

St. Mary's School

Ecce Ego Sum Mitte Me

March 2023

School Council Meeting **Wednesday, March 8 @ 6pm.** **All SMS parents are invited!**

We are seeking parents who are interested in sitting on school council. If you are interested or know of someone who is, please contact the school or simply attend any of the upcoming meetings. The next meeting is Wednesday, March 8 @ 6pm here at the school. (Tentatively. Please watch for the advertised date closer to March

As a member of the school council, you will be able to:

- * Generate discussions on topics that are of importance to you and the school
- * Provide feedback on many school issues
- * Gain information about school issues and happenings
- * Bring forth new ideas to help improve our school
- * Have a positive impact on your child's education

Our school council is open to all parents from Grade 6-12 and is not restricted in the number of members. Meetings take place once a month at a date and time chosen by council members. Your support is needed and appreciated.



No School
March 13 & 14
Division Collaboration
Days

1A/2A Basketball Zone
Championships at
Lethbridge College
March 6 – 11, 2023

Thurs. March 9
MacEwan University will
be set up in the atrium

Wed. March 15
Grade 6 band workshop
at the Civic Centre

OFFICE HOURS FOR SMS TEACHERS SEMESTER 2 (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.



Looking forward to a new year with ...

Holy Spirit Catholic School Division

2023/2024 REGISTRATION

Re-Registration Starts January 16, 2023

Families with students currently enrolled in our system should expect an email during the week of January 16-20, 2023 asking that the online "Registration Update Form" be completed for each child attending one of our schools in the 2023/2024 school year.

This update allows us to make sure the information on file is accurate and that any legal declarations, preferences, and consents are renewed. It also allows our schools to plan for the upcoming school year.

Parents/guardians who are hoping to register younger siblings new to the division will also have the opportunity to do this at the same time that they re-register older students.



New Student Registration Starts February 1, 2023

All Early Learning to Grade 12 students who are new to the division and wish to enroll for the 2023/2024 school year are invited to register online starting on Wednesday, February 1, 2023.

- Our **Early Learning Program** is designed to stimulate the growing curiosity of children 3 and 4 years of age.
- **Kindergarten** is designed for children 5 years of age on, or before, December 31, 2023.
- **Grade 1** registrants must be 6 years of age on, or before, December 31, 2023.
- **French Immersion** is also available. Enrollment starts:
 - in Kindergarten/Grade 1 at École St. Mary School in Lethbridge.
 - in Grade 1 at St. Michael's School in Pincher Creek.



For More Information

Contact our Coordinator of Early Learning Coordinator to discuss Early Learning, Kindergarten, or your child's specialized programming requirements by phone (403-381-8495) or email (earlylearning@holyspirit.ab.ca).

Contact our French Language Consultant to discuss French Immersion programming by phone (403-331-4458) or email (urquhartw@holyspirit.ab.ca).

Contact your child's school, or visit the division's website (holyspirit.ab.ca), if you need assistance with the online registration process or have any questions.



Holy Spirit Catholic School Division
...where students are cherished and achieve their potential.

St. Mary's Sports



Alvi is our St. Mary's Athlete of the week, sponsored by Harley Phillips. Alvi was recognized by his coach for his play on the St. Mary's Celtics basketball team. Alvi always shows up with a positive attitude, and always gives 100% at practice and games. He is a leader by example and a great addition to the Celtics Basketball Team! Way to be Alvi, SMS is proud of you!



Jacob C. is our St. Mary's Athlete of the week, sponsored by Harley Phillips. Congratulations to Jacob for being selected for his play on the SV boys Storm basketball team. Jacob has been a great leader for our team this year. He has worked hard to improve his game on both the offensive and defensive side of the ball. Keep up the great work Jacob!



Cadence is one of our Athletes of the week, sponsored by Harley Phillips. She is recognized for her participation on the Auroras Girls Basketball team. Cadence is in Grade 12 and she has shown dedication to the game of basketball. Her commitment to the game and her team is exemplified on and off the court. She has shown great improvement offensively and defensively for her team. Cadence has shown great improvement on her shot and this has been evidence in our last few games. Cadence has fought through injuries and continues to show perseverance. Way to go Cadence.

