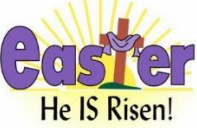












# April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<div style="border: 2px solid black; padding: 10px; background-color: #d8bfd8;"> <h2 style="margin: 0;">E A S T E R B R E A K</h2> </div>					
<b>7</b> 	<b>8</b> Classes resume  Wear <b>GREEN</b> in honour of Green Shirt Day and Logan Boulet	<b>9</b> 2 Orr – office hours 4:00 -5:00 pm	<b>10</b> Cardio drumming  	<b>11</b>	<b>12</b> 2O & 5B 9:00 am Mass  	<b>13</b>
<b>14</b>	<b>15</b> It's a Blast registration for 2024/25 at OLA opens today  	<b>16</b> Grade 1- Galt Museum 10:45 – 12:45   4S – office hours 4:00 – 5:00 pm	<b>17</b> Gr 6 Retreat Assumption Church 9:00 -2:00  School Council meeting 7:30pm	<b>18</b> 5/6 Toews Office hours 4:00-5:00pm	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>    6 Gaudet office hours 4:00-5:00 pm 3 Tratch office hours 4:30-6:00pm Board Mtg 6-8	<b>25</b>	<b>26</b> 4S & 6G 9:00am Mass  	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b> Steam Day  				



## APRIL NEWSLETTER

### PRINCIPAL'S MESSAGE

Lent has been a time of reflection and we celebrate Easter this weekend; the resurrection, and the risen Lord.

It is a time to rejoice and sing praise. We celebrate all that Jesus sacrificed for us and welcome spring; new life; renewal; and joy. This is a season to continue with gratitude and grace.

We are so thankful and look forward to revisiting loved activities in spring. We are excited to be on our journey to becoming an IB PYP school. We will be sharing our new mission with students and their families on **May 23**. Students will participate in a full day of activities and families are welcome to join together as a community to learn more about IB PYP in the evening from 6:00-7:30pm.

As we approach the final months of our school year, the Easter season reminds us to renew our dedication to our students and our community. There continues to be a true sense of HOPE at OLA.

*We can be certain that the Resurrection is a fact that has happened: The Risen body of Jesus Christ has become present in us, the body of Christ. Nothing else could possibly explain what kept those disparate people - the first disciples - together in the days and years that followed Christ's death. It was not some idea or ideal that unified them; it was the event of Christ's presence in their midst. Even when threatened by perils and persecution, the early Church stayed together because of the undeniable fact that the risen Jesus had made himself present bodily to his followers in all their weakness, confusion and fear. He drew forth from them Holy Communion. Only the bodily resurrection can effect such a miracle of unity, courage and fidelity.*

Fr. Peter John Cameron, O.P.  
*Jesus, Present Before Me*

(From: Living Faith: LENT: Daily Catholic Devotions  
based on Mass Readings for Year A)

### ASSOCIATE PRINCIPAL'S MESSAGE

It may be hard to believe that it's Spring with our changeable weather, but it is! The season of light and renewal, where we celebrate the joy of our Lord's resurrection and the hope of our own eternal life in His glory.

This month's theme is Care for God's Creation. Our Catholic faith teaches us to protect and nurture the beautiful web of life that surrounds us.

Every part of creation, big or small, shows the amazing work of our Creator. The sunrise, the breeze, the rain – they all speak to us of God's love and creativity. It's up to us to safeguard this gift and pass it on to future generations.

But our world is facing serious environmental issues like pollution and climate change, putting many species at risk. We need to take action. Let's use our faith and belief in stewardship to advocate for change, working to heal and restore God's creation.

At our school, we're dedicated to teaching our students to respect nature and take responsibility for protecting it. Through education and hands-on projects, we want to empower our students to make a positive impact and create a sustainable future in line with our faith's values.

Together, let's embrace our duty to care for God's creation. By doing so, we not only honor the Creator, but also ensure a better future for all of His creatures.

### **This month's verse:**

*The heavens are yours; the earth also is yours; the world and all that is in it, you have founded them.*

*-Psalm 89:11*

### MADAGASCAR- May 8

Students in grades 1 – 6 will be attending Father Leonard Van Tighem's production of Madagascar on Wednesday, May 8 from 11:00am – 1:00 pm. Students will travel by school bus to the Yates Theatre. Consent was provided on the yearly permission form.

