

HOLY SPIRIT EL/JH LETHBRIDGE 2023-2024 SCHOOL YEAR CALENDAR

AUGUST '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		

Aug 30 First day for staff
Aug 30 Opening Mass

O – 2
I – 0

SEPTEMBER '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 4 Labour Day
Sept 5 First day for students
Sept 25 School PD Day
Sept 27 Div. Board Meeting
Sept 30 National Day for Truth and Reconciliation

O – 20 (22)
I – 18

OCTOBER '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				

Oct 9 Thanksgiving Day
Oct 23 Div. PD Day
Oct 25 Div. Board Meeting

O – 21 (43)
I – 20 (38)

NOVEMBER '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		

Nov 10 Day in lieu of Nov 11
Nov 11 Remembrance Day
Nov 13 Non-operational day
Nov 29 Div. Board Meeting

O – 20 (63)
I – 20 (58)

DECEMBER '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						

Dec 4 School PD Day
Dec 20 Div. Board Meeting
Dec 22 Last day before break
Dec 23-31 Christmas break
Dec 25 Christmas Day
Dec 26 Boxing Day

O – 16 (79)
I – 15 (73)

JANUARY '24

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			

Jan 1 New Year's Day
Jan 2-7 Christmas break
Jan 8 First day after break
Jan 24 Div. Board Meeting
Jan 31 Semester 2 begins

O – 18 (97)
I – 18 (91)

FEBRUARY '24

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		

Feb 2 School PD Day
Feb 19 Family Day
Feb 20 Day in lieu of Sept 30 for support staff
Feb 20 & 21 Unassigned time for teachers
Feb 22 & 23 SWATCA
Feb 28 Div. Board Meeting

O – 20 (117)
I – 15 (106)

MARCH '24

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 11 Div. Collab. Day
Mar 27 Div. Board Meeting
Mar 28 Last day before Easter break
Mar 29 Good Friday
Mar 31 Easter Sunday

O – 20 (137)
I – 19 (125)

APRIL '24

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				

Apr 1-7 Easter break
Apr 8 First day after break
Apr 24 Div. Board Meeting

O – 17 (154)
I – 17 (142)

MAY '24

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 20 Victoria Day
May 21 School PD Day
May 22 Div. Board Meeting
May 27 Spiritual Dev. Day

O – 22 (176)
I – 20 (162)

JUNE '24

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 17 School PD Day
Jun 26 Div. Board Meeting
Jun 27 Last day students
Jun 28 Last day for teachers

O – 20 (196)
I – 18 (180)

JULY '24

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/Div. PD/Spiritual Dev./Collab. Days
Div. Board Meetings
First and last days for students
First and last days for teachers

September

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5 First day of school	6	7	8	9
10	11 First day for kindergarten & ELP	12	13 Opening Mass 9:00am at the church	14 opening Assembly 9:30 am	15	16
17	18 6:30pm in the library school council meeting all welcome!	19	20	21 Fr. Monis visits Terry Fox Run For school 1:15pm	22	23
24	25 Pd Day No school for Students	26	27 Holy Spirit Board Meeting 6:00pm	28 Color Team recognition assembly	29 School Orange shirt day	30 National Truth & Reconciliation Day



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

Parent Reminders

As the weather is changing we are advising children to please bring a coat for the start of the day as it seems to be getting rather chilly.

We are also asking Parents to please send a water bottle with your child's name on it. We have noticed that we have quite a few children looking for plastic spoons and forks which we do not supply for them to use for snacks and lunch. It is getting hard to find plastic utensils so you may want to send metal forks and spoons they can bring back and forth to be washed.

School Fees

School fees are now due and can be paid through school cash online. If you need any assistance with school cash online the office would be happy to help you. [Color Teams](#)

Your child has been put on a color team and each month the group will do an activity as a color group and collect points for their team.

Your child's teacher will let your child know which color team they are on.

Our color teams are The [Red Rockies](#), [Purple Tundra](#), [Blue Arctics](#), [Green Atlantics](#), [Yellow Prairies](#) & [Orange Pacifics](#).

