. The club will run twice a week at recess during the month of November.

EXTRA SHOES

During wet and snowy days, students are asked to remove their wet shoes and boots and leave them in the boot rooms. Please ensure that your child(ren) has an extra pair of dry shoes in their backpack or here at school.

DRESS FOR THE WEATHER

Students are expected to play outside during the breaks. If your child has a medical reason to remain inside during this time they must give their teacher a written request from you, their parent or legal guardian. This note should include specific dates on which you would like your child to remain inside; otherwise it is assumed that the note is for the current day only.

Please ensure your children come to school dressed for the weather with boots, a warm jacket, snow pants, gloves/mitts, toque, etc. Please label all items as many students have the same pair of black boots.



When the temperature falls below -20 we will have an indoor recess. However, there are days when the sun is shining but the temperature is still below -20. Polar Bear Club is for those students who would like to play outside on these colder days. This club is meant for students who are properly dressed in a warm winter coat, ski/snow pants, hat, mitts and winter boots who would enjoy and benefit from some fresh air and outdoor activity. The staff will determine which days the club will be in effect and the recess may be shortened if the weather warrants it. **The students will always be supervised by an adult.** Online permission forms will be sent shortly.

ROCK YOUR MOCS

Founded in 2011, Rock Your Mocs is a worldwide Native American & Indigenous Peoples movement held annually during November which is also National Native American Heritage Month in the United States. It is a day where all members of your communities can be proud to wear their moccasins. It's easy to participate by wearing moccasins to school, to work or wherever your day takes you. Even easier, the event takes place where you are, where you're going and where you live. Rock Your Mocs is a fun way to unify Aboriginal, First Nations, Alaskan Native, Indigenous Peoples globally by participating in this movement. We will be celebration Rock Your Mocs at our school on Wednesday November 15. So please join us by wearing your moccasins to school that day.

DECORATE FOR THE HOLIDAYS

Our Christmas Plant fundraiser is up and running. We are selling poinsettias, wreaths, indoor and outdoor planters. Please login to [Growing Smiles website](#) to place your order. All orders must be placed by noon on Wednesday, November 15. All funds raised will support student activities, monthly STEAM days, supplies for our Maker Space and OLA Hardship fund.



SCHOOL COUNCIL NEWS

Thank you to everyone who supported our Big Chief Meat Snacks Fundraiser! We were able to raise \$1442 which will go towards school events, student activities and field trips. I also wanted to send out a special thank you to Selestia Jackson for making the drive to Calgary, in this weather, to pick up our orders. Much appreciated!!

Our next hot lunch will be held on November 16th and will be Booster Juice and wraps.

Our next school council meeting will be held online on Wednesday November 15th @ 7pm. All are welcome. The link will be sent out before the meeting.

We will be holding a Winter Clothing Drive running November 1 - 14th. Please drop items off at the office. We are looking for donations of winter jackets, snow pants, hats, gloves and boots. Items can be new or used. Sizes ranging from baby to adult.

On Wednesday November 15th and Thursday November 16th, we invite everyone to come to the school between the hours of 8:30am - 4:15pm to take home any items that you could use.



FAMILY INFO NIGHT

November 21
6:00PM
via Zoom



Join us for an informative evening learning about your student(s) digital portfolios with SpacesEDU.



Register by following the link below:
https://myblueprint.zoom.us/webinar/register/WN_AeDVVScuQLKU-Vo-apyYaA#/registration



Capture the moments
where growth happens.

Wednesday, November 15

7:00 PM

Yates Memorial Theatre

REMINDER

You have an event upcoming:

**THE TRUTH ABOUT YOUTH:
CULTIVATING DIGITAL WELLNESS**



Submit your expression of interest and inquiry question(s)/topic(s) by scanning or clicking the above QR code!



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

October 5, 2023

Dear Sisters and Brothers in Christ,

“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.” (Joshua 1:9)

Our theme for Catholic Education Sunday this year is: “Courage to Lead”. Parents, educators, administrators, trustees, and clergy are all invited to engage their responsibility of leadership to strengthen and promote Catholic education, through which we lead the children entrusted to our care to know, love, and follow Jesus Christ.

Publicly funded Catholic education in Alberta is a unique and cherished historical gift, for which we are grateful. It is an invaluable offering to both the Catholic community and wider society, carrying growing responsibility in an increasingly secular world. In the face of many societal changes and challenges, we share the responsibility of ensuring that our faith-based education remains steadfast in its fidelity to the teachings of the Church. We are all called to lead with courage, secure in God’s love.