### SAVE THE DATE – May 23



On Thursday, May 23, 2024 from 6:00 – 7:30 pm we will be hosting a parent evening to introduce the IB PYP (International Baccalaureate Primary Years Programme) to our school community.

### LOST AND FOUND

We have acquired a great assortment of clothing in our blue lost and found bin. Are you missing a coat, hoodie, maybe a glove or mitten, etc.? Please ask your child(ren) to look through the items to see if anything belongs to them. Items that do not find a home will be donated.



### SPRING PLANT FUNDRAISER 2024

Spring is in the air and it's time to start thinking about plants! This year the Grade 6 class will be running the Spring Plant Fundraiser to raise money for their farewell activities, including a day trip to Calgary. Remaining proceeds will go towards other school activities, field trips, and OLA Hardship fund. We will again be using Growing Smiles as our plant provider. They provide beautiful, high quality plants with over 20 years of experience.

All orders will be placed online through the [OLA Growing Smiles Fundraiser website](#).

ORDERS ARE DUE **Tuesday, April 30.**

Pick-up is scheduled for **Wednesday, May 15.**

Thank you in advance for your support!



### THE INTERNATIONAL BACCALAUREATE: OUR OLA JOURNEY

As we continue our journey with the International Baccalaureate Primary Years Programme (PYP), it is essential to delve into the foundational principles that guide our learning and growth. Central to the PYP framework are the Learner Profiles, which encapsulate the qualities and attributes we aspire to develop in our students.

The PYP Learner Profiles serve as a compass, guiding our students towards becoming compassionate, lifelong learners who are equipped to thrive in a rapidly evolving world. These profiles encompass a range of attributes that nurture the development of well-rounded individuals, empowering them to make meaningful contributions to society.

#### **Understanding Open-Mindedness**

At the heart of the PYP philosophy lies the attribute of being open-minded. But what does it truly mean to be open-minded?

Being open-minded involves having a willingness to consider new ideas, perspectives, and experiences without prejudice or judgment. It entails embracing diversity and valuing the richness that comes from engaging with different cultures, beliefs, and viewpoints. In today's interconnected world, being open-minded is more crucial than ever. It enables our students to navigate the complexities of a globalized society with empathy, respect, and curiosity. By fostering an open-minded attitude, we cultivate a learning environment where creativity flourishes, collaboration thrives, and innovation abounds.

As educators and caregivers, we play a pivotal role in nurturing open-mindedness in our students. By fostering an inclusive and supportive learning environment, encouraging dialogue and critical thinking, and celebrating diversity, we empower our students to embrace open-mindedness as a guiding principle in their lives.



## WEARABLE ELECTRONIC DEVICES

OLA has a common practice regarding cell phones. Student cell phones are to remain in student backpacks throughout the day. Students needing to contact their families are asked to inform their teacher and then may go to the office to make a phone call.

Wearable electronic devices, like Apple Watches, are becoming more popular. They have many of the same capabilities as cell phones including, direct communication, gaming, photos and some may even have video. Given that their use is similar to that of cell phones, the practice around such devices will be the same as cell phones. Students will be asked to leave them in their backpacks throughout the day should they wish to bring them to school.

Due to the value of these item, it is recommended students not bring them to school as we will not be responsible for their safekeeping.

## **BEFORE AND AFTER SCHOOL CARE**

**2024/2025 school year**

**It's a BLAST**



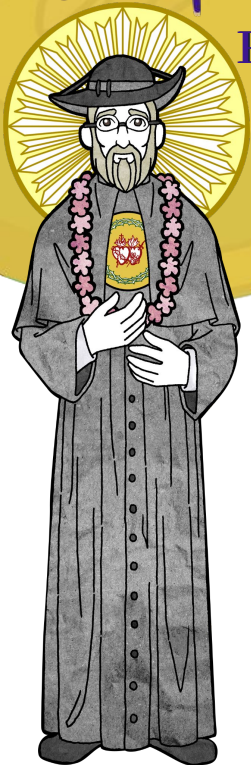
**Lethbridge Community Out of School Association**

It's a BLAST will be accepting registration for before school and after school childcare at OLA on **April 15, 2024**. Program hours are 7:00 am – 6:00 pm. Register at <https://itsablastprogram.com/> or for information call 403-320-3988.

\*If you are at all interested, please make sure to register. If there are not enough registrations this program will not be offered at OLA.