Terry Fox Run

The children will be participating in a run on Thursday September 21 at 1:15pm. Most classes will head over to Nicholas Sheran Park with their class to follow the pathway around the lake. Please make sure you have signed their walking fieldtrip form that was sent home.

Orange Shirt Day



On Friday September 29th we will be honoring our Truth and Reconciliation Day by wearing Orange

t-shirts to mark the day. If you have an orange shirt please wear it.

Winter Coats

Dear Families,

The **Knights of Columbus** of St. **Martha's** Parish are striving to **help children by collecting** and then donating gently used winters coats to elementary students **at the 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 box marked K of C Coats 4 Kids Campaign. The collection of coats will **happen** until the October 20th. - Distribution to children will start with the return of cold weather. **Your** support in helping children stay warm this winter is very much appreciated.

Carmen Mombourquette
Campaign Coordinator



Lifetouch

Picture Day

Our school picture day will be on Wednesday October 18th. The photographer from Lifetouch will be here set up in the gym to take individual and class pictures. Please try to be on time for the day and most of all remember to bring your Smile!



This Photo by Helene von Ardenne is licensed under CC BY NC

September

Build! Pilgrims of Hope



“...if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday.”

Isaiah 58:10

St. Vincent de Paul 1581-1660 (Feast Day: September 27)

St. Vincent de Paul was born in France in 1581, and lived in the countryside with his family until the age of 15, when he entered the seminary to train as a priest. He didn't start out intending to become a great saint; in fact, it took him quite a while to figure out how to really live out his vocation. Over time, his heart was changed and became more compassionate towards the poor. Once he began working simply to respond to the basic needs of those around him from a Christian stance, his work blossomed. He worked with the *Daughters of Charity*, a group of lay women who worked extensively with the poor and sick. They collected donations for distribution that created homes for abandoned children, a hospice for the elderly, and freed galley slaves.

He can be a great model for us in our daily lives then, if we are struggling to determine our vocation or to find ways to contribute to the common good. In all of his endeavours, St. Vincent de Paul started by recognizing and promoting the dignity of those around him. This legacy lives on today, in the *Society of St. Vincent de Paul*, founded in 1833 by his followers. This Catholic society is open to all who want to love and serve their neighbour. In Canada the [Society of St. Vincent de Paul](#) serves more than 350,000 people each year.



“Building” In Our Schools

This year, the call in our Holy Spirit Catholic School Division Faith Plan is to *Build!* Last year, there were so many ways in which students and staff in our schools showed how to *Arise* in our faith, and we are looking forward to sharing the different ideas that schools have around “building” over the course of this year.

One project that we are all contributing to this year is raising funds to assist in the building of St. Odilia's School in Zambia. You can find out more about this school [here](#); please consider how you might be able to help us with this project!

Corporal Works of Mercy

— Shelter the Homeless —

Speaking in Washington, D.C. in 2015, Pope Francis said:

I can imagine Joseph, with his wife about to have a child, with no shelter, no home, no place to stay. The Son of God came into this world as a homeless person. The Son of God knew what it was to start life without a roof over his head. We can imagine what Joseph must have been thinking. How is it that the Son of God has no home? Why are we homeless, why don't we have housing? These are questions which many of you may ask, and do ask, every day. Like Saint Joseph, you may ask: Why are we homeless, without a place to live? And those of us who do have a home, a roof over our heads, would also do well to ask: Why do these, our brothers and sisters, have no place to live? Why are these brothers and sisters of ours homeless?

People experience homelessness for many different reasons. Our faith encourages us to reach out and encounter those without the stability of a home, affirming their human dignity, and assisting them in seeking solutions to the challenges they face.

What might some practical suggestions be?

- help elderly neighbours care for their homes and do repairs
- support and/or volunteer at a homeless shelter
- support and/or volunteer for charitable agencies who care for the homeless, build homes, and provide support in the wake of natural disasters
- consider becoming a foster parent

Dignity of the Human Person

Through the course of this year, we will look each month at one of the Catholic Social Teachings. The aim of Catholic Social Teaching is to shine the light of the Gospel on our contemporary world, allowing us as disciples of Christ to look at the world around us with new eyes, and to take action.

