

Associate Principal Message: Mrs. Janet Clamp

It is hard to believe that we are already one month into the 2022/23 school year. September has been nothing short of amazing and students seem well settled into their new routines. Thank you for all of your hard work and support that contributed to a smooth start. If you are not connected to your child's classroom teacher or the school community through Classdojo, please reach out to your child's homeroom teacher or the school office. This is an easy way for both the school and teachers to send important messages and event reminders.

In October we celebrate Thanksgiving and throughout the month of October we focus on gratitude. We have so much to be grateful for, in our classrooms and as a school community we will find different ways to reflect on and share all that we are grateful for. Intentionally focusing on the good in our lives can help us feel both happier and healthier. Expressing gratitude through prayer will strengthen our relationship with each other and with God.

On September 15th we celebrated our opening mass and Father Monis blessed our community and families. On September 22nd Father came to the school and blessed each of our classrooms. These events are reminders that we journey through this school year with God's presence and blessing. We are never alone. This year we begin a new three year Faith Theme across our district. Arise! Pilgrims of Hope. The title for this year is Arise! And, the Faith Focus is God is in Our Hearts. We will focus on looking inward as we grow in faith and learn about the Spiritual Works of Mercy and the Fruits of the Spirit.

Friday mornings the students gather in the gym first thing after the bell until 9:15 for Gospel and Wellness. During this time we read and discuss the upcoming Sunday Gospel to help students feel prepared to hear the Gospel and maybe even find the message in the Homily at mass on Sunday. We also learn about parts of the mass, common prayers, dive deeper into our Faith Theme, talk about our Faith in Action themes and discuss things we are grateful for. We are thankful to spend this time as a community.

Thank you for keeping our parking lot and bus loop safe for students and families. Please remember that traffic in our parking lot is one way traffic. The parking lot is most safe when we only park in designated stalls. Avoid parking by the preschool room to the right of the entrance or by any of the concrete cubs. Please avoid stopping in the middle of the parking to allow students to enter or exit your vehicle - this is dangerous for the students crossing if other vehicles are not expecting them, backs up traffic and blocks other drivers from driving out of their parking spaces. If you wish to drop your student(s) off quickly - please use the loop on McMaster Blvd.

The Children of St. Martha School Pow Wow

Wednesday, October 5th, 2022

206 McMaster Blvd. West Lethbridge, Alberta

Grand Entry 12:00 pm



Tipi Raising - Mr. Cory Fox & Mr. Ken Fox

MC - Mr. Cory Fox

Drum Group - Troy Delaney

Elders - Elder Peter Strikes with a Gun Piitai'payi.

Elder Jeannie Provost Aa Kaimis Kim'aki, Elder Christina Fox Iksisaanoowa, Elder Geraldine Thunder Chief & Grandmothers

CSM Trustee: Mrs. Trisha Doherty

Superintendent- Mr. Ken Sampson Piitaa Awo' taan

Deputy Superintendent- Mrs. Michelle MacKinnon

Director of Religious Education- Mr. Aaron Skretting Maatsoaapi'piita

Principal - Mrs. Shannon Collier Miistaki anniski a Kii

Associate Principal - Mrs. Janet Clamp

Coordinator of FNMI Education - Mrs. Shelley Kirkfold Kakatosana'ka Kii

School Council Chair - Mrs. Lindsay Spadavecchia

Honorary Guest: Dr. Terri-Lynn Fox Director of Kainai Wellness Center

All Dancers, all Categories Welcome!

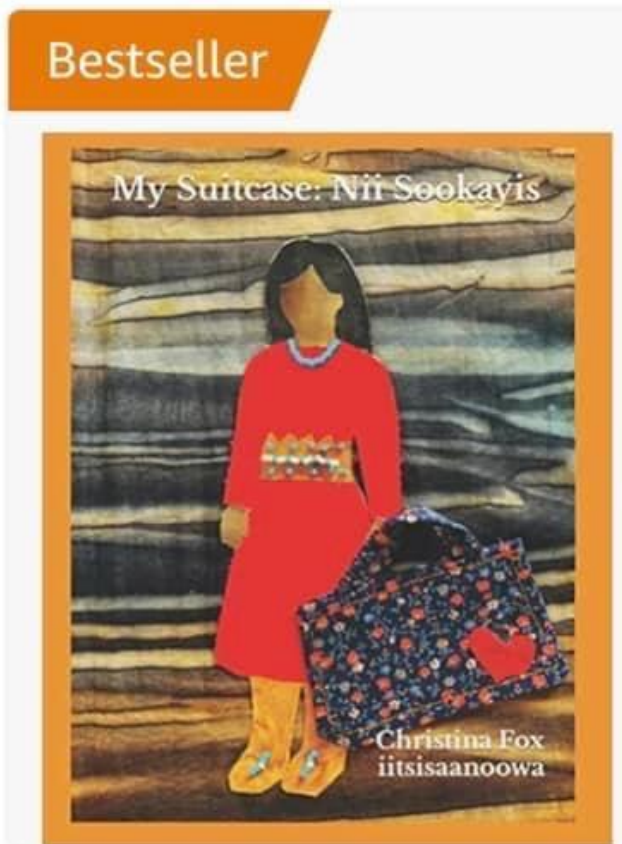


Everyone Welcome!


