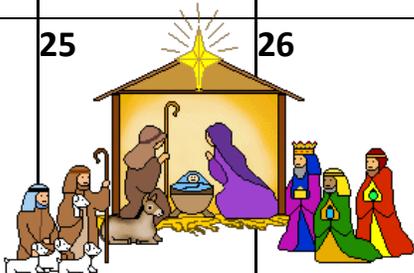




DECEMBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 1 st Advent Liturgy Hosted by 5/6R 9:40 am	3	4	5 Christmas plant pick up 	6 1D & 2/3M 9:00 am Mass Assumption Church	7 St Nicholas Day Parish Hall 12:00 pm
8 	9 2 nd Advent Liturgy Hosted by 3T 10:55 am	10	11	12 End of sock drive 12:05 – Advent Mass Assumption Church Hosted by 5B Christmas Event 6:00 – 8:00 pm	13	14
15 	16 3 rd Advent Liturgy Hosted by 4C 12:30 pm	17 Turkey Dinner 12:30 pm  	18 Holy Spirit Board Meeting 6:00 pm	19	20 No ELP 5B & 5/6R 9:00 am Mass Christmas sweater or RED/GREEN day Staff Student lunch	21
22 	23	24	25 	26	27	28
29	30	31	<div style="border: 2px solid red; padding: 10px; display: inline-block;"> CHRISTMAS BREAK December 23 – January 7 </div>			



DECEMBER 2019

Mission Statement

*To enrich each mind,
body, and spirit in a
Christ-centered
environment*

Vision Statement

*A safe and caring,
Christ-centered
community of hope and
learning*

2219 – 14 Ave. S.
Lethbridge, Alberta
T1K 0V6
Ph: 403-327-5028
Fax: 403-380-6748

Email:

kobzad@holyspirit.ab.ca



Mrs. Kobza's Blog:
kobzad.com



To receive text
messages
Text 'Y' or 'Yes'
To 978338

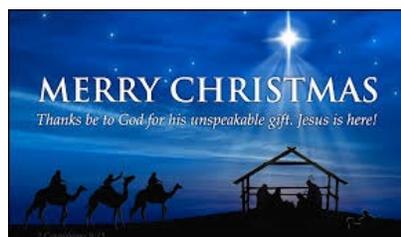
Mary is an important person in the Advent season. She was open to and mindful of God's presence. Through our book study of *Walking with Mary* by Edward Sri, we have come to better understand her open heart. When the angel Gabriel greets Mary to tell her that she is going to be the mother of Jesus, he says, "Hail, full of grace, the Lord is with you!" (Luke 1:28). No one in the history of the Bible has ever been addressed like this before. "Hail" is more than a simple hello. It means rejoice! Gabriel does not call her Mary; instead he says "full of Grace". This is Mary's new title or name which reveals the mission that God is entrusting to her. Finally, Gabriel assures her "the Lord is with you". These words have been used throughout the Bible as God's greeting to people he calls and it lets them know He will be there to guide, strengthen and protect them.



Our challenge for our students and our school community this month is to mimic this by rejoicing and greeting people they come across in the halls. We want them to **Hail** one another and rejoice by looking at the person. Mary was given a new name as **Full of Grace** and we want our students to smile and say the person's name if they know it. Finally, **the Lord is with You** is a reminder that God is always there with us so we smile and say hello to the person. We acknowledge the presence of God by responding with a smile and a greeting to the person. We are challenging our students to try to be the first person to say hello. Parents, we welcome you to join in our challenge when you are in the building. Good luck in Acting Like Mary by opening our hearts to God's will and presence within each of us.

The Advent Sock Drive kicked off on Crazy Sock day on November 28. Socks that are collected will go to support Harbour House, Salvation Army, Homeless Shelter and Woods Homes. Last year we brought in 1,977 pairs of socks and hopefully we can surpass that effort this year. The final day to bring in socks is December 12 which is when we have our Advent Mass at the Church followed by our Christmas Event. This year we are having a Snowball dance at the school. The dance will feature hot chocolate and cookies, a family photo booth, a quiet coloring area, and numeracy and literacy dice and card games that you can learn and play with your family over the holidays. I will be sharing our family Christmas favorite card game, 7 Up, that my children started playing when they were around 5 and that we still play every year at Christmas. The cake walk is back by popular demand, but will only run from 6pm – 7pm. To stick to the hour time limit, we will be giving away multiple cakes for each round. The cost of entry is 1\$ which will go to cover the expenses for the evening and any leftover funds will be donated to the sock drive. Thank you to a parent for a generous donation of hot chocolate for the evening! We are gratefully accepting donations of cakes for the evening. I look forward to seeing you at our Christmas dance on the 12th.

