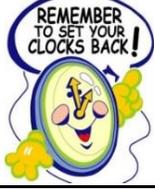


# November



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Bus students: Please purchase your November bus pass</p> 					<p>1</p>  <p>All Saints Day</p>	<p>2</p>  <p>All Souls Day</p>
<p>3 Catholic Education Sunday</p> 	<p>4 Bus Safety 9:00am</p>	<p>5 Volleyball practice 3:30 – 4:30</p> <p>Clothing orders due</p>	<p>6 Picture Retakes</p>  <p>Christmas plant fundraiser begins</p>	<p>7 Sleeping Beauty Opera - 1:45</p> <p>Volleyball practice 3:30 – 4:30</p>	<p>8 Remembrance Day Liturgy 11:00am</p> <p>Volleyball game @ St Paul's 2:00</p>	<p>9</p>
<p>10</p>	<p>11 No School</p>  <p>REMEMBRANCE DAY <i>Left We Forget</i></p>	<p>12 Divisional PD Day</p>  <p>All hamburger orders due</p>	<p>13 Volleyball game @ St Teresa of Calcutta 4:00 pm</p> <p>School council meeting 6:30 pm</p> 	<p>14 Volleyball practice 3:30 – 4:30</p>	<p>15 Kindergarten field trip to Galt Museum 9:20 – 10:35</p> <p>Volleyball wind up TBA</p>	<p>16</p>
<p>17</p>	<p>18 Collaborative Day No School</p> 	<p>19</p>	<p>20 DQ hot lunch</p> 	<p>21 Christmas plant orders due</p> 	<p>22 Mass at Assumption Church 9:00am</p> <p>Report Cards issued</p> 	<p>23</p>
<p>24</p>	<p>25</p>	<p>26 Pasta Lunch (please send a fork)</p> 	<p>27 Gr 2 retreat Assumption Church 9:00 – 2:00</p> <p>Book Fair 3:30 – 4:30 pm</p> <p>Holy Spirit Board Meeting 6:00 pm</p>	<p>28 Crazy Sock Day Book Fair 3:30 – 7:30</p>  <p>Parent Teacher Interviews 5:00 – 8:00 pm</p>	<p>29</p>	<p>30</p>

## NOVEMBER 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



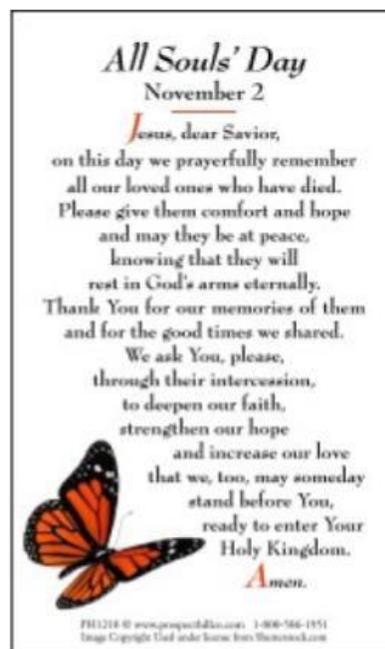
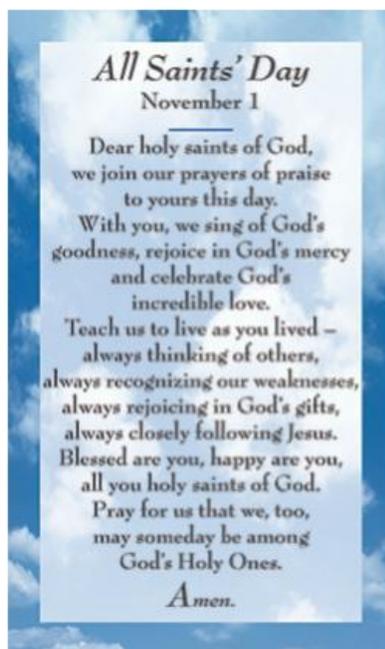
Mrs. Kobza's Blog:  
[kobzad.com](http://kobzad.com)



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

November is a month that is associated with remembrance and memories. According to the Cambridge Dictionary, remembrance is the act of remembering and showing respect for someone who has died or an event. It is also a memory of something that has happened in the past.

