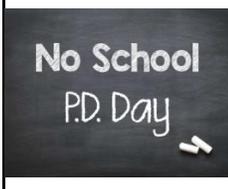




October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Bus students: Please purchase your October bus pass 		1	2 Assembly 	3 Science Sizzle Club 3:30 – 5:00 Volleyball practice 3:30 – 4:30 	4	5
6	7 All pizza orders due today. NO late orders 	8 School Pictures  Volleyball practice 3:30 – 4:30	9 School Council meeting 6:30pm 	10 Science Sizzle Club 3:30 – 5:00 Volleyball practice 3:30 – 4:30 Gr 5 camp meeting 6:30 pm	11 Colour Day Thanksgiving Liturgy 9:00am Hosted by 6N Turkey Trot  Volley ball game @ St Pat's 2:00 pm Bishop's Dinner	12
13 	14 No School	15 Volleyball game @ Children of St Martha's Girls @ 4:00 pm Boys @ 5:00 pm	16 Pizza lunch 	17 Science Sizzle Club 3:30 – 5:00 Volleyball practice 3:30 – 4:30	18 Mass at Assumption Church 9:00 am Kindergarten Helen Schuler 9:30 – 11:30am  Volley ball game @ FLVT 2:30 pm	19
20	21	22 Volleyball practice 3:30 – 4:30 	23 Board Meeting St Basil's Ed Centre 6:00 pm	24 Volleyball practice 3:30 – 4:30	25 No School P.D. Day 	26
27	28	29 Pasta Lunch  Volleyball practice 3:30 – 4:30	30	31 Halloween Parade 1:45pm  Volleyball practice 3:30 – 4:30 pm		



Assumption School

"A Community of Hope and Learning"

OCTOBER 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*

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Mrs. Kobza's Blog:
kobzad.com



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

With the crazy snowfall of the weekend, it feels more like December than it does October. Both May and October are dedicated as Marian months. At our PD Day on Friday, staff started our book study of [Walking with Mary: A Biblical Journey from Nazareth to the Cross](#) by Edward Sri. We learned many new things, such as, Nazareth was a lowly city and did not seem to have a good reputation, and that Joseph and Mary were betrothed which meant they had said vows and were considered married but were not yet living together as man and wife. On the surface Mary is not living an extraordinary life but God has been preparing her for her most important mission. Through studying this book, we are going to learn more about her life which will help us to better understand her and to further develop Mary as our Model. So far we have developed three guiding statements about Mary.

1. **Open Heart** - We want our students to be open to God's presence in their lives as Mary did. Even when she knew it was not going to be easy, she said yes to God.
2. **Love Everyone** – We are asking our students to love like Mary did. She put God first, others second and herself third.
3. **Act Like Mary** - Finally, we want our students to follow Mary's example in all that they do. We want our students to be a servant of the Lord like Mary and to be willing let Jesus act through them.

We want students to be knowledgeable about Mary, to come to understand her as our model of behaviour and then, to put that into practice by making wise choices as she did.



This month is not only a celebration of Mary, but also the month of the Rosary. On October 7, we celebrate the yearly feast of Our Lady of the Rosary. Mary is a powerful intercessor and praying the rosary is a way for her to intercede to Jesus on our behalf. When we pray the rosary, we meditate on the events in Jesus' life: the joyful, luminous, sorrowful and glorious mysteries. According the Edward Sri (who wrote *Praying the Rosary Like Never Before*) in his article ["Why Pray the Rosary"](#) we can pray the rosary in many different ways and that it can be two and a half minutes that can change your day. If you want to try out praying the rosary this month, the Knights of Columbus have [A Guide to Praying the Rosary](#) that can get you started. We will be praying the rosary throughout the month at school and I challenge you to give two and a half minutes to God every day this month: One decade of the rosary = one Our Father, ten Hail Marys, and one Glory Be.

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 October our focus will be on making those around us smile as a way of thanking God for the blessings in our lives. We are also highlighting a biblical story that shows someone acting as Mary would as we continue to learn more about our school

saint.