Merry Christmas and a Happy New Year!



Denise Kobza

MAKING OUR MARK: JOURNEY OF AN INTENTIONAL DISCIPLE



We are in the first year of our Making Our Mark: Journey of an Intentional Disciple three-year plan. The theme for year 1 is Beginning the Journey and the calls to action are being mindful of God's presence in our lives and being prayerful each and every day. For the month of December students will be challenged to ACT LIKE MARY by rejoicing when they see people. This is an amazing way to share our mindfulness of God's presence in our lives and saying thank you through our actions. Another way to be mindful during this advent season is to spend

some time as a family and reflect on our school saint Mary and the season of Advent. Here are some videos that can inspire and guide your conversation with your children.

Advent in Two Minutes

This video shares what makes Advent special and reminds us of what is really important during the season leading up to Christmas.

<https://www.youtube.com/watch?v=S02KOIw7dIA>

Mary in Two Minutes

This video shares the significance of Mary to the Catholic faith. This short video does a wonderful job of highlighting why Mary is so important to us as Catholics.

<https://www.youtube.com/watch?v=j7AQGyqtOK0>

Important dates this month are:

- 1 - 1st Sunday of Advent
- 8 - The Immaculate Conception of the Blessed Virgin Mary
- 25 - The Nativity of the Lord

May God bless you all during this advent season

Mr. New

ADVENT

Please join us for our Advent Celebrations:

- Monday, Dec 2 at 9:40 am hosted by 5/6R
- Monday, Dec 9 at 10:55 am hosted by 3T
- Thursday, Dec 12 at 12:05 Advent Mass at Assumption Church hosted by 5B
- Monday, Dec 16 at 12:30 pm hosted by 4C



SOCK IT TO 'EM

The Caretakers & maintenance staff in Lethbridge and area schools are collecting NEW SOCKS to be donated to local charities for Christmas. Please join them and make someone's Christmas a little bit warmer! Please drop your donation off at the school by Dec. 12.

CHRISTMAS FAMILY NIGHT AND DANCE

On Thursday, Dec. 12 we will be hosting a family night and dance for the whole family to enjoy. There will be a cake walk, colouring, treats, card games, photo booth and we will finish off with a dance. Please come out on Thursday, December 12th from 6pm-8pm.

CAKE WALK

We will be once again hosting a cake walk during the Family Night. Anyone interested in donating a cake for this event can drop it off at the office.

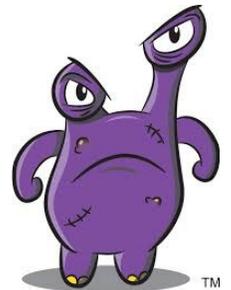
TURKEY DINNER

We are happy to announce that we will once again be having another Turkey Dinner for students! Students will receive a free turkey dinner on Tuesday, December 17 at 12:30 pm. The meal will consist of turkey, roasted potatoes, gravy, vegetable, stuffing, buns and mini cupcakes for dessert. Any parents or grandparents who are willing to help with serving the meal, please contact us at 402-327-5028. This is a great opportunity to come together as a community.

COUNSELLOR'S CORNER

Hi everyone! Your school counsellor here, popping in to provide a little monthly counselling topic; this month – the W.A.F Monster! The W.A.F Monster stands for Worries, Anxieties, and Fears! This little guy grows and shrinks in size depending on what is going on in your life, but the good news is we can do many things to shrink it down to a manageable size! FIRST! Characterize it – chat with someone you love about what he or she looks like, what colour, shape, texture, maybe even smell he or she might have. This allows the worries, anxieties, and fears to be expressed as separate and out of your body, where it likes to live and grow, making you feel yucky! *TIP* draw or doodle this little guy so you can have a good picture of it when you do the next steps...

SECOND! Now that you have a W.A.F monster characterized, you can do what is called 'thought stopping' which is where you can tell the monster to "STOP" and that the "things you are telling me aren't true" – this interrupts the W.A.F cycle from snowballing! THIRD! Practice telling the W.A.F Monster "You're not in charge of me" and ask someone you love to help you create a few statements to say to the W.A.F Monster when it is trying to bother you! This also allows you to talk to it and tell it to bug off because you don't like how it makes you feel!



