



# September 2025

| Sun       | Mon                                                       | Tue                                                                                       | Wed                                                                         | Thu                                                                | Fri                               | Sat       |
|-----------|-----------------------------------------------------------|-------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------|-----------|
|           | <b>1</b><br><b>LABOR DAY</b>                              | <b>2</b><br>First day of school<br>Kindergarten Open House 9:00 – 12:00 (last name A – C) | <b>3</b><br>Kindergarten Open House 9:00 – 12:00                            | <b>4</b><br>Kindergarten Open House 9:00 – 12:00 (last name D – Z) | <b>5</b>                          | <b>6</b>  |
| <b>7</b>  | <b>8</b><br>Early Learning Program begins 8:45 – 11:45 am | <b>9</b>                                                                                  | <b>10</b><br>School Council AGM 7:00 pm In person<br>                       | <b>11</b>                                                          | <b>12</b><br>Terry Fox Run<br>    | <b>13</b> |
| <b>14</b> | <b>15</b>                                                 | <b>16</b>                                                                                 | <b>17</b>                                                                   | <b>18</b>                                                          | <b>19</b>                         | <b>20</b> |
| <b>21</b> | <b>22</b>                                                 | <b>23</b>                                                                                 | <b>24</b><br>Opening Mass 9:15 am<br>Blessing & Meet the Teacher 5:30pm<br> | <b>25</b>                                                          | <b>26</b><br>Orange Shirt Day<br> | <b>27</b> |
| <b>28</b> | <b>29</b><br>                                             | <b>30</b><br>No School<br>                                                                |                                                                             | <b>October 2</b><br>*SCHOOL*<br>PICTURE<br>*DAY*<br>               |                                   |           |



## SEPTEMBER NEWSLETTER

### WELCOME BACK OLA!

It has been great seeing everyone's enthusiasm for the beginning of the school year.

We are excited to be starting the year as an official International Baccalaureate Primary Years Programme (IB-PYP) school. We even had a new sign installed over the break. Please see Ms. Swark's monthly messages regarding our continued IB-PYP journey.

September is always a busy time and we have a few important upcoming dates.

Our School Council is looking for new members. We have a few amazing returning members but graduated a few families last year and will need new members to help this year. School Council is a parent and community group who advises and supports the school community. Our first School Council meeting will be held **at the school on Wednesday September 10 at 7:00pm**. Everyone is welcome to attend.

Also, we have our Welcome Back Mass at Our Lady of the Assumption Church on Wednesday September 24 at 9:15am. Everyone is welcome to join us.

Our Meet the Teacher evening will be held that same evening, September 24 at OLA. The evening will begin with our Welcome Back Blessing at 5:30pm with an opportunity to meet the teacher to follow. KONA Ice will be joining us on the playground for families to purchase shaved ice.

Please see the attached calendar for other monthly events.

We look forward to an amazing school year!

### ASSOCIATE PRINCIPAL'S MESSAGE

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

### WELCOME

#### ALISON ALMA-NORTH

My name is Alison Alma-North. I will be teaching kindergarten in the morning and grade 5 in the afternoon. I've been teaching with the Holy Spirit School Division for several years. I grew up in Smithville, Ontario, near Niagara Falls, on a farm with my three sisters and brother. I moved to Lethbridge, where I met my husband. We have three wonderful children and two silly cats.



#### MEAGAN MEYER

I've been teaching since 2007 and have spent the last 15 years teaching Grade 5 and PE/Wellness at St. Patrick Fine Arts Elementary School. My husband is also a teacher; he teaches junior high. We have two wonderful children, a 13-year-old son and a 9-year-old daughter, who keep us busy.



Soccer has always been a huge part of my life. I grew up playing, went on to play at the University of Lethbridge, and now I get to share that love of the game by coaching my daughter with LFC. In my spare time, you can usually find me out golfing, going for a walk with my dog, or hanging out at home reading or playing games with my family.