Important dates this month are:

- October 4 - Feast of St. Francis of Assisi
- October 7 – Our Lady of the Rosary
- October 14 - Thanksgiving Day
- October 20 - World Mission Sunday

Please pray prayers of thanksgiving with your children this month.

May God bless you all.

Mr. New

SCHOOL FEES

Thank you to those families that have already paid their school fees. School fees are now due. Please register with School Cash Online to pay all fees. If you have any questions, please feel free to contact Marina Miller at the school office. Email: millerm@holyspirit.ab.ca or phone: 403-327-5028.



BUS PASSES

All students that ride the bus pass must have a current month or annual pass. October passes are available for purchase and payments may be made online at School Cash Online.

SUPERVISION

Morning supervision – starts at 8:25am

Afterschool supervision – there is no afterschool supervision on the playground

HOT LUNCH – PIZZA HUT

Our first hot lunch will be a personal six inch (4slices) pizza from Pizza Hut. Pizza options include: pepperoni, hawaiian, cheese or veggie. All orders must be placed on Schoolcash Online before October 7. **NO** late orders will be accepted.

PASTA LUNCH

Luigi's Steakhouse on the Southside has once again offered to provide a free pasta lunch for our students. Pasta lunch will be on the last Tuesday of the month during the second nutrition break. All dates will be listed on the monthly calendar. We ask that each student bring their own fork.

SPOONS AND FORKS

If you are sending items in your child's lunch that require a spoon or a fork, please remember to send it along. We do **not supply** these items.

SCHOOL PICTURES

Lifetouch Studios will be at the school Tuesday, October 8, to take individual and class photos. All students will have their photo taken and proofs will be sent home approximately two weeks later. At that time, you may choose the package you wish to purchase. All students will receive a complimentary class group portrait.

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. Class photos will not be retaken.

TURKEY TROT

Our annual Turkey Trot will take place on Friday, October 11 at 12:00 pm. Students are encouraged to dress like turkeys and/or wear their team colours to earn points for their intramural team. Students will participate in a fun run around the school.

VOLLEYBALL

Attention grade 5 and 6 students. Volleyball season is here! Practices will be on Tuesdays and Thursdays starting on October 3, from 3:30 – 4:30. Most games will be on Fridays after school with the occasional week day game (more information to follow). Please return signed permission slips to the office before our first practice. Miss Nadeau, Mrs. Miles, and Mr. Cahoon will be running the program this year. We look forward to seeing you on the court!

RECYCLING OLD FELTS

Congratulations Our Lady of the Assumption School. Last year we recycled 18 pounds of old felts! That is 2 paper boxes full of felts. We beat the year before by collecting 1/2 a box more. This year we will be recycling them again. Crayola accepts all brands of markers to recycle. There will be a box in the front entry of the school. When your felts die, please put them into the box and at the end of the year we will send them away to Crayola for recycling. Thanks again for helping us.

HALLOWEEN

Our annual Halloween costume parade will take place in the gym at 1:45pm (approx.) on Thursday, October 31. Students will change into their costumes at the afternoon break, around 1:20 pm. Please do not wear your costume to school. We ask that students refrain from wearing costumes that are gory or require carrying a weapon.



PARENT BOARD

The bulletin board in the front entry will be used for advertising community events and sports activities that you and your child(ren) may be interested in. This information will also be posted on our Facebook page. We will no longer be sending this information out with the newsletter.

SCHOOL COUNCIL NEWS

Thank you to everyone who came out for the September School Council meeting! The next meeting will take place on **October 9 @ 6:30pm**. Everyone is welcome to attend and free babysitting is provided.

Chair - Michelle Dormer

Vice Chair - Deena MacWilliam

Secretary - Tanya Sera (pending)

Our Voice counts....



