

March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 	4 3 rd Lenten Liturgy hosted by 4S 10:20 am Girls Basketball game at St Teresa Online school council mtg 7 pm	5 Boys Bball practice 3:50 – 4:50	6 Girls Bball practice 3:50 – 4:50	7 K – 9:15 – 11:00am Helen Schuler Gr 7 orientation at SFJH for Grade 6 students  Boys Bball practice 3:50 – 4:50	8 Basketball Jamboree (more info to follow) 	9
10 Daylight Savings Time Spring Forward 	11  SFJH Showcase for grade 6 parents and students 6 – 7 pm	12 4 th Lenten Liturgy Hosted by 1D 10:20 am	13 Cardio drumming 	14 Last day to order panago pizza K – 6 students SFJH 9:00 – 11:00 	15	16
17 	18 5 th Lenten Liturgy Hosted by 2O 10:20 am	19 	20 Cardio drumming 	21 Hot Lunch Panago Pizza 	22	23
24 	25	26	27 Plaid Day  Cardio drumming Board Meeting CEC 6:00 pm	28 	29  NO SCHOOL	30

MARCH NEWSLETTER

PRINCIPAL'S MESSAGE

March is an exciting month. While we look forward to enjoying the remainder of 2023-2024 and have so much yet to learn, we are beginning to plan for the 2024-2025 school year. Thank you to those families who have already completed their registration update forms. We use the information you provide in your forms to help us plan classes and staff for the upcoming school year. Please consider completing those forms at your earliest convenience. If you require any assistance in completing your forms, please contact the school office.

The teaching staff at OLA completed their IB PYP (Inter-baccalaureate Primary Years Programme) training at the beginning of February. OLA is officially an IB PYP candidate school and we are well on our way to becoming an accredited school. We are planning a family event this spring to share IB PYP with the entire OLA community. Stay tuned for further details regarding this event.

Lent is upon us and Easter break is early this year. Good Friday is March 29 and Easter break will take place from March 29 until April 7. We are happy to observe weekly Lenten liturgies with our students.

Finally, students in kindergarten through grade 6 will be riding the bus to St. Francis Junior High to watch Aladdin at 9:00 am on March 14. We will return to the school by 11:15am.

This month's verse:

But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

-1 John 1:7

ASSOCIATE PRINCIPAL'S MESSAGE

As we navigate through the changeable weather of an Alberta spring, we are reminded of the warmth that comes from our shared sense of community. This month, our focus turns to the Catholic social justice teaching of community and participation.

Just as the weather fluctuates, so do the challenges and triumphs we face together. Here are some ways we can actively participate in our community and foster a sense of belonging:

- **Reach Out:** Take a moment to connect with someone new in our school community. A simple conversation or act of kindness can go a long way in making someone feel included and valued.
- **Serve Others:** Look for opportunities to lend a helping hand both within our school and beyond. Whether it's volunteering for a service project or assisting a classmate in need, let's help each other out!
- **Celebrate Diversity:** Our school is a rich tapestry of backgrounds, cultures, and talents. Let us celebrate the unique gifts each person brings to our community, fostering an environment where all are welcomed and appreciated.
- **Pray Together:** Finally, let us remember the power of prayer in strengthening our bonds of unity. Together, let's lift our joys, concerns, and aspirations to God, trusting in His guidance and grace.

As we journey through this month, may we be reminded of the strength that comes from standing together as one community. Together, let us embrace the call to love and serve one another, reflecting the light of God's love in all that we do.

THE INTERNATIONAL BACCALAUREATE: OUR OLA JOURNEY

During the month of February, the teachers at OLA completed their initial training in inquiry-based learning in the International Baccalaureate Primary Years Programme (IB PYP). Teachers have begun analyzing the curriculum, exploring transdisciplinary themes, and working together to develop units of study for the remainder of this year and next.

All of those words may not mean much to you, so we'd like to share a bit about what inquiry-based learning looks like and how education will change -- and stay the same! -- at OLA moving forward.

Inquiry-Based Learning encourages students to become curious, independent thinkers by exploring topics that spark their interest. Rather than simply memorizing facts, students will actively investigate questions, solve problems, and seek answers through hands-on experiences and research. This approach fosters a deeper understanding of concepts and promotes critical thinking skills essential for success in our ever-changing world.