All of the Catholic Social Teachings are rooted in the inherent dignity of the human person, created in the image and likeness of God. Our belief in the sanctity of human life and inherent dignity are the foundation of our moral vision for society. As the Catechism of the Catholic Church notes:

“Being in the image of God the human individual possesses the dignity of a person, who is not just something, but someone.”

Consider the following questions in your reflection:

- How strong is your belief in your own human dignity?
- When you interact with family members and friends, can you honour and reverence the dignity of each person?
- Are there some people whose dignity you find challenging to uphold? How could you pray about overcoming these obstacles?

Learn more through one or more of these videos:

Catholic Social Teaching 101 - [Life and Dignity of the Human Person](#)

Duquesne University - [Human Dignity in the Catholic Tradition](#)

Caritas Australia - [Dignity of the Human Person](#)

FORMED - Symbolon Episode 9: [Building a Civilization of Love](#)

FORMED - Symbolon Episode 10:

[Protecting the Dignity of the Human Person](#)

“If we are faithful to God, we will lack nothing.”

- St. Vincent de Paul



Gospel Readings

September 3, 2023

22nd Sunday in Ordinary Time

Gospel Reading: Matthew 16:21-27

“...You are thinking not as God does, but as human beings do.” — Matthew 16:23

If you had to leave your house in a hurry, what five things would you take? What if you only had time to take just one of them? What would be the most important thing to save? In our Gospel today, St. Peter tries to stop Jesus from going into danger. He has decided that Jesus' life is the most important thing to save. But Jesus knows that saving his own life isn't the most important thing. He knows that eventually some people will kill him for speaking the truth, speaking out against injustice, and loving everyone, even those whom others don't think are worthy of love. But Jesus is willing to die rather than change the way he lives, and he knows that God can make new life come out of death.

Have you ever experienced a difficult situation only to find out later that God had a plan to use that for your good?

*For where your
treasure is,
there your heart will
be also.*

- Matthew 6:21

Prayer:

Lord, when I am struggling, help me to trust that you know what's best and you will use all things for my good, even those that are painful right now.

September 10, 2023

23rd Sunday in Ordinary Time

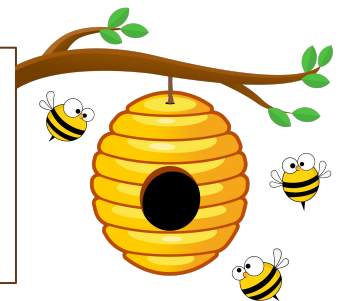
Gospel Reading: Matthew 18:15-20

“For where two or three are gathered together in my name, there am I in the midst of them.” — Matthew 18:20

When we discover someone is doing something wrong, how do we respond? Do we go to him and try to help him improve? Do we talk about him behind his back? Do we just ignore what he's doing and let him get into deeper trouble?

In our Gospel today, Jesus shows us that we have a responsibility to help each other improve. That's hard to do because our good intentions might be seen as butting in when it's not our business. But Jesus reminds us that he will be with us and wants us to care enough to make a difference in other people's lives. If we ask for his help, he will give us the right words to use. We must always speak the truth in love.

Discuss together what loving words you can use to help someone get back on the path to God. Consider times when you were corrected by someone and how you felt.



Pleasant words are like a honeycomb, sweetness to the soul and health to the body.
Proverbs 16:24

Prayer:

Please, dear Jesus, increase in me your gifts of courage and humility so that I may give and take constructive criticism with an open and loving heart.

Download this month's [Saint Prayer Card](#) - St. Vincent de Paul



Gospel Readings

September 17, 2023

24th Sunday in Ordinary Time

Gospel Reading: Matthew 18:21-35

“Lord, if my brother sins against me, how often must I forgive him?” — Matthew 18:21

When someone hurts us, it's very common to want revenge. We often feel it's unfair if that person does not experience the same hurt inflicted on us.