Leadership within Catholic Education involves guidance with a sense of purpose, driven by the mission to nurture in our young people a joyful reliance upon the Holy Spirit, unwavering trust in the words of the Lord Jesus, and abiding confidence in the providence of our Heavenly Father. Beyond academic excellence, dedicated educators will permeate all aspects of school life with the Catholic faith. Parents and clergy have their role to play by strengthening the relationship of our schools with both home and parish. In addition, all Catholics exercise their responsibility by offering the support of their prayers and advocating strongly for our schools. Every effort counts in the promotion of our Catholic education system.

For our part, we Bishops pledge our leadership and support in the service of our schools. We look forward to our continuing engagement with parents, trustees, administrators, teachers, and clergy to ensure that our schools are places of authentic Catholic community, in which our beloved students come to know the joy of friendship with Jesus Christ, our Saviour.

May God bless our Catholic schools.

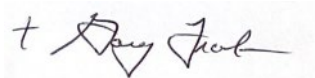
Catholic Bishops of Alberta and NWT



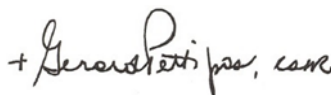
Most Reverend Richard W. Smith
Archbishop of Edmonton



Most Reverend William McGrattan
Bishop of Calgary



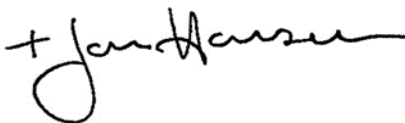
Most Reverend Gary Franken
Bishop of St. Paul



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



Courage to Lead

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go." Joshua 1:9

CATHOLIC EDUCATION SUNDAY

NOVEMBER 5, 2023



CELEBRATING IN
PARISHES WITH
CATHOLIC SCHOOLS
AND ADVOCATES

GRATEFULLY
ADVOCATING FOR
CATHOLIC
EDUCATION

THE MISSION OF
GRACE IS TO
INSPIRE,
INVIGORATE AND
EMBOLDEN THE
SPIRIT OF CATHOLIC
EDUCATION IN
ORDER TO UNITE,
ENGAGE, EDUCATE
AND ADVOCATE
WITH ONE VOICE ON
ITS BEHALF

FOLLOW GRACE ON
SOCIAL MEDIA

[GRACE WEBSITE](#)

November

Build! Pilgrims of Hope



*“Declare his glory among the nations,
his marvelous works among all the peoples.”*

Psalm 96:3

St. Frances Xavier Cabrini 1850-1917 (Feast Day: November 13)

Maria Francesca Cabrini was born on July 15, 1850 in what is now Lombardy, Italy, the youngest of thirteen children in a farming family. As a young person, she dreamed of becoming a missionary and achieved a teaching certificate. In 1870, she became the headmistress of an orphanage, and in 1870, took her religious vows. It was at this point that she took the name Xavier, to honour the patron saint of missionaries, St. Francis Xavier. In 1880, along with several other religious sisters, she formed the Missionary Sisters of the Sacred Heart of Jesus, and became known more popularly as Mother Cabrini.

The order was very active in Italy, supporting orphans and providing education and housing, which led to Mother Cabrini being asked by the Pope to migrate to the United States to support the growing Italian-American population. While she was initially resistant to this idea, Mother Cabrini did emigrate in 1889 to New York. While there, she and her sisters established schools, orphanages, and hospitals in a time before governmental support for these types of institutions. She became an American citizen in 1909, and when canonized in 1946 became the first American saint.



“Building” In Our Schools

Influenced by the book "The Dot", International Dot Day (a global celebration of creativity, courage, and collaboration) is held yearly on September 15th. *The Dot*, a book written by Peter H. Reynolds, is a story of a caring teacher who dares a doubting student to trust in her own abilities by being brave enough to "make her mark." Standing at 4 feet high, St. Michael's Pincher Creek's grade 7 homeroom replicated the faith plan image using a variety of assorted sizes and coloured dots. What a beautiful faith-building expression of creativity!

Corporal Works of Mercy — Bury the Dead —

Did you know that this Corporal Work of Mercy is the only one not found in Matthew 25? Most often, reference is made to Tobit. Tobit risked his own life to ensure that his fellow Israelites received a proper burial during a time of oppression. We also know about the importance of human dignity as Catholics. Jesuit Father James Keenan has noted that “the significance of burying the dead is then rooted in the profound respect that Christians have for the human body. The human body created and redeemed by God is to be raised up by God in glory.”