It's important to remember that while we embrace this innovative method, we remain committed to delivering the Alberta curriculum. Inquiry based Learning enhances our existing curriculum by providing a new lens through which students can engage with the material. They will continue to cover the required subjects while also developing a love for learning and a thirst for knowledge that extends beyond the classroom.

We are excited to embark on this journey of exploration and discovery with your children, and we look forward to seeing the incredible growth and achievements that result from Inquiry-Based Learning in the IB PYP.

As you await more information, you would like to preview some further details about the IB yourself, please visit the following resources:

- [IB - PYP Overview for Parents](#)
- [Inspiring Education: An Introduction to the PYP](#)

REGISTRATION AND UPDATES

Individual emails with your link to register your child for the upcoming school year have been sent out. Thank you to those who have already completed the form. We ask that you complete the online 'Registration Update Form' as soon as possible. If you require assistance, please call the office.



ST FRANCIS JUNIOR HIGH MUSICAL



Aladdin

On March 14, students in kindergarten to grade 6 will travel by school bus to SFJH to watch their production of Aladdin. Students will leave here at 9:00 am and return

around 11:00 am. Consent was provided on the yearly permission form.

ALL GRADE 6 STUDENTS

All grade 6 students will be going to St Francis Junior High on March 7 for grade 7 orientation. During this visit, students will have the opportunity to meet the dedicated staff at St. Francis School, embark on a guided tour, hear firsthand experiences from current SF students, and explore the myriad possibilities available at St. Francis. Please ensure you have given permission for your child to attend by filling in the permission click form that has been sent via email.

Additionally, St. Francis School will host a Showcase St. Francis Evening for all parents and students on Monday, March 11th, at 6:00 pm. This event will provide a comprehensive overview of the exciting opportunities that await students in the next phase of their learning journey.

SCHOOL COUNCIL NEWS

Our next hot lunch will be on **March 21st** from Panago Pizza. More details to come.

The February hot lunch was from Lakeview Bakery and we hope everyone who ordered enjoyed the meal.

Our next school council meeting will be held online on **Monday, March 4th @ 7pm**. Everyone is welcome.

Thank you to everyone who placed an order for the **Panago Pizza Night Fundraiser** on February 27th. Your support is greatly appreciated!

*"Out of our common todays and yesterdays we are building for eternity.
No thought, no work of ours ever dies. We shall meet them all again,
and in the world to come shall find our gathered harvest."*

- St. Katharine Drexel

St. Katharine Drexel 1858-1955 (Feast Day: March 3)

Katharine Drexel was born into a wealthy American family, and despite some personal hardship, grew up in relative comfort, with private tutors and the ability to travel widely. Her family was also very dedicated to prayer and service; they supported the poor and needy of their community from their abundant wealth. During a family trip to the western states, Katharine saw the plight of the Indigenous peoples of the west, met the Sioux leader Red Cloud, and began to send financial support to western missionaries.

In a later visit to Europe, Katharine met Pope Leo XIII and, after describing what she had seen and experienced in the western United States, asked him to send more missionaries to that area. She was surprised when the Pope suggested that she become a missionary! After prayer and spiritual direction, Katharine indeed joined a religious order, later founding another order known today as the Sisters of the Blessed Sacrament. She used her wealth to finance the establishment of over 60 schools and missions across the United States that served the various First Nations and African-American communities, never hesitating to speak out against racial injustice and discrimination. Katharine passed away in 1955 at the age of 96. When Katharine was canonized, Pope John Paul II made specific mention of her courage and initiative in addressing social inequality, her perspective on the unity of all peoples, and her love of the Eucharist.



Build! Pilgrims of Hope

"Building" In Our Schools

Building in our schools and in our communities! On Tuesday, February 13th, students and staff at Children of St. Martha spread love and kindness to the community by hosting a "Take What You Need" event. The students created "heart art", which was placed on the fence in the bus loop. The community was invited to stop by and take whatever they wanted. Whether picking something up, or simply driving by, the art is a creative demonstration that we are all loved by God.



