

ATHLETES OF THE WEEK



Congratulations to Brendan Appleton, our newest Athlete of the Week. Brendan is a pleasure to have on the Sr High Badminton Team this year. Not only does he work very hard at perfecting his own skill, he is an excellent team player (played doubles this weekend.) He has also shown great dedication to the sport, participating and improving in every tournament he has been to. Congratulations Brendan! Keep up the great work.



Brian F. is our St. Mary's Athlete of the week, sponsored by Harley Phillips. Brian is currently playing baseball with the Vauxhall Vikings Senior High team. Brian was the starting pitcher for their game this past Tuesday and he threw three innings and only gave up one run. After he was done pitching he continued to play at second base and then center field. Brian has a great attitude, works hard at practice and is a good team player. Way to go Brian, we hope the rest of your season is great!

Continued thanks to Harley Phillips of Desjardins Insurance for sponsoring our ATHLETES OF THE WEEK program

**PARENTS:
Please complete your 2022/2023
student registration on your Parent
Powerschool Account.**

ST. MARY'S SCHOOL
MAY 2022

The Immaculate Heart of Mary

Catholics have been devoted to Mary for generations. There are many different types of devotion to Mary across cultures and regions of the world, and in many forms, from the Miraculous Medal to novenas, icons to feasts. Catholics are devoted to Mary as she brings us closer to Jesus and to God through her intercession. The month of May is traditionally dedicated to Mary by Catholics.

One particular type of devotion that Catholics have is consecration. Consecration is an entrustment, where we dedicate ourselves to something sacred and ask for protection, blessing, and intercession. This is something more focused than the occasional Hail Mary or regularly praying the Rosary; it is seeking to live in closeness to Mary as we seek unity with Christ.

A historic reason for devotion and consecration to Mary was the Marian apparitions at Fatima, Portugal. Between May 13 and October 13, 1917, three shepherd children, Francisco & Jacinta Marta, and Lucia dos Santos, were visited on the thirteenth of each month by Our Lady of Fatima. She also asked them to learn to read and write and to pray the rosary "to obtain peace for the world and the end of the war." They were to pray for sinners and for the conversion of Russia. Up to 90,000 people gathered for Mary's final apparition on October 13, 1917, the Miracle of the Sun. Both Francisco and Jacinta passed away in their youth during the influenza pandemic after World War I. Pope Francis canonized Francisco and Jacinta on May 13, 2017 (the 100th anniversary); Lucia passed away in 2005, and was accorded the title Servant of God in 2017, which indicates that she is also on the path to sainthood.

Through the month of May, ending on June 25, 2022 (Feast of the Immaculate Heart of Mary), thanks to the generosity of donors, a statue of Mary will be traveling to each school and parish in Holy Spirit. When she visits, you may wish to use this prayer, an *Act of Entrustment to Mary*, that Pope Francis prayed on October 13, 2013.

Act of Entrustment to Mary



Blessed Virgin Mary of Fatima,
with renewed gratitude for your motherly presence
we join in the voice of all generations that call you blessed.

We celebrate in you the great works of God,
who never tires of lowering himself in mercy over humanity,
afflicted by evil and wounded by sin,
to heal and to save it.

Accept with the benevolence of a Mother
this act of entrustment that we make in faith today,
before this your image, beloved to us.

We are certain that each one of us is precious in your eyes
and that nothing in our hearts has estranged you.

May that we allow your sweet gaze
to reach us and the perpetual warmth of your smile.

Guard our life with your embrace:
bless and strengthen every desire for good;
give new life and nourishment to faith;
sustain and enlighten hope;
awaken and animate charity;
guide us all on the path to holiness.

Teach us your own special love for the little and the poor,
for the excluded and the suffering,
for sinners and the wounded of heart:
gather all people under you protection
and give us all to your beloved Son, our Lord Jesus.

Amen.



Symbols and Iconography



Did you know that the Immaculate Heart is depicted on the back of the Miraculous Medal? (For more information see: [December 2021 Together on the Journey Newsletter](#).)