# April Build!

## Pilgrims of Hope



*“He stretched out his hand and touched him, saying, ‘I do choose. Be made clean!’ Immediately his leprosy was cleansed.”*

- Matthew 8:3

### St. Damien of Molokai 1840-1889 (Feast Day: May 10)

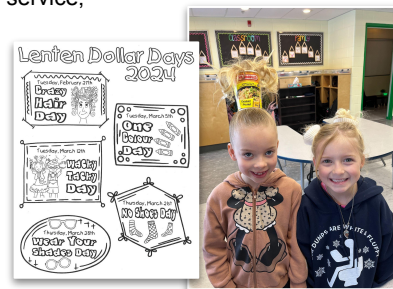
Joseph de Veuser was born into a farming family in Belgium in 1840. His family was very religious; he had an older brother who was also a priest and two sisters who entered religious life. He left school at the age of 13 in order to work on the family farm, but eventually joined the Congregation of the Sacred Hearts of Jesus and Mary at the age of 20. This order was a missionary society that served the Pacific Islands, including Hawaii (which was not a part of the United States at this time). Taking the religious name of Damien, he took the place of his older brother on a mission to Hawaii in 1864.

At this time, Hawaii was struggling with a major health crisis, as newcomers to the islands had brought with them many diseases for which the people had no natural immunity. These included smallpox, cholera, and leprosy. In 1865, the Hawaiian King passed a law which mandated that those with leprosy were to be sent to the island of Molokai. About 8,000 people were eventually sent there over the next five years, but their lives were very challenging there.

It was during this period that Father Damien volunteered to attend to the people who had been sent to Molokai. He worked to build a church, and to improve the state and standard of living for the people there. He saw in each of the people their own human dignity, and served their spiritual needs as well. It was inevitable that by spending so much time in contact with leprosy, that Fr. Damien would also contract the disease. In 1889, after 16 years of service, he died amongst the people for whom he cared so deeply.

### “Building” In Our Schools

At St. Patrick School in Taber, students raised funds during their Lenten Dollar Days. Students donated a dollar to participate in dress-up days, like Crazy Hair Day seen here, with the proceeds going to the Chalice/St. Odilia project.



### Corporal Works of Mercy – Visit the Imprisoned –

Each year on Holy Thursday, as we begin the Triduum, one moving moment in the Mass of the Lord's Supper is where members of the congregation have their feet washed by the parish priest. This recalls Christ washing the feet of his disciples in John 13. In Pope Francis' tenure, he has each year done this as part of celebrating Mass at a local prison. In this, he is demonstrating to them that they are not forgotten, and that they are loved by God. To us, he is showing the importance of visiting those who are imprisoned. People may be imprisoned for many reasons, and without dismissing the suffering caused by those who commit crimes, all people retain their dignity as created in the image and likeness of God.

While it may not always be possible for us to visit actual prisons, we can ensure that we support the prison ministries of our own parishes, to pray for those who are imprisoned, or to write cards or letters that could be sent along to them. We might also stretch our own thinking, and ponder how we can support those who might be imprisoned by isolation, loneliness, fear, anxiety, depression, or hopelessness.

#### Pope's Prayer Intentions - For the Role of Women

Let us pray that the dignity and worth of women be recognized in every culture, and for an end to the discrimination they face in various parts of the world.

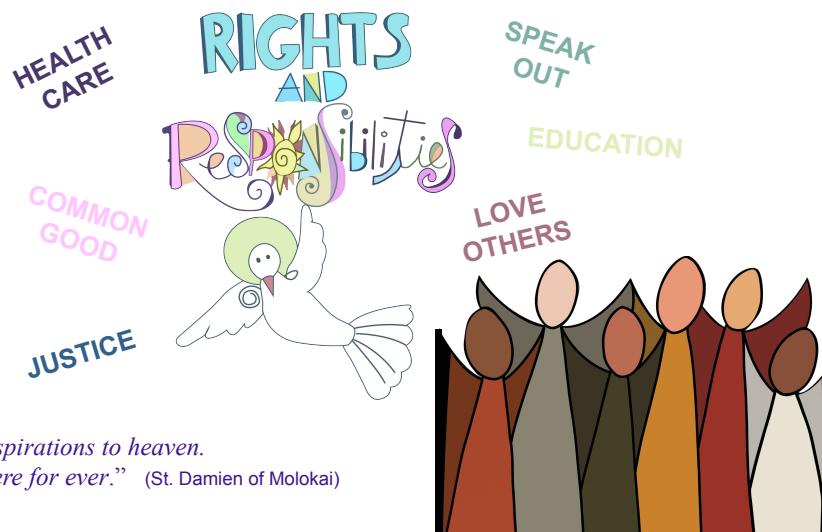
**For more Information:** [Works of Mercy](#)  
[6th Corporal Works of Mercy: Visit the Imprisoned](#)

### Catholic Social Teaching – Rights and Responsibilities –

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.