For more information please call
403-381-8110



Congratulations to Ms. Fox on the release of her Book: Nii Sookayis: My Suitcase



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'My Suitcase: Nii Sookayis' begins with my first memory of residential schools, the door slamming and taking me by surprise. My family was gone and I was left alone with nothing but the suitcase my grandmother so lovingly packed with a traditional red dress she had sewn for me, a pair of moccasins, a hairbrush and a doll that was meant to comfort me. Within minutes, my case was taken never to be seen again. I waited years for my name to be called so that I could return home. But when I did, I was never the same again.

"My Suitcase: Nii Sookayis" is a story of triumph and celebration in how far I have come with my healing. It reminds us all to take the values and lessons that mean the most to us everywhere we go and to always share our gifts with the world because there is no one quite like YOU.

"This book was written by my best friend, my Mom. Please take care of her heart which is in every word of this story. -Mr. Cory Fox

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ISBN 978849763934 90000
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CSM School Council Update

Thank you to everyone who turned out for our 2022/2023 CSM School Council AGM! It was a great meeting with new faces, information and idea sharing, and lots of laughs. We would like to give a warm welcome and thank you to our new CSM School Council executive team:

Chair: Lindsay Spadavecchia

Vice-Chair: Jennifer O'Neill

Treasurer: David Lanz

Secretary: Jessica Herbst

Principal: Mrs. Shannon Collier

Associate Principal: Mrs. Janet Clamp

Teacher Rep: Mrs. Sandra Cormican

Holy Spirit Board of Trustee Rep: Mrs. Tricia Doherty

Feel free to join us at the next school council meeting, October 19th, 6pm in the school library or online through Google Meet.

Meetings not your thing? There will be upcoming opportunities to help out with events and fundraising activities so keep your eyes open for more ways to engage with our school community over the upcoming year.

WATCH FOR NEWS ABOUT OUR UPCOMING

CHILDREN OF ST. MARTHA SCHOOL

FALL FAMILY EVENING

SAVE THE DATE: Friday, October 28th, 2022

More details coming soon...

Parent Reminders

As We approach the end of September we want to thank everyone for such a great start to our school year!

There are a few items we want to **bring to your attention** as we move forward through the year.

School Registration and School Fees

Classes are starting to plan out field trips. It is important to have your school fees paid. A portion of the fees go to paying for these trips which can include going off site or having a virtual session in their classes. A payment plan can be set up through the main office. Please contact our principal if you would like to discuss this further.

Make sure if you have not re-registered that this is completed as soon as possible.

Our front office staff would be happy to assist if you need help with this.



School council meets in our library and also online. These meetings start at 6:00 and last about an hour. If you would like to join they would be happy to welcome you either in person or online. If you need additional information please phone the office 403 381-8110. This is an awesome way to meet people and know what is happening in our school community School Council & Annual General Meeting: Wednesday Sept 21st, 6:00-7:30 p.m.

School Council meeting: Wednesday, October 19th, 6:00-7:00 p.m.

School Council meeting: Wednesday, November 16th, 6:00-7:00 p.m.

School Council meeting: Wednesday, Jan. 18th, 6:00-7:00 p.m.

School Council Meeting: Wednesday, March 22nd, 6:00-7:00 p.m.

School Council meeting: Wednesday, May 17th, 6:00-7:00 p.m.

School Council meeting: Wednesday, June 14th, 6:00-7:00 p.m

Snacks

We have noticed that with the longer day students are asking for more snacks. If it is possible please keep this in mind when packing their lunch kits. We do have snacks available if they run out.



Old Dutch Fundraiser



The CSM Old Dutch Halloween fundraiser will run **until Monday, October 3rd, 2022**. The orders will be ready for pickup up at the school on **Friday, October 21st, 2022**. Families will be asked to call the school office prior to picking up your order. This way we can bring your order to the side entrance of the gymnasium doors for distribution. Students are NOT expected to go door to door to sell. All orders will need to be placed by using [school cash online](#). This event will raise funds in order to **purchase a book for all CSM students and staff to keep from our annual “Read with Us” school wide book study as well as prizes associated with this event. Coats for kids**

K of C Coats 4 Kids

Dear Families.