Corporal Works of Mercy — Clothe the Naked —

Living in southern Alberta in the wintertime is a clear reminder of our basic human need for clothing! When we think of Clothing the Naked, we often think of that literal level which is very important - but so also is the wider work of mercy that can be applied. This is outlined by Philip Kosloski in [this article](#) from the National Catholic Register. In it, he notes:

"When we search out the 'naked' of our local community, we shouldn't only be looking for those without clothes. We should also look for those who are rejected, alone, and forgotten. They too are 'naked,' without friends or family, stripped of all meaningful human relationships. They are like the man in the parable of the 'Good Samaritan.' He was not only stripped of his clothes, beaten and left for dead, but also completely alone. Numerous people passed him by and no one extended a hand. He was treated like he was invisible."

Consider one of the following suggestions from the McGrath Institute at Notre Dame:

- Give up a particular item that you might normally spend money on and donate the funds to an organization that might be in need.
- Donate clothing (new or in good condition)
- Hold a baby shower for a mom in need.
- Consider reaching out to organizations that help children who might be in foster care or living in a shelter.

Pope's Prayer Intentions - For New Martyrs

Let us pray that those who risk their lives for the Gospel in various parts of the world might imbue the Church with their courage and missionary drive.

For more Information: [Works of Mercy](#)

Catholic Social Teaching — Economic Justice —

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.

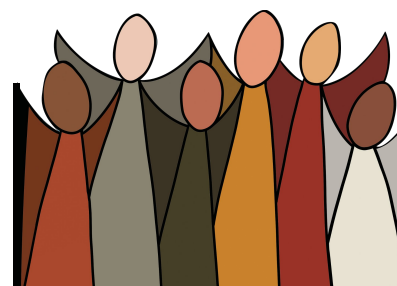
Last month, we looked at solidarity as the need to recognize our interdependence, to see ourselves in others and to seek to secure their good. One area in which we can see this specifically is economic justice. Many papal encyclicals that are now part of the magisterium of the church speak to economic justice. In 1891, with the release of the encyclical *Rerum Novarum*, Pope Leo XIII responded to the conditions of the Industrial Revolution by highlighting both the need for private property as well as the rights of workers to fair wages and unions. More recently, we have seen Pope Francis write encyclicals such as *Laudato Si* and *Fratelli Tutti*, in which he is critical of our 'throwaway culture' and speaks of a need for integral ecology in which to balance economic development with the environment. Throughout all of these encyclicals, we see the Church advocating for just economic systems that are rooted in the need to address both individual human dignity and the common good.

Learn more about economic justice with one of these resources:

[Rerum Novarum](#)

[Laudato Si](#)

[Fratelli Tutti](#)



*"...Whoever has two coats must share with anyone who has none;
and whoever has food must do likewise" (Luke 3:11)*

Gospel Readings

March 3 2024

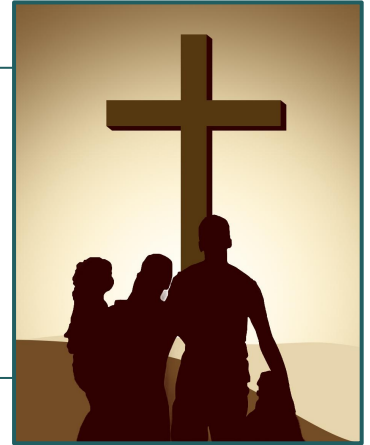
3rd Sunday in Lent

Gospel Reading: John 2:13-25

"Take these out of here, and stop making my Father's house a marketplace." — John 2:16

Today in the Gospel we see that Jesus was angry with the way people viewed his Father's house. It makes me think about how we view God's house today. Would Jesus be happy with the way we act in church? Do we rush in and out because we have better things planned for our day, or do we take a few extra minutes to speak privately with Jesus? Do we prepare ourselves by the way we dress and quiet ourselves before we enter into the church knowing that Jesus is truly present there in the Eucharist? Do we genuflect out of respect? When we do these things we show God how much we love him.

What are some ways your family prepares for Mass? What could you change to prepare better?"



Prayer:

Dear Lord, we want to honor and worship you when we spend time in your house. Please give us the grace to fight off temptations of distraction so we may love and glorify you by our presence in church.