The Catholic tradition teaches that human dignity can be protected and a healthy community can be achieved only if human rights are protected and responsibilities are met. Therefore, every person has a fundamental right to life and a right to those things required for human decency. Corresponding to these rights are duties and responsibilities--to one another, to our families, and to the larger society.

Learn more by watching this [video](#).



# Gospel Readings

April 7, 2024

2nd Sunday of Easter/Divine Mercy Sunday

## Gospel Reading: John 20:19-31

“Jesus came and stood in their midst and said to them, ‘Peace be with you.’” — John 20:19

Today in the Church we celebrate Divine Mercy Sunday. It is a day to remember that God is constantly pouring out his mercy to us at every moment of our lives. He isn't always happy with some of the choices we make, or the ways we turn away from him. But he keeps showering us with his love, forgiveness, and mercy, all the time. Today's Gospel reminds us of that mercy. Jesus could have been very upset with the apostles for abandoning and denying him. Instead, he gives them peace. He showers them with love and forgiveness...mercy. We are blessed to have a God who loves us so much!

What are some ways we can show mercy to others?



### Prayer:

*Dear Lord, thank you for loving us more than we can ever understand. Please give us the grace we need to live a life worthy of your gift of mercy.*

April 14, 2024

3rd Sunday of Easter

## Gospel Reading: Luke 24:35-48

“Why are you troubled? And why do questions arise in your hearts? Look at my hands and my feet, that it is I myself. Touch me and see, because a ghost does not have flesh and bones as you can see I have.” — Luke 24:38-39

When we feel alone or unable to handle problems, we often rely on our own strength. But Jesus wants us to return to him with all our heart and find the strength we need in HIM. The wounds he shows us in today's gospel remind us that he would do anything to help us. It's hard to let go because we want to be in control and do things our way. Sometimes we must be quiet to hear Jesus answer us and give us the love that will build our trust in him.

Are there times when you've turned to God and found comfort?  
Share these times with your family.

**COMFORT**



### Prayer:

*Dear Lord, sometimes when I am troubled, it is easier to feel sorry for myself and turn to comforts instead of you. Please give me the desire I need to turn to you in those times to receive your great love and compassion.*

Download this month's [Saint Prayer Card](#) - St. Damien of Molokai  
[Saint Prayer Card](#) (black and white version for colouring)



# Gospel Readings

April 21, 2024

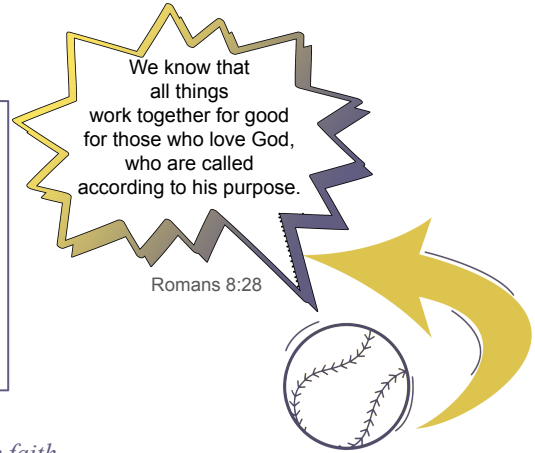
4th Sunday of Easter

## Gospel Reading: John 10:11-18

“He is the stone rejected by you, the builders, which has become the cornerstone.” — Acts 4:11

Life has a way of throwing us many curve balls. We think one thing is going to happen, and in the next moment it has gone exactly the opposite way. When we walk with the Lord these things can happen, too. Things look one way on the surface, but underneath God’s plan is bigger than what our own eyes can see. He often takes bad things and makes good out of them, if we allow him to. Jesus was a great example of this. His life looked like a failure. He came to spread love and forgiveness and was killed for it. But his death and resurrection became the foundation of the Church we are a part of over 2000 years later. Our God is amazing!

Can you remember a time when something seemed to turn out wrong, but later you realized that God’s plan was even better than what you had in mind?



