

# St. Mary's School

*Ecce Ego Sum Mitte Me*

*December 2022*



**St. Mary's Advent Mass**  
**Friday, December 23**  
**11 a.m.**

School Council mtg.  
Dec. 5 @ 6pm.  
ALL SMS parents are  
welcome to attend

Little Storm  
Basketball  
Tournament  
December 9 & 10

**Blanket Exercise - A Time to Reflect**



Christmas Band  
Concert  
Dec. 21 at 7pm.  
Silver collection @ door

School resumes on  
Monday,  
January 9, 2023

# OFFICE HOURS FOR SMS TEACHERS SEMESTER 1 (2022-2023)

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 make an appointment to stop in for a chat.



Mr. Bergenhenengowen	Mondays	3:15 - 3:45 p.m.
Ms. Buit	Mondays	3:15 - 3:45 p.m.
Mr. Doolittle	Thursdays	3:15 - 3:45 p.m.
Mrs. Lagler	Thursdays	3:15 - 3:45 p.m.
Mrs. Lequiere	Tues/Thurs.	3:15 - 4:00 p.m.
Mr. Makarchuk	Wednesdays	3:15 - 3:45 p.m.
Mr. Marchesin	Tuesdays	3:15 - 3:45 p.m.
Mrs. Meier	Tuesdays	3:15 - 3:45 p.m.
Mrs. Siemens	Tues/Thurs.	3:15 - 3:30 p.m.
Mrs. Smith	Thursdays	3:15 - 3:45 p.m.
Ms. Vienneau	Tuesdays	3:15 - 3:45 p.m.
Mr. Vornbrock	1st, 2nd & 4th Wednesday 3rd Tuesday	3:15 - 3:45 p.m. 3:15 - 3:45 p.m.

# St. Mary's Sports

## Bowling

Congratulations to Kale and Kaydence! Both competed in a bowling tournament and secured spots on teams heading to Provincials in February. Kale will be on the Men's team, and Kaydence will be on the mixed team.



Matthew is our St. Mary's Athlete of the week, sponsored by Harley Phillips... As a team captain, Matthew has provided much-appreciated leadership for a fairly young team this whole season. He's been an anchor on both the offensive and defensive lines, so much so that he was just named as an All Star Offensive Lineman by the Southern Alberta High School Football League. This just proves that even the coaches on other teams have seen and recognized his contributions. Matthew is just an all-around great player and teammate, and is very deserving of being named Athlete of the Week. Way to be Matthew



Connor is our St. Mary's Athlete of the week, sponsored by Harley Phillips. Connor is a part of the Celtics volleyball team. He is extremely coachable and applies corrections fast which has helped him to develop his skills throughout the entire season. He has become a great defensive player which often makes it tough for his opponents to score points. I am excited to have Connor back next year and see how he grows as a player! Way to be Connor, SMS is proud of you



Jae Lynn is our St. Mary's Athlete of the week, sponsored by Harley Phillips. Jae Lynn is our athlete of the week for her play on the Auroras volleyball team. Jae's passion and dedication to volleyball was consistent throughout the Auroras' season. She brings a desire to always improve and provided an experienced backbone to the team this year. Jae led the way this season with kills and her serves always gave the opponents trouble. Jae will be playing club for Ace this year and will surely be an athlete her teammates can lean on. Congratulations on a great season Jae, and good luck with club this year.

# Student of the Month



Shae B.  
Leadership



Abigayle D.  
Academics



Kaden G.  
Volunteerism



Kobe M.  
Volunteerism

Hand in your donation to Mrs. Ulrick

A pair of socks is shown against a background of a person holding a phone. The left sock is grey with red heels and toes and has the text "IF YOU CAN READ THIS" printed on it. The right sock is also grey with red heels and toes, features a holly leaf and berry graphic, and has the text "I'M WATCHING Halloweentober CHRISTMAS MOVIES" printed on it, with "Halloweentober" in a red, cursive font and a red bowtie graphic below it.