HER HEART

Symbol of her maternal love



THE FIRE

Her heart burns with love for Jesus and us



THE SWORD

It symbolizes Mary's sorrows

THE ROSES

They represent her purity



Historical Consecrations to the Immaculate Heart

- **1942** - Pope Pius XII consecrated the world to the Immaculate Heart of Mary
- **1947** - Canada (renewed 2017) The first consecration of Canada to the Immaculate Heart of Mary occurred in 1947 at the Marian Congress held in Ottawa. Tens of thousands of people were in attendance. Many dioceses, including the Diocese of Calgary renewed their consecration on the 70th anniversary, June 22, 2017. This year will mark the 75th anniversary.
- **1982** - In 1982 and again in 1984, Pope John Paul II consecrated the world to the Immaculate Heart of Mary, in Fatima and then Rome.
- **2013** - Pope Francis consecrated the world to the Immaculate Heart of Mary on October 13, the anniversary of the Miracle of the Sun
- **2022** - Pope Francis, on the Solemnity of the Annunciation (March 25), consecrated Russia and Ukraine to the Immaculate Heart of Mary to seek an end to the war.

Information About Fatima

[The Triumph of the Immaculate Heart \(FORMED\)](#)

[The First and Second Part of the Secret \(FORMED\)](#)

[Saints Jacinta and Francisco Marto \(franciscan media\)](#)

Fatima for Kids

[Our Lady of Fatima | Part 1 | Miracles of Mary \(YouTube\)](#)

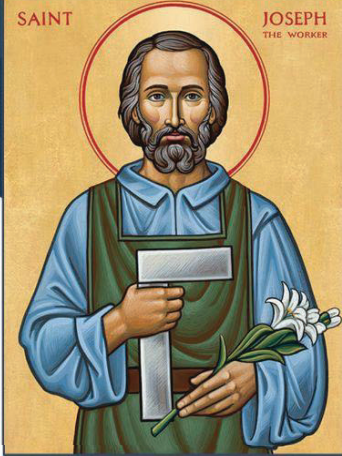
[Our Lady of Fatima | Part 2 | Miracles of Mary \(YouTube\)](#)



Sources:
Act of Entrustment to Mary Prayer, Symbols of the Heart of Mary

May

Together on the Journey



St. Joseph

Schools: Catholic Central High
St. Joseph

*“Whoever is faithful in a very little is faithful also in much;
and whoever is dishonest in a very little is dishonest also in much.”*

Luke 16:10



ST. JOSEPH

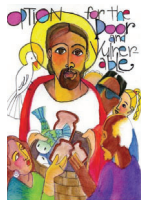
St. Joseph is a silent figure of the New Testament. The Gospel does not record one spoken verse for St. Joseph. He was “of the house and lineage of David” (Luke 2:4). St. Matthew identifies Joseph as “an upright man.” He was engaged to Mary when he discovered that she was pregnant. He “decided to divorce her quietly” (Matthew 1:19), nevertheless, the Angel of the Lord appeared to him in a dream, revealing to him that Mary had conceived by the power of the Holy Spirit, and commanded that he take Mary as his wife and Jesus as his own Son. Without question or hesitation, St. Joseph did as the angel commanded. Throughout the Gospel he faithfully obeyed the commands of God: taking his family to the safety of Egypt to flee the wrath of King Herod; returning to Nazareth; presenting his child in the Temple; and traveling to Jerusalem to celebrate Passover. St. Joseph worked as a carpenter. He passed this trade onto his Son. Tradition holds that St. Joseph died before Jesus began His public ministry since he was never referred to in the Gospels. For example, he was not mentioned at the cross when Jesus entrusted the care of His mother to St. John the apostle, indicating she was a widow with no other children to care for her. St. Joseph is the Patron Saint of the Universal Church, fathers, workers, travelers, and a happy death.

Catholic Social Teaching

St. Joseph, as the patron saint of workers, reminds us of the dignity of work. The Dignity of Work is one of our Catholic Social Teachings.



1 God made each person, so every life is important and should be protected.



4 God wants us to help people who are poor, who don't have enough food, a safe place to live, or a community.



7 The world was made by God, so we take care of all creation.

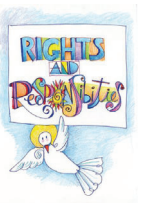


2 God made us to be part of communities, families and countries, so all people can share and help each other.



5 Work is important in God's plan for adults and their families, so jobs and pay should be fair.

Click [here](#) for a poster of the seven themes of Catholic Social Teaching for children. Click [here](#) for a poster of CST 101 Themes from Catholic Social Teaching for adults from Catholic Relief Services.



3 God wants us to help make sure everyone is safe and healthy and can have a good life.



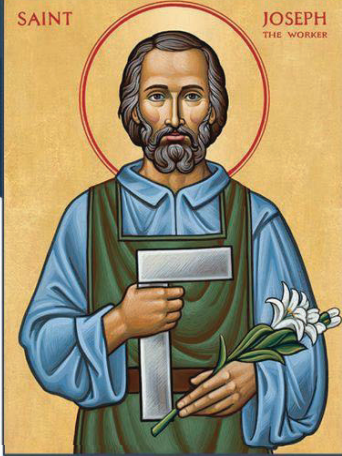
6 God made everyone, so we are all brothers and sisters in God's family wherever we live.