### Prayer:

*Lord, thank you for always having the “big picture,” beyond what our eyes can see. Give us the faith to always trust in your plan for our lives.*

April 28, 2024

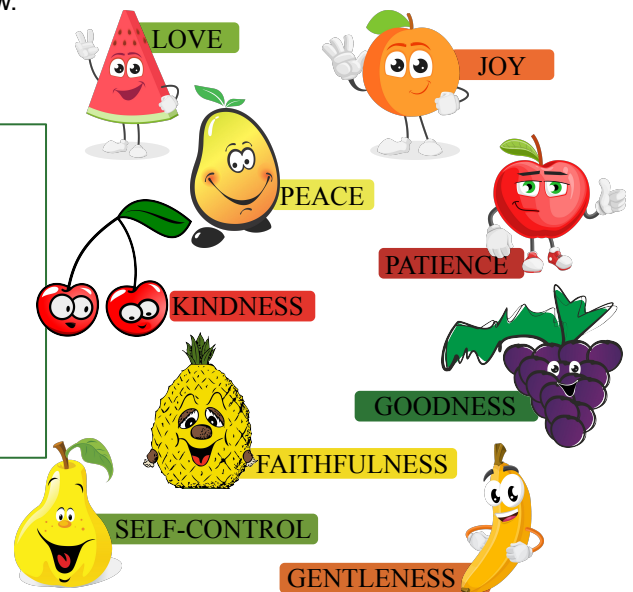
5th Sunday of Easter

## Gospel Reading: John 15:1-8

“By this is my Father glorified, that you bear much fruit and become my disciples.” — John 15:8

Grapes grew all over Israel, so the people around Jesus knew all about grapevines. But for us, it may need a little explanation. When Jesus calls himself a vine, he is telling us that we are connected to him. Sometimes, vines need to be pruned so they will bear fruit. In the same way, Jesus needs to help us so we will grow and be able to produce more fruit. The kinds of “Holy Spirit” fruit Jesus helps us grow include love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. Jesus shows us through our parents and teachers how to stay close to him and grow.

Pick one of the “Holy Spirit” fruits in the list above to work on this week. How can you grow some of that kind of fruit?



### Prayer:

*Lord, help me grow in the knowledge of how to live, so I can be filled with more love, joy, and peace. Help me to accept the guidance you give me.*

### Sources:

[Saint Damien of Molokai](#)  
[Stories of Saints : Leper Priest |](#)  
[St. Damien of Molokai](#)  
[St. Damien of Molokai | Catholic Saints \(FORMED\)](#)

[The Fruit of the Spirit Poster \(Children\)](#)  
[The Fruit of the Spirit Poster](#)  
[Growing Up Catholic Mass Transit Cards 2023-2024](#)

**JOIN US FOR A  
PARISH FAMILY AND CHILDREN**

# **EASTER EGG HUNT**

● **CHERISH MOMENTS WITH CHRIST, FAMILY, AND HONOURING MEMORIES IN FAITH.** ●

**Happy**

**Easter**

**EASTER SUNDAY**

**3:00 PM**

**Assumption Hall,  
2405 12 Ave S**

**BRING YOUR OWN BASKET OR BAG**

**Brought to you by Cornerstone Funeral Home,  
and the Knights of Columbus.**



CANADIAN TRANSPLANT ASSOCIATION

# GREEN SHIRT DAY

OTSSKOI SOOKASIM MIIKSISTIKOO

APRIL 7

HUMBOLDT STRONG



#LoganBouletEffect



REGISTER • TELL YOUR FAMILY • BE INSPIRED



Canada's Organ and Tissue Donation Community

Come out & join the Boulet Family for the annual FREE  
**GREEN SHIRT DAY**  
**FAMILY SKATE**

April 7th 1-3pm | Cavendish Farms Arena



(I)SWAG Presents

Ft. Allie and Lisa from True  
Balance Counselling

# Emotional Regulation

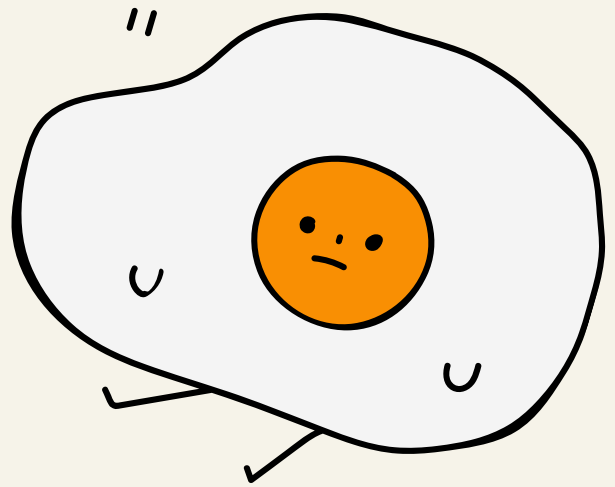
How to help our kids when they have big feelings