Jorryn is our St. Mary's Athlete of the week, sponsored by Harley Phillips. Jorryn was selected for his play on the Celtics basketball team. He continues to show his dedication to the basketball team. He always shows up giving 100% at practices and at games. Jorryn is a team player and is always willing to go above and beyond to support the team! Jorryn helped his team win the River Ridge League Championship this past week. Jorryn is a big asset to the Celtics! Way to go Jorryn SMS is proud of all your hard work!



Congratulations to the St. Mary's Mixed Curling team who participated in the Zone

Playoffs on February 14th and 15th in Lethbridge. The

team just missed out of the bronze medal spot, finishing 4th.

It was a great experience for the team and we want to welcome all new curlers to the program in October. Please see Mr. Makarchuk for more details. The St. Mary's team consisted of Felicity Johnston, Sophia Reyes, Damian Unrau, Matt Gensorek and Kale Smith. Well done, team!!!



St. Mary's Sports

2022-2023 River Ridge Champions & All Stars



March

Arise! Pilgrims of Hope



*“Surely goodness and mercy shall follow me all the days of my life,
and I shall dwell in the house of the Lord my whole life long.”*

Psalm 23:6

St. Hildegard of Bingen 1098-1179 (Feast Day: September 17)

Abbess, artist, author, composer, mystic, pharmacist, poet, preacher, theologian—where to begin in describing this remarkable woman? Born into a noble family, she was instructed for ten years by the holy woman Blessed Jutta. When Hildegard was 18, she became a Benedictine nun at the Monastery of Saint Disibodenberg. Ordered by her confessor to write down the visions that she had received since the age of three, Hildegard took ten years to write her *Scivias* (Know the Ways). Pope Eugene III read it, and in 1147, encouraged her to continue writing. Her *Book of the Merits of Life* and *Book of Divine Works* followed. She wrote over 300 letters to people who sought her advice; she also composed short works on medicine and physiology, and sought advice from contemporaries such as Saint Bernard of Clairvaux.

Hildegard's visions caused her to see humans as “living sparks” of God's love, coming from God as daylight comes from the sun. Sin destroyed the original harmony of creation; Christ's redeeming death and resurrection opened up new possibilities. Virtuous living reduces the estrangement from God and others that sin causes.

Like all mystics, Hildegard saw the harmony of God's creation and the place of women and men in that. This unity was not apparent to many of her contemporaries. In 2012, Hildegard was canonized and named a Doctor of the Church by Pope Benedict XVI. Her liturgical feast is celebrated on September 17.

Holy Moments In Our Schools

At their weekly Gospel reflection time, a blindfolded student had to stay focused on and follow the voice of God instead of the ‘voice’ of poor choices and turning away from God. (Matthew 4:12-17) Bringing faith to life happens at St. Patrick Fine Arts!



The Spiritual Works of Mercy – Lent

So far in this school year, we have explored a variety of the Spiritual Works of Mercy:

- **Admonish the Sinner** - journey together while being supportive of others when they need correction. Learn to walk more closely with Christ.
- **Counsel the Doubtful** - listen to counsel and instruction, witness to God's love in your actions. Accompany friends who are struggling by helping them reorient towards Christ.
- **Pray for the Living and the Dead** - join together in praying for your fellow Christians in the Body of Christ, and the communion of the saints. Pray with and for others.
- **Instruct the Ignorant** - be open to learning more about your faith. Look for ways to increase your formation and speak with others about our beliefs.
- **Forgive Offenses** - while it can be difficult, we are called to forgive others as God forgives us. We are freed when we forgive.

As we continue through our Lenten days, we can draw inspiration from the saints as we engage in fasting, prayer, and almsgiving, and seek to grow in our own mercy towards others.

“Believing means entrusting oneself to a merciful love which always accepts and pardons, which sustains and directs our lives, and which shows its power by its ability to make straight the crooked lines of our history.” (Lumen Fidei 13)

Sources:

[St. Hildegard of Bingen](#)

[The Fruit of the Holy Spirit: What Is Goodness?](#)

[St. Hildegard's advice for building healthy self-confidence](#)

[Home Page](#)

The Fruit of the Spirit – Goodness

What exactly is goodness? The word ‘good’ is used so frequently in our everyday lives that it almost loses its meaning. For example, how many times a day do we say, “good morning” and “good luck” and “good work”? But, the Bible tells us that the word ‘good’ actually means holy, pure and righteousness. Literally goodness is godliness.