Did you know, December 8 2020 to December 8 2021 was the Year of Saint Joseph? Pope Francis wrote an Apostolic letter called "Patris Corde" (With a Father's Heart) to celebrate the 150th anniversary of the declaration of Saint Joseph as Patron of the Universal Church.



May

Together on the Journey



St. Joseph

Schools: Catholic Central High
St. Joseph

WEEK TWO

Joseph put the will of God and the good of his wife before his own desires. What is something you can do to put the good of others before your own desires?



WEEK FOUR

The angel revealing Jesus' name to Joseph is very important, because in ancient Jewish culture, it was a father's role to give a child his or her name, and naming a child was a sign of adoption. Joseph, in obedience to God, adopted Jesus, making Him heir to the kingship of David, which the Old Testament tells us was a requirement to be the Messiah of Israel. Jesus became part of the family of King David by being adopted, and we become part of the family of Jesus, God Himself and King of the Universe, by being adopted into His family at our baptism. Thank God for the gift of baptism - when you were adopted by God. Say a prayer also for children who are adopted, for their birth parents, and for their adoptive parents.



Sources: *Daily Lessons from the Saints* by Fr. Brice Higginbotham
Who Was St. Joseph by [Catholic Straight Answers](#)

Feast Days and Celebrations May 2022

- 1** Feast of St. Joseph the Worker
- 8** Mother's Day
- 26** Ascension of the Lord
- 26** World Catholic Education Day
- 23-27** Catholic Education Week

As you journey with St. Joseph this month...

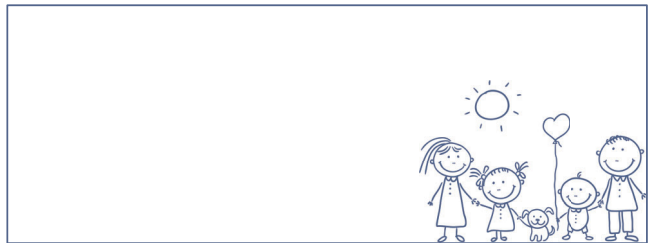
WEEK ONE

In the Gospel of Matthew we learn two important things about Joseph. First, he descended from the great King David. Second, he is the husband of Mary, of whom Jesus was born. We can often find ourselves afraid, ashamed, or frozen because we define ourselves by our worst moments. Do not be afraid! You are a child of God, who is King of the Universe. Like St. Joseph, live your life with courage! Take a moment to read this Scripture from 1 Peter 2:9 and ponder who you are as a child of God.

"But you are a chosen race, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvelous light." (1 Peter 2:9)

WEEK THREE

Joseph honoured and cared for his family. This month is Mother's Day. Think of how you can love others in your family and show you care for them.



WEEK FIVE

Throughout the Gospels, Joseph did as God desired. He didn't complain. He didn't argue. He didn't over analyze. He simply followed the will of God as faithfully as he could in every situation. Pray this prayer to St. Joseph...

Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you God entrusted his only Son; in you Mary placed her trust; with you Christ became man.
Blessed Joseph, to us too,
show yourself a father and guide us in the path of life.
Obtain for us grace, mercy and courage,
and defend us from every evil. Amen.

Sunday Gospel Readings

- May 1st/3rd Sunday of Easter
John 21:1-19
- May 8th/4th Sunday of Easter
John 10:27-30
- May 15th/5th Sunday of Easter
John 13:1, 31-33a, 34-35++
- May 22nd/6th Sunday of Easter
John 14:23-29
- May 29th/ The Ascension of the Lord
Luke 24:44-53

DUAL CREDIT & OFF CAMPUS INFORMATION SESSION

Who should attend?
Parents/ Guardians and Students Currently in Grades 9-11

Date, Time & Location:
Wednesday May 18
6:30 - 7:30 pm
via Google Meet

Earn
College & High School
Credits

Attend to learn more about:

- Earning college credits at Lethbridge College and Olds College while still in high school with no tuition fees!
- The Registered Apprenticeship Program, Work Experience and Green Certificate that allows students to earn high school credits while working in industry

To register, scan the QR code to the right with a smart device,
complete this [Google form](#) or email

LearningServices@holyspirit.ab.ca



Scan to Register



Holy Spirit Catholic School Division

OFF-CAMPUS NEWS



Olds College Ag Data Science Camp

August 8-12, 2022

This camp is a five day overnight camp offered **Free** of charge to high school students in grades 11 and 12 interested in transforming the future of agriculture through data science and technology.