November is a month where we are often more conscious of praying for the deceased and those who are grieving, as we observe both “All Souls’ Day” and “Remembrance Day”. Through our prayers and actions, we show our respect for life, which is always a gift from God, and seek to comfort those who mourn.

What might some practical suggestions be?

- Be faithful about attending prayers, wakes, and funerals
- Spend time with those who are grieving or who have experienced loss
- Go with friends and relatives to visit the cemetery
- Offer daily prayers for those with terminal illnesses and for those who have died
- Send Mass cards to families of those who have died

Pope’s Prayer Intentions - Let us pray for the Pope that, with the help of the Holy Spirit, he may continue to accompany in the faith the flock entrusted to him.

Catholic Social Teaching — Subsidiarity —

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.

Mother Cabrini was well known for her works of service, in a time when the government did not provide the same levels of funding and structure as it does today. She saw a need, assessed the need, and chose to take the actions that she could to try to address the need. When we act in this way, seeking to create solutions with those around us, we are engaging in subsidiarity.

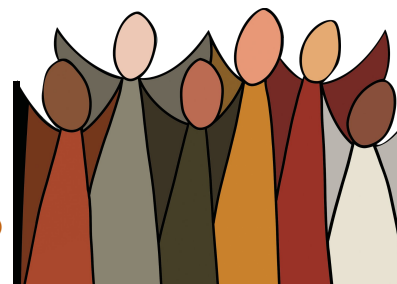
“The principle of subsidiarity allows everyone to assume his or her own role in the healing and destiny of society. Implementing it, implementing the principle of subsidiarity gives hope, it gives hope in a healthier and more just future.” (Pope Francis)

The basic premise of subsidiarity is that local groups, associations, and institutions are often in the best position to deal with local issues, and should be supported by higher orders of government in addressing them. We often see this principle applied by organizations such as Chalice, that seek to work together with those at the local level in supporting development programs.

Learn more about subsidiarity with one of these resources:

- The Religion Teacher - [Subsidiarity](#)
- Caritas Australia - [Subsidiarity](#)
- CAFOD - [Subsidiarity](#)

“During our daily ordinary tasks, whatever our work, let us offer every act to the Heart of Jesus for the conversion of sinners.” (St. Frances Xavier Cabrini)



Gospel Readings

November 1, 2023



All Saints Day

Gospel Reading: Matthew 5:1-12a

“Rejoice and be glad, for your reward will be great in heaven.” — Matthew 5:12

Today is a great day of hope in the Church. We remember and celebrate all the men and women who have gone before us... the saints. Many of them had difficult lives, suffering for their love and faith in Jesus. All of them lived lives of great example. They showed us how to live out the beatitudes (also from today's Gospel). They taught us how to pray and live lives pleasing to God. May we be inspired by them and strive to also live lives that will be pleasing to God.

As a family, learn something new about a saint you didn't know much about before. For example, read about St. John Vianney, St. Benedict, St. Rose of Lima, St. Maximilian Kolbe, St. Lucy, or St. Juan Diego, just to name a few.



Prayer:

Dear Lord, thank you not only for your Son who lived the perfect example in life, but also for all the saints who continue to reinforce Jesus' teachings.

November 5, 2023

31st Sunday in Ordinary Time

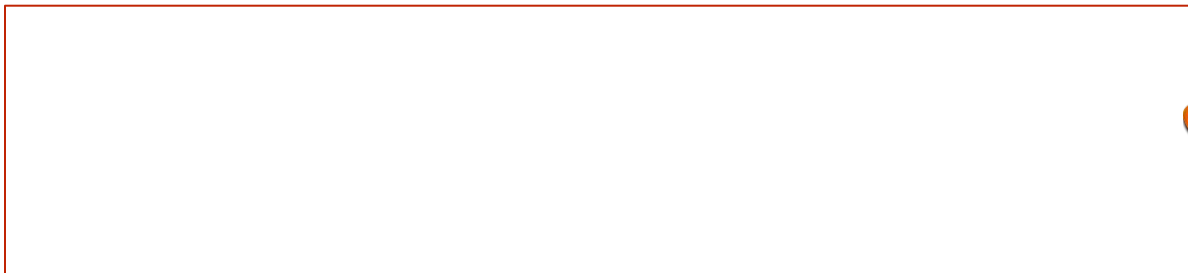
Gospel Reading: Matthew 23:1-12

“...do not follow their example. For they preach but they do not practice.” — Matthew 23:3

Have you ever played a board game with someone who kept changing the rules so they would win? In this Gospel, Jesus warns the people about some religious leaders who were changing God's rules for the game of life. God's rules are simply to love him above all things and to love each other as we love ourselves. But these leaders, to make themselves look important, added more rules that were almost impossible for people to obey. And to make it even worse, they didn't even follow their own rules!

