



THE CHILDREN OF ST. MARTHA ELEMENTARY SCHOOL

ARISE! GOD IS IN OUR HEARTS!
"Arise, shine; for your light has come, and the glory of the Lord has risen upon you!"
(Isaiah 60:1)



September, 2022

Principal's Message

WELCOME BACK. . . WE MISSED YOU!

It is without a doubt an exciting time as we welcome our children back to the 2022/2023 school year!

Please join me in welcoming three teachers to CSM. Mr. Mark Huff and Ms. Shalyn Boras will be joining us from St. Francis Junior High School and Mr. Dale Comchi from St. Patrick Fine Arts Elementary School.

In September, you will be receiving information regarding a new platform we will be using this school year called SPACES. Instead of using traditional report cards, we are moving to an online platform that we are hopeful will empower students to showcase and reflect on their work and share their learning. This hub will focus on the process, progress, and product of learning. Parents will be given access and will be able to view, comment and explore your child's learning on an ongoing basis. We are excited! If you would like to explore what SPACES has to offer please visit the following website: <https://spacesedu.com/en/>.

This year we will be blending grade levels in order to keep our classes reasonable in size. Below you will see our grade configurations & teacher allocations:

Kindergarten: Mrs. Cormican & Mrs. McIntosh (2 classes)

Grade 1/2: Mrs. Maier & Ms. Wallace (2 classes)

Grade 2/3: Mr. Huff

Grade 3/4: Mrs. Snopek & Mr. Comchi (2 classes)

Grade 5: Mrs. Wilson

Grade 6: Ms. Boras

Music & Literacy: Mrs. Scott-Perry (.5)

Please feel free to reach out to me if you have any questions at colliers@holyspirit.ab.ca.

God Bless our CSM family!

Mrs. Shannon Collier *Mii ss ta Ki an nis Ki a Kii*

CSM Principal

Mark your calendars:

- ☺ **NO SCHOOL** on Sept. 5th
- ☺ Kindergarten begins on Tuesday, Sept. 12th
- ☺ Early Learning Program begin Sept. 12th
- ☺ CSM Annual General Meeting Wed. Sept. 21 6:00 p.m.
- ☺ HS Board Meeting Sept. 26 6:00 p.m.
- ☺ **SCHOOL FEES are due Oct. 17th (info. will be sent home)**
- ☺ **PICTURE DAY**
Tuesday, October 18th



The Children of St. Martha Elementary 2022-2023 School Year Calendar

Aug 24 First day for staff
Aug 25 Opening Mass
Aug 31 First day for students grades 1-6

O – 6
I – 1

AUGUST '22						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Oct 10 Thanksgiving Day
Oct 11 School PD Day
Oct 19 CSM School Council
Oct 24 Div. PD Day
Oct 26 Div. Board Meeting

O – 20 (46)
I – 18 (39)

OCTOBER '22						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Dec 1 Parent/ Teacher Interviews
Dec 2 School PD Day
Dec 21 Div. Board Meeting
Dec 23 Last day before break
Dec 24-31 Christmas break
Dec 25 Christmas Day
Dec 26 Boxing Day

O – 17 (83)
I – 16 (75)

DECEMBER '22						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Feb 15 Div. Board Meeting
Feb 20 Family Day
Feb 21 & 22 Unassigned time for teachers (no school for students)
Feb 23 & 24 SWATCA

O – 17 (117)
I – 15 (106)

FEBRUARY '23						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Apr 6 Last day before break
Apr 7 Good Friday
Apr 9 Easter Sunday
Apr 10-14 Easter break
Apr 17 First day after break
Apr 26 Div. Board Meeting
Apr 28 No Kindergarten

O – 14 (154)
I – 14 (141)

APRIL '23						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Jun 2 No Kindergarten
Jun 12 School PD Day
Jun 14 CSM School Council
Jun 15 Last Day for Kindergarten
Jun 21 Div. Board Meeting
Jun 27 Last day students gr 1-6
Jun 28 Last day for teachers

O – 20 (196)
I – 18 (180)

JUNE '23						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Sept 5 Labour Day
Sept 12 First day for Kindergarten
Sept 21 CSM School Council /AGM
Sept 23 No Kindergarten
Sept 28 Div. Board Meeting
Sept 30 National Day for Truth and Reconciliation

O – 20 (26)
I – 20 (21)

SEPTEMBER '22						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Nov 4 No Kindergarten
Nov 11 Remembrance Day
Nov 14 Wellness Day
Nov 16 CSM School Council
Nov 23 Div. Board Meeting

O – 20 (66)
I – 20 (59)

NOVEMBER '22						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Jan 1 New Year's Day
Jan 2-8 Christmas break
Jan 9 First day after break
Jan 18 CSM School Council
Jan 20 No Kindergarten
Jan 25 Div. Board Meeting
Jan 27 School PD Day