The Knights of Columbus of St. Martha’s Parish are striving to help children in West Lethbridge by collecting and then donating gently used winter coats to elementary students at three Catholic Schools located in West Lethbridge. Please do check your closets for Fall/Winter coats. If they no longer fit your children please wash and then bring to the school and place in the box marked K of C coats 4 kids Campaign at the front foyer. The Collection of coats will happen until the end of October. Distribution to children will start with the return to cold weather. Your support in helping children stay warm this Winter is appreciated.

Thank You

Carmen Mombourquette

Campaign Coordinator



BUS FEES

If your child is eligible to ride the bus for a fee please ensure you have paid by the **beginning of the month**

The fee is 25:00 for each student riding

Colour Team Activity: Turkey Trot: Friday, October 7th, 2022



For our First Colour Team activity, we will have students participate in the **Turkey Trot** around Nicholas Sheran Park **with their colour teams.**

Students and staff will collect Colour Team points by wearing their team colour that day!

The Children of St. Martha Breakfast Program:

Our Breakfast Program is up and running each morning starting at 8:20 a.m. in our gymnasium. A variety of healthy choices will be offered each morning! All CSM students are welcome to come and have breakfast. We would like to thank The Breakfast Club of Canada for their ongoing support.



Breakfast
CLUB
of Canada

Breakfast Club Volunteer Helper



Way to go Alaina! Thanks for your help



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
Optional 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: \$49.00 - Grade 1 Field Trips & Supplies, Mother's & Father's Day gifts, Christmas & year-end party, Scientists in Schools (1-6), Optional Jump Math student take home books (grades 1-6), Grade 1 – 6 Henderson Pool School Wide Year End Field Trip)

Grade 2: \$49.00 - Grade 2 Field Trips & Supplies, Mother's & Father's Day gifts, Christmas & year-end party, Scientists in Schools (1-6), Optional Jump Math student take home books (grades 1-6), Grade 1 – 6 Henderson Pool School Wide Year End Field Trip)

Grade 3: \$89.00 - this fee includes class field trip costs, Mother's & Father's Day gifts, Christmas & year-end party, Scientists in Schools (1-6), Optional Jump Math student take home books (grades 1-6), Grade 1 – 6 Henderson Pool School Wide Year End Field Trip

Grade 4: \$119.00 - 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), Optional Jump Math student take home books (grades 1-6), Grade 1 – 6 Henderson Pool School Wide Year End Field Trip

Grade 5: \$94.00 - this fee includes class field trip costs, Mother's & Father's Day gifts, Christmas & year-end party, Scientists in Schools (1-6), Optional Jump Math student take home books (grades 1-6), Grade 1 – 6 Henderson Pool School Wide Year End Field Trip

Grade 6: \$104.00 - 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), Optional 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)*

** Jump Math Take Home books will be charged to those who would like a copy for their child (\$25.00)*

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.

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.



October

Arise!

Pilgrims of Hope



“May the God of hope fill you with all joy and peace in believing, So that you may abound in hope by the power of the Holy Spirit.”

Romans 15:13

ST. THÉRÈSE OF LISIEUX 1873-1897 (Feast Day: October 1)

St. Thérèse was born on January 2, 1873 in France. After her mother died, her father and older sisters raised her. In 1886, on Christmas Day, Thérèse had an experience of intimate union with God. A year later, Pope Leo XIII gave her permission to enter the Carmelite Monastery at 15 years old.

Thérèse devoted herself to a life of holiness. She had a childlike trust in God, and although she struggled in the convent, she tried to perform acts of charity and sacrifice, no matter how small they were.

In her autobiography, “Story of a Soul,” Thérèse wrote that her vocation was Love. She was called to show God’s love to the world. In 1896, she fell ill with tuberculosis, and offered her sufferings as a sign of love for God. She died a year and a half later at the age of 24; her last words were, “My God, I love you.” Thérèse’s “little way” of loving God has inspired millions, and she is said to have interceded in many miraculous ways. She was proclaimed a Doctor of the Church in 1997 by Pope John Paul II, 100 years after she died.

Holy Moments In Our Schools

Each of our schools have started off their year in their own way, and finding their own unique ways to Arise! At Our Lady of the Assumption School, staff engaged in a faith formation project that culminated in a composite stained glass window that shows their ideas about this year’s Faith Plan theme. Check it out the next time that you are there!

Have a picture of your students showing a spiritual work of mercy or fruit of the spirit? Being in communion with one another or learning about the saints? Send it our way and you may be featured.

