


# CSM Update for Families - March 9 to 13

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 School council meeting 6pm in the library 4pm Girls BB home game vs ESM	3 1:00pm oH walking to Swim at Nicolas Sheran 4pm Boys Basketball game CSM@ FLVT	4 9am 2:35P & 6H going to Mass Weekly wellness break: 2:20-3:00 2:10 Drumming Group Girl's BB practice 4-5pm	5 Weekly Gospel 8:50-9:20 Conformation Retreat 9:00am to 3:00pm	6 Steam & Dream Friday 12 to 5pm Boy's & Girls Basketball Jamboree 11:45CSM Staff Meeting	7
8 Turn your clock ahead 	9	10 10:30 am Kindergarten Family Play Day	11 9:4m 3S&1W Going to Mass 2:15 Drumming group 1pm Clergy Visit classroom Weekly wellness break: 2:20-3:00	12 1M am time 1W pm Pet Presentation in their rooms 9:15 Gr6.& 4/SF Lenten Liturgy	13 Spiritual Development Day No school for students 	14
15	16 All grade 5's going to C.A.S.1 12:30-3:00pm	17 Dress Green Today St. Patrick's Day 	18 Weekly wellness break: 2:20-3:00 9:00am 4S, 1M going to Mass Drumming group 2:15pm	19 Weekly Gospel 8:50-9:20 12:45pm 2:35P Scientists School	20 Steam & Dream Friday	21
22	23 Spring picture day 	24 9:00am Stations of the Cross	25 Weekly wellness break: 2:20-3:00 Division Board Meeting	26 9:00am Whole school Mass Art Showcase 5-8pm Celebration Of Learning	27 Steam & Dream Friday Color Team dress up day 9:45 Grow & Glow Assembly CSM Staff Meeting	28
29 Palm Sunday 	30	31	April 1 Weekly wellness break: 2:20-3:00	April 2 Weekly Gospel 8:50-9:20 Kindergarten Family Play Day 	April 3 No school 	



**BELONG. GROW. SHINE.**

# CSM Update for Families - March 9 to 16

## CSM Weekly Events

### Weekly Events

Wednesday Wellness Break - Every Wednesday 2:20 pm to 3:00 pm

Thursday Gospel Time - Every Thursday 8:50 am to 9:20 am

Friday STEAM and DREAM - Every Friday 9:15 am to 10:55 am

### Monthly Events

Mass - Last Thursday of every month - 9:00 am

Colour Team Activity - Last Friday of every month - 9:15 am

Grow and Glow Assembly - Last Friday of every month - 9:45 am

## March

- Tuesday March 10 - Kindergarten Family Play Day
- Thursday March 12 - School Council 5:15 to 6:00
- Thursday March 12 - Div 2 Family Bingo Night
- Friday March 13 - HS Spiritual Development Day - No School for Students
- Tuesday March 17 - Green Day
- Wednesday March 18 - Ordinary Heroes
- Thursday March 19 - Family Language Night
- Monday March 23 - Spring School Photos
- Thursday March 26 - Monthly School Wide Mass 9:00 am
- Thursday March 26 - Celebration of Learning and Art Showcase
- Friday March 27 - March Glow and Grow Recognition Assembly
- Friday March 27 - Colour Team Dress Up Day
- Sunday March 29 - Palm Sunday
- Thursday April 2 - Holy Thursday
- Thursday April 2 - Last Day of School for Students before Easter Break Friday April 3 - Good Friday
- Monday April 13 - First Day of School for Students after Easter Break

**BELONG. GROW. SHINE**

## **THIS WEEK AT CSM**

*March 16th to 20th, 2026*

**MON  
16**

- GRADE 5 FIELD TRIP TO CASA
- GAME ON

**TUES  
17**

- CSM GREEN DRESS UP DAY
- AUTISM SOCIETY PARENT CAFE - 9:00 AM AT ESM

**WED  
18**

- MORNING MASS - 1M AND 4S
- WELLNESS BREAK - 2:20 TO 3:00PM
- AUTISM SOCIETY PARENT CAFE - 9:00 AM AT ESM
- HS BUDGET TOWN HALL - 6PM TO 8PM

**TH  
19**

- GOSPEL 8:50 AM
- BLACKFOOT LANGUAGE NIGHT 4:45 TO 6:45
- 

**FR  
20**

- STEAM AND DREAM CULTURE CLUBS WEEK #3

we play at 11 tomorrow - then  
medals - then 5 hrs back

# Autism & Us

A Parent Connection Group

Hosted By:  
**CHINOOK AUTISM SOCIETY &**  
Family First Facilitators from Holy Spirit School Division

## SESSIONS OFFERED:

Session 1: Autism & Neurodivergence Basics  
Session 2: Sensory Systems & Behaviour  
Session 3: ISP Support & School Resources  
Session 4: Q & A Night

## SESSIONS AND DATES

Ecole St Mary  
9-11 AM  
MARCH 10, 17, 24, 31

Children of St Martha  
6-8 PM  
MARCH 11, 18, 25,  
APRIL 1st

### TO REGISTER, CONTACT:

Tanya Koopmans  
Family First Facilitator  
koopmanst@holyspirit.ab.ca  
403-634-2712

Our volunteer Board is made up of parents, caregivers, and community members who are deeply connected to and passionate about autism and neurodiversity. We share real-life experience, practical support, and helpful resources, and work to connect families with the care and community supports they need.