<https://www.itsjustafeeling.co.uk/get-to-know-your-fear-monster>

LOST AND FOUND

Our blue lost and found bin is located at the bottom of the stairs near the east entrance to the school. We are already getting quite a collection of items! If your child is missing any clothes, outerwear, shoes, or lunch kit, please have them check out the box. Please remember to label all your child's belongings with both their first and last names so that items can be returned if they are misplaced. Many students have the same boots, so labelling these items will cause less confusion. We also strongly urge that children take home all their winter outerwear for use over the Christmas break.



CHRISTMAS PLANT DELIVERY

Thank you to all the families that supported the Christmas Plant fundraiser. The plants will be delivered on Dec 4 and we are looking for a few volunteers to help with organizing the plants for pick up. If you are able to help out in the afternoon, please call the office at 403-327-5028. For those picking up plants, they will be available after school on Wednesday Dec. 4 and all day of Thursday, Dec. 5. Please make arrangement to have your plants picked up promptly. Thank you.

COMMUNICATION

If you have signed up to receive text messages you would have received a message regarding the cancellation of parent teacher interviews and the change in hours or the Scholastic Book Fair. This is a great way to receive instant information. Please consider signing up!



**HAVE YOU OPTED-IN
TO RECEIVE
TEXT MESSAGES
FROM US?**

Just send "Y" or "Yes" to 978338



SCHOOL COUNCIL NEWS

Thank-you to everyone who attended the November School Council Meeting. There will be no School Council meeting in December. Meetings will resume in January. We would like to wish everyone a Merry Christmas and Happy New Year!! Enjoy the holiday season. Please feel free to contact me with any questions, concerns or input for future meetings.

michelle.dormer@hotmail.ca

PARENT FUNDRAISING COMMITTEE (PRFC)

After thoughtful consideration we have decided to dissolve the Parent Fundraising Committee. First and foremost, we did not have enough members to continue running the PRFC. Secondly, the feedback we received from the parent survey was overwhelmingly in favour of dissolving the committee. Going forward the school will be in charge of all fundraising responsibilities.

I want to send out a heartfelt thank-you to everyone who has volunteered and supported the Parent Fundraising Committee in past years. The time, effort and dedication to the PRFC is much appreciated and helped provide the students with so many wonderful opportunities.

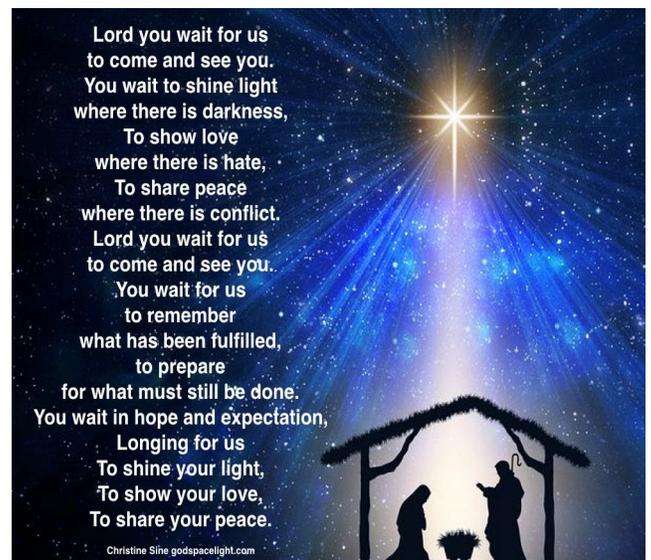
Sincerely,

Michelle Dormer

Please feel free to contact me with any questions or concerns.

michelle.dormer@hotmail.ca

AN ADVENT PRAYER



ADVENT 2019



Mother Mary, mother of "all"
You carried my saviour in your immaculate womb,
you also carried Him in your heart, as you answered
His call
even when it pained you so as they laid him in the
tomb.

Pray for me, this Advent and every advent of my life
teach me, show me how to surrender myself to the
will of the Father,
let me be an imitation of you, disciple, mother and
wife,
as your yes to God resounded in me and grows
stronger.

Your yes to all that God asked of you
your embracing fully His divine will.
Shows me how I may imitate and be true
show me that deeper union still,
with you and your divine Son
until the day God's kingdom come.



Christmas Mass Times

Monday, December 24

6:00 pm at Assumption & St. Basil's

9:00 pm at Assumption & St. Basil's

Midnight at Assumption & St. Basil's

Tuesday, December 25

9:00 am at Assumption

11:00 am at St. Basil's

Christmas Day Masses include a
blessing of Christmas toys.