One entry into a draw for every pair of new socks you bring in

Win a gift card to either McDonalds Wendy's DQ or Subway

Deadline is Dec. 15

# St. Mary's Band

*St. Mary's School will be holding its annual Christmas concert on Wednesday, December 21st at 7:00 pm in the school gym. All band students from grades 6 to 12 as, well as the Jazz band will be performing. Tickets are not required, but there will be a silver collection at the door. Students need to be at the school no later than 6:20 that evening and need to be in full uniform (grade 6 to 8 - white dress shirt or sweater and black pants or skirt, grades 9 to 12, black pants and uniform with tie). Please come out and support our young musicians.*

*Congratulations to the St. Mary's Senior Band who performed at the W.R. Myers Music of the Night concert on November 15th. It was great to perform for such a large crowd, as well as hear all of the other musical acts from all over the Taber area. The highlight was the massed band/choir of 140 musicians playing and singing Walking to the Sky. Thank you to everyone who came out to support the Fine Arts in Taber.*

*Parents of students renting instruments from the school are reminded that the \$70 fee for the instrument rental is now due. If you have not already paid the fee, please see Mr. Makarchuk or Mrs. Muller in the office ASAP*

*Parents are also reminded that Home Performance Assignment are due every month. The next HPA is due right after we get back from Christmas on January 6th. Please make sure your son/daughter has played for you and handed in their evaluation prior to this date.*

*Grade 6-8 students are reminded that they need to hand in a practice sheet EVERY week. To receive full marks, students need to practice 70 minutes, and can receive bonus marks if they practice more than 70. Extra sheets are available in the band room.*



# TABS FOR TOTS

## PULL.COLLECT.DONATE

HELP US TURN



*Into this*



*Together We Can*



**Helping  
Regional  
Hospitals  
Since 2000**

## WHAT IS TABS FOR TOTS?

"Tabs for Tots" is a program of the Alberta Elks Foundation. It provides funds for Pediatric Care & Equipment for regional hospitals and health care units. The items are typically intended for delivery rooms, nurseries or pediatric wards.

Applications to the Tabs for Tots program can be made by any Elks or Royal Purple Elks Lodge through one of its members.

Projects can receive up to \$5,000 from the Tabs for Tots Program.

## HOW CAN I HELP

Tabs for tots collects the "tab off beverage cans as well as other recyclable metals. The collection is sold for scrap and the funds collected are allocated for helping local hospitals.

## THE POWER OF TOGETHER

Collecting 58,246lbs of tabs is not easy task. Together its is possible. Together we can supply much need medical equipment to local hospitals all over Alberta. Together we can make a difference. You don't have to be a member to help.

## *Did you know?*

Tabs are being collected in communities in a number of different ways involving schools, day cares and by local trades donating materials after a job has been completed

ELKS



[www.elksalberta.ca](http://www.elksalberta.ca)

## ABOUT US

The Alberta Elks Foundation created the Tabs for Tots program in June of 2000 under the direction of Brother Nick Henger. Since its inception the program has collected 58,266 lbs of tabs, 123,876 lbs of other metal which equals \$176,452.75. As a result Tabs for Tots has been able to donate \$170,711.67 worth of pediatric medical equipment to our local hospitals.



## St. Mary's collection as of November 29



**Start collecting these!**

Drop off in the library



The class that collects the most (by weight) will be dismissed/served first on food truck day in June. We will collect tabs until then.

## Bow Island collection as of November 29



*We would like to extend our appreciation to the following individuals and businesses for their continued support of our annual academic awards.*

*1st. Choice Savings and Credit Union Ltd.*

*Appleton Farms*

*Avail CPA*

*Taber Citizens on Patrol*

*CUPE 1825*

*CWL*

*Holyspirit ATA*

*Taber Kinsmen Club*

*Kiwanis Club*

*Knights of Columbus*

*Ladies Legion Auxiliary*

*Lamb Weston*

*Taber Lions Club*

*McDonald's Chev Olds*

*Royal Canada Legion*

*SMS School Council*

*Southland Funeral Chapel*

*Holyspirit Board of Trustees (Tom*

*Machacek)*

*Western Financial*

*OpenCircle*

*Interpipeline*

*Ted Breznik Memorial Scholarship*

November 23, 2022

Dear parent/guardian,

Influenza season, also known as the ‘Flu’ season, is here. We want to help protect the health of children and families by decreasing the spread of influenza so that you and your children can stay safe and healthy throughout the winter season.