As we move into November we have three celebrations that take place right away. On the first is the Solemnity of [All Saints Day](#). It is celebrated by Catholics all around the world and connects us to the communion of saints. We look to the Saints, we celebrate their lives and ask them to pray for us. Mary, also known as St. Mary the Virgin, is our patron Saint and on this day we can ask for her help in bringing our prayers to God. The next day, the second, is [All Souls Day](#) where we remember all those who have died but may not yet be in heaven. We pray for them and ask God to take them to heaven. On that day please take a moment and say a prayer in memory of a friend or loved one or say the prayers on the prayer cards below.



On November 3<sup>rd</sup>, we celebrate Catholic Education Sunday in Alberta. The theme from our Bishops this year is to be "United in Prayer and Grateful for Catholic Schools". It is a reminder for us to celebrate Catholic Schools in the province and to be grateful for the gift of publicly funded Catholic education. Archbishop Smith, on behalf of all Alberta Bishops has shared a short, three-minute video message regarding Catholic Education Sunday. Please click on the [Video Link](#) to view the message.

On [November 11<sup>th</sup>](#) we remember our veterans from the First World War, the Second World War, and the Korean War who sacrificed for us so we could enjoy our freedoms and live in peace. To honour these men and women, we wear poppies as a symbol of remembrance and freedom. As we pause in our minute of remembrance on the 11<sup>th</sup> day of the 11<sup>th</sup> hour of the 11<sup>th</sup> month, let us not forget to pray for the men and women who have served, those who have died in service and those who are currently serving in our armed forces. Please come join us for our Remembrance Day Celebration on the 8<sup>th</sup> at 11:00 in the gym.

Sometimes our lives can become so busy that we do not take the time to think about those who have gone before us. Take some time on the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 11<sup>th</sup> to pray, reflect and remember.

*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. We will be focusing on how we can acknowledge God's blessings in our lives, and growing in our prayer journey. For the month of November our focus will be on acknowledging those around us and the blessings they bring to our days by saying Thank You. This action is a powerful way of inspiring others that have inspired you.

Important dates this month are:

- 1 – All Saints Day
- 2 – All Souls Day
- 3 – Catholic Education Sunday
- 11 – Remembrance Day
- 25 – Feast of St. Catherine

Please pray for all family members who have passed away on All Souls Day (Nov. 2).

May God bless you all.  
Mr. New

## WELCOME



Hello Parents of OLA! My name is Leanna Santangelo, and I am the school's new Family School Liaison Counsellor. I am incredibly excited to begin working with your children individually, and within their classrooms addressing social/emotional concerns that may be present or appear during this school year.

I previously worked as an educational assistant, and I am now a recent Masters of Counselling graduate from the University of Lethbridge, working towards registering as a Psychologist! I look forward to connecting with everyone.

## REPORT CARDS

The first reporting period for the 2019 – 2020 school year will end on November 22, 2019. Your children will be bringing home their report cards that day.

## PARENT-TEACHER-STUDENT INTERVIEWS

Our parent-teacher-student interviews will take place the evening of Thursday, November 28 from 5:00 to 8:00 pm. To book an appointment time, please either phone or stop by the office. Office hours are 8:00 am to 4:00 pm Monday through Thursday and 8:00 am to 2:30 pm on Friday. You may also email us at [ellertk@holyspirit.ab.ca](mailto:ellertk@holyspirit.ab.ca) with your request for date and time.



## DQ HOT LUNCH

Our next hot lunch will be from Dairy Queen on Wednesday, Nov 20. You can order a hamburger or cheeseburger at a cost of \$3.50 per burger. Burgers will be plain with mustard or ketchup added at the school. All orders must be placed online at SchoolCash Online by Tuesday, Nov. 12, 2019. No late orders will be accepted.

## PICTURE RETAKES

Picture retakes are scheduled for Wednesday, November 6. If your child was absent or you are not satisfied with your pictures, please return the proof package and new pictures will be taken. This 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.

