

February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Last day to order Lunch from Blanco Cantina	3 Girls Bball home game vs STC 	4 Boys Bball game at STC	5 Winter Walk Day/ Global Play Day Girls Bball game home vs CSM	6 Pre ordered lunch from Blanco Cantina Boys Bball game at CSM	7	8
9	10 Girls Bball practice 3:50 – 4:50 	11 Boys Bball home game vs FLVT School council online meeting 7pm 	12 Girls Bball practice 3:50 – 4:50	13 Boys Bball game at SPFA 	14 Valentine's Day 	15
16	17 	No school for students				
23	24 Girls Bball game at FLVT Office hours Gr 6 4:00-5:00pm	25 International Mother Language Day Boys Bball practice 3:50 – 4:50 	26 Gr 2 retreat 9-2pm Assumption Church  Girls Bball game at SPFA	27 Boys Bball home game vs ESM 	28	

FEBRUARY NEWSLETTER

PRINCIPAL'S MESSAGE

It has been a whirlwind return since the Christmas break. I am excited to announce that OLA has submitted an official application for authorization. These final steps to becoming certified IB-PYP have provided for tremendous learning and growth and we are hopeful the official process will be complete by Spring.

February is a short and jam-packed month.

Classes will be participating in Winter Walk day on February **5th**. On February **14th**, classes will be celebrating Valentine's Day. Hot lunch, from Blanco, will be available February **6th**. The final day to submit an order is February **2nd** through School Cash Online.

Students will not have any school from February 17-21 as we have the Family Day holiday and staff will be participating in professional learning and Teachers' Convention.

OLA is excited to celebrate International Mother Language Day this year. While the official date is February 21st, OLA will celebrate together on February **25th**.

Pink Shirt Day is scheduled for February **26th**, when we will ask students to wear pink if they have it and classes will focus on kindness.

Ash Wednesday falls on March **5th**. Classes will be observing this solemn day during mass at Assumption parish at noon. All are welcome to join us.

ASSOCIATE PRINCIPAL'S MESSAGE

Click on this [link](#) to open Mrs. Swark's blog

NUTRITION BREAKS

Students have two 40-minute breaks each day, with 20 minutes designated for eating snacks and lunch, and 20 minutes spent outside for fresh air and physical activity. Please take a moment to check with your child to ensure they are bringing enough food to sustain them throughout the day. We've observed that some students finish all their food during the first break and have nothing left for the afternoon. While we do provide food for those who may forget their lunch or need a little extra, ensuring your child has enough packed food can help keep them energized and focused.

REGISTRATION

New student registration opens on February 3rd for all Early Learning to grade 6 students new to our division.

RE-REGISTRATION

Re-registration forms have been emailed for all current students. Please go online and complete this form as soon as possible. This update allows us to make sure the information on file is accurate and that any legal declarations, preferences, and consents are renewed. It also allows us to plan for the upcoming school year. If you require assistance, please contact the office at 403-327-5028.

WINTER WALK DAY

On Wednesday, February 5, we will be participating in Winter Walk Day as well as Global Play Day. Students will be spending time outdoors and we ask that you send your child to school with appropriate warm winter clothing

PINK SHIRT DAY

On Wednesday, February 26 2025, we will be celebrating Pink Shirt Day. We encourage everyone to practice kindness and wear pink to symbolize that we do not tolerate bullying.

SCHOOL COUNCIL NEWS

Our next hot lunch will be on February 6 from Blanco Cantina. Please check your School Cash Online for choices and prices. Orders need to be submitted by February 2nd. No late orders will be accepted. Our next meeting will be online on Tuesday, Feb. 11 at 7 pm. Everyone is welcome to attend. The link will be sent out prior to the meeting.



February



Proclaim! Pilgrims of Hope

“He took what is mine in order that He might impart to me what is His.
He took it not to overturn it but to fill it.”

- St. Ambrose

St. Ambrose 339-397 (Feast Day: December 7)

St. Ambrose was born in the year 339 in the northern part of the Roman Empire. It is said that as a baby, a swarm of bees settled on his face while he was in a cradle, leaving the touch of honey on him. This is why bees are often represented with him as a symbol. To have a honeyed tongue means to be persuasive or sweet speaking — which Ambrose turned out to be as a preacher later in his life. He moved to Rome to study, and then worked in the government of the Roman Empire, becoming the governor of an area of what is today northern Italy in 372.