For more information and to apply visit:

oldscollege.ca/agdatacamp



Dual Credit & Off Campus Information Session

May 18 From 6:30 to 7:30pm
via Google Meet

Learn all about our Dual Credit courses, Work Experience, Registered Apprenticeship and Green Certificate programs.

To register email: learningservices@holyspirit.ab.ca

Dual Credit Opportunities For Fall 2022



The Dual Credit team is busy preparing for Fall 2022! Dual Credit course offerings from Olds College have been announced. Check out these amazing opportunities ...

- Introduction to Veterinary Profession (Animal Health Technology)
- Solving Technology Problems (Agriculture Techonomy)
- Managing Landscapes (Horticulturist Technology)
- Introduction to Sports Management (Business Management)

For more information, contact Mrs. McAdam at mcadamw@holyspirit.ab.ca

Online Career Exploration Sessions

Hosted by Career Transitions

May 11 - Social Worker

May 12 - Occupational Therapist

May 17 - Personal Trainer

May 25 - Certified Travel Counsellor

May 26 - Civil Engineer Technologist

May 31—Tattoo Artist

Register for any or all of these sessions at:

[https://careersteps.ca/exploration-sessions/
#1562036508521-0b6ad68b-85ba31f1-ba6f](https://careersteps.ca/exploration-sessions/#1562036508521-0b6ad68b-85ba31f1-ba6f)



May Hours

All RAP and Work Experience students please remember to hand in or send your May time sheets or pay stubs to Mr. Boschee or Mrs. Gurr.



U of L Grade 11 Merit Award



- Are you currently in Grade 11?
- Do you plan to attend the University of Lethbridge in the Fall immediately after high school? If **YES** then you should apply for this award.
- **Deadline is JUNE 30, 2022.**
- Apply at: <https://www.ulethbridge.ca/ross/student-finance/grade-11-merit-award-application-university-lethbridge>

Your Off-Campus Team

Mark Boschee - Off-Campus Coordinator Cell: 587-220-4258 or Email: boscheem@holyspirit.ab.ca

Wendy Gurr - Career Practitioner - 403-327-4596 Ext 312 or Email: gurrw@holyspirit.ab.ca

Wendy McAdam - Dual Credit Liaison— 403-327-4596 Ext 313 or Email: mcadamw@holyspirit.ab.ca



**FOOD TRUCKS
FOR THE FOOD
BANK!**



**The food trucks are coming BACK!
Thursday, June 16th!**

**Grade 6 Orientation
May 25 @ 6:00pm**

**Grade 10 High School Orientation
May 25 @ 8:00pm**

Thank you to everyone who has contributed to our food drive! We collected over 2100 items of food which equalled 1785 lbs of food and other non-perishables. A BIG SHOUT OUT to the O'Grady family who donated 839 items themselves!



OFFICE HOURS FOR SMS TEACHERS SEMESTER 2 (2021-2022)

Do you need extra help with any subjects or assignments? Check out this chart for extra time the teachers are putting in for just that reason. Stop in and ask your questions, or get the help you need. Parents are also welcome to stop in for a chat during these extra hours.



Mr. Bergenhenengowen	Tuesdays	3:15 - 3:45 p.m.
Ms. Buit	Mondays	3:15 - 3:45 p.m.
Mr. Doolittle	Thursdays	3:15 - 3:45 p.m.
Ms. Gatz	Tuesdays	3:30 - 4:00 p.m.
Mr. Kraemer	Mondays	3:15 - 3:45 p.m.
Mrs. Lagler	Thursdays	3:15 - 3:45 p.m.
Mr. Makarchuk	Wednesdays	3:15 - 3:45 p.m.
Mr. Marchesin	Mondays	3:15 - 3:45 p.m.
Mrs. Meier	Wednesdays	3:15 - 3:45 p.m.
Mrs. Siemens	Mon/Wednesdays	3:15 - 3:30 p.m.
Mrs. Smith	Thursdays	3:15 - 3:45 p.m.
Ms. Vienneau	Wednesdays	3:15 - 3:45 p.m.
Mr. Vornbrock	Thursdays	3:15 - 3:45 p.m.