In the last few weeks, we have seen a large rise in cough and fever type sickness in our schools. We are concerned that this influenza season will be more severe than we have seen in years, and that illness will continue to disrupt school, sports and upcoming holiday gatherings.

The influenza season in Australia often predicts the type of season we will see in Canada. This year, Australia had a particularly severe respiratory virus season with influenza and COVID-19 rising at the same time. They saw the highest rates of influenza disease in children and teenagers, with children less than 16 years of age accounting for the majority of all influenza hospitalizations this year.

While most children who get influenza will recover without complications, some children can get very sick and need treatment in hospital. Children can also spread influenza to friends and family. H3N2, the common strain of influenza so far in Alberta, is known to cause more severe illness in young children and seniors. The influenza vaccine being used this season provides protection against the H3N2 virus.

Influenza vaccines are safe, effective and offer the best defense from serious illness. In Alberta, the annual influenza vaccine is provided free of charge, and it is recommended for all children 6 months and older. Parents are encouraged to have their children immunized against influenza. Appointments for children under five years of age and their families are available at Alberta Health Services (AHS) clinics and can be booked by calling 811 or online at: <https://bookvaccine.alberta.ca/s/booking>. Albertans five years of age and older can get their influenza vaccine at a pharmacy or participating physician clinic.

In addition to getting the vaccine, we encourage you and your child to take the following everyday actions to prevent influenza:

- stay home when feeling sick;
- if possible, avoid close contact with people who are sick;
- wash hands frequently with soap and warm water for at least 20 seconds or use alcohol based hand sanitizer;
- cover your cough;





## Holy Spirit Catholic School Division

*...where children are cherished and achieve their potential*

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November 29, 2022

Dear families and staff of Holy Spirit Catholic School Division,

We are certainly aware of the dedication and hard work of our past and current students, both within and beyond our school communities. To help us in recognizing their good works, we are asking families to submit their child's name as a potential "Holy Spirit Star" when they have achieved something especially noteworthy. A few examples include, but are not limited to:

- First / Gold, second / Silver or third / Bronze placements
- Awards - such as MVP, Most Improved, Academic awards, community awards, sportsmanship awards, music, speech, art, drama, writing, sports etc.
- School Team Achievements - such as winning Zones
- Provincial and/or National Recognition
- Special honours (i.e. Flag bearer at event or chosen to sing at a public event)
- Noteworthy work done with a charity, foundation, or social justice project
- Something positive that has been highlighted by the local news

Nominations may be sent by email to [holyspiritstars@holyspirit.ab.ca](mailto:holyspiritstars@holyspirit.ab.ca). Please ensure that you include your child's:

- Full name
- Grade
- School
- A complete description of their accomplishment (dates, names of awards, sport or activity they are involved in, etc...)

If they are selected, this information will be posted in our Here in Spirit Newsletter, our Board Meeting Package, and potentially on other online channels of communication (website, social media, etc...). Please note that, by submitting your child's name for consideration, you are providing us with permission to share this information publicly.

Thank you so much for your consideration of this request.

Blessings,  
Ken Sampson, Superintendent  
Holy Spirit Catholic School Division

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Holy Spirit Catholic School Division  
St. Basil Catholic Education Centre  
620 128 Street North, Lethbridge Alberta  
Phone: (403) 327-9555 Fax: (403) 327-9595

<https://www.holyspirit.ab.ca>

# What is **READING CLUB**?



Ordering books through Reading Club is the easiest and most affordable way to offer students the best in children's books for the home and to encourage independent reading for fun.

Reading Club offers students a wide range of titles in each flyer, from popular and award-winning fiction series and charming new picture books, to fascinating non-fiction titles and hands-on activities that stimulate creativity and encourage problem-solving.

Plus, every order you place earns your child's classroom 20% in rewards. With Classroom Rewards, your child's teacher can get books and learning resources to help foster a print-rich classroom for all students to enjoy. Reading Club flyers arrive in schools up to once a month, so make sure you keep an eye out for when it arrives home in your child's backpack!