Eucharistic Adoration



Seeking peace and quiet during the
hustle and bustle of Advent?

Eucharistic Adoration is a good
way to prepare for Christ's birth.

Every Friday in Advent we will
have 12 Hour Eucharistic
Adoration at Assumption.

Adoration will begin after the 9:00 a.m. Mass and will
close with Benediction at 9:00 p.m.

**Reconciliation will be available during
Adoration from 10:00 a.m. until noon.**

New Years Mass Times

The Solemnity of Mary, the Holy Mother of God

Holy Day of Obligation

Tuesday, December 31

7:00 pm at St. Basil's

Wednesday, January 1

9:00 am at Assumption

12:05 pm at St. Basil's



Healing Mass

Saturday, December 14
10:00 a.m.
St. Basil's Church
Lunch will follow in the hall

Our Lady of Guadalupe



Thursday, December 12
7:00 p.m.
St. Basil's Church

Polish Mass

Sunday, December 8
Reconciliation starts at 1:00 p.m.
Mass to follow
St. Basil's Church

Croatian Mass

Sunday, December 22
Confessions at 3:30 p.m.
Mass at 5:00 p.m.
St. Basil's Church

School Advent Masses

Masses will be at the school unless otherwise stated.

Dec. 4, 9:00am
St. Francis Jr. High

Dec. 5, 9:00am
St. Teresa of Calcutta School

Dec. 11, 9:00am
Ecole St. Mary

Dec. 12, 12:05pm
Assumption School
will join parish Mass

Dec. 18, 9:30am
Catholic Central High

Dec. 19, 9:00am
St. Paul School

Parent and grandparents are welcome to join the elementary school Masses.



St. Nicholas Family Party

Saturday, December 7, noon to 3:30 p.m. at Assumption hall.
Sponsored by the Knights of Columbus Councils 1490 & 5726.

Candlelight Christmas (a concert)

Wednesday, December 18, 7:00 pm at St. Basil's. Featuring a children's choir made up of students in Grades 2 & 3, and a seniors choir. There will be a freewill offering with proceeds going to the Interfaith Food Bank.

Christian Handicrafts from the Holy Land

December 14 & 15 after all Masses. Many Christians of the Holy Land earn a living by making items out of olive wood. This is an opportunity to have a piece of the Holy Land in your home or to give one as a gift and support our fellow Christians.

Penitential Services

Wednesday, Dec. 4
7:00pm St. Augustine, Taber

Friday, Dec. 6
7:00pm St. Peter, Milk River

Saturday, Dec. 7
10:00am All Saints @ Assumption

Wednesday, Dec. 11
7:00pm St. Martha's

Wednesday, Dec. 18
7:00pm St. Ambrose, Coaldale

Thursday, Dec. 19
7:00pm St. Catherine, Picture Butte

Friday, Dec. 20
7:00pm St. Joseph, Vauxhall



Reconciliation

Saturday 3:30 - 4:30 pm at Assumption
Sunday 4:30 - 5:30 pm at Assumption
Tuesday 6:00 - 6:30 pm at St. Basil's
Thursday 11:00 - 11:30 am at Assumption

Throughout Advent we will also have reconciliation during Eucharistic Adoration at Assumption church from 10:00 a.m. until noon.

LETHBRIDGE CATHOLIC YOUTH MINSITRY PRESENTS



IDENTITY

Womens Retreat

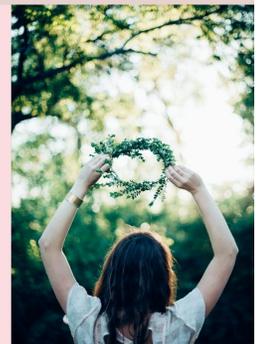
GRADES 10-12

WOMEN LET'S COME TOGETHER AND DELIGHT IN EACH OTHER, INSTEAD OF COMPETING. COME EXPERIENCE TRUE SISTERHOOD, FEMININITY, STRENGTH, AND AUTHORITY AS WE DIVE DEEPER INTO OUR TRUE IDENTITIES AS DAUGHTERS OF GOD.