Hats On!
FOR MENTAL HEALTH

May 4
Wear a special hat to school to raise awareness of good mental health
canwetalk.ca

No School

Friday, May 20
(PD Day)

Monday, May 24
(Victoria Day)

Grade 6 & 7 Retreat
Friday, May 6
in the gym

All singers and musicians wanted for praise teams during mass. More info in the office!

Don't forget to do something nice for your mom today!

Calling all students who are interested in planning school events. Please see Mr. Marchesin, Ms. Buit or Mrs. Ulrick for more details

Wear your favorite team jersey on May 12!

You need a yearbook!
(just sayin'...)

Order your yearbooks now for delivery in September!

\$40 each and can be ordered through SchoolCashOnline

The art room would like your old newspapers!



BAND NEWS

The St. Mary's Music Program is holding its year end concert on Wednesday, May 18th at 7:00 at the school. All of the St. Mary's Bands will be performing and showing off their skills. All friends and family members are invited to attend. Tickets are not required, however there will be a silver collection at the door. There are no restrictions to the number of people who can attend. Please invite everyone you know.

The St Mary's Spring Band trip to Banff goes May 2nd to 4th. We wish the students and chaperones good luck and we hope they have great weather in Banff.

Students are reminded that the end of the year playing tests will begin on Monday, May 30th. Please make sure you are prepared for your tests.

The last home performance assignment of the year is due Wednesday, June 1st. Students should be performing a few songs from the Spring Concert for their parents.

The next executive meeting of the St. Mary's Band Booster Club will take place on Tuesday, May 31st at 7pm in the band room. All interested parents are invited to attend.

Any students who are looking for a summer band activity should check out www.musiccampalberta.com This workshop is a great opportunity put on by the Alberta Band Association and Red Deer Polytecnic. There are one and two week camps offered in band, choir, piano, and musical theatre. For more information, please see Mr. Makarchuk.

ST. MARY'S SCHOOL BREAKFAST PROGRAM

*Offering breakfast for the entire student body
(200+ students) Mondays through Thursdays!
We are currently seeking financial donations to
continue this program.*

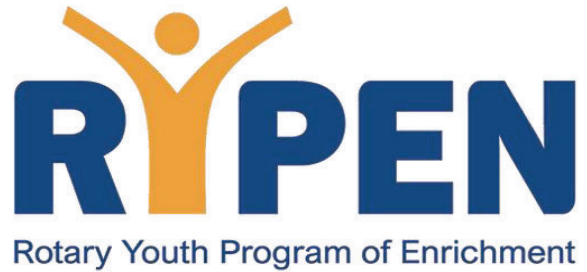
(Tax receipts issued over \$25.00)

Locally purchased items!

Call us at 403-223-3165 if you are interested!



Rotary
District 5360



Date

RE: YOUTH RECRUITMENT - RYPEN

To Whom it May Concern,

The Rotary Youth Program of Enrichment (RYPEN) is an annual 4-day camp for aspiring leaders, aged 13 to 17. This once in a lifetime event is free to participants and sponsored by Rotary Clubs across the District 5360. RYPEN will run on September 16 to 19, 2022 at a camp on the Little Bow Travers Reservoir.

The camp is led by a group of committed professionals, many of them Rotarians, to make RYPEN a memorable experience. All adults at the camp carry current police record checks and have completed the Rotary Volunteer Application Process.

To ensure a successful event, we are reaching out to you to help us identify youth who will be interested to attend the camp. RYPEN is ideal for teenagers who are looking to grow, develop their leadership skills, expand their comfort zone, and try out a new adventure. Participants must be between 13 and 17 years old when the camp happens.

When considering someone as a participant, think about whether this person has demonstrated perseverance, courage, and resourcefulness. Academic standing should not be the deciding factor. Any young person that would benefit from developing their skills and confidence is welcome. Participants should be confirmed by June 30. This camp does fill up quickly, so we encourage participants to register as early as possible.

To register a youth, we recommend reaching out to your local Rotary club first to inquire about their available spots as this number will vary between clubs. You can find your nearest club at <https://rotary5360.ca/clubdirectory>. If your local club's spots have already been filled the youth can sign up for a waitlist for a limited number of community sponsorships. However, we strongly recommend connecting with your local club first as there is no guarantee when signing up for community sponsorship. More information, including the sign-up form, can be found on our website www.rypen5360.org.

Thank you for supporting us in finding youth that will benefit from this amazing experience. If you have any questions at all, please reach out to me or you can email rypen5360@gmail.com.