Goodness can often be seen in our actions, but our heart also has to be pure. The goodness of Christ is to be demonstrated in our lives every day. Psalm 23:6 says, “Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.”

God calls us to be filled with goodness from the inside out, being holy in what we do and say because Christians should have a heart that seeks goodness. We are not to just do good works, because doing good works without a good heart is empty. The ‘goodness’ described as a fruit of the Spirit is not merely moral behavior, but an excellence of character. This goodness is only possible through God's grace and mercy.

Goodness is not about doing elaborate things to gain recognition. Oftentimes, it is the small acts of goodness we do throughout our day that mean the most to those around us. Is your friend having a bad day? Write them a note to let them know how much you care about them. Is someone putting you down? Pray for them.

It is in these acts of goodness that we reflect Christ's character and possess the fruit of the Spirit. While it may seem like no one notices, God does. Ultimately, when we show goodness, we bring glory to God's name.

“According to St. Hildegard...In the story of the creation of the world, God considers all his work—including humankind—to be very good.”

- Marzena Devoud



Reflecting on the life of St. Hildegard...

St. Hildegard Showed “Goodness”

As a Benedictine nun, Hildegard advocated and practiced moderation and balance—two things we recognize today as being important for well-being. As we have seen, she was also “good” at a great many things! Sometimes, we may be hard on ourselves, and overlook the ways in which we are both good at things, as well as good - holy inside and out, in what we say and do. While she thought of each of us as a ‘living spark’, a glimpse of the radiance of God, we might not always feel the same.

In [this article](#), the author delves into the effect that our mindset and beliefs can have on us when we think negatively, or lose the balanced sense of self. She references St. Hildegard of Bingen’s sense of harmony between body, soul and mind, and how important it is to look at ourselves fairly but positively - the way that God sees us. As she writes,

In a letter addressed to her friend Father Bertulf and quoted in a book by Hildegard Strickerschmidt, the German abbess stresses the danger of self-criticism. She writes, “You remind me of a man who looks at his face in the mirror, but does not rejoice because he is overwhelmed by doubts about his beauty.



Your heart then looks like a building visible from afar, but covered with fog ...”

The mental fog that St. Hildegard speaks of in the Middle Ages is a concept commonly used in contemporary psychology. Under the influence of negative thinking, we are unable to see our positive character traits.

Aren’t we dissatisfied most of the time with our own appearance when we look in the mirror? This inferiority complex, which destroys the joy of who we really are, can also affect our spiritual and intellectual life.

In her letter, St. Hildegard describes the abbot’s goodness, which was clear to everyone around him but which he himself was unable to appreciate. A little negative inner voice was poisoning his spirit, preventing him from making the most of his gifts.

According to St. Hildegard, we must seek the talents that lie dormant in us, rejoice in them, and cultivate them. God created humanity out of love, and made us his partners. In the story of the creation of the world, God considers all his work—including humankind—to be very good. St. Hildegard of Bingen, pray for us!

Gospel Readings

March 5, 2023

2nd Sunday in Lent

Gospel Reading: Matthew 17:1-9

“This is my beloved Son, with whom I am well pleased, listen to him.” — Matthew 17:5

During the Transfiguration, Jesus reveals his true glory to his closest friends. Similar to his baptism in the Jordan, the Father speaks from heaven to announce that Jesus is his “beloved Son.” Like a proud parent, God the Father is telling us that he is delighted by his son. He also tells us to “listen to him,” so we can follow Jesus and live how he lived: paying attention to the poor and the outcast, fighting for what is right, and bringing comfort to those who are hurting. If we listen to Jesus and follow him our hearts will get bigger and we will grow into everything God wants us to be.

Dear Lord, help us to walk in Jesus’ footsteps, and to listen to him. Give us courage to follow him wherever he leads us!

How can you improve your listening skills, to better hear God’s voice?