Through the monthly flyers and emails, we connect with you and your child to guide you through the school year with tips and strategies for a successful year.

## HOW TO ORDER FROM **READING CLUB**

1. Your child will bring home a Reading Club flyer from school.
2. Browse the flyer with your child. Discuss with, and help your child pick the books they would like to read. Plus, discover even more titles online!
3. Sign up for email and check for exclusive offers and special pricing. Sign up at [scholastic.ca/readingclub](https://scholastic.ca/readingclub).
4. Order online on [scholastic.ca/readingclub](https://scholastic.ca/readingclub).
5. Use your Teacher's Class Code on every order to give back to the classroom.
6. Books ship directly to your home!
7. Visit [scholastic.ca/readingclub](https://scholastic.ca/readingclub) in between flyers to find even more great titles.

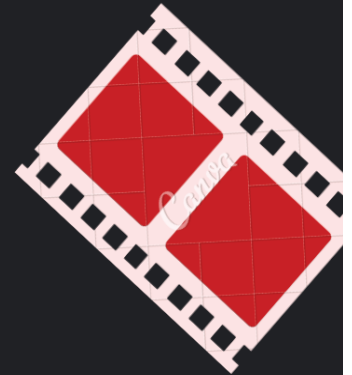
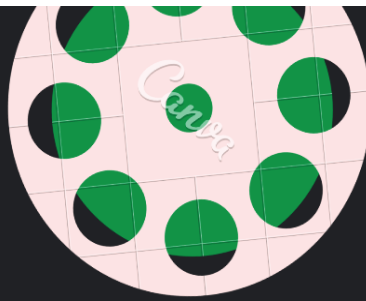


**READING CLUB**  
**RC213004**

Shop and earn rewards for your child's classroom when you use Reading Club Class Code

Your classroom earns **20% IN REWARDS** when orders are placed online using Class Code

Get **FREE SHIPPING** on orders over \$40 when using Class Code



# MOVIE NIGHT

JOIN SMS FOR  
A CHRISTMAS  
MOVIE NIGHT  
DECEMBER 8,  
2022 AT 7:00  
FREE  
POPCORN  
AND CANDY

**HOME  
ALONE**



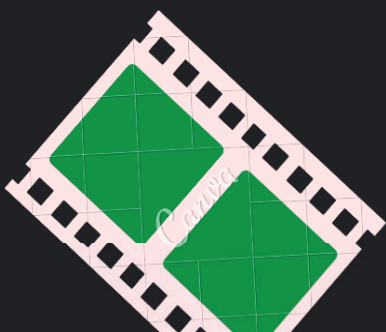
**ELF**



**THE  
GRINCH**



BRING YOUR OWN CHAIR  
VOTE FOR MOVIES AT THE LIBRARY





# Gift Wrapping



Drop off your christmas gifts and  
we will wrap them for you!

December 13-23

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\$3.00 minimum donation

\*\*\* Next meeting \*\*\*

SCHOOL COUNCIL



Monday, December 5 @ 6pm

## Mass Schedule



December 2 - Grade 9

December 9 - Grade 12

December 16 - Grade 11

December 23 - SMS Advent

Mass @ 11:00 a.m.

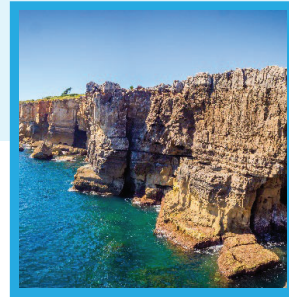
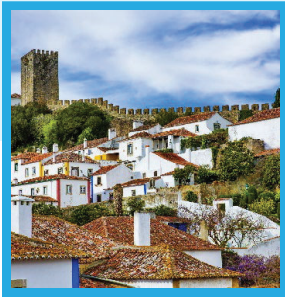


EDUCATIONAL  
TOURS

St. Mary Catholic School

# Portugal

Spring 2024



Dear Parents & Guardians,

I'm thrilled to share this travel opportunity for our students! Learn more about this exciting tour at an information session where we'll discuss:

- Why travel is important
- Where and when we're going
- What we'll see and do
- Who is EF Educational Tours
- And more!