The Spiritual Works of Mercy Counsel the Doubtful

Everyone has moments of doubt in their faith journey. Nevertheless, we should always remember that Christ is the Way, the Truth, and the Life and turn to him along our way.

- Listen to counsel and receive instruction, that you may eventually become wise.” (Prov 19:20)
- The Cross of Christ “the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.” (1 Cor 1:25)
- Has someone asked you for advice? Orient your response to Christ, who is the Way, the Truth, and the Life.
- Follow Christ with the witness of your life so that others may see God’s love revealed in your actions.
- Accompany a friend who is struggling with believing to join a parish group for service or faith formation, share a book you found useful in dealing with your friend’s faith concern, and worship at Sunday Mass.

“My vocation is Love.”

“You know well enough that Our Lord does not look so much at the greatness of our actions, nor even at their difficulty, but at the love with which we do them.”

“There is only one thing to do: throw the flowers of the small sacrifices to Jesus.”

(The above quotes are attributed to St. Thérèse)



St. Thérèse was declared a Doctor of the Church by Pope John Paul II in 1997. For a saint to be declared a Doctor, is a recognition of significant contribution to the theology of the Church.

The Fruit of the Spirit – Peace



Just like physical fruit needs time to grow, the fruit of the Spirit will not ripen in our lives overnight. As we mature in our faith, all the characteristics of our spiritual fruits will grow as well.

The second fruit of the Spirit is peace. The word ‘peace’ appears nearly 429 times in the Bible, which helps us understand why the phrase “Peace be with you” is so important in the faith community.

One of the strongest human desires is for peace, whether it be peace between nations, peace between neighbors or even peace within our own minds. Peace is listed in the top three characteristics of the fruit of the spirit. Without love, joy and peace, the rest of the fruits are not possible. God has also called us as Christians to be peacemakers.

In Philippians 4:6-7 we are told, “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

God’s perfect peace is an amazing gift that is hard to understand. How can people find peace of mind when things are falling apart around them? The fruit of the Spirit of peace provides the inner peace of mind and contentment even in less-than-peaceful situations.

If you are having anxiety, take a moment to sit and be still. The peace that can comfort you during this time comes from the Holy Spirit within us. Having peace doesn’t mean that you will not have conflict, stress or difficult times. Peace is knowing that our God is in control.



Reflecting on the life of St. Thérèse...

Counsel the Doubtful

When we think about counseling the doubtful, we might think about providing advice or direction to someone who is unsure, perhaps with a spiritual decision. For some, this means asking a spiritual director or priest for assistance. There are many places in the Bible that we might go to see examples of counsel being provided – for instance, the letters of St. Paul. St. Thérèse was known for seeking out spiritual direction, but over the course of her life, she also developed what has become known as *The Little Way*, which we can access and employ in our own lives. You may choose to watch the explanation found [here](#) for more information, but in essence, it means to do all of the little things in our lives with great love. This *Little Way*, while perhaps seeming simple, is so profound that Pope John Paul II proclaimed St. Thérèse to be a Doctor of the Church.



Peace

Peace might seem like something that is in short supply right now. Conflict and turmoil seem to be everywhere we look, between and within nations, communities, and even ourselves. When we think of peace as a fruit of the Spirit, we mean that we have an interior peace – that there is order in our hearts. God, who is in our hearts, wants for us to be oriented to himself, and for us to seek his will for us. St. Thérèse, in her short life, is a model for us in seeking God's will. Living as a contemplative, she had lots of time to spend in prayer; an abundance that we may not feel we have in our lives. But despite the suffering that she endured and the simplicity of her life, the legacy that she has left to us is her faithfulness in all of the little things – household chores, kindnesses, daily prayer – that allowed her to accomplish big things with peace and calm.

Gospel Readings

October 2, 2022

27th Sunday in Ordinary Time

Gospel Reading: Luke 17:5-10

"If you have faith the size of a mustard seed, you would say to this mulberry tree, 'Be uprooted and planted in the sea,' and it would obey you." — Luke 17:6

Do you have a favorite superhero? Superheroes are cool! They have special powers that regular humans don't. In some ways, Jesus had "special powers" too. But his "special powers" came directly from God. He had so much faith, love, and trust that he was able to do many miracles in God's name. In today's Gospel, when the apostles ask for more faith, Jesus tells them that we don't always need more faith, because if we use even the little faith we have, we can do great things in his name.

Dear Lord, show us to trust in the faith we have received from you. We know we can do anything in your name.

When I ask God for something, do I usually have faith that God hears my prayer? How do I feel if my prayer isn't answered in the way I had hoped?