March 12, 2023

3rd Sunday in Lent

Gospel Reading: John 4:5-42

“Jesus answered and said to her, ‘If you knew the gift of God and who is saying to you, ‘Give me a drink,’ you would have asked him and he would have given you living water.’” — John 4:10

We know that water is important in the Bible - it is used to cleanse, to baptize, to give life, and to promote growth. What Jesus was saying to the Samaritan woman, and to us, is that HE can cleanse us, HE baptizes us and removes our sin, HE gives life through his name, and that HE carries us through our growth in the sacraments and our love for him. Jesus is the living water that is poured into our hearts and reaches every corner of our being!

Dear Father, thank you for this living water that you offer so freely to us. May it bring us into a deeper love for you.

What are some of the ways water is used in our Church’s rituals?

March 19, 2023

4th Sunday in Lent

Gospel Reading: John 9:1-41

“We know that God does not listen to sinners, but if one is devout and does his will, he listens to him.” — John 9:31

Many of us want to make our requests known to Jesus and then we want him to answer them exactly the way we want. But that doesn’t require much faith. In fact, it is almost as if we are blind to what it is that God may want for us. We choose only to see things the way we want. But Jesus wants us to open our eyes and take a step of faith, seeing him as the Son of God, who came to show us how to live and love. If we can step into that understanding of him, then we will be more willing to listen to his response to our prayers, even if it is not the answer we wanted. This is truly living out God’s will in our lives.

Father in heaven, thank you for loving us so much so that your answer to our prayers is always what we need, even if it’s not what we imagined. Please teach us to accept your answers with patience and gratitude.

Share a time when your prayers were answered. Then try to think of a time when they were not answered the way you wanted them to be. How did you feel about God in both these situations?

Gospel Readings

March 26, 2023

5th Sunday in Lent

Gospel Reading: John 11:1-45

"Martha said to Jesus, 'Lord, if you had been here, my brother would not have died. But even now I know that whatever you ask of God, God will do for you.'" — John 11:21-22

When things are going your way and life seems good, it is easier to believe in Jesus, isn't it? But when things get tough and you are full of grief, it can be easy to question Jesus. Martha shows us, in today's Gospel, what great faith looks like. She knew and loved Jesus very much. She saw and worked miracles through him. She saw how Jesus had brought peace and forgiveness to so many. No matter how hard her life seemed at the time of her brother's death, she did not lose faith in Jesus. It made her believe even more. We, too, are called to this great faith. Whether things are tough, Jesus is always the same. He is always there for us and he loves us very much. We just have to have faith and believe.

Dear Lord, thank you for always being with us through good and difficult times. Please give us the faith to know you are with us even when we cannot see you.

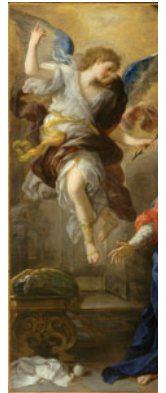
Talk about a tough time in your life when you felt God's presence.

Download this month's [Saint Prayer Card](#) - St. Hildegard of Bingen



The Annunciation of the Lord

The feast of the Annunciation is celebrated on March 25, nine months before Christmas. This feast celebrates the day the Angel Gabriel appeared to Mary and asked her to be the Mother of Jesus. Mary was an ordinary girl from a simple town. Yet, God chose her from all time, and set her apart to be the mother of His Son. She was preserved from the stain of original sin from the very moment of her conception. This is the doctrine of *The Immaculate Conception*. Through her yes, Mary teaches us what our response to God should be. Being "Full of Grace" did not diminish Mary's ability to say no. She could have said no to the Angel but she freely chose to say yes.



"Mary showed complete trust in God by agreeing to be used as an instrument in his plan of salvation. She trusted him in spite of her nothingness because she knew he who is mighty could do great things in her and through her. Once she said "yes" to him, she never doubted. She was just a young woman, but she belonged to God and nothing nor anyone could separate her from him."

— St. Teresa of Calcutta —

March



Pilgrims of Hope

WEEK ONE

God helps us to persevere through our challenges. How were you able to focus on God this week?

Lent

Lent is the forty day season of conversion that begins on Ash Wednesday; a time of turning toward God in preparation for Easter. Fasting, prayer, and almsgiving are the three traditional disciplines of Lent.