Here is a lesson we can learn from this Gospel. To be a good leader—one who is worth following—people need to see that we practice what we preach and that what we preach is good and honorable. This is what the word “integrity” means—what we say with our actions matches what we say with our words.

Do you have a younger brother or sister, cousin, or friend who looks up to you? What are some things you can do to give them a good example to follow?



Prayer:

Dear God, please help me to follow your rules so I can help others follow them, too.

Download this month's [Saint Prayer Card](#) - St Frances Xavier Cabrini



Gospel Readings

November 12, 2023

32nd Sunday in Ordinary Time

Gospel Reading: Matthew 25:1-13

“Therefore, stay awake, for you know neither the day nor the hour.” — Matthew 25:13

If you were going to run a marathon, what are some things you would have to do ahead of time? Do you think you would be prepared to run such a long distance if each day for a week before the race you only ran around the block and then took a nap? Do you think your feet would be able to carry you the whole distance if you only had flip flops to wear?

In the Gospel today, Jesus uses a story to help us understand how important it is to be ready to meet God. We need to prepare in advance. If each day we try a little harder to follow Jesus' example of love, we will grow in holiness and look forward to seeing God face to face one day.

What is one thing you can do today to become more like Jesus?



Prayer:

Lord, help me to prepare my heart to become more like yours – filled with love.

November 19, 2023

33rd Sunday in Ordinary Time

Gospel Reading: Matthew 25:14-30

“Well done, my good and faithful servant.” — Matthew 25:23

If you won \$100 in a contest, what would you do with it? Would you spend it on something you want, save it, or give it away? Each of these options can be good. You could spend it on something that would help you with your school work (like a calculator), put it in the bank to earn interest (increasing its value), or donate the money to someone in need. In each case, your money would be well spent. But what if you decide instead to dig a hole in your backyard and bury your \$100? That would be totally useless!

In our Gospel today, Jesus tells a story to help us understand that he has given each person a winning prize—talents that we can use to help the world know God's love. If we choose not to use these talents, it would be like burying a \$100 bill!

What special talent has God given each member of your family?



Prayer:

Lord, help me to give you honor and glory by using the talents you have given me.

November 26, 2023

Our Lord Jesus Christ the King

Gospel Reading: Matthew 25:31-46

“Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.” — Matthew 25:40

Most people have never seen Christ in a physical way, where they could talk to him and hear him talk back to them. In today's scripture, however, Jesus tells us that he is present in the people who may be the hardest to look at. Who are the “least” of our brother and sisters? He might be the person at school who isn't very popular. She might be the person at work to whom no one reaches out. He may even be the person who lives next door to you. Jesus wants us to find ways to love him through those who may not be easy to love, just as he did.

Is there someone at school or work who people shun? What can you do to be the face of Jesus for that person?



Prayer:

Dear Lord, sometimes I judge people by what they look like or by their possessions. Please give me the grace to love all people as you taught us through your example.

Sources:

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



(I) SWAG PRESENTS:

HOW DO WE

SUPPORT OUR CHILDREN

WHEN THEY MIGHT NOT

BE OKAY?

Join us as we enjoy learning from Kim Clark as she presents while having a courtesy meal

NOV
16

5:30 - 8:00pm

CEDAR ROOM

Sandman Signature
320 Scenic Drive S,
Lethbridge AB

PLEASE RSVP AT

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





Holy Spirit Catholic School Division
(I)SWAG
(Indigenous) Student Wellness Access Guide
#STRONGERTOGETHER

KIM CLARK

Kim Clark has been a social worker for 30+ years with a specific focus on Mental Health and Leadership Training. Kim has worked with a variety of clientele, such as adults with disabilities, seniors, and youth at risk. She applies evidence based training into a group environment to create a comfortable and enjoyable learning experience for everyone.

This event is **FREE** and is open to all parents, guardians, and caregivers.

PLEASE RSVP AT

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



FREE FAMILY EVENT

FREE play activities, dancers,
games, prizes, community
agencies, and more!



NATIONAL CHILD DAY

NOVEMBER 18, 9:30 - 12:00
at Lethbridge College

Questions? lethbridgeplays@gmail.com



BUILDING
BRAINS
TOGETHER

Tim Hortons