October 16, 2022

29th Sunday in Ordinary Time

Gospel Reading: Luke 18:1-8

"Jesus told his disciples...about the necessity for them to pray always without becoming weary." — Luke 18:1

Most of us think of prayer as something to be done once in a while, in a quiet place, away from others. But today Jesus tells his disciples to pray always. If we applied what we think about prayer to what Jesus is instructing us to do, we would not get much done. We would be alone, praying all the time. So, we need to look at this another way. For example, one form of prayer may simply be the way we respond to others. Instead of being frustrated with a brother or sister over something they do, we can try to be patient with them and talk through what is bothering us. When we are using our bodies to do the things it was meant for: playing, learning, helping others, etc, we are praying! When we are enjoying our family and friends, being mindful of those who have less than us, and caring for the earth, we are praying too! There are many ways to pray besides being alone in silence.

Dear Lord, help me to understand that prayer can be time alone in conversation with you, as well as living my life in a way that is pleasing to you.

What are some of the various ways I can pray in my daily life??

October 9, 2022

28th Sunday in Ordinary Time

Gospel Reading: Luke 17:11-19

"And one of them, realizing he had been healed, returned, glorifying God in a loud voice; and fell at the feet of Jesus and thanked him" — Luke 17:15-16

Last week we talked about how sometimes all we need is a little faith to be able to do great things. Have you ever asked Jesus for something in prayer and he did answer your prayer? It is such a great feeling to know you have been heard by the God of all creation! But do we go back to praise and thank him, or do we get so excited about our prayer being answered that we forget to show appreciation to the giver of the gift? Those who give their thanks to God increase their faith. What a double blessing!

Dear Lord, please help us to always be thankful for all the prayers you answer, and even for those we feel you haven't answered. Either way, may our faith continue to increase.

What was one of my favorite experiences of a prayer being answered?

October 23, 2022

30th Sunday in Ordinary Time

Gospel Reading: Luke 18:9-14

"Whoever exalts himself will be humbled, and the one who humbles himself will be exalted." — Luke 18:14

In our house, one of the favorite phrases is 'Last one there is a rotten egg!' As a parent, I know it's all in fun, but I don't always like the spirit of competition it represents. So we have started practicing the idea that "it is a greater thing to be last than to be first," following what Jesus taught us in the Gospel a couple of months ago. Now instead of setting someone up to be the loser, it is teaching all of us to be more considerate and thoughtful of the others in our family. In the end it makes all of us feel a little more humbled, rather than just one of us feeling exalted.

Dear Lord, show us how to put others before ourselves. You gave us such a beautiful example of this. May we try to follow your example whenever possible.

How can I go out of my way to put others before myself, especially in my own family?

Sources: [Saint of the day: Thérèse of Lisieux](#)
[The Spiritual Works of Mercy](#)
[The Fruit of the Holy Spirit: What is Peace?](#)

Gospel Readings

October 30, 2022

31st Sunday in Ordinary Time

Gospel Reading: Luke 19:1-10

“...you overlook people’s sins, that they may repent.” — Wisdom 11:23

Sin is a part of everyone’s life. It is not something most of us like to talk about. Sometimes we don’t like to talk about it because we are embarrassed that we did something we knew was wrong. Sometimes people think their sins are so bad that God cannot forgive them but in today’s readings, God shows us over and over again how merciful he is. Mercy means that God will forgive us every time we ask him to, no matter what. He loves us so much, whatever we do. But that doesn’t mean we should do whatever we want because we can ask for forgiveness later. God wants us to have a change of heart when we do something wrong and come back to him to start over again. So don’t be afraid to ask, for our God is full of mercy and love.

Dear Lord, I don't want to sin and hurt others – and you – with my actions. I know that I will fail from time to time, so please help me not to be afraid to ask you for forgiveness.

When was the last time I went to confession to get a fresh start? When can I go again?

Download this month’s [Saint Prayer Card](#) - St. Thérèse of Lisieux



Arise!
Pilgrims of Hope Journal

WEEK ONE

What small thing happened today that you are grateful for?



O magnify the
Lord
with me,
and let us exalt his name together.
- Psalm 34:3

October

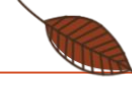


Arise!

Pilgrims of Hope Journal

WEEK TWO

How would you like to simplify your life?



Simplify your life 

WEEK THREE

What goal are you thankful for accomplishing?



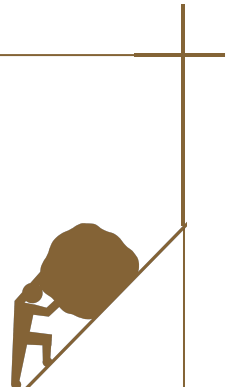
WEEK FOUR

Recall a time when you needed and received encouragement.