PARENT FUNDRAISING COMMITTEE NEWS

A big Thankyou to everyone who helped out with the Back To School BBQ! I hope all the parents, children and staff that were able to attend had a great time! We will have our first PFRC meeting on **October 9** directly following the School Council Meeting. Everyone is welcome to attend. We are still in need of a Treasurer. Please consider supporting your children and the school by taking on this role. All other positions have been filled.

Chair - Michelle Dormer

Vice Chair - Deena MacWilliam

Secretary - Tanya Sera (pending)

Treasurer – vacant

MESSAGE FROM THE NEW CHAIR

My name is Michelle Dormer and I am the new Chair of the School Council and Parent Fundraising Committees. I have two children attending OLA in grades 1 and 4. I look forward serving as chairperson for the 2019-2020 year and to working with the OLA staff and parents. I chose to become involved because I want the best for my children and all of our children. I would like to welcome and encourage other parents to come to the monthly meetings as well. For those who would like to be involved your ideas, input and suggestions are always appreciated. I would love to see more new faces in attendance and want to send a big thank-you to the parents who came to the September Meeting. I have found the meetings really interesting and informative! We hear updates from the Principal and Teachers, we look at the month ahead and discuss upcoming events and activities. We take a look at what fundraisers are coming up. It is also a chance to discuss questions and concerns from the parents and staff.

The school council and parent fundraising meetings are usually held back to back and typically last an hour to an hour and a half total. We meet at 6:30pm and aim to be done before 8pm. Feel free to come to one or both meetings. Free babysitting is provided. The kids head up to the Early Learning room upstairs to play while the adults meet in the library. My children have had a great time playing with the other kids during the meetings! I especially want to reach out to all the new parents of OLA with children in Kindergarten and Grades 1-3. I'd love to see you there!

Please feel free to contact me with any questions:

michelle.dormer@hotmail.ca

NOTE: If you have signed up for text messages you would have received one regarding the 'snow day'. If you didn't receive a message, please let us know and we will check your information.



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





Improving Our Schools' Communication with Home!

Holy Spirit Catholic School Division has contracted with SchoolMessenger to improve our schools' communication with parents and guardians.

This service does not replace other school communication methods. It is simply intended to extend beyond what we've traditionally used to ensure timely communications and reduce the amount of papers being sent home. Principals and teachers will still be available for face to face meetings and some paper notices may still be sent home occasionally.

In the meantime, we're excited to announce that two new methods of communicating with our students' families using SchoolMessenger have been launched!

Text (SMS) Messaging

1) *Did you receive a text from us?*

When a new mobile number is entered by the school, within 24 hours, a text should be sent to that number asking if you would like to subscribe.

Simply respond with your preference:

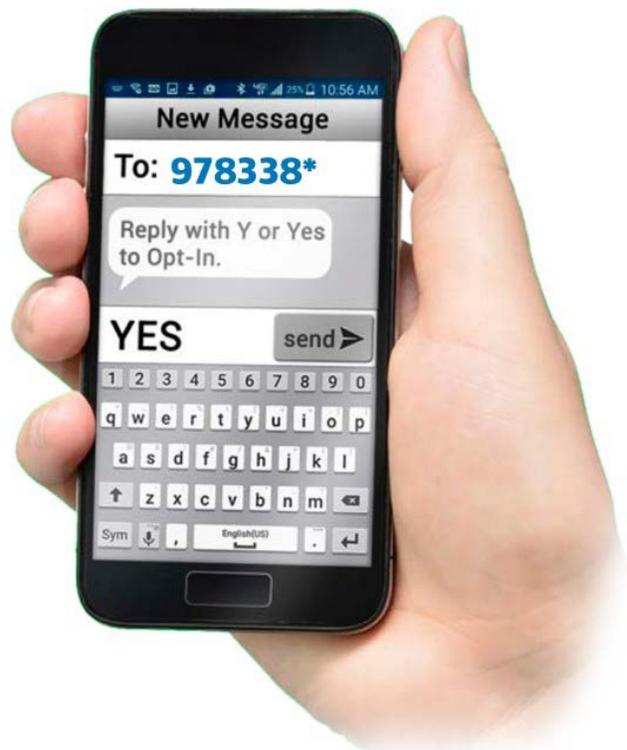
- Type "Y" or "Yes" to receive messages by text.
- Type "N" or "Stop" if you'd prefer not to receive messages by text. You can do this to unsubscribe at any time.