Sincerely,

Jerry Firth, Camp Coordinator

On behalf of the RYPEN Leadership Team



ART GAMES NIGHT

hang out, make art and play creative games

WEDNESDAY, MAY 25
6:00 TO 7:30 PM

ONLINE EVENT
YOUTH 13 TO 18

Register by contacting Jamie Lewis at 403-795-2963 or jamie.lewis@fcss.ca




COALHURST COMICS CLUB

A FOUR PART WORKSHOP SERIES

YOUTH 13 - 18 | IN-PERSON | FREE

Every other Friday @ 1:00 to 3:00 PM
April 29, May 13, May 27, June 10

Learn about & create your own comics, including designing, planning, writing & drawing.

Drop-in hangout from 12:00 to 1:00 PM

Pre-register today! Contact Jamie Lewis at 403-795-2963 or jamie.lewis@fcss.ca to sign up & to get location details.




KALEIDOSCOPE YOUNG WRITERS CLUB

FRIDAY, MAY 6 & 20

Play writing games, co-create stories, share your work, and plan your next writing projects!

YOUTH 13 TO 18
6:00 - 8:00 PM
FREE ONLINE PROGRAM

Register at any time!
Contact Jamie Lewis at 403-795-2963 or jamie.lewis@fcss.ca

Special Guests on May 20th!




GOSPLAY club

SATURDAY, MAY 7TH
2:45 - 4:45 PM

Learn from an experienced cosplayer, plan your own costumes, and meet new friends!

FREE ONLINE PROGRAM
YOUTH 13-18

Register by contacting Jamie Lewis at 403-795-2963 or jamie.lewis@fcss.ca.

Special Guest
Vi Cosplayer, streamer, poet & more!




> POST-SECONDARY EDUCATION FAIR

MAY 5 | 6 p.m. – 8 p.m.

Explore your opportunities in Southern Alberta!

Join representatives from Southern Alberta institutions during our post-secondary fair at Lethbridge Collegiate Institute (LCI). All grade 10 - 12 students, including parents & partners, are welcome to join. Learn about programs, admission requirements, and the advantages of studying in Southern Alberta.

Registration is not required!

FOR QUESTIONS, EMAIL US AT:

futurestudent@lethbridgecollege.ca



**School Council Meeting
Tuesday, May 24 @ 6pm
All SMS parents invited!**



Vaping 101: What it is, and how to help your child

Vaping rates have surged among young people recently. As a parent or caregiver, it's natural to want to learn more and to wonder how to support your child. In this edition, we'll answer common questions about vaping and offer tips for fact-based, meaningful conversations.

What is vaping?

Vaping is a common term for using electronic cigarettes (e-cigarettes), devices that heat liquid containing nicotine, flavours, and chemicals to create an aerosol. When someone vapes, they inhale the aerosol into their lungs, and exhale it into the air. Vaping mimics the experience of smoking conventional cigarettes.

E-cigarettes go by different names, like *e-cigs*, *vapes*, *vape pens*, *mods*, or *e-hookahs*. They're also known by brand names. In this article, we'll call them **vapes**.

What do vapes look like?

Vapes come in different shapes and sizes. Disposable vapes look the most like cigarettes. Rechargeable ones look more like pens or USB flash drives, which makes them easy to conceal. Some vapes are hidden in stealth products, like watches, hoodies, or gaming devices.

Vapes have batteries, a heating element, a mouthpiece, and a place to hold vape liquid.

Healthy Children

when you drive by a vape shop. Ask open-ended questions like *what have you heard about vaping?*

- Get your child thinking about the consequences of vaping in ways that are meaningful to them. For example, try talking about how vaping could affect the amount of money they have, their sport goals, or their friendships.
- Help your child spot vaping-related advertising in movies, music, video games, and the like. Talk about what's being shown, and why. The tobacco industry is known for using unethical tactics to persuade young people to smoke or vape.
- Have conversations about what it means to be an independent thinker, and to make good decisions. Help your child reflect on their values and judgments. This boosts their ability to resist the influences around them, like pressure from peers.

If you find that your child won't engage in conversations about vaping with you, make sure they have a trusted, supportive adult they can talk to—for example, a teacher, coach, Elder, or faith leader.

May 2022 Family Newsletter

What should I do if I find out my child is vaping?

Tell your child that you love and care about them, and that you're there to help.

Use open-ended questions to get a feel for why they're vaping, like *tell me some of the reasons you vape*. Listen to their answers, and be there to support them. Try not to criticize or lecture.