WEEK FIVE

What burden has God recently lifted?



Division Parishes

“...not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.”

Hebrews 10:25

 <p>Assumption Church Lethbridge</p> <p>Father Kevin Tumback Father Derek Remus</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am (Live-streamed) 6:00 pm</p> <p>2405-12th Avenue S. Lethbridge, AB T1K 0P4 Tel: 403-327-8931</p>	 <p>St. Basil's Church Lethbridge</p> <p>Father Kevin Tumback Father Derek Remus</p> <p>Mass (Saturday): 7:00 pm Mass (Sunday): 7:30 am 11:00 am</p> <p>604 13 Street N. Lethbridge, AB T1H 2S7 Tel: 403-327-8931</p>	 <p>St. Martha's Parish Lethbridge</p> <p>Father William Monis</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am 11:00 am</p> <p>355 Columbia Blvd. W. Lethbridge, AB T1K 5Y8 Tel: 403-381-8891</p>
 <p>Ss. Peter & Paul Parish Lethbridge</p> <p>Father Gary Sedgwick</p> <p>Mass (Saturday): 8:30 am Mass (Sunday): 10:00 am</p> <p>5009-48th Avenue Taber, AB T1G 1T4 Tel: 403-223-2226</p>	 <p>St. Ambrose Parish Coaldale</p> <p>Father Ian Gagne</p> <p>Mass (Sunday): 9:00 am 4:00 pm</p> <p>1523-23rd Avenue Coaldale, AB T1M 1E2 Tel: 403-345-3400</p>	 <p>St. Catherine Parish Picture Butte</p> <p>Father Ian Gagne</p> <p>Mass (Sunday): 11:00 am</p> <p>762 Crescent Avenue Picture Butte, AB T0K 1V8 Tel: 403-732-4433</p>
 <p>St. Augustine Parish Taber</p> <p>Father Philip Van Tinh Le</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am</p> <p>5009-48th Avenue Taber, AB T1G 1T4 Tel: 403-223-2226</p>	 <p>St. Michael's Parish Bow Island</p> <p>Father Wojciech Jarzecki</p> <p>Mass: 9:00 am</p> <p>1101-1st Street E. Blow Island, AB T0K 0G0 Tel: 403-545-2023</p>	 <p>St. Michael's Parish Pincher Creek</p> <p>Father Myles Gaffney</p> <p>Mass: 10:00 am</p> <p>958 Christie Avenue; Box 339 Pincher Creek, AB T0K 1W0 Tel: 403-627-3071</p>

Community Education Service



Improving emotional health and well being

Effective Communication with Teens

Laurie Florence, Facilitator, Families Matter

In this workshop we discuss ideas around the impact on communication of words, tone, body language, the importance of listening and the delivery of clear messages needed for cooperation with teens.



Oct 5, 2022
6:30-8:30pm

Click here to
register

FREE
online event

This session is presented by the Community Education Service of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & **Families Matter**.

Community Education Service



Improving emotional health and well being

Setting Intentions: Activity Vision Board

Michelle Hume BFA, ECE,RTA
Viewpoints Facilitator

Goal setting can be intimidating, but at Closer to Home we have created fun ways to reach your goals and set intentions in realistic ways.

Come join us for our group brainstorming session, chat about goals and everything in between!

FREE LEARNING

October 19, 2022
11:00 AM – 12:30 PM

[Click here to
REGISTER](#)



Closer to Home
COMMUNITY SERVICES

This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with

[Closer to Home Community Home.](#)

CES@ahs.ca <http://community.hmhc.ca/>

Community Education Service



Improving emotional health and well being

Nutrition and ADHD

Serena Anthony, Registered Dietitian
Alberta Children's Hospital

Parents of children and teens with ADHD are often concerned about their eating habits - are they eating enough, too much or the right type of foods? In this presentation, parents can expect to learn the fundamentals of nutrition, nutrition related to ADHD and practical strategies to make mealtimes more enjoyable!

October 25, 2022
6:30 - 8:00 PM

Click here to
Register
Free online event

This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with the **Alberta Children's Hospital**.

Community Education Service



Improving emotional health and well being

Mental Health for Highly Sensitive Teens; Unique Struggles for these Emotional Feelers

Tracy Guillet, MSW, RSW (Quiet Pathways Counselling)
Penny Solinger, RSW, MSW (Solinger Counselling Service)

Highly sensitive teens are often misunderstood by parents and teachers as they often have stronger emotional reactions.