APRIL 18TH, 2024 @ THE ESSIES BALLROOM

5:30PM-8:00AM

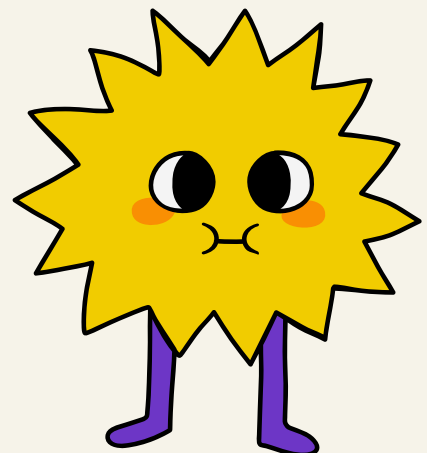
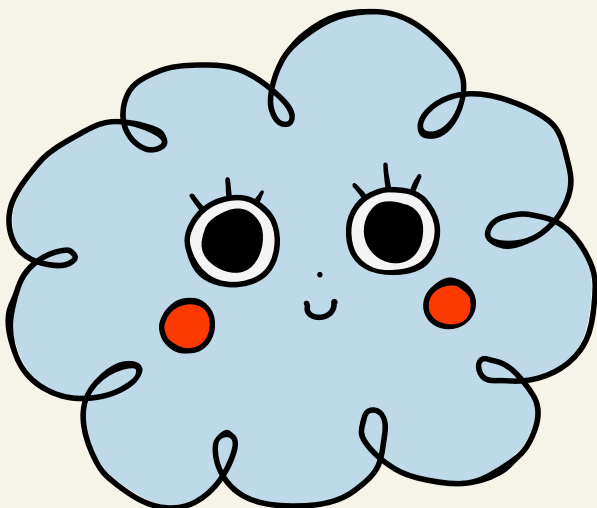
Sandman Signature, 320 Scenic  
Drive S, Lethbridge ab

Join us as we enjoy a complimentary  
dinner while learning from the  
Registered Psychologists from True  
Balance Counselling about Kids and  
their Big Feelings.



Please RSVP at:

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





**Emily Williston**

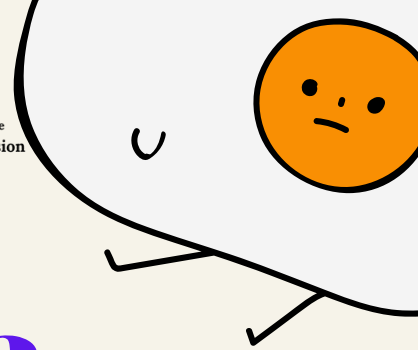


**SWAG**  
Student Wellness Access Guide  
Holy Spirit Catholic School Division  
williston@holyspirit.ab.ca  
(403)308-2445

**Billy Woitte**



**ISWAG**  
Indigenous Student Wellness Access Guide  
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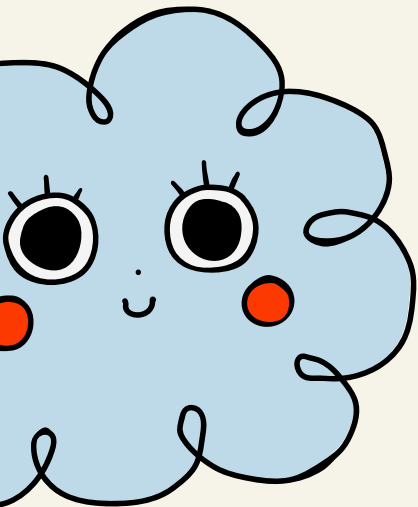


# Allie & Lisa

## True Balance Counselling

Lisa is a genuine, empathetic, and caring therapist who places a high value on building a strong therapeutic relationship with her clients. She strives to create a safe, supportive, and non-judgemental space where individuals can freely discuss their concerns..

Allie is a Registered Psychologist who values creating a warm and welcoming environment. She is passionate about working collaboratively with children, youth, and adults, to assist them in achieving their goals



This is a FREE event that is open to all parents, guardians, and caregivers

Please RSVP at:

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