2) *You haven't received a text and you'd like to?*

You can always subscribe to receive texts from the school by sending a "Y" to **978338**. You will receive a notification that your opt-in is complete if successful.

3) *Do you have a new or different device you'd like to receive texts to?*

First, make sure your child's school has this new number in their system! You should receive a message in 24 hours asking you to respond with a "Y." If you don't, send a "Y" directly to **978338**. You will receive a notification that your opt-in is complete if successful.



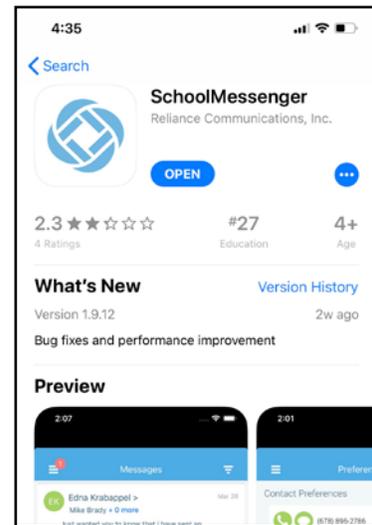
**While this service is free, standard message and data rates may apply. Please check with your device's data provider if you have any questions related to charges.*



SchoolMessenger App

The School Messenger App allows parents to:

- Access important school notifications 24/7/365
- Set your communications preferences for calls, emails, texts, and more
- Receive all kinds of school messages in one single app (classroom and group updates, activity alerts, school and division notifications)
- Review your messages on any device (smartphone, laptop, etc...)



1) Download the School Messenger App:

Go to the GooglePlay or Apple Stores to download “SchoolMessenger” (the version with the blue logo).

You can also download the app, or set up your account, from <http://go.schoolmessenger.com>.

2) Sign up for an account:

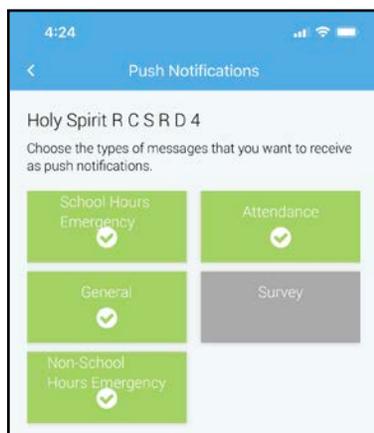
Make sure you enter the email address that the school has on file for you. This will allow the app to find all of the students associated with you. Also, make sure you select “Canada” as your location.



3) Set your preferences:

When you first log in, click on the  icon in the upper left corner of your screen and select “Preferences.” For each category, you can select how you would like to be notified:

- *School Hours Emergency* –For urgent messaging during school hours
- *Non-School Hours Emergency* - For urgent messaging before and after school hours
- *Attendance* – For calls regarding your child’s attendance.
- *General* – Day to day information from the school.



4) Enable push notifications:

Even if you turn off most types of notifications (phone, text, email), you can still receive those messages through push notifications on your phone.

To set your push notifications, click on the  icon in the upper left corner of your screen. Select “Settings,” then “Push Notifications.”

Click on all of those boxes for which you would like to receive push notifications on your device.

WHEN IS SICK TOO SICK FOR SCHOOL?



Send me to school if...

I have a runny nose or just a little cough, but no other symptoms.

I haven't taken any fever reducing medicine for 24 hours, and I haven't had a fever during that time.

I haven't thrown up or had any diarrhea for 24 hours.



Keep me at home if...

I have a temperature higher than 100 degrees even after taking medicine.

I'm throwing up or have diarrhea.