March 10, 2024

4th Sunday in Lent

Gospel Reading: John 3:14-21

"For God did not send his Son into the world to condemn the world, but that the world might be saved through him." — John 3:17

Some people think God is like an angry judge. They forget that he is a loving parent. He loves each one of us as his own children. Ask your parents how much they love you. It may be hard for them to express all the love they have for you in their hearts. But parents love their children a lot, wanting the best for them. God wants that for us, too. He saw that we needed to know his love, and the best way to show us was to send his Son. But he didn't stop there. He allowed his Son to show us God's love all the way to the cross. Jesus laid down his life for us, and then rose from the dead to love us even more. Our God really loves us a lot!

How do you view God? As an angry judge or a loving parent? Are you afraid of him or do you run into God's arms for love?



Prayer:

Dear Lord, thank you for being a Father who is willing to go to any length to show us, your children, that you love us.

Download this month's [Saint Prayer Card](#) - St. Katharine Drexel



[Home Page](#)

Gospel Readings

Gospel Reading: John 12:20-33

“Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life.” — John 12:25

Today’s scripture from the Gospel sounds kind of confusing. Most of us like our lives. It is hard to understand why we would lose it just because we like it. But I think that Jesus is looking deeper than what meets the eye. In different words, “whoever loves his life more than God will lose it and whoever puts God first will gain eternal life.” If we live our lives only to please ourselves, we lose out in the end. But if we learn to put God first in our lives, we take steps closer to being with him forever in heaven.

What are ways I put myself ahead of God? How can I make a change to start putting God before myself?



Prayer:

Dear Lord, help me to put you first, even before all the things I want. Teach me to seek you in all I do.

Gospel Reading: Mark 14:1-15:47

“...every tongue confess that Jesus Christ is Lord, to the glory of God the Father.” — Philippians 2:11

Today we reflect on Christ’s passion and death. In the midst of the story it is hard to believe that “every tongue will confess that Jesus Christ is Lord.” Most voices at this moment are condemning him. There are only a few people that are standing by him, suffering with him. There are times in life when we have the choice to be a person who stands for God, even it’s really difficult, or to be a person of anger, betrayal, and abandonment.

Which voice will you have in this week before Easter? Which side will you be on, Christ’s or the world’s?

Prayer:

Lord, you suffered because of your great love for us. Give me a voice to tell people how important you are to me!



Gospel Reading: John 20:1-18

“...he saw and believed.” — John 20:8

Those who went to the tomb to see that Jesus was not there—that he had risen—were indeed blessed. But Jesus said, “Blessed are those who believe without seeing.” That’s us! We believe because of the stories we have been told, the traditions that have been passed down to us, the experiences we have had through Holy Week and Easter. We are blessed to have the gift of faith to hear and believe that: Jesus Christ is Risen today! Alleluia!!!

What does God want to bring to life in you today?

Prayer:

Dear Lord, we praise you and thank for this Easter Sunday that reminds us of your gift of salvation. We are forever grateful for such a gift!



(I)SWAG Presents:

ADHD – UNDERSTANDING THE DIAGNOSIS AND TREATMENT STRATEGIES

Ft. Aleigha from True Balance Counselling

5:30pm to 8pm March 20th, 2024

Join us as Registered Psychologists Aleigha and Ashley from True Balance Counselling presents on ADHD while we enjoy a complimentary dinner and the chance to win some door prizes at a fun night of learning.

Please RSVP @



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

Location:

THE ESSIE'S BALLROOM

Sandman Signature,
320 Scenic Drive S,
Lethbridge AB



Emily Williston



SWAG

Student Wellness Access Guide

Holy Spirit Catholic School Division

willistone@holyspirit.ab.ca

(403)308-2445

Billy Woitte



ISWAG

Indigenous Student Wellness Access Guide

Holy Spirit Catholic School Division

woitteb@holyspirit.ab.ca

(403)635-2415

ALEIGHA ARKSEY

True Balance Counselling

Aleigha is a Registered Psychologist who specializes in working with youth, anxiety, and grief and loss, but does work with individuals of all ages. Working with an open heart and open mind, Aleigha draws from a variety of approaches including Cognitive-Behavioural Therapy, Mindfulness, Play Therapy, Person-centered Therapy, Strength-based, and Solution focused.