At some point in his adult life, Ambrose became a Christian, but he had not been baptized nor trained in theology when in 374, he suddenly became the Bishop of Milan! How did this happen? In the 300s, there was a priest named Arius who began to teach that (in very brief) God created Jesus, which meant that Jesus was lesser than (and unique from) God. These beliefs, known as Arianism, threatened to divide the church. In large part, this is why we have the Nicene Creed today. Ambrose was known to both sides of the conflict as charitable and seeking unity amongst Christians — which is why he was popularly installed. He was quickly baptized and ordained and became not only the Governor, but the Bishop. From there, he sought both unity and correct doctrine. He wrote extensively, corrected the Arians, and oversaw his diocese seeking to promote Christian unity — in fact, our popular saying today “When in Rome, do as the Romans” derives from St. Ambrose, as he responded to a controversy about local customs in the church. He died in 397, was popularly canonized, and is known today as one of the first four Doctors of the Church.



The Apostles’ Creed

“...[He] ascended into heaven...”



For many of us, this section of the Creed might reinforce a perception that we have about Jesus flying away, up into heaven at the Ascension. It might be worth questioning this perception. When we examine Jesus’ bodily resurrection and ascension, we recognize that in this we too have hope for our own ascent to the Father; but what might that mean? We could consider that as closer union with God; not a change of physical location. We know also that Christ told the disciples that he would be with them until the end of the age — not away from them. So rather than thinking about him flying away into absence from us, we could ponder him remaining with us, present to us in every moment. In doing so, we can shift our question from “What Would Jesus Do?” to “What is Jesus Doing?”

As we seek to become Pilgrims of Hope this year, let us continue to contemplate the Creed, and how our proclamation of the Creed unites us to one another and to all Christians through time and space.



The Jubilee Prayer: [English](#) | [French](#) | [Spanish](#)

“Proclaiming” In Our Schools

This month, we will be joined by Trustees, clergy, senior administration and staff and students from our schools as we embark on the planning for a new three year faith plan. Continuing on in our decade-long tradition, your representatives will *Arise*, reflect on what we have *Built*, and think about how we can best *Proclaim* our faith in this next cycle. Please pray for the success of our time together and the influence of the Holy Spirit to guide the development of the plan. We want to thank all those of you who took time to watch our consultation video to provide feedback that guided this work, and we look forward to sharing the results with you later this spring!



Pope’s Prayer Intentions — For vocations to the priesthood and religious life.

Let us pray that the ecclesial community might welcome the desires and doubts of those young people who feel a call to serve Christ’s mission in the priesthood and religious life.



Gospel Readings

Gospel Reading: Luke 2:22-40

“The child grew and became strong, filled with wisdom; and the favor of God was upon him.” — Luke 2:40

It's amazing that the Son of God was part of a family here on earth and grew up just like each of us. He is God but he still was a human being and had to learn things just like we do. The favor of God was upon him and the favor of God is upon us. Just as Jesus was a child of God, so are we! We are precious to God, and he wants us to become strong and grow to love him and others, more and more. We also learn how to not be tricked into turning away from God and his teachings. God gives us parents to guide us and teach us right from wrong.

Take a moment to thank your parents for caring for you and guiding you each day.



Prayer:

Dear Lord, fill me with wisdom so I will know the right things to do so I will grow closer to you and to give you honor and glory. Help me to trust and obey my parents.

“Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God.”
1 John 4:7

Gospel Reading: Luke 5:1-11

“Depart from me, Lord, for I am a sinful man.” — Luke 5:8

We are blessed by the Lord all the time. How do we show God that we are grateful for the blessings he showers on us? One way is to begin by saying thank you for our blessings and remembering God has given them to us - we haven't earned them on our own. Today's Gospel shows us that if we listen to God and his commands, he will surprise us with blessings, just like Simon Peter was surprised by the HUGE catch of fish. Sometimes we'll receive enormous blessings that we can't miss (like Peter's catch of fish), but other times the blessings and graces will be small and it will take some thinking to recognize them. Let's not forget to thank God for those little gifts too.