I look forward to seeing you there!

Carolyn Siemens

P.S. Can't make the meeting but want more information?  
RSVP using link below and select "No but send info."

**Scan here to RSVP!**

<https://bit.ly/3Vn3ZY0>



2022-12-14

Meeting date

6:00 PM

Meeting time

St. Mary Catholic School

Meeting location

# Breakfast Program

## 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!*

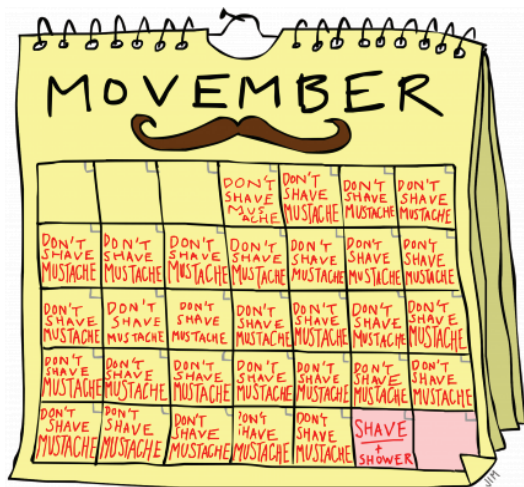




Our SHARE SHELVES are rather bare, so please keep us in mind when you are cleaning out your closets and come across paper, binders, pens, pencils, duotangs, etc. We will gladly take those items off of your hands.

**Thank You!**

Our Japanese students from Yokohama received some SMS merch today to take back home with them! They are here in Taber until the end of December.



Congratulations to all of the students who participated in raising money for mens health during the month of November. A total of \$151.00 was collected, and the Grade 6 class has won the pizza party for raising the most funds! Way to go!

## DID YOU MISS ORDERING YOUR GRAD JEWELRY AT SCHOOL?

Design & Order Your Jewelry @ [www.jostens.com](http://www.jostens.com)

Or



Contact Your Jostens Representative @  
403.252.1774 – [sean.kelly@jostens.com](mailto:sean.kelly@jostens.com)

Interested in other 2023 Grad Products? – [www.jostenscanada.com/classof2023](http://www.jostenscanada.com/classof2023)



SarahChloe Jostens







## Set the foundation with physical literacy

Literacy skills help a child to use words to express their thoughts and feelings. It also helps them connect to other people and understand the world outside of them. Like reading and writing, physical literacy gives children the skills to learn, participate in, and enjoy physical activity.

### If that's literacy, then what's physical literacy?

Physical literacy is moving with confidence and control in a variety of physical activities and settings. Children can learn movement skills through both unstructured free play and structured games or activities. Exploring and learning movement skills support brain

development, social skills, and builds self-esteem and confidence. Developing physical literacy in the early years helps children be physically active for life.

### Why is physical literacy important?

Learning basic movement skills such as running, jumping, kicking, throwing and catching are the building blocks for physical activity.

Developing physical literacy gives your child the skills, confidence and motivation to try new things while also helping them build up physical activity minutes as part of their day.



## Get set for adventure: Physical literacy and your teen

### Physical literacy vs. physical activity

Physical literacy and physical activity are related but they aren't the same thing. Physical activity is how you move and the energy you use while moving.

Physical literacy is a person's motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engaging in physical activity for life.

Having the skills to move is an important part of physical literacy, but it's more than that! For example, if you have the physical skills, but don't have confidence or motivation, you may not value physical activity.

### Why is physical literacy important?

As teens develop physical literacy, they're able to move and train their body to gain skills they want—like kicking the ball to a target or landing a cartwheel. These skills build on beginner skills they've already mastered.

Exploring and expanding movement skills supports brain development, social skills, and builds self-esteem and confidence.

The development of physical literacy in teens also helps with other valuable life skills like adapting to new situations or bouncing back after disappointment.

# Community Education Service



*Improving emotional health and well being*

## Caregiver Self-Care and Co-Regulating with Your Child

Tashia Christie, BA Psychology & Kelvin Ganpatt, BA Psychology,  
Rocky View School Division & MHCB Stepping Stones to Mental Health

The importance of self-care for caregivers, burnout, compassion fatigue, and helping children to practice self-care and regulate emotions.