WHO ARE WE?



Loving God,

You are our shepherd who guides and protects us.

Walk with our families during this Lenten season.

Help us to care for one another with kindness and patience.

Lead our children as they grow in faith, learning, and love.

May our homes be filled with your peace.

Amen.

## Psalm 23: "The Lord is my shepherd; there is nothing I shall want."

This past week at Children of St. Martha was full of wonderful opportunities for families and students to gather together.

On Tuesday our youngest learners welcomed their families for **Kindergarten Family Play Day**. It was beautiful to see children learning, exploring, and sharing their school with the people who love them most.

Thursday evening we met with families for our **Parent Council meeting**, followed by a lively **Division 2 Family Bingo Night**. Events like these remind us how important community is in the life of our school.

On Friday our staff participated in a **Holy Spirit School Division Spiritual Development Day** with Katie Patrizio. Katie has a wonderful way of helping people understand Scripture by breaking it down and connecting it to everyday life.

As we enter the **Fourth Week of Lent**, Psalm 23 reminds us that God walks beside us in every moment of our lives. Like a shepherd caring for the flock, God guides us, comforts us, and provides for us. Even when life feels uncertain or difficult, we are reminded that we are never alone.

Lent is a time to slow down, reflect, and remember that God is always leading us toward hope, peace, and new life.

## Information and Updates

- Budget Town Halls

Townhall for Future Budget Conversations - The purpose of the town hall is for parents/guardians to discuss future budget allocations in an open forum where school leadership shares financial realities, priorities, and projected needs, while inviting questions and feedback from families. It allows parents/guardians to better understand funding constraints and trade-offs, helping shape strategic priorities for Holy Spirits Catholic School Division's future. All HS parents and guardians are invited to attend one of these three sessions.

**Wednesday March 18, 2026 @ 6 pm on CCH Campus East**

**Monday March 23 @ 5 pm Virtually. (Link to follow closer to the date)**

## Information and Updates

- **Shoes**

- Please make sure that **all students have indoor and outdoor footwear at all times**. It's easy to feel when there is no snow or rain that this is not necessary - but what happens is then we are unprepared for wet weather but also in dry weather - grass, rocks and dirt get brought in and spread throughout the school - the time it takes to clear these extra messes takes away time from other tasks being accomplished.

- **Morning Routine**

- Students who wish to join us for breakfast may come into the school starting at 8:15. Breakfast is not grab and go and students will be expected to sit a table to eat.
- Any students not coming in for breakfast should go directly to the playground via the north side of the school.
- Students attending Boys and Girls Club or th It's a Blast Program should enter through the south doors.
- If you do not want your student to attend breakfast or play outside then please plan your arrival

- **Parking Lot and Bus Loop**

- There are moments of the day when are parking lot is becoming very full. Please follow the following requests:
  - Always park in the parking lot. Do not drop off in driving lanes.
  - Do not park in the Accessible Parking Spots.
  - If you are dropping off and do not want to park - please use the loop on McMaster Blvd.
  - There is also parking available on Columbia Blvd and at St. Martha Parish.

- **Winter Weather**

- Indoor recess will be determined with a combination of temperature, wind and judgement. We will use -20 celsius as our guideline - however we will use our judgement if weather seems extreme. We will also do our best to avoid having students inside for the entire day and students can expect to have outside recess at least once during the day. In the new year we will be sending home permission forms for properly dressed children to go out for short periods of time when temperatures drop below -20. Please pay attention for a permission slip for CSM FROST FIGHTERS.
- Please ensure that all students are prepared for outdoor play and learning at all times. Proper winter jackets, snow pants, tuques or ear covering, mittens or gloves, scarf or face covering and boots - waterproof mittens and gloves will increase warmth and enjoyment of the snow.

## Information and Updates

- **Food**

- Our school is truly blessed to receive both food and funding that allow us to provide a universal (for everyone) breakfast, snacks, and limited (for those in need) lunches for students. We are grateful for this support and want to work closely with families to ensure these resources are used wisely and reach students who need them most.
- We also don't want your home packed lunches to go to waste. Staff always encourage students to eat the food brought from home first. You can support this by reminding your child that the lunches packed from home are prepared with care and effort, and that it is their responsibility to eat this food before accessing additional items.
- While breakfast and snacks are often plentiful, the number of full lunches we receive is limited. Students are sometimes most interested in the drinks or snack items that come with these lunches; however, these items need to be reserved for students who require an entire meal.
- If a student has a lunch but no drink, they are encouraged to use their water bottle or the water fountain. If a student has finished their food and is still hungry, they are always welcome to check in with staff for additional food or snacks.
- Thank you for partnering with us to reduce food waste, model responsibility, and ensure that all students are cared for. We appreciate your support and ongoing conversations at home.



## **Mission | Vision | Motto**

*Rooted in faith and guided by love, The Children of St. Martha School celebrates each child. We honour connection, foster growth, and inspire every learner to be kind, courageous, and full of hope.*

*Our vision is to be a community where faith, learning, and connection guide every child to reach their full potential — growing together in strength, identity, and compassion.*

**Belong. Grow. Shine.**