## **IMPORTANT INFORMATION**

### **Supervision**

Morning supervision begins at 8:30 am and our first bell rings at 8:42 am. Students are asked to meet their teacher at their designated place outside each morning. Students will be dismissed at 3:47pm Mon – Thurs, and 12:42pm on Friday. We ask parents to pick up their child promptly as there is no supervision after school.

### **Bell Times**

Grades 1 – 6 - Monday – Thursday: 8:42 am – 3:47 pm

Friday: 8:42 am – 12:42 pm

Kindergarten - Monday – Thursday: 8:40 am – 12:00 pm

Early Learning - Monday – Thursday: 8:45 am – 11:45 am

### **Attendance**

If your child(ren) will be absent from school for any reason, please contact the office at 403-327-5028 to let us know. You can leave a message or email [olaoffice@holyspirit.ab.ca](mailto:olaoffice@holyspirit.ab.ca). All unexcused absences are followed up with a phone call.

### **Medication**

If a student requires medication to be administered at school proper documentation must be completed by a doctor and parent. The forms are available in the office. These forms must be on file before any medication can be given. The school does not give out any over the counter medication such as Tylenol or cough medicine and we do not use antiseptic cream such as polysporin.

### **Contact Information**

If there are any changes to your child's data, i.e.: address, phone number, emergency contacts, email address, etc. please inform the office. This information is vital so that the school can contact you in case of an emergency.

### **Nutrition Breaks**

All students eat in their classrooms during nutrition breaks. There are **no microwaves** available so please pack lunches accordingly. Please ensure you send enough food for both breaks. If you send food that requires a spoon or fork, please send them. We **DO NOT** supply these items.

As part of our city's guidelines, we need to sort all organic waste into separate bins. However, with the heat in our building, the challenge of managing waste for 200 people, and the worry about bad smells, we won't be able to dispose of organic waste at school.



To tackle this, we have a "Pack In, Pack Out" program. This means students should bring home everything from their lunch, including any leftovers. This will not only help

us with waste management but also give parents a better idea of what their kids are eating. To make this a little easier, please consider sending your child with a ziplock bag or a small plastic container for any lunch waste. Thanks for your help and support in keeping our school environment clean and efficient

### **Food Allergies**

In our school community there are students who have potentially life-threatening allergies (anaphylaxis) to certain foods. It is important to be aware and respectful of those who may have food allergies. Please inform your teachers and school staff about any allergies your child may have. Before bringing food items to the classroom, check with the homeroom teacher if there are any items to avoid. By being mindful and considerate of food allergies in the classroom, we can create a safe and inclusive environment for all students.

### **School Fees**

All school fees for the 2025-26 school year are due by the end of September. All payments can be made on [School Cash Online](#). If you prefer to pay by cheque or cash, you can always do so by visiting our office. Thank you in advance for your prompt attention to this matter.

### **Transportation**

This year we have 3 buses. Please check the bus maps to confirm which bus your child(ren) will be riding. Information about bussing can be found [here](#).

### **Permission Click**

There will be 2 permission forms sent to you via email. One is our Digital Citizenship and the other is our yearly permission form. Please complete both forms and submit your response.

### **Cell phones and wearable devices**

All cell phones and wearable electronics (Apple watches, etc) must be turned off remain in the student's backpack throughout the day (including break times). Smartwatches will need to be silenced and in watch mode only when worn to school.

### **SCHOOL COUNCIL**

Who are the members of school council? All parents who have a child registered at OLA are members at large. Everyone has a voice and is invited and encouraged to attend the Annual General Meeting to be held at 7:00 pm, September 10 here at the school. We are looking for dedicated parents to volunteer for Chair, Vice Chair, Treasurer and Secretary.

School Council's Annual General Meeting will be held here at the school on Tuesday, September 10, 2025 at 7:00 pm. We are looking for a few parent volunteers to fill the vacant executive positions. If you have a child attending OLA you are already a part of School Council. Meetings are once a month where parents advocate for our students and staff as well as planning fundraising, hot lunches and social events.