What are some things in my life that are blessings from the Lord?
Are there times I don't feel grateful for God's blessings? Why?



Prayer:

Dear Lord, thank you for loving me so much that you bless me all the time. Please make my heart more grateful for the gifts of your love and your blessings that are in my life.

Download this month's [Saint Prayer Card](#) — St. Ambrose
[Saint Prayer Card](#) (black and white version for colouring)



Gospel Readings

February 16, 2025

6th Sunday in Ordinary Time

Gospel Reading: Luke 6:17, 20-26

"Blessed are you when people hate you, and when they exclude and insult you on account of the Son of Man. Rejoice and leap for joy on that day! Behold, your reward will be great in heaven." — Luke 6:22-23

The Gospel message today is a tough one. Jesus tells us that the poor, hungry, and the weeping are blessed. These are not usually the things we want to achieve in life. In fact, we typically seek out just the opposite. We strive for wealth, being well-fed, and enjoying happiness. When Jesus says "Blessed are you when people hate you"... is Jesus going too far? Yet that is the kind of life that he lived. He was poor, sometimes hungry, sometimes sad, and even hated by some people. Jesus doesn't want us to have to suffer, but he knows that humans do at times. When we are poor, hungry, weeping, or hated, he wants us to remember that he is with us. It is not fun to feel any of these things, but these experiences can remind us to rely on him.

When hard things happen to me, do I feel close to Jesus or far away from him?



"God is our refuge and strength, a very present help in trouble." (Psalm 46:1)

Prayer:

Dear Lord, please give me the grace to accept hardships in my life as things that will help me to grow closer to you. Help me imitate your humility and remember your promise of blessing.

February 23, 2025

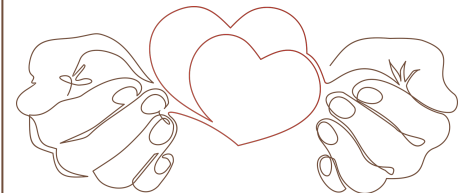
7th Sunday in Ordinary Time

Gospel Reading: Luke 6:27-38

"...love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you...do to others as you would have them do to you." — Luke 6:27-28, 31

In this day and age, this advice does not seem to be popular thinking. These days, we think more along the lines of "An eye for an eye," "Look out for number one," or "Don't let anyone get the best of you!" But Jesus challenges us to think in a more heavenbound manner. Do as he did. When his enemies came after him, he loved them. When people hated and cursed him, he did good things for them. We, too, are called to this. We can also think of this verse as saying: "Do to others as Jesus would do to them."

Who are the people I could do good for, even if they aren't good to me?



*"Blessed are the merciful,
for they will receive mercy."*

(Matthew 5:7)

Prayer:

*Dear Lord, open our hearts to love our enemies and do good to those who try to harm us.
We ask for humility to see our own sinfulness, so we can share mercy with those around us.*



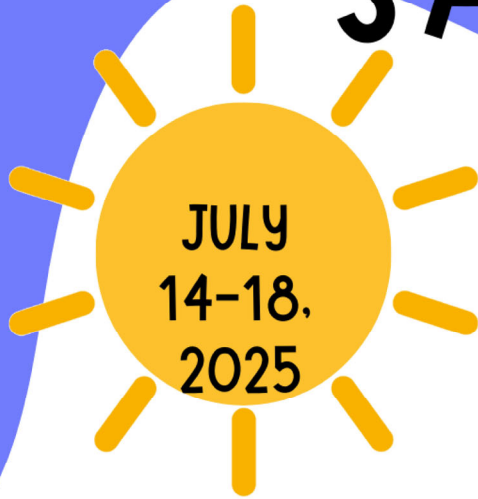
Sources:

I Believe: Exploring the Apostles' Creed by Alister McGrath
The Creed: A Catechist's Guide by Janet Schaeffler
The Apostles' Creed by Ben Myers

Sources cont.'d:

What Christians Ought to Believe by Michael Bird
The Quest for the Creed by Fr. Dwight Longenecker
The Creed by Timothy O'Malley

SAVE THE DATE!!