In our Gospel today, Jesus tells us that his way is different. Instead of looking for ways to get back at someone, we should remember that Jesus forgave us even when we didn't deserve it. Just before Jesus died on the cross, he said to his Father “Forgive them, for they know not what they are doing.” What an example He gave us! Even in the midst of suffering like a criminal, even though he was completely innocent, he forgave not only those who inflicted the pain that day but all people throughout the ages—even us. So, are we to forgive only once in a while? Jesus said there is no limit to the amount of times we should forgive others. For surely he didn't limit his forgiveness of us!

Pray today for people in prison and those who have been hurt by their crimes.



Matthew 18:21-22

Prayer:

Lord, it's hard to forgive when I experience injustice. Only with your help can I imitate your great love. Come to me when I need to forgive someone, dear Jesus.

September 24, 2023

25th Sunday in Ordinary Time

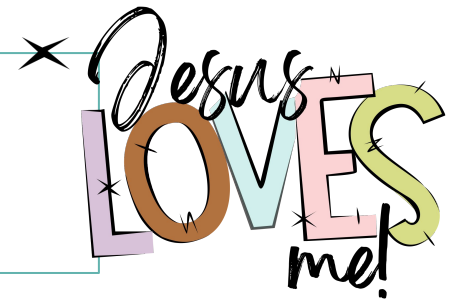
Gospel Reading: Matthew 20:1-16

“Thus, the last will be first, and the first will be last.” — Matthew 20:16

In the Gospel today, we hear a parable about a landowner who pays all his workers the same amount of money, even though they did not all work the same amount of time. We may wonder why Jesus seems to be okay with that—isn't it unfair?

I remember when my son made the basketball team in junior high. Every day after school he and his teammates practiced for two hours. One day, a new student came to his school. The coach wanted him to feel welcome so he made him the starter for the next game. Without doing all the work the rest of the team had done, he received the same reward. Do you think that was fair? The team DID NOT! The following year my son started high school and his art and music teachers gave him opportunities to shine. He had natural talent in these areas, but so did other students. Was it fair? Perhaps the Gospel message is that instead of measuring our blessings against what others get, we should appreciate the many ways we are blessed.

Have you ever been jealous of someone else's success? Remember, God loves us all... in different ways!



Prayer:

Lord, please help me to appreciate your gifts, even if things seem unfair at times. Give me the patience to wait and see what generous ways you love me.

Sources:

[St. Vincent de Paul](#)

[Human Dignity: The Cornerstone of Catholic Social Teaching](#)

Image: [Beehive Hanging On A Tree Branch](#)

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 Santiago Torres</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 Santiago Torres</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>643 12B Street N. Lethbridge, AB T1H 2L6 Tel: 403-328-4753</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>



Welcome to All Saints Parish Registration for First Reconciliation Grade 2 and up

Registration forms will be distributed from the schools .
Registration weekends will be held on the following dates:
September 9th and 10th from 10:00 am till 2:00 pm AND
September 16th and 17th from 10:00 am till 2:00 pm
At Assumption Church Hall.

Registration forms available on line at: www.allsaintslethbridge.org

"For if you forgive other people when they sin against you, your heavenly Father will also forgive you."
Matthew 6:14

Has your child missed a sacrament?

How can we help your family on your faith journey.

If you are looking for answers please call

All Saints Parish Office at 403-327-8931 and ask for Cyndi



Welcome to All Saints Parish Registration for First Eucharist Grade 2 and up

Registration forms will be distributed from the schools .
Registration weekends will be held on the following dates:
September 9th and 10th from 10:00 am till 2:00 pm AND
September 16th and 17th from 10:00 am till 2:00 pm
At Assumption Church Hall.

Registration forms available on line at: www.allsaintslethbridge.org

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty"

John 6:35

Welcome To All Saints Parish Registration for Confirmation Grade 6 and up

Registration forms will be distributed from the schools .
Registration weekends will be held on the following dates:
September 9th and 10th from 10:00 am till 2:00 pm AND
September 16th and 17th from 10:00 am till 2:00 pm
At Assumption Church Hall.