If your child needs help to quit vaping, talk to your health care provider or call 811 to speak with a Registered Nurse. If you need support to quit vaping or smoking, go to [AlbertaQuits](#) for information on phone-based quit counselling, text messaging, support groups, and more.

For more information, go to:

- [Electronic cigarettes and vaping products](#)
- [Learning about how to talk with your child or teen about vaping](#)
- [Preventing kids and teens from vaping](#)

¹Government of Alberta, 2021. [Addressing the health harms of smoking and vaping](#).

²Government of Canada, 2020. [Detailed tables for the Canadian Student Tobacco, Alcohol and Drugs Survey, 2018-2019](#).

*Research in younger students is limited in this area.

Healthy Children

when you drive by a vape shop. Ask open-ended questions like *what have you heard about vaping?*

- Get your child thinking about the consequences of vaping in ways that are meaningful to them. For example, try talking about how vaping could affect the amount of money they have, their sport goals, or their friendships.
- Help your child spot vaping-related advertising in movies, music, video games, and the like. Talk about what's being shown, and why. The tobacco industry is known for using unethical tactics to persuade young people to smoke or vape.
- Have conversations about what it means to be an independent thinker, and to make good decisions. Help your child reflect on their values and judgments. This boosts their ability to resist the influences around them, like pressure from peers.

If you find that your child won't engage in conversations about vaping with you, make sure they have a trusted, supportive adult they can talk to—for example, a teacher, coach, Elder, or faith leader.

May 2022 Family Newsletter

What should I do if I find out my child is vaping?

Tell your child that you love and care about them, and that you're there to help.

Use open-ended questions to get a feel for why they're vaping, like *tell me some of the reasons you vape*. Listen to their answers, and be there to support them. Try not to criticize or lecture.

If your child needs help to quit vaping, talk to your health care provider or call 811 to speak with a Registered Nurse. If you need support to quit vaping or smoking, go to [AlbertaQuits](#) for information on phone-based quit counselling, text messaging, support groups, and more.

For more information, go to:

- [Electronic cigarettes and vaping products](#)
- [Learning about how to talk with your child or teen about vaping](#)
- [Preventing kids and teens from vaping](#)

¹Government of Alberta, 2021. [Addressing the health harms of smoking and vaping](#).

²Government of Canada, 2020. [Detailed tables for the Canadian Student Tobacco, Alcohol and Drugs Survey, 2018-2019](#).

*Research in younger students is limited in this area.



Vaping and teens: Your questions, answered.

Vaping rates have surged among young people recently. As a parent or caregiver, it's natural to want to learn more and to wonder how to support your teen. In this edition, we'll answer common questions about vaping and offer tips for fact-based, meaningful conversations.

What is vaping?

Vaping is a common term for using electronic cigarettes (e-cigarettes), devices that heat liquid containing nicotine, flavours, and chemicals to create an aerosol. When someone vapes, they inhale the aerosol into their lungs, and exhale it into the air. Vaping mimics the experience of smoking conventional cigarettes.

E-cigarettes go by different names, like e-cigs, vapes, vape pens, mods, or e-hookahs. They're also known by brand names. In this article, we'll call them **vapes**.

What do vapes look like?

Vapes come in different shapes and sizes. Disposable vapes look the most like cigarettes. Rechargeable ones look more like pens or USB flash drives, which makes them easy to conceal. Some vapes are hidden in stealth products, like watches, hoodies, or gaming devices.

Vapes have batteries, a heating element, a mouthpiece, and a place to hold vape liquid.

What is a vape liquid?

Vape liquid is a mix of chemicals, flavours, and different levels of nicotine. It usually comes in small pre-filled or refillable cartridges or pods.

Vape liquid goes by names like *e-juice*, *e-liquid*, *vape juice*, *vape liquid*, or *oil*. It often has flavours that entice kids and teens, like fruits, candies, tropical drinks, or desserts.

How harmful is vaping?

Vaping is relatively new, so scientists are still learning about its long-term effects on health. Here's what we know right now:

- Most vapes have nicotine, which alters the development of the teen brain and can affect memory and concentration. Nicotine is also highly addictive. It causes intense cravings and nasty withdrawal symptoms. Young people tend to get hooked on nicotine more easily than adults.
- Both vaping liquid and the aerosol created by vaping contain harmful substances. Some are known to cause cancer and lung disease.
- In rare cases, defective vapes have caused fires and explosions. Vaping comes with a risk of burns and other serious injury.
- Young people who vape may be more likely to start smoking than those who don't vape.

Is vaping illegal?