Concerning Almsgiving



Almsgiving is a response to God, one that we can come to through prayer and fasting. It is a way to live out our gratitude for all that God has given us, reflecting the realization that we are the Body of Christ, responsible for each other.

MATTHEW 6:1-4

“Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.

“So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.”

Concerning Prayer



Prayer is conversation with God. It is essential for fasting and almsgiving because prayer gives us the strength to fast. Pope Francis said, “Lent is a privileged time for prayer.” In prayer, we draw closer in relationship with God. Relationship with God makes us grateful for the blessings we have received. Prayer is the cornerstone of our Lenten journey and is vital to all of our actions in life.

MATTHEW 6:5-15

“And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

because of their many words. Do not be like them, for your Father knows what you need before you ask him. “Pray then in this way:

Our Father in heaven,
hallowed be your name.
Your kingdom come.
Your will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And do not bring us to the time of trial,
but rescue us from the evil one.

“When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard

For if you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your trespasses.”

Concerning Fasting



For Catholics, fasting is not primarily an individual practice, but one that has social implications. While fasting, many Catholics donate the food they would have eaten (or the equivalent thereof) to an organization that feeds the hungry. In this way, fasting restores our relationships with our neighbours all over the world.

MATTHEW 6:16-18

“And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.



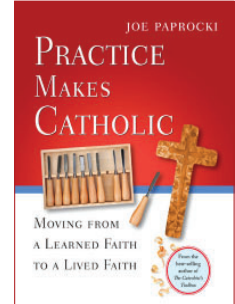


Ash Wednesday



In many ways, Ash Wednesday is the most visibly Catholic day of the year, a day on which Catholic sacramentality literally adorns most Catholics right on their foreheads. Attendance at Mass on Ash Wednesday is typically greater than on certain other holy days of obligation - and Ash Wednesday is not a holy day of obligation! The ashes, made from burning the blessed palms (another sacramental) used on the previous year's Palm Sunday, are placed on our foreheads in the sign of the Cross as a reminder of our mortality and total dependence on God. It is this reminder of our mortality that makes us rethink how we are living at the moment.

(pp.6-7, *Practice Makes Catholic* by Joe Paprocki)



Interrelationship

The interrelationship between the physical and the spiritual is at the heart of Catholicism's sacramental spirituality. As a sacramental people, our belief in the Incarnation brings a heightened awareness of the importance of our physical bodies with relation to spirituality.

For this reason, Catholic spirituality involves our bodies. At Mass, this is reflected in the many different postures we assume; sitting, standing, kneeling, genuflecting, bowing, raising our hands, and so on. When it comes to spirituality, we Catholics do not check our bodies at the door.

Spiritual wisdom tells us that any attempt to follow God more closely requires discipline, focus, and willpower. Before attempting to master one's intangible spiritual desires, however, it makes sense to master some tangible physical desires, the most obvious of which is our hunger.

We, too, are tempted to think that many things in life sustain us when truly, God alone sustains us. Through fasting, Catholics learn to practice self-denial, to lead a life of moderation that deepens our compassion for people in need, and to develop a deeper hunger and thirst for God.

Source: *Practice Makes Catholic* by Joe Paprocki, pp. 23-25

For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart.

Jeremiah 29:11-13

Ash Wednesday Services

Assumption Church 2405-12th Avenue S. Lethbridge, AB Ash Wednesday Mass: 9:00am, 12:05pm, 7:00pm	St. Ambrose Parish 1523-23rd Avenue Coaldale, AB Ash Wednesday Mass: 7:00pm	St. Michael's Parish 1101-1st Street E. Bow Island, AB Ash Wednesday Mass: 7:00pm
St. Basil's Church 604 13 Street N. Lethbridge, AB Ash Wednesday Mass: 9:00am, 12:05pm, 7:00pm	St. Catherine Parish 762 Crescent Avenue Picture Butte, AB Ash Wednesday Mass: 9:00am	St. Michael's Parish 958 Christie Avenue Pincher Creek, AB Ash Wednesday Mass: 7:00pm
St. Martha's Parish 355 Columbia Blvd. W. Lethbridge, AB Ash Wednesday Mass: 9:00am, 7:00pm	St. Augustine Parish 5009-48th Avenue Taber, AB Ash Wednesday Mass: 7:00pm	

What Is a Sacramental

According to the Catechism of the Catholic Church, sacramentals are sacred signs instituted by the Church to prepare us to receive the fruit of the sacraments and to sanctify different circumstances of our lives (no. 1677).