O – 17 (100)
I – 16 (91)

JANUARY '23						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Mar 3 No Kindergarten
Mar 13 Spiritual Dev. Day
Mar 14 Div. Collab. Day
Mar 22 CSM School Council
Mar 29 Div. Board Meeting
Mar 30 Parent/ Teacher Interviews

O – 23 (140)
I – 21 (127)

MARCH '23						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

May 17 CSM School Council
May 22 Victoria Day
May 23 School PD Day
May 24 Div. Board Meeting

O – 22 (176)
I – 21 (162)

MAY '23						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

No students
Stat Holidays
School PD Days
Div. PD/Spiritual Dev./Collab. Days
Div. Board Meetings
First and last days for students
First and last days for teachers

O – 22 (176)
I – 21 (162)

JULY '23						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					





ALBERTA
EDUCATION

*Office of the Minister
MLA, Red Deer-North*

While some students participate in year-round schooling and have been in the classroom for a few weeks – the first day of school for many students and teachers is quickly approaching. I am pleased to welcome back all the students and teachers who are returning and give a warm welcome to those who will be joining us for the first time. I hope you had the chance to rest, relax and recharge over the summer and are ready for an exciting and productive school year.

I am truly thankful for everyone's collaborative efforts in providing a safe and healthy learning environment particularly over the last two years and look forward to a smooth return to in-person instruction. We remain committed to ensuring the health and safety of staff, and students. As we head into the school year, I encourage all students and staff to continue exercising regular personal hygiene and staying home when not feeling well. As I have said in the past it is important that individual family choices continue to be respected related to masking and vaccination. No student or staff member should be stigmatized for their choices.

While the last couple of years has taught us resilience and perseverance, we understand the impacts Covid-19 has had on our young learners' education and mental well-being. We are committed to ensuring our students feel connected and supported in their academic and mental-health needs. Alberta's Government is pleased to commit \$110 million over three years to improve mental health services, provide specialized assessments from qualified therapists and psychologists, and help students get their learning back on track after the pandemic. This is in addition to the over \$1.4 billion in Learning Supports Funding provided directly to school authorities each year. This funding envelope includes the Specialized Learning Supports (SLS) grant, the Nutrition grant, and Program Unit Funding (PUF), which support student mental health, specialized assessments and allow school authorities to provide supports to students and staff.

I sincerely appreciate all the teachers, support staff, school boards, administrators and parents who work tirelessly throughout the school year to prepare students for success and ensure they have the proper supports. Your efforts are both noticed and appreciated.

The school year ahead holds tremendous potential and opportunities for students and educators alike. I am proud of what we have accomplished, and what we continue to work towards – improving education and supporting young Albertans. I wish everyone a happy, healthy, and successful 2022-2023 school year!

Sincerely,

Adriana LaGrange
Minister of Education



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 Risk Threat Assessment Protocol (VTRA) helps principals take further steps to protect the well-being of students and staff. The protocol helps schools respond quickly to threatening incidents such as: possession of a weapon or a replica weapon, bomb threats or plans, verbal, written or electronic (internet, text) threats to kill or injure oneself or others or other threats of violence, fire setting.

The Southwest Alberta Regional VTRA Protocol outlines how a school responds immediately to threatening behavior. Principals may first bring together a School Threat Assessment Team, which ideally includes the principal / associate principal, a school based counsellor / jurisdictional lead and police of jurisdiction. If the situation is serious the principal may also consult the Superintendent of Schools and call in members of the Community Threat Assessment Team. This community team may include representatives of community agencies who work with us to keep our schools safer such as, but not limited to, local police, children's mental health organizations or Child and Family Services. Parents / guardians will be notified as soon as possible in the Stage I - VTRA Process. If parents / guardians cannot be reached, but a concern for safety still exists due to threatening behavior, the threat assessment may still proceed. Personal information shared throughout this process will respect and balance each individual's right to privacy with the need to ensure the safety of all.

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.

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,
Ken Sampson, Superintendent of Schools

Welcome to CSM!

Please join us in welcoming our new teachers to CSM for the 2022/2023 School Year!

Mr. Dale Comchi

My name is Dale Comchi. I am married with 3 children. My oldest daughter Hannah is 18 years old, graduating from high school, and planning on attending university next year. My twins Lucas and Addison are completing grade 6 this year and moving on to junior high.

I was born in northern Alberta in Athabasca and moved to Lethbridge when I was 10 years old. I grew up in the neighbourhood close to St. Martha's school (before there was a westside catholic school). I went to Assumption Elementary, St. Francis Junior High, and Catholic Central High School. I completed my Commerce Degree from the University of Calgary in 1998 and I completed my Education Degree from the University of Lethbridge in 2004.