Register Now
16 spots available



JAN 3RD FROM 6:00PM - JAN 5TH AT 1:30PM
@ MARTHA RETREAT CENTRE



Healthy Children

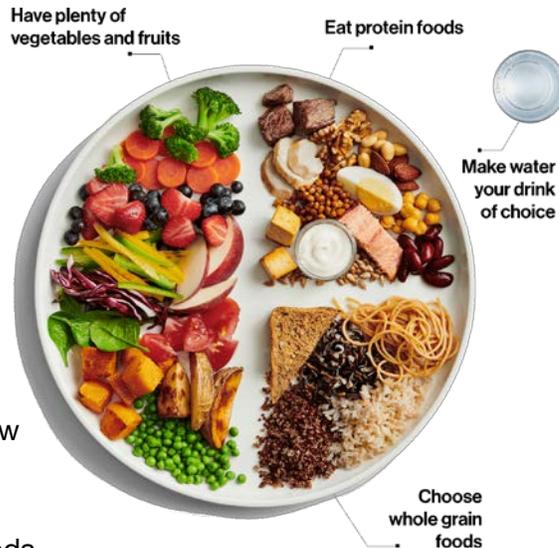
December 2019 Parent Newsletter

Canada's Food Guide 2019

Canada's Food Guide was released in January of 2019. Instead of only focusing on food choices, the new food guide also talks about where, when, why and how to eat. The areas where you live, learn and play can affect the food choices you make.

The key messages of the new food guide:

- Eat a variety of healthy foods each day.
- Have plenty of vegetables and fruits, including fresh, frozen and canned.
- Eat protein foods, and choose plant based proteins more often (e.g., beans, peas, lentils, nuts). Dairy and meat no longer have their own food groups, as they are both a source of protein. Choose lean meats and lower fat milk, yogurt, or cheese products.
- Choose whole grain foods such as oats, brown rice, whole grain bread, pasta and cereals.
- Include healthy fats in your diet daily.
- Make water the drink of choice. Low fat milk and unsweetened soy beverages are also healthy choices to meet calcium, vitamin D, protein and fluid needs.



- Read food labels, be mindful of eating habits, cook more often, enjoy your food and eat meals with others.

Visit [Healthy Eating for Parents and Children](#) to learn more about how to create a positive eating environment for your child. Parents play a role in shaping a child's eating habits and behaviors towards food. Kids are more likely to eat and choose healthy foods if the rest of the family is making healthy choices. Parents have the responsibility to decide when and what foods will be offered but it is up to the child to decide if and how much to eat.

➤ For more information on **Canada's Food Guide, food choices, eating habits, recipes and tips**, visit <https://food-guide.canada.ca>

Articles

Canada's Food Guide 2019

Electronic Cigarettes

In Alberta, Alberta Health Care covers the cost of eye exams by a Doctor of Optometry for all children until they turn 19. Many vision and eye health conditions have no symptoms and can only be detected through an eye exam. For more information about childhood eye examinations and to find an optometrist in your area, please visit www.optometrists.ab.ca



Electronic Cigarettes

What are electronic cigarettes?

Electronic cigarettes, also known as e-cigarettes, vape pens, vapes, mods, tanks and e-hookahs, are battery-operated devices that have cartridges with liquid chemicals in them. These liquid mixtures are commonly known as e-liquid, or e-juice. The e-liquid is heated by the device to turn it into a vapour which is then inhaled. This is called vaping.

What do electronic cigarettes look like?

Many electronic cigarettes look like regular cigarettes, and come in reusable and disposable varieties. However, some of the newer generation devices look like USB sticks, sharpies, car fobs, remote controls, and smartphones, and have become popular with teens because they are easy to conceal.

What is in e-liquid?

It is hard to know what is in e-liquid because currently there are no labelling requirements. Health Canada is working on this. Common contents can include glycerol, glycol, propylene, and flavour additives. You can also get e-liquids with or without nicotine. Unfortunately studies have shown that teens are often unaware that e-liquids may



contain nicotine. Many flavoured e-liquids are enticing to young people (e.g., chocolate or cotton candy) and may give the appearance that vaping is less risky or harmful.

Are e-cigarettes safe?

E-cigarettes are not harmless. Vaping can increase your exposure to potential cancer-causing chemicals. Recent studies have shown links between the chemicals in electronic cigarettes and heart and respiratory disease. In addition, heating of the e-liquid can create new chemicals such as formaldehyde and extract metal contaminants from the device itself. Nicotine use can alter teen brain development, lead to nicotine addiction, and

increase the risk of smoking commercial tobacco cigarettes. It is also of note, that the flavour additives, while approved for consumption, have not been tested for safety of inhalation. The long-term consequences of using electronic cigarettes are unknown and continue to be studied.

Alberta Health Services recommends talking to your children about e-cigarettes and other tobacco-like products about the harm they can cause to their health and those around them.