## SCHOLASTIC BOOK FAIR

Scholastic Book Fair is coming to our school! What a better way to promote reading to our students than by supporting this important literary event. We invite your entire family to participate by purchasing the latest and greatest in children's books. Did you know that for every \$10 you spend at the Fair, up to \$6 comes directly back to our school? Your support of this event is vital in helping us obtain new books and resources for our school library and classrooms.

You'll find hundreds of quality books at our Book Fair with a wide assortment for all reading levels. Watch for a Book Fair Flyer that provides a preview of only a FEW of the many books available to purchase at our Fair. The flyer also contains a special Family Event Draw ballot that parents can deposit during our Event. You could win \$50 in books - \$25 for your family PLUS \$25 for your child's classroom.

Don't forget to mark the Book Fair dates on your calendar! We look forward to seeing you during our Scholastic Book Fair and thank you, in advance, for supporting this great literary fundraiser. Mostly, thank you for believing in books and the importance of reading has on your child's future.

Book Fair Dates: Wednesday, November 27, 3:30 - 4:30 p.m.  
Thursday, November 28, 3:30 - 7:30 p.m.

Location: Library

## CRAZY SOCK DAY

On Thursday, November 28, students are invited to wear CRAZY socks to help kick off our annual sock drive.



From November 28 to December 13 we will be collecting NEW SOCKS to be donated to 4 local charities: The Salvation Army, YMCA-Harbor House, Woods Homes (Teen Shelter) and the Lethbridge Homeless Shelter. Will you help with a donation of socks or a gift of money so that we can buy socks? We need socks for men, women, and children. Please help make someone's Christmas a little bit warmer! Please drop off your donation at the office, with Mrs. Brooks or Mrs. miles.

## ATB JR.

Have you heard about the Junior ATB Program at Our Lady of the Assumption School? This is our fifth year having a student-run bank within the walls of the school. All of the bank staff are grade 4-6 students, and they make real decisions on how to run the business.

The objective of the Junior ATB Program is to teach students about saving money for specific goals, and to teach students some essential life skills, such as filling out a job application, preparing for a job interview, being trustworthy, being a confident public speaker, and being responsible, all while having fun!

In October, staff members from ATB came to our school and talked to our grade 4-6 students about applying for jobs for the bank. Applications were sent home and can be returned to Mrs. Roth at the school or they can be dropped off at the ATB Paramount Branch location, 727 4th Ave. S. Lethbridge AB. If your child is interested in applying for one of the bank positions and still needs an application form, please see Mrs. Roth. **The deadline for students to apply is November 4, 2019.**

Group interviews for the positions that we are looking to fill for our Junior ATB school bank will be held on November 19th, 20th and 26th, during the first nutrition break. Keep an eye on our Junior ATB bulletin board, located right outside of the music room for more details on interviews and times.

Our team is excited to work with students this year and we have some big plans for a fun Junior ATB at Our Lady of the Assumption 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 comes to school dressed for the weather. Please label all items as many students have the same pair of black boots. Here are some tips for cold weather:

Dress in layers:

- Base layer: closest to your skin, fits snugly and helps wick moisture away. Look for wool or polyester fabrics.
- Mid layer: the insulating layer that keeps you warm. Stick to wool or fleece.
- Outer layer: protects you from the elements like wind, rain and snow. This layer should be waterproof with enough room for layers underneath.



## POLAR BEAR CLUB

All students are expected to be outside for all recesses, including before school. When the temperature falls below -15 we will have an indoor recess (green dot day). However, there are days when the sun is shining but the temperature is still below -15. For those students who would like to play outside on these colder days, they can sign up to be part of the Polar Bear Club. 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.** Permission forms have been sent home for those interested.



## SCHOOL COUNCIL NEWS

Thank-you to everyone who attended the October School Council Meeting. The next meeting will take place on Wednesday, November 13th @ 6:30pm. Everyone is welcome to attend and free babysitting will be provided in the ELP room.

Unfortunately, due to a conflict of interest the person who volunteered for the secretary position is not able to help out. We are looking for a new volunteer to fill this role. If you would like to become the secretary, please join us for the November meeting. Please feel free to contact me with any questions, concerns or input for future meetings.