My first teaching job was at Catholic Central High School starting in February 2005 where I taught for about 6 years. In 2011, I made the move to St. Patrick Fine Arts School where I have been teaching mostly Grade 3 for the past 11 years.

When I'm not teaching, I enjoy sports, the outdoors, and spending time with my family. I have coached many sports including football, basketball, volleyball, baseball, soccer, and hockey. Camping and hiking in the mountains are my favourite summer activities. Skiing and attending my childrens' sports activities also keep me busy.

I'm excited to be joining Children of St. Martha School. I can't wait to meet you all!



Mr. Mark Huff

I grew up in Lethbridge, and am grateful to live here today. I attended St. Mary's, St. Francis Junior High School, and Catholic Central High School. Cycling is my number one sport today, and this season I'm training for 3 races. I am married to Carla Ferrari, who is an Associate Principal at St. Patrick Fine Arts School. Our son Elwood is 5 years old, and will be attending Kindergarten at Children of St. Martha this fall. We are Catholics, and members of the St. Martha's Roman Catholic Parish. I have a B.A. (philosophy major, history minor), B. Ed. (Great Distinction), and a

Masters Degree in Library Science.

I am excited to join the Children of St. Martha School family!



Ms. Shalyn Boras

Hello! My name is Shalyn Boras. I am thrilled to be joining the Children of St. Martha's family as the grade 6 teacher next school year. I am currently in my second year of teaching. I taught grade 5/6 at St. Teresa of Calcutta my first year and am currently teaching grades 7-9 French Immersion at St. Francis Junior High. I truly feel as though elementary is where I belong and am so excited to be going back.

I look forward to meeting as many of you as possible and teaching your precious children!

If you're ever around, never hesitate to stop by my room and say hello!



SPACES

<https://spacesedu.com/en/>

The Children of St. Martha Elementary School is using [Spaces](#) as a reporting tool for the 2022/2023 school year!

Spaces is an interactive assessment app. that allows students to capture their learning and reflect on growth, anytime and anywhere.

Spaces will give you a window into your child's classroom and into your child's learning journey. As our staff and students are new to this platform, we will all be learning to make the most of this communication and reporting tool throughout the year. You will receive an invite from your child's teacher late Fall to join the platform. We are so excited to share our Spaces journey with you and invite you to engage with your child's posts.

Parent engagement will be very important to ensure success with Spaces at our school. In the Fall, you will be invited to download Spaces for iOS, Android, or use the web to view your child's learning artifacts. Not only will you be able to see the growth and development of your child as it happens throughout the year, you will be able to comment and provide feedback to your child.

Please contact our main office at csmadmin@holyspirit.ab.ca or 403-381-8110 if you have any questions about Spaces. With your help, we will continue to build our community of lifelong learners.





The Children of St. Martha

School Fees 2022/2023 School Year

Fee Name & Description	Cost per Student
Kindergarten Field Trips, Celebrations & Supplies (this fee includes Scientists in Schools, Mother's & Father's Day celebrations, year-end celebration)	\$50.00
Grade 1 Field Trips & Supplies (this fee includes class field trip costs, Mother's & Father's Day gifts & year-end party)	\$30.00
Grade 2 Field trips & Supplies (this fee includes class field trip costs, Mother's & Father's Day gifts, Christmas & year-end party)	\$30.00
Grade 3 Field Trips & Supplies (this fee includes class field trip costs, Mother's & Father's Day gifts, Christmas & year-end party)	\$70.00
Grade 4 Field Trips & Supplies (this fee includes class field trip costs, Mother's & Father's Day gifts, Christmas & year-end party)	\$75.00
Grade 5 Field Trips & Supplies (this fee includes class field trip costs, Mother's & Father's Day gifts, Christmas & year-end party)	\$75.00
Grade 6 Field Trips & Supplies (this fee includes class field trip costs, Mother's & Father's Day gifts, Christmas & year-end party)	\$75.00
Scientists in Schools (1-6)	\$11.00
Natural Leaders (grade 6 program)	\$10.00
Northern Flute (grade 4 program)	\$25.00
Jump Math student take home books (grades 1-6)	\$25.00
Grade 1 – 6 Henderson Pool School Wide Year End Field Trip	\$8.00
<i>Extracurricular: fee for students participating in after school activities</i>	
Volleyball (wrap up party & or t-shirts)	\$25.00
Basketball (wrap up party & or t-shirts)	\$25.00
Running Club (wrap up party & or t-shirts)	\$25.00

Total fees per grade:

Kindergarten: \$50.00 - this fee includes Scientists in Schools, Mother's & Father's Day celebrations, year-end celebration

Grade 1: \$74.00 - Grade 1 Field Trips & Supplies, Mother's & Father's Day gifts, Christmas & year-end party, Scientists in Schools (1-6), Jump Math student take home books (grades 1-6), Grade 1 – 6 Henderson Pool School Wide Year End Field Trip)