This is a **FREE** event

Intended audience: parents, guardians, caregivers, aunts, uncles, grandparents, childcare providers, all school staff, bus

drivers, parishoner's

Please RSVP @

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





2024 Lethbridge Cougars Basketball Club U9 SIGNUP

***IF YOU ARE ENROLLED AT A HOLY SPIRIT
ELEMENTARY SCHOOL YOU ARE INVITED TO
BE APART OF *Lethbridge Cougars Basketball Club!*
U9 DEVELOPMENTAL PROGRAM (GRADE 2'S & 3'S)
LOCATION: **Ecole St. Mary's: 422-20th Street South****

GIRLS U9 PROGRAM WEEKLY ON MONDAYS 4:15 - 5:15 pm	BOYS U9 PROGRAM WEEKLY ON WEDNESDAYS 4:15 - 5:15 pm
Program Runs April 8th - June 3rd (no sessions on May 20th)	Program Runs April 10th - May 29th

IMPORTANT NOTES FOR U9 PROGRAM:

***PLEASE ARRIVE **5 MINUTES** EARLY**

***BRING YOUR PROPER COURT SHOES, SHORTS,
WATER BOTTLE, AND LCBC JERSEY/SHIRT IF YOU
HAVE ONE.**

EVERYONE IN GRADE 2 OR 3 IS WELCOME BUT
SPACE IS LIMITED! REGISTER FAST. CONTACT

lethbridgecougarsbasketball@gmail.com

for more information

Deadline to Register: Sunday April 7th*

TO REGISTER: LETHBRIDGECOUGARS.CA



Building foundations and inspiring athletes to excellence on and off the court.





2024 Lethbridge Cougars Basketball Club TRYOUTS

***IF YOU ARE ENROLLED AT A HOLY SPIRIT ELEMENTARY, JUNIOR HIGH, or HIGH SCHOOL YOU ARE INVITED TO COME TRY OUT FOR, *Lethbridge Cougars Basketball Club!* TRYOUTS WILL BE HELD AT:**

Catholic Central High School - EAST CAMPUS: 405-18th Street South

Girls U11/13/15 TRYOUTS MON. MAR. 18 & WED. MAR. 20	Boys U11/13/15 TRYOUTS TUES. MAR. 19 & THUR. MAR. 21	Boys/Girls U17 TRYOUTS FRIDAY MAR. 22
GIRLS U11 5:00 - 6:30 PM	BOYS U11 5:00 - 6:30 PM	GIRLS: 1:00 – 3:00 PM
GIRLS U13 6:30 - 8:00 PM	BOYS U13 6:30 - 8:00 PM	BOYS: 3:00 - 5:00 PM
GIRLS U15 8:00 - 9:30 PM	BOYS U15 8:00 - 9:30 PM	

IMPORTANT NOTES FOR TRYOUTS:

- *PLEASE TRY TO ENSURE YOU ARE AT BOTH TRYOUT DATES.**
- *PLEASE ARRIVE AT LEAST 15 MINUTES EARLY FOR REGISTRATION**
- *BRING YOUR RUNNING SHOES, SHORTS, AND LCBC JERSEY IF YOU HAVE ONE.**

EVERYONE IS WELCOME TO COME & TRY OUT. SEE YOU THERE!

CONTACT lethbridgecougarsbasketball@gmail.com for more information!



Deadline to Sign up: SUNDAY, MARCH 17th

*** TO SIGN UP FOR TRYOUTS: LETHBRIDGECOUGARS.CA**

Building foundations and inspiring athletes to excellence on and off the court.



SUPERSTARS

6 SPOTS LEFT


COACH ARD

13U DOUBLES LEAGUE
8 Friday sessions
Starting March 22
LIMITED SPOTS!

Register at Lethbridgevolleyballclub.com




CUBSTOCKODIAKS


COACH PARKER

EASTER CAMP
APRIL 1-5
9U 10-NOON 12U 1-4 PM
LIMITED SPOTS!

Register at Lethbridgevolleyballclub.com