Registration forms available on line at: www.allsaintslethbridge.org

"Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love."



Welcome to All Saints Parish Registration for Baptism

Does your child need Baptism? We can help you. Baptism preparation classes are held once a month at Assumption Parish Hall. Please call the office for more details.

Registration forms available on line at: www.allsaintslethbridge.org

"Whoever believes and is baptised will be saved...."

Mark 16:16





Welcome To All Saints Parish
Registration for
Confirmation
Grade 6 and up



Registration packages will be distributed from the schools and completed forms can be dropped off at the schools. Fees will be collected at the first workshop or may be dropped off at All Saints Parish Office.

Registration forms available on line at:
www.allsaintslethbridge.org

“Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.”



Worry Dragon News

Welcoming your child into a Family Centre program
hosted at your school!

Who is Family Centre

We are a local non-profit organization offering family support programs including parent/child play, programs for children, and parent support and education programs. To learn more, check out our website: www.famcentre.ca

What is Worry Dragons

This program will be offered in your child's school and will help your child learn to identify their worries and provide them with tools to manage anxiety. They will learn about the types of dragons we all face. They'll explore how these dragons make our bodies feel and develop some coping tools they can use any time. Each week a parent newsletter will be sent home to give you insights into what your child is learning



Worry Dragon News

Welcoming your child into a Family Centre program
hosted at your school!

Who is Family Centre

We are a local non-profit organization offering family support programs including parent/child play, programs for children, and parent support and education programs. To learn more, check out our website: www.famcentre.ca

What is Worry Dragons

This program will be offered in your child's school and will help your child learn to identify their worries and provide them with tools to manage anxiety. They will learn about the types of dragons we all face. They'll explore how these dragons make our bodies feel and develop some coping tools they can use any time. Each week a parent newsletter will be sent home to give you insights into what your child is learning



Worry Dragons News

Reminders

If you have more questions about what Family Centre can offer you, please call our Family Connector at 403 320 4232 ext 204 and ask to speak to Dolores

Message to the Parents

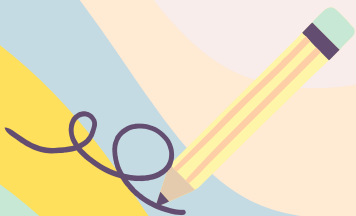
Thanks so much for allow Family Centre to provide you with information about children's worries and anxieties. We believe parents are children's first and foremost teachers. We are honored to support your family as you navigate life!

Facilitators at Ecole St. Mary's:

Dolores & Taylor

Facilitators at St. Martha's:

Jessica & Terri



Cubos to Kodiaks



STARS
Volleyball



U9 (Grades 1-3) & U12 (Grades 4-6)

Intro to volleyball

LIMITED SPOTS!