Grade 2: \$74.00 - Grade 2 Field Trips & Supplies, Mother's & Father's Day gifts, Christmas & year-end party, Scientists in Schools (1-6), Jump Math student take home books (grades 1-6), Grade 1 – 6 Henderson Pool School Wide Year End Field Trip)

Grade 3: \$114.00 - this fee includes class field trip costs, Mother's & Father's Day gifts, Christmas & year-end party, Scientists in Schools (1-6), Jump Math student take home books (grades 1-6), Grade 1 – 6 Henderson Pool School Wide Year End Field Trip

Grade 4: \$144.00 - this fee includes class field trip costs, Mother's & Father's Day gifts, Christmas & year-end party, Scientists in Schools (1-6), **Northern Flute** (grade 4 program), Jump Math student take home books (grades 1-6), Grade 1 – 6 Henderson Pool School Wide Year End Field Trip

Grade 5: \$119.00 - this fee includes class field trip costs, Mother's & Father's Day gifts, Christmas & year-end party, Scientists in Schools (1-6), Jump Math student take home books (grades 1-6), Grade 1 – 6 Henderson Pool School Wide Year End Field Trip

Grade 6: \$129.00 - this fee includes class field trip costs, Mother's & Father's Day gifts, Christmas & year-end party, Scientists in Schools (1-6), **Natural Leaders** (grade 6 program), Jump Math student take home books (grades 1-6), Grade 1 – 6 Henderson Pool School Wide Year End Field Trip

**Extracurricular fees will be charged at the start of the activity (for those students that are participating)*

Payment using School Cash online:

School fees can be paid by clicking the button below to access School Cash Online directly:



If you are new to School Cash Online, you will need to register. [Click here for more information about registration.](#)

School Fees are due by Monday, October 17th, 2022. If you need assistance please call our office at 403-381-8110 and we will be happy to assist you.

A few things to note.....

Early Dismissal on Fridays: a reminder that school finishes at 11:30 a.m. on Friday's throughout the entire 2022/2023 school year.

Please be mindful of this time and make the necessary arrangements for your child or children to be picked up.

Bicycles — if your child is riding a bike to school, please make sure they bring a lock and are familiar with locking and unlocking their bicycle. It seems there have been many reported thefts, of bicycles, within our city recently.

Electronics & cell phones— If you are sending a cellular phone with your child to school, please be aware that they will need to keep it in their backpack throughout the school day. We are not permitting cellular phone use at recess as *we want our students to enjoy this time for play!*



School Fees are due by Monday, October 17th, 2022!

All School fees are to be paid online using **School Cash Online.**

We will send a paper notice home with all students in a marked envelope that outlines the fees that are due at this time.

You can log on or sign up at the following site:

<https://holyspirit.schoolcashonline.com/>

If you have not registered for School Cash Online & need assistance, please call our front office staff at 403-381-8110 and our office ladies will be happy to assist you.

For CSM information on this years' school fees please [click here!](#)

Or visit the following website:

https://csm.holyspirit.ab.ca/school/fee_information

OUR SOUTHLAND RIDERS CAN USE...

MyBusStop



REAL-TIME SCHOOL BUS TRACKING FOR:

- ROUTE STOPS
- ROUTE SCHEDULES
- TRAFFIC
- BUS LOCATION
- BUS PROGRESS
- POSSIBLE DELAYS

CHILDREN OF ST. MARTHA SCHOOL'S CODE:
J8FNUIQBDS

For more information, visit: www.holyspirit.ab.ca/transportation/mybusstopapp

BUCKET FILLING

We are a Bucket Filling School! The concept is based on a book written by Carol McCloud called "Have You Filled A Bucket Today?" and it carries with it wide appeal. This idea used to spread kindness is easily understood by young children and is relevant for older students as well. To help you understand the basic concept of bucket filling here are a few important explanations.



Bucket Filler - Someone who is showing positive character traits (kind, considerate, caring, respectful) and is being a responsible citizen while spreading good feelings to others. Bucket filling is showing kindness and respect for others.

Bucket Dipper - Someone who robs us of good feelings with unkind words or actions that end up hurting. Bucket dipping is being mean to others on purpose.

A Full Bucket - When our bucket is full we feel happy.

An Empty Bucket - When our bucket is empty we feel sad.

Use Your Lid - Your lid is a mental shield against anything that would dip into your bucket. Our bucket represents our emotional and mental health and it is important that we learn to protect the good thoughts & feelings that we've collected.



Connect with us!

School Website

<https://csm.holyspirit.ab.ca/home>



School Facebook

Find us on Facebook by searching "Children of St. Martha School". Be sure to click "LIKE" to receive updates in your newsfeed

School Twitter

Follow us @CSMhs4 or search the following hashtag to see what we're tweeting about #csmhs4

Newsletter on the Web!