Vaping is illegal for anyone under the age of 18 in Alberta. There are fines for minors who possess or use vaping products, and for adults who sell or give vaping products to

minors. This matters because most teens who vape report getting vapes and e-juice from acquaintances, friends, and family.

How common is vaping in young people?

The vaping rate among young people in Alberta has spiked recently. In 2014-15, 8% of Alberta students in grades 10-12 reported vaping in the last month. In 2018-19, that number jumped to 30%.¹

Research shows that vaping is also a concern among younger students. In 2018-19, 23% of students in grades 7-9 said that they had tried vaping.²

What do young people have to say about why they vape?

Research tells us that kids and teens often underestimate the harms related to vaping.

As well, teens say they vape because it's enjoyable or like the buzz it gives them. Others vape out of curiosity or to try different flavours. Some vape because they believe it will help them reduce stress, or help them fit in with friends.²

How can I talk to my teen about vaping?

Talking about vaping isn't a one-time thing. Think of it as a conversation that happens in bits and pieces. With time and practice, talking about vaping will strengthen the relationship you have with your teen, and boost the chances they'll come to you with questions or when they need help.

Try these tips for respectful conversations:

- Steer your teen toward credible sources on vaping, and use it to kick-start family conversations.

Healthy Teens

May 2022 Family Newsletter

Try [Consider the Consequences of Vaping](#), a national campaign with youth-friendly videos, virtual games, and other resources.

- Talk about vaping when it comes up in real time—like when you see it on TV or when you drive by a vape shop. Ask open-ended questions like *what have you heard about vaping?*
- Get your teen thinking about the consequences of vaping in ways that are meaningful to them. For example, try talking about how vaping could affect the amount of money they have, their sport goals, or their friendships or romantic relationships.
- Help your teen spot vaping-related advertising in movies, music, video games, and the like. Have conversations about what's being shown, and why. The vaping industry is known for using devious tactics to persuade young people to vape.
- Have conversations about what it means to think and act independently, and to make good decisions. Help your teen reflect on their values and judgments. This boosts their ability to resist the influences around them, like pressure from peers.

If you find that your teen won't engage in conversations about vaping with you, help them find a trusted, supportive adult they can talk to—for example, a teacher, coach, Elder, or faith leader.

What should I do if I find out my teen is vaping?

Tell your teen that you love and care about them, and that you're there to help.

Use open-ended questions to get a feel for why they're vaping, like *tell me some of the reasons you vape*. Listen to their answers, and be there to support them. Try not to criticize or lecture.

If your teen needs help to quit vaping, talk to your health care provider or call 811 to speak with a Registered Nurse. If you need support to quit vaping or smoking, go to [AlbertaQuits](#) for information on phone-based quit counselling, text messaging, support groups, and more.

For more information, go to:

- [Electronic cigarettes and vaping products](#)
- [Learning about how to talk with your child or teen about vaping](#)
- [Talking with your teen about vaping: A tip sheet for parents](#)

¹Government of Alberta, 2021. [Addressing the health harms of smoking and vaping](#).

²Government of Canada, 2020. [Detailed tables for the Canadian Student Tobacco, Alcohol and Drugs Survey, 2018-2019](#).

Mycitycare Taber

Are you a Photographer, Makeup Artist, Nail Technician or Hairdresser?

The Cinderella Project & Tux Shop provides graduating students with free dresses, suits, and appointments for hair, makeup, nails and photography. We are accepting donations for all the above-mentioned items, including services from Photographers, Makeup Artists, Nail Technicians and Hairdressers. If you would like to get involved and make a difference in the life of a Taber grad, you can send us a message or email us at taber@mycitycare.ca

Our Cinderella Project & Tux Shop registration is open!

Students in need are resourced with free graduation attire. The program provides graduating students with dresses, suits, and appointments for hair, makeup and photography. You can register now to book your appointment by following this link: <https://buff.ly/347i5HE>



CONSERVATORY SUMMER CAMPS

Wonderful Wizarding World (Ages 8 - 12)

July 11 - 15 | July 25 - 29

Content Creators: YouTube, Podcasts and Musical Coding, Oh my! (Ages 8 - 12)

July 18 - 22 | August 8 - 12

Mini-U Music School (Ages 5 - 7)

August 2 - 5

Raise Your Voice!: A Broadway Junior Musical (Ages 13 - 20)

August 15 - 19

VISIT OUR WEBSITE FOR MORE INFORMATION:

www.ulethbridge.ca/music-conservatory/programs
music.conservatory@uleth.ca



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