Starting October 7

Register at Lethbridgevolleyballclub.com



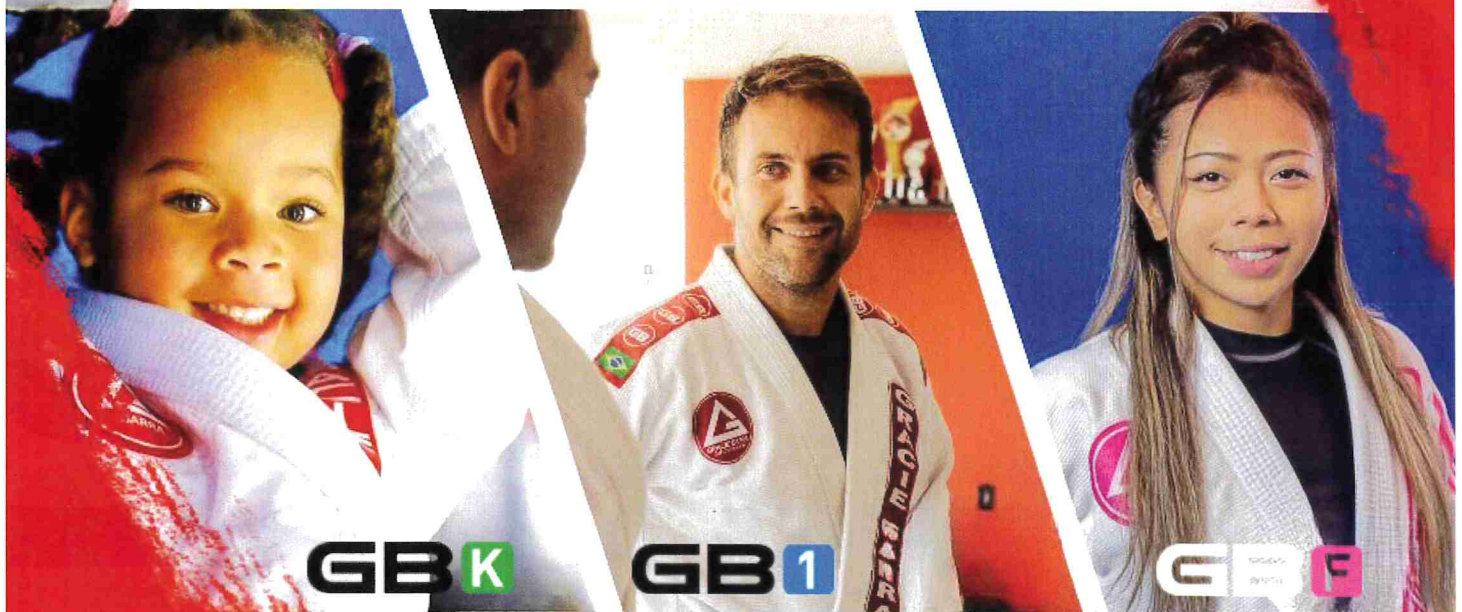
GRACIE BARRA

LETHBRIDGE, CANADA

“Jiu Jitsu for EVERYONE”

Master Carlos Gracie Jr.

Sign up now
and get a
FREE KIMONO



JOIN OUR FAMILY TODAY

Open Mon-Sat

Adults Barra Fitness

Kids & Teens After School

More

contact:

+1 778 223 5099

contact@gblethbridge.com

Follow us:

 [graciebarralethbridge](https://www.facebook.com/graciebarralethbridge)

 [gblethbridge](https://www.instagram.com/gblethbridge)

www.gblethbridge.com





Lethbridge & District 4-H Clubs are looking for new members to join their clubs in the fall!!



4-H IS A YOUTH DEVELOPMENT PROGRAM WITH A LONG, RICH HISTORY IN ALBERTA AND AROUND THE WORLD.

LOOKING FOR MEMBERS 9 – 20 YEARS OF AGE
SOME CLUBS OFFER THE CLEAVER KIDS PROGRAM - 6 - 8 YEARS OF AGE
NO EXPERIENCE REQUIRED

4-H is a dynamic program whose projects encompass everything from **active living, arts, science and technology, crafts, cooking, agriculture** and **so much more!**

The 4-H program gives **URBAN** and **RURAL** youth and adults life-long skills such as co-operation, leadership, interpersonal relations, critical thinking, decision making, organization, public speaking and community service.

Check out the 4-H website for more information – www.4hab.com

Contact one of the clubs in the Lethbridge District

Green Acres Dairy 4-H Club – greenacresdairy4h@gmail.com – Toby Kleinsasser
Project: dairy

Lethbridge Coaldale 4-H Beef – 1daniels@telus.net or call/text 403-308-7191 – Kim Daniels
Project: beef – Check out their Achievement Day June 9th & 10th – Lethbridge Exhibition

Lethbridge Northern 4-H Beef - treenavh@gmx.com – Treena Van Hierden
Project: beef – Check out their Achievement Day May 31st

Readymade 4-H Multi Club - readymade4hclub@gmail.com – David Hodge
Projects: beef, sheep, arts, crafts, cats, shooting sports – Check out their Achievement Day June 2nd & 3rd – Lethbridge Exhibition