Our monthly newsletters can be found at our website listed above.

Newsletters will be sent out through email each month.

If you *do not receive* the newsletter through email, please feel free to contact our main office at 403-381-8110 and we will make sure your email address in the system is up to date.



FAITH IN ACTION:

Faith in Action means living our lives of faith with love, concern and compassion for others and our world. Faith in Action is using our God-given gifts to live the call of Christ to build God's loving kingdom here on Earth - one kind, thoughtful interaction at a time. We hope to nurture in our students a determination to be a positive force for spreading kindness to all those we encounter. Students grow their faith by learning to see the face of God in others and to be the hands and heart of Christ to them. Students, from each grade, will be recognized for sharing forth their God given talents as Faith In Action recipients each month.

September 2022 Hospitality iss po maa ni ta pi
October 2022 Gratitude inii yi' ta ki
November 2022 Peace in naih tssi yi
December 2022 Charity Ai s poo moo wa
January 2023 Courage Ii yi ka ki maat

February 2023 Love ako mimm
March 2023 Forgiveness ssaaki' to mo ksi s in
April 2023 Justice a koo toyi ksi ka ta
May 2023 Compassion Oh kss sa mm
June 2023 Faithfulness Aa mai' ta ki



Holy Spirit Catholic School Division: Faith Plan 2022—2025

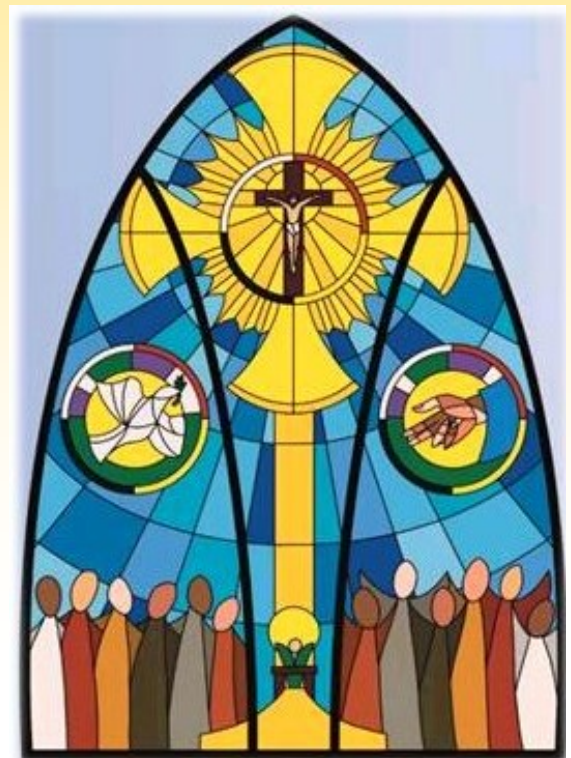
Year 1 - Arise!

Faith Focus

God Is In Our Hearts

Primary Scripture

“Arise, shine; for your light has come, and the glory of the Lord has risen upon you.”
(Isaiah 60:1)



Just so you know . . .

⇒ **Picture Day is Tuesday, October 18th, 2022.**

Be sure to mark this date on your calendar!

Picture taking for all homerooms will begin first thing in the morning. Students will have individual pictures as well as a class photo taken.

Lifetouch



COLOUR TEAMS

⇒ **Colour Day** - We will be starting off our Intramural Fun Days with a "Team Colour Day" on

Friday, October 7th, 2022.

⇒ You can get points for your team by wearing anything that is the colour of your team.

⇒ The teams are the **Blue Arctics**, **Green Atlantics**, **Orange Pacifics**, **Purple Tundras**, **Red Rockies**, and **Yellow Prairies**.

Not sure which team is yours just ask your teacher!

SCHOOL COUNCIL

If you would like additional information about School Council, please call our office at 403—381-8110 and we will be happy to help you out!

Our First School Council & Annual General Meeting will be on

Wednesday, September 22nd at 6:00 p.m. in our School Library. We will also offer a google meet for those would like to join the meeting virtually.

* Please email csmadmin@holyspirit.ab.ca if you want to join virtually and we will send you out an invitation link, through email, on the Monday prior to the meeting.

ALL ARE WELCOME!

CSM Terry Fox Run 2022

Friday, September 23rd, 2022 9:30 a.m. at Nicholas Sheran Park

In 1980, Terry Fox set the bar high for himself when he started his Marathon of Hope, saying, "Nobody is ever going to call me a quitter." Our school is proudly taking part in this year's Terry Fox School Run to continue Terry's legacy. Please support our school's fundraising efforts to raise much-needed funds for cancer research. All donations will be accepted online through the Terry Fox Foundation.