COMING
ALIVE!

summer CAMP



Outdoor activities



Crafts



Stories and prayer



Snacks



Assumption Church Hall

More details on registration to follow

LETHBRIDGE ORCAS

SUMMER SWIM CLUB

2025 Registration

Returning Swimmer Registration Begins March 1st

Swimming is a lifelong sport that can be used to achieve personal growth and development physically, psychologically and socially. The camaraderie among swimmers is unique; many swimming friends become lifelong friends in and out of the pool.

Mini Orcas - 30 mins/day 4 days a week Mon-Thurs

Junior Orcas - 60 mins/day 5 days a week

Orcas - 90 mins/day Mon-Thurs & 60 mins Friday

***times subject to change pending registration**

Swim Meets are encourage but optional
on weekends starting on May 30th.

New Swimmer Registration Begins March 10th

Monday March 10th - 5:00 - 7:00pm

Tuesday March 11th - 5:00 - 7:00pm

@Nicholas Sheran Arena Lobby

Come check out our registration evenings more
information or the 2025 parent handbook on our
website for swimmer requirements & fees.

For more information, please email ocrasecretary@gmail.com



2025 *LCBC WINTER CLINIC!*

Lethbridge Cougars Basketball Club SIGN UP

- IF YOU ARE IN GRADE 4-6, ENROLLED AT A HOLY SPIRIT ELEMENTARY SCHOOL, YOU ARE INVITED TO BE A PART OF ***“LCBC WINTER CLINIC!”***
- ***LCBC’S WINTER DEVELOPMENT PROGRAM***
- **Program includes:** Skill development with LCBC Grads and Coaches, and admission to Lethbridge Polytechnic games against Ambrose University
- **LOCATION:** **Father Leonard Van Tighem: 25 Stoney Cres West & Lethbridge Polytechnic: 3000 College Dr. South.**

**Grade 4-6:
Boys & Girls**

**PROGRAM RUNS:
Saturday Feb 8, 2025, 1-4 pm**

IMPORTANT NOTES FOR “*LCBC Ignite!*” PROGRAM:

- PLEASE ARRIVE **15 MINUTES EARLY**
- BRING PROPER COURT SHOES, SHORTS, & WATER BOTTLE.
 - ***“LCBC Winter Clinic!”*** Includes admission to Lethbridge Polytechnic games against Ambrose University (included in \$20 program fee)
- **EVERYONE IN GRADE 4-6 FROM HOLY SPIRIT SCHOOLS ARE WELCOME**
- **Limited SPOTS AVAILABLE ! REGISTER FAST**→ lethbridgecougars.ca or Scan Qr Code. Deadline to Register: Friday, February 7th
- CONTACT lethhbridgecougarsbasketball@gmail.com for more information
- **TeamLinkt App will be used for schedule.**



LETHBRIDGE BULLS

"CITY CONNECT"

3RD JERSEY DESIGN CONTEST



ENTER YOUR DESIGN FOR A CHANCE TO WIN SEASON TICKETS AND MUCH MORE!

2025 OUTDOOR RECREATIONAL SOCCER REGISTRATION INFORMATION

www.lethbridgesoccer.com - 403-320-5425 (KICK)

ONLINE ONLY:

Saturday February 1st - Sunday March 23rd

***all registration must be done online* REGISTER YOUR PLAYER BY THEIR BIRTH YEAR**

***payments must be made online using RAMP**



IF YOU ARE USING KIDSPORT OR JUMPSTART

YOU MUST REGISTER YOUR PLAYER AND PAY ONLINE WWW.LETHBRIDGESOCCER.COM BEFORE APPLYING FOR FUNDING THROUGH JUMPSTART, KIDSPORT OR CITY OF LETHBRIDGE FAP

REGISTER:

www.lethbridgesoccer.com

Request Fee covers 2 PLAYERS ONLY - \$40.00 - Payable at office or over the phone -Player requests MUST be sent by email to kristy@lethbridgesoccer.com