## NOTICE TO PARENT OR GUARDIAN OF RELIGIOUS PERMEATION

Section 58.1 of the *Education Act* requires a school board to give notice to a parent or guardian when courses of study, education programs, institutional materials, instruction or exercises include subject matter that deals primarily and explicitly with religion. All of the schools in this division are Catholic Separate Schools, the essential purpose of which is to fully permeate Catholic theology, philosophy, practices and beliefs, the principles of the Gospel and teachings of the Catholic Church, in all aspects of school life, including in the curriculum of every subject taught, both in and outside of formal religion classes, celebrations and exercises. Every course of study and educational program, all institutional materials, instruction and exercises will at all times include subject matter that deals primarily and explicitly with religion.



## FAIR NOTICE LETTER

Dear Parents / Guardians,

The Holy Spirit Catholic School Division is committed to providing safe learning environments for all students, staff, school visitors and community members. When a student behaves inappropriately, principals use progressive discipline to help a student take responsibility for their actions, change their behavior and learn from their mistakes.

When students' behaviors pose a potential threat to safety or serious harm, the Southwest Alberta Regional Violence Threat Risk Assessment (VTRA) Protocol assists administrators in taking the necessary steps to protect the well-being of students and staff. This protocol ensures that schools can respond promptly to worrisome behaviors or threatening incidents, such as possession of a weapon or replica, bomb threats or plans, verbal, written, or electronic (internet, text) threats to harm oneself or others, as well as other acts of violence, including fire-setting.

The protocol requires trained division staff and community partners to work together as a team to complete an Assessment of Risk to Others (ARTO) whenever a student threatens to harm others. The ARTO process leverages the team's knowledge, skills, and experience to assess the level of concern and identify appropriate interventions to protect individuals from harm and ensure a safe environment in both the school and the community. A multi-disciplinary approach is used to address these concerns. Please be advised that the school team will take positive and proactive measures to address all known threats or high-risk behaviors. If you are invited to a meeting to discuss safety concerns about your child, please be assured that our protocol is being followed and that our primary goal is ensuring safety.

The Southwest Alberta Regional VTRA Protocol outlines how a school should respond immediately to threatening behavior. Principals may first assemble a School Threat Assessment Team, ideally comprising the principal or associate principal, a school-based counselor or jurisdictional lead, and local police. If the situation is serious, the principal may also consult the Superintendent of Schools and involve members of the Community Threat Assessment Team. This team may include representatives from local police, children's mental health organizations, or Child and Family Services, among other community agencies that collaborate with us to enhance school safety. Parents/guardians will be notified as soon as possible during the Stage I - VTRA Process. If parents/guardians cannot be reached, but a safety concern persists, the threat assessment may proceed. Personal information shared during this process will respect and balance each individual's right to privacy with the need to ensure everyone's safety.

This letter complies with procedure 2 of *Administrative Procedure 322: Violence Threat / Risk Assessment (V-TRA) Protocol*, which states that parents/ guardians will be provided with "fair notice" that each threat will be taken seriously. Should you wish to further review this Administrative Procedure, please visit our website at [www.holyspirit.ab.ca](http://www.holyspirit.ab.ca).

If you have any questions regarding the Holy Spirit Catholic School Division's use of the Southwest Alberta Regional V-TRA Protocol, please contact the Director of Support Services at the St. Basil Catholic Education Centre. We appreciate your support in ensuring our schools are safe environments for our students, staff and community partners.

Sincerely,

Chantel Axani, Superintendent of Schools



Where will her imagination take her?

For girls ages 5–6, Sparks is all about friendship, fun, and imagination! Through games, crafts, songs, and adventures, girls discover new skills and build confidence while making lasting memories.