To donate go to the following website: <https://schools.terryfox.ca/4921>

CHILDREN OF ST. MARTHA SCHOOL - LETHBRIDGE, AB

Children of St. Martha School - Lethbridge, AB

Province: Alberta

In support of the Terry Fox School Run



DONATE

STUDENTS/CLASSROOMS
SET UP A PAGE

\$0
RAISED

#TerryFoxSchoolRun #TryLikeTerry

Social Media Channels:

Facebook: facebook.com/TheTerryFoxFoundation

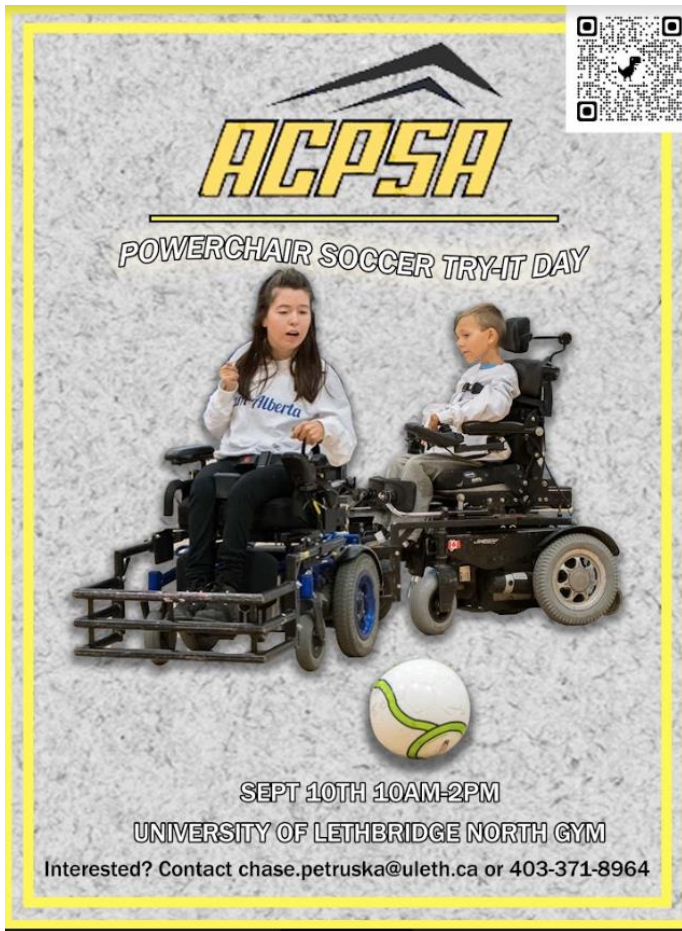
Twitter: twitter.com/TerryFoxCanada

Instagram: instagram.com/terryfoxfoundation

LinkedIn: linkedin.com/company/terry-fox-foundation

YouTube: youtube.com/terryfoxcanada

Check out some of the activities available around town



ACPSA
POWERCHAIR SOCCER TRY-IT DAY

SEPT 10TH 10AM-2PM
UNIVERSITY OF LETHBRIDGE NORTH GYM

Interested? Contact chase.petruska@uleth.ca or 403-371-8964

The poster features a young girl and a young boy sitting in powerchairs on a grey, textured background. The girl is on the left, wearing a white long-sleeved shirt with 'Alberta' written on it. The boy is on the right, also in a powerchair. A soccer ball is positioned in the lower center. A QR code is located in the top right corner.



LETHBRIDGE REC HOCKEY

Interested in hockey but don't want the significant time or financial commitment that often comes with this great sport?

We offer an organized non-checking recreational hockey league for all genders aged 5-17. All skill levels are welcome.

One hour, once a week. Season runs end of September to late March.

Register early – spots fill quickly.

www.lethbridgerechockey.com

The poster has a red background. At the top is a logo for 'LETHBRIDGE REC HOCKEY' featuring a stylized hockey player's head. Below the text is a QR code.



CANSKATE FALL REGISTRATION IS NOW OPEN!

Classes start Oct.2nd
Sun 10:15-11am Civic
Wed 5:30-6:15pm Henderson
Thur 5:30-6:15pm NicSheran

Teen/Young Adult
Sunday 5:30-6:30pm ENMAX

To register visit:
SouthernAlbertaSkating.ca

SOUTHERN ALBERTA SKATING ACADEMY
southernalbertaskating@gmail.com

The poster features a young child in a bright green jacket and a black helmet with a face cage, standing on a light-colored surface. A red ribbon graphic is on the right. At the bottom right are social media icons for Instagram and Facebook. A dotted line separates the registration information from the academy's name and contact info.



September 7, 2022 @ 6:30
Henderson Ice Center

Free event– ages 5 and up.
Bring skates, helmet, and
gloves. We provide the rest!

Register for this event at:
www.cometryringette.ca/events/

What is Ringette?

Ringette is a fast-paced team sport played on ice. Similar to Hockey, the objective is to work as a team to get the ring in the opponent's net.