<u>Age Group</u>	<u>Birthyear</u>	<u>Fee</u>	<u># of sessions</u>	<u>***Days Playing***</u>	<u>***Fields***</u>	<u>***Times will alternate***</u>
U4 - CoEd/ Parent & Tot	2021	\$150.00	10 (30 min sessions)	Monday	Servus Sports Centre Indoor Field	5:00pm &/ or 5:45pm
U5 - CoEd	2020	\$150.00	10 (45 min sessions)	Monday	Outdoor Servus Sports Centre Field	5:00pm &/ or 6:00pm
U6 - CoEd	2019	\$150.00	10 (45 min sessions)	Wednesday	Outdoor Servus Sports Centre Field	5:00 &/ or 6:00pm
U8 Boys	2017 & 2018	\$225.00	18 (55 min sessions)	Monday & Wednesday	College Field	5:00pm & or 6:00pm &/or 7:00pm
U8/ U10 Girls	2015, 2016, 2017, & 2018	\$225.00	18 (55 min sessions)	Monday & Wednesday	College Field	6:00pm
U10 Boys	2015 & 2016	\$225.00	18 (1 hr sessions)	Tuesday & Thursday	College Field	5:00pm & or 6:00pm &/or 7:00pm
U12 Boys	2013 & 2014	\$225.00	18 (1hr sessions)	Monday & Wednesday	St. Teresa School (North)	5:00pm &/ or 7:00pm
U12/ U14 Girls	2011, 2012, 2013 & 2014	\$225.00	18 (1hr sessions)	Monday & Wednesday	St. Teresa School (North)	6:00pm
U14 Boys	2011 & 2012	\$225.00	18 (1 hr sessions)	Tuesday & Thursday	Gilbert Paterson School (South)	5:00pm & or 6:00pm &/or 7:00pm
U16 CoEd	2009 & 2010	\$225.00	18 (1 hr 10 min sessions)	Monday & Wednesday	Winston Churchill School (North)	6pm & 7:30pm
U18 - CoEd	2007 & 2008	\$225.00	18 (1 hr 20 minute sessions)	Tuesday & Thursday	Atso Towaawa Park (West)	6pm & 7:30pm

***** START TIMES CANNOT BE REQUESTED AS TIMES WILL ROTATE THROUGHOUT THE SEASON *****

Sessions will be scheduled during the Victoria Day long weekend (Monday evening)

****SEASON STARTS MONDAY APRIL 28 and be complete SATURDAY JUNE 28, 2025****

Jersey kits included in Registration price- Jersey, shorts and socks

U4-U6 Timbits: An introduction to soccer. All sessions ran by LSA Staff Coaches, with activities based around players exploring the soccer ball and getting comfortable with an invasion sport. Some small sided scrimmages may be played, but this environment is purely about the players gaining their first touches of a soccer ball.

U8-U10 Fundamental: Individual development is paramount by building a love of the ball. Sessions will challenge players creative side as well introduce them to skills needed in the game such as dribbling, passing and shooting. Scrimmages will be played, but no scores will be kept, and all players will be asked to experience all positions of a soccer match (goalkeeper, defender, midfielder, striker).

U12-U14 Learning The Game: This age is classed as 'The Golden Age Of Learning' where skills learnt in the earlier stages are now enhanced as well as an introduction to the tactical side of the game. Scrimmages will be played and although scores will be kept during the game, coaches and players are asked to keep games meaningful, competitive and to avoid blowouts at all costs. There will be no league standings.

U16-U18 Excel In The Game: Utilizing the technical understanding and tactical skills learnt in the previous three phases to excel in the game. Like the previous 'Learning the Game' phase, coaches are asked to avoid blowouts and keep games competitive throughout.



REGISTER FOR SOFTBALL!

REGISTER AT:

www.lethbridgeminorsoftball.com

REGISTRATION RUNS JAN - MAR

Lethbridge Minor Softballs goal is to grow the sport of softball while providing a great experience for kids.

We also offer a competitive provincial team for players interested in challenging themselves further.

We believe you are never too old to play and regardless of experience we welcome you to come out and learn the sport of softball that provides fun with physical activity!