2nd Lethbridge Spark Unit  
LSCO, Monday 5:45-6:45 pm

**Girl Guides**

Sign up today at  
[girlguides.ca/register](http://girlguides.ca/register)

## FIND YOUR GROOVE AT THE LIBRARY

Sign up for a free library card (or renew your existing one) during the month of September and you might just score a funky sweatshirt or nifty tote bag

[lethlib.ca/join](http://lethlib.ca/join)

Lethbridge Public Library | CONNECTING YOU

## 2025-2026 INDOOR SOCCER REGISTRATION LYS LEAGUE

[www.lethbridgesoccer.com](http://www.lethbridgesoccer.com) // 403-320-5425 (KICK)



### ONLINE ONLY:

**August 1 - September 8, 2025**

INDOOR SOCCER SEASON STARTS: October 2025 - March 2026 ALL SESSIONS HELD AT THE SERVUS SPORTS CENTRE \*\*INDOOR LEAGUE IS BASED ON TOTAL NUMBER OF SESSIONS FOR THE SEASON\*\*

**Register your player in their BIRTH YEAR (all age groups are from birth dates January 1 - December 31 of specified year)**

Players will remain playing in their age groups no movement up or down an age group

**Player Request Fee \$40.00 - 2 PLAYERS ONLY!**

**If there are not enough registrants per gender in U12 age group - Will be combined CoEd**

| Age Group | Birthyear   | Fee      | # of games            | Days Playing                      | **ESTIMATED START TIMES**               |
|-----------|-------------|----------|-----------------------|-----------------------------------|-----------------------------------------|
| U5 CoEd   | 2021        | \$275.00 | 17 (40 min. sessions) | Monday                            | 5:00pm                                  |
| U6 CoEd   | 2020        | \$275.00 | 17 (40 min. sessions) | Wednesday                         | 5:00pm                                  |
| U8 Boys   | 2018 & 2019 | \$275.00 | 17 (40 min. sessions) | Mondays and Saturdays             | Mon 5:00pm and Sat 9:00am               |
| U8 Girls  | 2018 & 2019 | \$275.00 | 17 (40 min. sessions) | Mondays and Saturdays             | Mon 5:00pm and Sat 9:00am               |
| U10 Boys  | 2016 & 2017 | \$325.00 | 21 (55 min. sessions) | Mondays and Saturdays             | Mon 6:00pm* - Sat 12:00pm*              |
| U10 Girls | 2016 & 2017 | \$325.00 | 21 (55 min. sessions) | Mondays and Saturdays             | Mon 6:00pm* - Sat 12:00pm*              |
| U12 Boys  | 2014 & 2015 | \$400.00 | 27 (55 min. sessions) | Wednesdays, Fridays and Saturdays | Wed 6:00pm* - Fri 5:30pm* - Sat 3:00pm* |
| U12 Girls | 2014 & 2015 | \$400.00 | 27 (55 min. sessions) | Wednesdays, Fridays and Saturdays | Wed 6:00pm* - Fri 5:30pm* - Sat 3:00pm* |
| U14 CoEd  | 2012 & 2013 | \$400.00 | 27 (55 min. sessions) | Wednesdays and Saturdays          | Wed 6:00pm* - Sat 5:00pm*               |
| U16 CoEd  | 2010 & 2011 | \$400.00 | 27 (55 min. sessions) | Mondays and Saturdays             | Evenings                                |
| U18 CoEd  | 2008 & 2009 | \$400.00 | 27 (55 min. sessions) | Mondays and Saturdays             | Evenings                                |

**\*\*Start times are subject to change due to registration numbers and are provided as a guideline only\*\***

### PLAYER EQUIPMENT:

U5 & U6, Timbits Jersey, shorts & socks will be provided for each player to keep.  
U8 - U18, Full Kit Jersey, Shorts & Socks will be provided for each player to keep.

Soccer Shoes or Soccer Cleats are acceptable, Shin Guards are MANDATORY - Not included in player fees

### PROGRAM DESCRIPTION:



**U5 & U6 TIMBITS:** This is our introductory level, where all sessions are run by our CSA Certified Coaches who will help your child build a love for the ball.

**U8 - U12 FUNDAMENTAL:** At this stage, individual player development is paramount. Developing soccer creativity skills in a fun environment.

**U14 & U16 LEARN TO TRAIN:** Golden Age of Learning, that learnt technical skills are introduced to the beginning of the tactical environment.

**U18 LEARN THE GAME** Combining previously developed technical and tactical skills, into a more mature game setting.