- Learn to skate
- Start as young as 5 years old
- Goalie camps available
- Building strong, fit & confident athletes
- Non-contact sport with full protective equipment
- Travel! Play locally, provincially, nationally & even internationally

**Register now for
the 2022/2023
season**

**For more information or to register, visit our website at
www.lethbridgeringette.ca**

Follow us online



Lethbridge Ringette Association:
Website by RAMP...
www.lethbridgeringette.ca





Super powers for super school lunches

With September upon us, making school lunches is back on the agenda. With a little planning and creativity, packing school lunches can be a lot less daunting and can even help your family save money. Lunches that include whole grain foods, vegetables and fruits, and protein foods provide the nutrients and energy needed for children to play and engage at school while also supporting healthy growth and development. Here are some ideas and tips to help make preparing lunches easier and more affordable.

Unleash your meal planning

Taking the time to plan meals for the week can

take the guesswork out of what to make for meals, including lunches. Here are some tips for successful meal planning:

- Make meal planning a family activity. For example, use dinner time to brainstorm meal ideas or to build a grocery list together. Involving kids in the meal planning process teaches them life skills such as budgeting, organizing, reading recipes, and writing a grocery list.
- Plan for leftovers. Increasing dinner servings so that there are leftovers for lunch is a great way to simplify school lunch prep the next day.

Healthy Children

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- Save your meal plan to use again. Once you have a few weeks of meal plans ready, you can use them in rotation or look back at them for ideas for future weeks.

Jump ahead with meal preparation

- If you can, make time to bake from scratch. Having healthy snacks on hand, such as wholegrain muffins, bannock or granola makes it easy to put a lunch together. Freezing large batches of baking can provide grab-and-go snacks for a few months at time. For recipe ideas go to [Inspiring Healthy Eating](#).
- Wash and cut fresh vegetables and fruit ahead of time. Having ready-to-eat produce on hand helps bring lunches together quickly.
- Repurpose food. If you have vegetables that need to be used up, bring them together to create soup, chili, or stir-fry that you can freeze and use for lunches in the future.
- Involve kids in lunch prep. For example, get them to chop cucumbers, portion out low-fat yogurt, or spread hummus on pita. Not only does this help them develop food literacy skills, it increases the chances that they will eat what they pack.

Using your meal plan to build your grocery list helps ensure that you don't forget anything you need and are less likely to buy things impulsively.

Become a grocery shopping champion

Once you have a meal plan and a grocery list, grocery shopping becomes a lot more efficient. Being prepared helps reduce the chance of buying food that doesn't get eaten.

Less food waste helps save money while also reducing the impact on the environment. Here are a few tips for grocery shopping:

- Shop the sales. Check out flyers, coupons and apps, then plan for lunches based on items that are priced well.
- Consider shopping for a mix of fresh, frozen and canned produce. Frozen or canned (packed in water or juice) vegetables and fruit are a great alternative, are equally nutritious, and often less expensive than fresh options.
- Try not to grocery shop when you're hungry. This can help you stick to your grocery list and avoid adding unneeded items to your cart.

Pack lunches like a pro

With meal planning and preparation under your belt, putting it all together is a breeze! Here are some tips to consider when packing up school lunches:

- Use reusable containers, like water bottles, containers, and food wraps. Using these items in place of single use alternatives is an environmentally friendly option that also reduces costs in the long term. Make sure you choose containers that your kids can open on their own. It helps them access their food and also builds their independence and confidence.
- Use an insulated lunch bag and containers. Keeping foods at the right temperature (hot or cold) is important to keep food safe to eat. For tips on

Healthy Children

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keeping hot food hot and cold food cold, check out [Keeping school lunches safe](#).

The power of community

If you don't have enough food for school lunches, it's okay to reach out for help. There are often programs and services available to ensure kids have access to breakfast, lunch and snacks at school. Schools may also have options to assist with other school related costs. You can call Alberta 211 or reach out to your school principal or teacher for information on programs and supports at school or in your local area.

For more tips, go to:

- [Create a healthy grocery list](#)
- [Meal planning template](#)
- [Tips for making lunch](#)
- [Tips to spend less money on food](#)



Back-to-school lunch hacks for your teen

With back-to-school season in full swing, making school lunches is back on the agenda. With a little planning and creativity, packing school lunches can be a lot less daunting and can even help your family save money (a welcomed benefit if you have growing teens at home). Lunches that include whole grain foods, vegetables and fruits, and protein foods provide the nutrients and energy needed for teens to grow and develop while also supporting their learning and engagement at school. Here are some ideas and tips to help make preparing lunches easier and more affordable.

Meal plan for success

Taking the time to plan meals for the week can take the guesswork out of what to make for meals, including lunches. Here are some tips for successful meal planning:

- Get your teen involved in meal planning. For example, use dinner time to brainstorm meal ideas or to build a grocery list together. Involving teens in the meal planning process teaches them life skills such as budgeting, organizing, reading and preparing recipes and writing a grocery list.