In this presentation, learn why this happens, and the necessary tools required to help these teens manage their emotions so they don't become derailed.

FREE Webinar

October 26, 2022
10:00 AM – 11:30 AM

[Register](#)

This session is presented by the Community Education Service of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services [Quiet Pathways Counselling](#) and [solinger counselling service](#)



Sings Many Songs Women (Pearl White Quills, Deb Green et Noreen Demeria) sang for the opening of the healing garden at the Alberta Children's Hospital, a place of refuge for patients, staff, and physicians.

Acts of reconciliation you can do with your child

September 30 marks the [National Day for Truth and Reconciliation](#) in Canada.

Reconciliation is about creating and maintaining respectful relationships between Indigenous and settler (non-Indigenous) people in Canada. It involves acknowledging the harms and mistakes of colonization, including the devastating effects of Canada's residential school system. It also means sharing and learning together about positive ways to move forward.

Reconciliation is a process that involves both education and action. On September 30, commit to learning more about Canada's history of oppression of Indigenous people, and talk with your child about meaningful acts of

reconciliation you can do together.

Here are some ideas to help you and your family take part in reconciliation. Use them as a starting point and reflect on your intentions. Consider how your actions will respectfully deepen relationships with Indigenous history, culture, and people.

Learn the truth about the residential school system and its impacts on Indigenous people. If you can, connect with Indigenous Elders, Knowledge Keepers, and community leaders to make sure you're getting information from trusted sources. You can also look to materials for teachers and schools—these can be useful for families too. For example:

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- This summary of [residential school history](#) from the National Centre for Truth and Reconciliation includes photos, documents, and links to an interactive timeline.
- [Plain talk 6: Residential schools](#) from the Assembly of First Nations is a virtual toolkit with stories, videos, and other digital resources.

Listen to the stories of residential school survivors and their family members, Elders, and Knowledge Keepers. These stories can be disturbing to listen to, but these personal narratives capture what life was like in the residential school system. You know your child best. Consider these options based on their age and readiness:

- CBC's 20-minute documentary, [Stolen children: Residential school survivors speak out](#)
- Legacy of Hope's collection of residential school survivor stories, [Our stories...our strength](#)

Get to know the Truth and Reconciliation Commissions' 94 Calls to Action (TRC).

As a family, explore progress on each Call to Action using [Beyond94](#), an interactive digital platform from CBC. It breaks down progress by key themes: child welfare, education, language and culture, health, justice, and reconciliation. Talk about what reconciliation means and what you and your family can do to follow the recommendations outlined by the TRC.

Wear orange shirts to symbolize harm done to residential school survivors and their families and to show your family's commitment to the principle that every child matters. Talk with your children about the



[story that inspired the Orange Shirt Day movement](#), and plan to wear orange on other dates and [events that honour First Nations, Métis, and Inuit](#) people, legacies, and cultures.

Learn what treaty territory you are on and how to recognize it. Not sure where to begin? Try [resources from the Alberta School Councils Association](#), including a Treaty map and sample wording in different parts of the province. Talk with your kids about why acknowledging the traditional land and its people is an important way to begin school assemblies, events, and other gatherings.

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Find out if there was a residential school in your local area. CBC's [interactive map](#) of residential school sites can help you get started. Learn the name of the school and research its history. Consider making a visit to the site to show respect for the children that survived, and to honour the lives that were lost.

Watch films by Indigenous filmmakers from across Canada. These playlists from the National Film Board of Canada (NFB) can help you stream short films appropriate for kids of different ages:

- [Indigenous cinema for ages 6-11](#)
- [Indigenous cinema for ages 12-14](#)

Explore Indigenous books, online games, animation, and other media. Here are some kid-friendly suggestions from CBC:

- [10 books about residential schools to read with your kids](#)
- [15 beautiful Indigenous comic books and video games](#)

Help your child research Indigenous heroes, role models, and change-makers. Here are some helpful tools:

- [Indigenous sport heroes education experience](#) from Canada's Sports Hall of Fame
- [Indigenous trail-blazers](#) from the Government of Canada

Attend an Indigenous cultural event or gathering that's open to the public, like a [powwow](#), drumming circle, or traditional dance performance. These events provide opportunities to make connections and learn first-hand from Indigenous communities. Be sure to follow traditional protocol expected at these gatherings.

Listen to music and storytelling by Indigenous artists. Try these ideas:

- Playlists from CBC, like [Indigenous Canada](#) or [Reclaimed](#)
- Youth-led podcasts, like [Indigenous 150+](#) or [Young and Indigenous](#)

Go to an Indigenous museum or art gallery. If there isn't one in your community, try a virtual tour with [Mootookakio'ssin](#), a 3D digital collection of Blackfoot items from the 19th and 20th centuries.