My eyes are pink and crusty.



Call the doctor if...

I have a temperature higher than 100 degrees for more than two days.

I've been throwing up or have diarrhea for more than two days.

I've had the sniffles for more than a week, and they aren't getting better.

I still have asthma symptoms after using my asthma medicine (and call 911 if I'm having trouble breathing after using an inhaler).



Adapted with permission from Baltimore City Public Schools.



August 19, 2019

To avoid waiting in line at public Influenza clinics in Lethbridge, parents have the option to book appointments for their children aged 6 months up to and including 4 years of age.

This option is only available in Lethbridge. Parents will be able to call to book on/after 16 SEPT 2019.

When parents call to book the appointment for a child within this age range, they will also have the option of booking additional appointments so they and their other children can get their influenza immunizations at the same time.

Call the Lethbridge Public Health office at # **403-388-6666** to book appointments. Please have your Alberta Health Care cards available. Indicate that you want to book appointments at the Lethbridge Public Influenza clinic (at the Exhibition Park).

For information regarding clinic dates and times and for additional influenza information, visit www.ahs.ca/influenza

Healthy Children

October 2019 Parent Newsletter

Nurture with Nature

Reconnecting kids with nature has been shown to help children focus in school, boost a positive attitude and increase physical activity. Children are certainly losing touch with outdoors – a Canadian study shows that the number of kids who play outside at school decreases from 87% to 17% between grades 3 and 11. Seventy percent of youth spend an hour or less outdoors daily.

The effects of exposing and connecting children to nature are widespread and valuable. School grounds made greener by planting trees, building ponds and fostering gardens increases physical activity in elementary school children. Even having green space nearby has been shown to temper stressful life events in younger kids.

How you can help:

Start slow and make it a family goal to have at least 15 minutes of 'green time' a day, even if that just



means a walk together outside. Role modeling is essential to fostering a child's positive connection to nature.

Advocate for more time outside for your children at school, be it through extra gym classes outside or making outdoor learning a part of the other class lessons. Don't let the cold or snow stop you in Alberta! Many communities have free access to a variety of outdoor activities – Just make sure to bundle up!

Nurturing your child with nature is an easy way to improve their entire well-being.

➤ For more information and ideas, visit the **Children and Nature Network** at www.childrenandnature.org

Articles

Nurture with Nature

5 Tips on Talking About Sexual Health with Your Child

World Mental Health Day

October 10th is World Mental Health Day. You can use this day as an opportunity to check in with your child and see how they are doing. Asking every day questions can help such as: "How was your day?" or "What was the most challenging thing you did today?"

To learn more about mental health, visit <http://www.sickkidscmh.ca/ABC/Parent-Resource/Welcome>



5 Tips on Talking About Sexual Health with Your Child

Talking about sexual health topics like puberty, menstruation and relationships, will help your child to make healthy, informed decisions now and later on. Here are some tips for starting or having conversations about sexual health:

1. **Start young!** Teach young children the correct terms for their body parts. Talk about puberty before they are already experiencing it. The more you talk about it while they're growing up, the easier it will be to discuss more difficult topics later.
2. **Use teachable moments.** These moments can happen when you least expect them. You may hear lyrics to a song, watch TV together, or your child may tell you a story about someone in school. Ask your child's opinion, and use it as an opportunity to talk about sexual health and family values.
3. **Answer their questions as best as you can.** Find out what they already know and



- keep your response simple and age-appropriate. If your child asks a question and you are unsure how to respond, simply let your child know that you'll get back to them. Don't put it off – they might think that it's not okay to talk about it and will look for answers to their questions somewhere else.
4. **Make it a regular topic.** Think of sexual health education as an ongoing process. Shorter, frequent conversations are better than a big, one-off talk. Remember that healthy development, including sexual development, is a lifelong process.
5. **Aim for a friendly chat.** Try to see the talks as two-way discussions, not lectures. Ask what your child thinks and feels and be willing to listen. Aim to get a lively discussion going.