TNT 4-H Multi Club – melanie.daniels84@gmail.com or 403-635-0564 – Melanie Daniels
Projects: pheasants, crafts, foods, wood turning, shooting sports, fishing & more - Check out their Achievement Day June 2nd & 3rd – Lethbridge Exhibition

Turin 4-H Club – turinalberta4H@gmail.com or 403-360-4808 – Chelsea Nieboer
Projects: sheep, beef, sewing – Check out their Achievement Day June 3rd 9 AM Picture Butte

Wild n Woolly 4-H – wnw.sheep@gmail.com or 403-634-7297 – Marina Grant
Project: sheep - Check out their Achievement Day June 2nd & 3rd – Lethbridge Exhibition



Learn To Do By Doing





Prairie Baseball Academy



14 Week Winter Camp

Nov 13th- Mar 8th (early bird pricing until Sept 30th)

About Our Camp

The Prairie Baseball Academy is excited to once again be offering our Winter Camp to youth baseball players in the Lethbridge and surrounding areas. This will be the 13th year PBA runs their Winter Camp, and our coaching staff is striving to continue to provide the best instruction possible for your children. Every night, we will provide at least one current PBA coach and 6-8 current players in the program to provide instruction. Our goal as a coaching staff is to work on improving all necessary baseball skills while maintaining a fun and safe learning environment. Baseball in Lethbridge continues to grow year after year, and we want to make sure PBA does it's part to help continue that growth. The hard work campers have put in during the winter months over the last 13 years has directly correlated to the success Lethbridge has had at the national level.

Camp Focus

- Efficient Warm Up** → Ladder / Agility / Footwork / Speed
- SAFE Indoor Throwing Program** → Builds arm strength (Radar Gun)
- Proper Hitting Technique** → For all ages and skill levels
- Infield/Outfield Technique** → Emphasis on footwork/Glove action
- Introduction to Pitching** → Starts after winter break. Used as a complete introduction for some. More experienced campers will receive more advanced pitching instruction.
- Games** → Our staff likes to conclude most camp sessions with some sort of competitive game. These games force kids to use the skills they're learning in camp.

Coaches

- TODD HUBKA**
Head Coach PBA Varsity
- RYAN MACDONALD**
Assistant Coach PBA Varsity
Assistant Coach Lethbridge Bulls
- RHETT FESER**
Pitching Coach PBA
- AIDAN GEHRING**
JV Head Coach PBA
- JOSH BURGMANN**
Pitching Coach PBA
PC Lethbridge Bulls
- TATE PEARCE**
JV Assistant Coach

Camp Times

- Mon/Wed**
6:00-7:30pm Ages 9-12
7:45-9:15pm Ages 13-17
- Tues/Thurs**
6:00-7:30pm Ages 9-12
7:45-9:15pm Ages 13-17
- Friday**
6:00-7:30pm Ages 5-8

	Early Bird Until Sept 30th	Regular Price After Sept 30th
1 Night/Week 21 Hrs Instruction	\$420	\$498.75
2 Night/Week 42 Hrs Instruction	\$551.25	\$630
Beginner Camp 19.5 Hrs Instruction	\$236.25	\$315

All prices include GST

Please etransfer pba@telus.net

Email pba@telus.net if you have any questions



SWIM SESSIONS

STARTS

Sept 11, 2023

AT

Fritz Sick Pool

420 11 St S

Our club offers children an opportunity to swim at a variety of levels: from competitive, to swimming as a cross training opportunity or to swimming as a life skill.

SPARTANSAQUATIC.COM

AGES 6+

DATES

Our fall session starts Sept 11 and runs for 13 weeks.

FLEXIBLE

Our club offers a variety of times and days of the week as well as make-up classes.

SKILL LEVEL

Our beginner group is for kids who can swim a length of the pool independently.

COST

The fall session fees start at \$260 for the session.

ADULTS

Our club offers a Masters program for adults.