Visit an Indigenous restaurant, café, or food truck, or try making a traditional meal at home. Get inspired with this [Indigenous recipe collection](#) from the Dietitians of Canada.

Learn some common greetings or words in an Indigenous language, or research the original names of places and landmarks in your local area. This [digital collection of Blackfoot-English phrases](#) can help.

Play traditional games as a family, like ring the stick or double ball. Learn how with the [Move & Play Through Traditional Games](#) toolkit from Be Fit for Life and Ever Active Schools.

Connect with the land. Spend time outside as a family, showing respect and appreciation for nature. Enjoy getting active in traditional ways (like walking, canoeing, or playing outside) or try planting and harvesting. This resource on [traditional plants and uses](#) from the Alberta Teachers' Association can help your family learn about traditional medicines such as sage, cedar, sweetgrass, and other plants.

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Support an Indigenous-led business or company in your community. The [Indigenous Tourism Alberta](#) website can help you find gift shops, art and jewelry stores, food vendors, hotels, and more.

Help your child fundraise for a Friendship Centre or Indigenous-led non-profit group near you. Check out the Government of Alberta's [Guide to Indigenous Organizations and Services in Alberta](#) for a full list of Indigenous non-profit organizations and services (including national umbrella organizations).

As a family, commit to lifelong learning that supports reconciliation. Watch for local opportunities to learn from Elders and Knowledge Keepers, or try webinars and virtual options like [Indigenous Canada](#), a free massive open online course from the University of Alberta. Share your learning journey with your friends and community—reflect, ask questions, and spark conversations.

Reconciliation is a difficult journey. Reach out for help if you need it. You are not alone.

- [AHS Mental Health Help Line](#): 1-877-303-2642 (*Available 24/7 to all people in Alberta*)
- [Hope for Wellness Help Line](#): 1-855-242-3310 (*Available to all Indigenous people across Canada*)
- [National Indian Residential School Crisis Line](#): 1-866-925-4419 (*Available 24/7 to residential school survivors and their families*)



LETHBRIDGE
SKATING CLUB

REGISTER NOW!

www.lethbridgeskating.com

CANSKATE

CanSkate is our learn-to-skate program for children ages 3+! It focuses on fun, repetition, and basic skill development. Your skater will learn the fundamental skills needed for any ice sport or activity in this program.

CLASSES AVAILABLE ON
TUESDAYS/WEDNESDAYS/THURSDAYS/SATURDAYS

PARENT & TOT

Parent & Tot is similar to CanSkate, but geared towards younger skaters who may benefit from more hands on assistance from their parents. This program prioritizes learning through play and becoming comfortable on the ice!

CLASSES AVAILABLE ON SATURDAYS

CANPOWERSKATE

PrePowerSkate & CanPowerSkate are high energy power skating programs for hockey and ringette skaters. Skills, techniques and conditioning drills are taught in a progressive format with an emphasis on how they apply to game situations.

CLASSES AVAILABLE ON WEDNESDAYS

STARSKATE

StarSkate is our figure skating program which offers both group and private lessons. Skaters train in the disciplines of ice dance, freeskate, skating skills and artistic, and have the opportunity to compete and test throughout the year.

CLASSES AVAILABLE MONDAY-SATURDAY

ADULTSKATE

AdultSkate is a combination of CanSkate, CanPowerSkate, and StarSkate instruction for adults of any age or stage. This program is a great way to learn the basics in order to keep up with your kids, and to make new friends!

CLASSES AVAILABLE ON TUESDAYS/THURSDAYS



October 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 12:00 pm CSM Pow Wow	6	7 <i>color</i> <i>Team Day</i> wear your team color turkey trot <i>Dismiss at 11:30</i>	8
9	10 No School Today 	11 <i>Pd</i> <i>Day</i> No school today for students	12 1:00pm Cormican Wed. Walk	13	14 <i>Dismiss at 11:30</i>	15
16	17 gr1/2 Maier virtual Scientist in school	18 Bring your smile! Picture day 	19 Wed.walk Cormican School council 6:00pm in the library or virtual	20	21 <i>Dismiss at 11:30</i> <i>Old Dutch pick up for families</i>	22
23	24 <i>Pd day</i> No school	25	26 Wed.Walk Division Board Meeting 6:00pm	27	28 Halloween Family night Details to come soon Coffee fundraiser begins	29
30	31 Color team <i>Dress up for Halloween</i> Faith in Action 3:00pm	Nov1 12:45 gr.5 Scientists in school virtual			Nov.4 No School For Kindergarten classes	