[michelle.dormer@hotmail.ca](mailto:michelle.dormer@hotmail.ca)

## PARENT FUNDRAISING COMMITTEE NEWS

We are still in need of a secretary and treasurer for the PRFC. These positions need to be filled in order for the committee to run effectively. If you are able to help out please come to the next meeting which will be held on November 13, 2019 directly following the School Council Meeting. Please feel free to contact me with any questions, concerns or input for future meetings.

[michelle.dormer@hotmail.ca](mailto:michelle.dormer@hotmail.ca)

Lord, You sent Your Son to lead us into the peace of Your Kingdom. Look with kindness on all who have served the cause of peace in our armed forces. Send Your comfort and healing to their families, and to all who suffer due to war and conflict. May Your Son's Gospel message of peace burn ever more brightly in our hearts, our words and our actions, and lead all to fullness of life in You. We make this prayer to you through this same Jesus Christ, our Lord. Amen.

Source: <http://thehighwayseducation.com/club.edu.on.ca/wp-content/uploads/2015/10/06/RemembranceDayPrayer.doc.pdf>

[Return to calendar](#)

Visit Lethbridge Public Library, Main or The Crossings Branch to borrow a Digital Play Pack today!

Digital Play Packs include:

- Digital and Active Play ideas
- Active Play supplies
- Suggested links for Digital Play
- Story Books
- Parent Guide

5 Themes available: Nature Play, Science Magic, Physical Literacy, Hide & Seek and Superhero Magic

All you need is a Library card!



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

Just send "Y" or "Yes" to 978338



## DECORATE FOR THE HOLIDAYS



WREATHS



INDOOR PLANTER



POINSETTIAS  
RED, WHITE, PINK



OUTDOOR  
GREENERY

Our Christmas plant fundraiser will run from Nov. 6 through Nov. 21. Plants are scheduled to be delivered on Thursday, Dec. 5 and can be picked up after school or all day on Friday, Dec. 6. Order forms will be sent home the first week of November and purchases can be made on SchoolCash Online.

Funds raised will go towards school presentations such as: Alberta Musical Theatre 'Sleeping Beauty', Evergreen Theatre 'Wicked Witch of the Wetlands'; Grade 6 Outdoor Education camp in September 2020; and other school activities.



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

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November 2019

Dear Sisters and Brothers in Christ,

*United in Prayer and Grateful for Catholic Schools*

Catholic Education Sunday is an annual opportunity to celebrate Catholic schools in the province of Alberta. Publicly funded Catholic education is a gift that we acknowledge with deep gratitude and embrace with unwavering resolve. We are grateful for the opportunity to provide faith-based education to more than 180,000 students in Alberta and for the teachers, administrators, parents, students, priests and parishioners who are committed to Catholic Education.

The Alberta Bishops' commitment to Catholic education is resolute and we are actively working and advocating to ensure the future of Catholic education. One year ago, we announced the formation of GrACE (Grateful Advocates for Catholic Education), a joint initiative with the Catholic School Trustees and Superintendents that will unite, engage, educate and communicate on behalf of Catholic education throughout the province of Alberta. Since that announcement, GrACE groups have been established across our province and these grassroots movements have begun the vital work of prayer, dialogue and action. Community engagement sessions have been widely attended and this reflects the Catholic community's proactive advocacy and engagement on behalf of our publicly funded Catholic schools.

Everyone has a role to play in Catholic education and this includes each of us. Keep our Catholic schools in your prayers that God may lead them in faithfulness, wisdom and charity; get informed about the issues; and commit to the work of advocacy to sustain their future. We invite you to become a positive voice in this conversation. Your involvement will support the many parents who see religion and the Catholic faith as an integral value in the education and formation of their children.

The Bishops of Alberta are encouraged by the active response of our Catholic community in past decades and today to the support of this ministry of the Church. The future of Catholic education will be supported by your prayers, involvement, and advocacy. Just as the Christian community at Colossae was advised by Paul to, “devote yourselves to prayer, being watchful and thankful” (Colossians 4:2), we too, live in gratitude for our Catholic schools and are called to vigilance and prayer.