Healthy Teens

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- Plan for leftovers. Increasing dinner servings so that there are leftovers for lunch is a great way to simplify school lunch prep the next day.
- Save your meal plan to use again. Once you have a few weeks of meal plans ready, you can use them in rotation or look back at them for ideas for future weeks.

Make a plan for 'eating out'. Talk to your teen about when they will buy a school lunch from the cafeteria, canteen or off campus and make a plan together. Discuss how often they will buy food from the cafeteria or other food vendors, and talk with them about how to make nutritious food choices from the menu. Talk about considerations for buying food from convenience stores where options may be limited.

Meal prep to stay ahead of the game

- Teach your teen how to bake from scratch. Having prepared snacks on hand, such as wholegrain muffins, bannock or granola makes it easy to put a lunch together. Freezing large batches of baking can provide grab-and-go snacks for a few months at time. Teens can help choose and bake recipes that they will enjoy. For recipe ideas go to [Inspiring Healthy Eating](#).
- Get your teen to help prep fresh vegetables and fruit ahead of time. Having ready-to-eat produce on hand makes it easy for teens grab food when putting their lunch together on their own.
- Repurpose food. If you have vegetables that need to be used up, bring them together to create soup, chili or stir-fry that you can freeze and use for lunches in the future.

Talk with your teen about how using a meal plan to build your grocery list ensures you don't forget what you need and makes you less likely to buy things impulsively.

Win at grocery shopping

Once you have a meal plan and a grocery list, grocery shopping becomes a lot more efficient. Being prepared helps reduce the chance of buying food that doesn't get eaten. Less food waste helps save money while also reducing the impact on the environment. Here are a few tips for grocery shopping:

- Shop the sales together. Ask your teen to help you use flyers, coupons and apps and plan lunches based on items that are priced well.
- Consider shopping for a mix of fresh, frozen and canned produce. Frozen or canned (packed in water or juice) vegetables and fruit are a great alternative and are equally nutritious and often less expensive than fresh options.
- Tackle grocery shopping as a team. Grocery shopping is a great opportunity to engage your teen in [how to read food labels](#). Understanding % daily value, ingredient lists and nutrition claims can help them make informed food choices when they buy food on or off campus.

Pack lunches like a pro

With meal planning and preparation under your belt, putting it all together is a breeze! Here are some tips to help your teen pack up school lunches:

Healthy Teens

- Use reusable containers, like water bottles, containers, and food wraps. Using these items in place of single use alternatives is an environmentally friendly option that also reduces costs in the long term. Make sure you choose containers that your kids can open on their own. It helps them access their food and also builds their independence and confidence.
- Use an insulated lunch bag and containers. Keeping foods at the right temperature (hot or cold) is important to keep food safe to eat. For tips on keeping hot food hot and cold food, check out [Keeping school lunches safe](#).

Lean into community resources

If you don't have enough food for school lunches, it's okay to reach out for help. There are often programs and services available to ensure teens have access to breakfast, lunch, and snacks at school. Schools may

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also have options to assist with other school related costs. You can call Alberta 211 or reach out to your school principal or teacher for information on programs and supports at school or in your local area.

For more tips, go to:

- [Create a healthy grocery list](#)
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- [Tips for making lunch](#)
- [Tips to spend less money on food](#)



September 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>August 31</i> <i>First day back for Grades 1-6</i>	<i>1</i> <i>Kindergarten Family meetings</i>	<i>2</i> <i>Kindergarten Family meetings</i>	<i>3</i>
<i>4</i>	<i>5 Labour Day No school for staff and students</i>	<i>6 8:30 am Staggered entry for kindergarten</i>	<i>7 Staggered entry for kindergarten</i>	<i>8 Staggered entry for kindergarten</i>	<i>9 Staggered entry for kindergarten</i>	<i>10</i>
<i>11</i>	<i>12 First full day for kindergarten and EIP</i>	<i>13 Old Dutch Fundraiser begins</i> 	<i>14 1pm Cormican Kindergarten Wednesday walk</i>	<i>15</i>	<i>16</i>	<i>17</i>
<i>18</i>	<i>19</i>	<i>20</i>	<i>21 1pm Cormican Kindergarten Wednesday walk School Council & AGM 6:00pm</i>	<i>22</i>	<i>23 Terry Fox Run 9:30 am</i> <i>No Kindergarten</i> 	<i>24</i>
<i>25</i>	<i>26</i>	<i>27</i>	<i>28 kinder walk Faith in Action Assembly 3:00</i> <i>Hs Board Meeting Public</i>	<i>29</i>	<i>30 Wear an Orange shirt No school today For students & staff</i> 	