**December 13, 2022**  
**6:30-8:30pm**

**Click here to  
register**

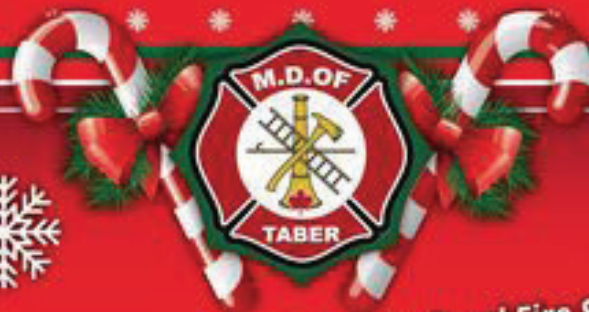
**FREE**

**online event**

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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 & **Rocky View School Division & MHCB Stepping Stones to Mental Health.**

[CES@ahs.ca](mailto:CES@ahs.ca) <http://community.hmhc.ca/> 403 955-4730



The Municipal District of Taber Regional Fire Services

*Candy Cane Food Drive*

# CHRISTMAS PARADE

IS COMING TO A COMMUNITY NEAR YOU!

**MONDAY, DECEMBER 19, 2022**  
STARTING AT 6:30 PM

*Join us for a night of lights, candy canes, fun and more as each parade makes its way through the communities of Hays, Enchant, Grassy Lake, Barnwell and Vauxhall. Firefighters will be collecting non-perishable donations within their best before dates for the Taber and Vauxhall food banks.*





Taber Public Library

# **LEGO CLUB**

Wednesdays  
3:30 - 4:30 pm  
Snacks provided

**Come build using our pieces  
and then put it on display!  
Must be school aged to  
participate**



## SCHOLARSHIP PROGRAM

You could win one of 40 cash scholarships of \$1,000 each



## ABOUT THE SCHOLARSHIP

Are you active in your community, or do you have ideas on how to make it a better place to call "home?" Submit an essay\*\* up to 1,250 words, and you could win \$1,000. Answer one of these questions:

1. What does a "bright future" look like for you?
2. How have you demonstrated leadership or charity within your community to make it a better place?
3. How can we ensure fair and affordable housing for all Canadians?

## ELIGIBILITY CRITERIA

To be eligible, entrants must be a Grade 12 student attending high school in Canada\* in the September 2022 - June 2023 academic year. Entrants must have not previously participated in a commencement ceremony.

## HOW TO APPLY

Submit an online essay from September 12, 2022 to March 13, 2023.

**Go to**  
[blog.remax.ca/quest-for-excellence](https://blog.remax.ca/quest-for-excellence)

For inquiries email [questforexcellence@remax.ca](mailto:questforexcellence@remax.ca)

# RE/MAX CANADA

\*Except Quebec . \*\*All essay entries become the property of RE/MAX Canada. Photos and names of winners may be used in print publications and media. Each Office Independently Owned and Operated. 22\_304114

THE SOUTHERN ALBERTA SKATING ACADEMY

*with support from*

**CITY OF**  
 **Lethbridge**

PRESENTS

# Wishes

6pm ENMAX

FRIDAY DECEMBER 23rd

**\$12**

LOWER BOWL

**\$17**

ON ICE

**\$40**

4-PACK

Tickets available through the ENMAX Centre

CAREER EXPLORATION SESSION

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# IRONWORKER

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DECEMBER 1, 2022  
4:30 pm



Does being a part of new building construction excite you? Are you strong, agile, and able to work at heights? Do you like being outdoors and working on a team? Then Ironworker may be the trade for you. Ironworkers assemble the structural framework in accordance with engineered drawings and install the primary and secondary steel for new buildings. Join Westco Construction to learn more on this essential trade.



**Register now for this FREE  
virtual session!**

Once registered, you will receive an email with the link, plus additional information regarding the event.

Questions? Email [office@careersteps.ca](mailto:office@careersteps.ca)