We are encouraged by the GrACE initiative to organize a Prayer Novena that will unite our Catholic parishes and schools in a spirit of devotional prayer to further our commitment to Catholic education in Alberta. Let us petition the Lord to direct our actions by His inspiration, and support them by His aid, that every prayer and work in our Catholic schools may begin with His grace and be completed in His service.

May all of our efforts unite us and strengthen our ongoing commitment to Catholic education. We extend to our Catholic school communities our prayers and blessing for offering this Novena and celebrating Catholic Education Sunday.

Yours sincerely in Christ,

Catholic Bishops of Alberta and NWT



Most Reverend Richard W. Smith  
Archbishop of Edmonton



Most Reverend William T. McGrattan  
Bishop of Calgary



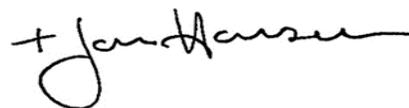
Most Reverend David Motiuk  
Bishop of the Ukrainian Eparchy of Edmonton



Most Reverend Gerard Pettipas CSsR  
Archbishop Grouard-McLennan



Most Reverend Paul Terrio  
Bishop of St. Paul



Most Reverend Jon Hansen CSsR  
Bishop of Mackenzie-Fort Smith

# Healthy Children

November 2019 Parent Newsletter

## 5 Easy Tips to Get Rid of Lice

Lice! The word can send many parents into a panic. No one wants to get a call that their child has lice. Lice can happen to anyone, anytime. Rich or poor, clean or dirty, lice do not discriminate. The head louse is one of several types of lice, but it only infests the scalp. The head louse is not known to spread disease. Up to 10% of elementary school children may have lice. If your child has lice it can spread to other family members or close contacts. Head lice do not hop or fly. The lice spread by contact with the hair of a person who has lice.

So what do you do if your child has lice?

1. Try not to panic.
2. Treat those with lice. Talk to a pharmacist for the most current effective treatment.
3. Wash bedding and clothing, especially head gear and scarves in hot water. Drying on a hot cycle will help but is not necessary.
4. Soak combs and brushes in hot water approximately 55 degrees Celsius.
5. Do not use sprays to treat the house. They can be toxic.



Finding lice does not mean that your child gets time off school. Your child can go home at the end of the day and still return the next day after treatment.

➤ **For more information about head lice and treatment, visit <https://www.albertahealthservices.ca/assets/info/school/if-sch-sh-head-lice-and-how-to-treat-them.pdf>**

## Articles

5 Easy Tips to Get Rid of Lice

Technology and Physical Activity

As the best defense against influenza infection and illness, an annual influenza immunization is recommended for all Albertans six months of age and older. For more information about influenza immunization visit

<http://www.albertahealthservices.ca/influenza.asp>



## Technology and Physical Activity

There is no doubt that technological advances have changed our society. If we reflect on our own childhood play experiences most of us would likely say that we remember being outside, in an unstructured setting and had the freedom to experiment movement skills. We felt challenged yet successful, building confidence and competence in a variety of skills and movements but most importantly, we were having fun! We were definitely heading on the progressing path of enhancing our physical literacy and enjoying every minute of our journey.

Today our children and youth are exposed to technology in various locations (home, school, friends' homes). It has become a daily part of life and this trend is only going to become more and more common. As advances in technology continue, our lives become more and more efficient but also have contributed to more sedentary behaviours. How can we balance the need to embrace the advantages of new technology with the need to stay active and maintain our physical



health? This isn't easy in a world that is becoming over populated with screens, but there are some tips on balancing technology and physical activity in our children's, or even our own lives:

- **Set daily limits or guidelines.** Limit the use of screens to certain times of the day or set times to 'unplug'.
- **Encourage them to get outdoors.** Who needs a screen when you can discover so much more in the great outdoors? Some ideas include: scavenger hunts, snowmen building, or rolling down hills.
- **Lead by example.** Nothing has a greater impact than a positive role model. How

often are you on a screen in front of them? Take note of our behaviours and unplug and get moving with them.

- **Create a list of unplugged activities.** Keep an activity jar at home, have your child help make a list.

Technology is not going anywhere and we may not have a choice where screens are but we do have a choice in finding balance in our lives and learning how to unplug. Learning these skills and passing them on to our children is only going to help us all lead happy healthy lives.