Practically speaking, the myriad of little things that are sacramentals are the parts of catholicity that jostle against us in our everyday life, those little extras that often tell others we are Catholic. They are the images, actions and blessings that are unique to our faith; those sometimes humble reminders of what the Catholic faith is all about, like the crucifix on our wall.

Adapted from: *Sacramentals: What Are They?*

Additional Resources

[Prayer, Fasting, and Almsgiving: The Three Pillars of Lent](#) (YouTube)

[Pray, Fast, and Give Alms This Lent - Ash Wednesday Homily](#) (YouTube)

[The Significance of Ash Wednesday](#) (YouTube)

[Slow Prayer](#) by Andy Otto, *God In All Things*

OFF-CAMPUS NEWS



Medicine Hat College Open House

MHC invites students & families to their upcoming
Open House!

Medicine Hat Campus - Saturday, March 4 -1pm to 3pm

Brooks Campus –Friday, March 3 - 5:30pm to 8:00pm

- The first 100 attendees at Medicine Hat Campus and first 20 attendees at Brooks Campus will receive an MHC swag bag
- Attendees who register can enter to win \$100 of MHC swag and other Medicine Hat prize packs from local businesses
- Out of town visitors can enjoy a special room rate at Medicine Hat's Holiday Inn Express

Register at : <https://www.mhc.ab.ca/FutureStudents/OpenHouse>



MEDICINE HAT
COLLEGE



Upcoming Career Transitions Virtual Career Exploration Sessions

Join these sessions to hear professionals discuss their profession and educational background.

Tuesday, March 7 @ 4:30pm - Realtor

Wednesday, March 8 @ 4:30pm - Occupational Health & Safety Officer

Thursday, March 9 @ 5:00pm - Dentist

Tuesday, March 14 @ 4:30pm - Helicopter Pilot

Tuesday, March 21 @ 5:00pm—Ophthalmologist

Thursday, March 23 @ 4:00pm - Parks Interpreter

Thursday, March 30 @ 4:00pm - Chef

To register for these or to watch numerous recorded past career sessions go to : careersteps.ca/exploration-sessions/

FEED YOUR FUTURE

STEP INTO A CAREER IN AGRICULTURE!

Find your FIT.

STEM opportunity for Girls
Grades 9-12 and Post-Secondary

Feed Your Future

Free 1/2 day virtual workshop
Thursday, March 23, 2023

Empowering young women to pursue
careers in Agriculture and STEM!

Keynote Speaker presentations on
Skill Development, Networking,
Entrepreneurialism and Leadership.
Learn from successful women in Ag.



Ag Life

Register at : <https://www.feedyourfuturecareer.ca/workshop-registration>

R.A.P. and Work Experience Students

Don't forget to hand in or email your pay stubs or time sheets
to Mr. Boschee or Mrs. Gurr.



High School Youth Research Summer (HYRS)

July 7—August 18, 2023 at the U of L

The HYRS program is for students in grade 11 and who want to:

- participate in hands-on work with research groups
- join a team of PhD, Master and Bachelor students
- work on multidisciplinary projects which may include:
genetics, neuroscience, bioengineering, molecular imaging

Deadline to apply is March 17, 2023



For more information and to apply go to:

<https://www.ulethbridge.ca/node/2982>

Young Women in Trades and Technology (YWITT) Information Night

March 2 from 7pm-8pm at Catholic Central High School

Learn about high school internship opportunities for young
women and hear from women in skilled trades.

For more information and to register call Kristy Vassell at

403-308-6823

or email: kvassell@nextgen.org



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





ST. MARY'S SCHOOL

LAUNDRY FOR LENT

BRING IN YOUR DONATIONS TO THE
LIBRARY FOR YOUR NAME IN THE DRAW
TO BE ONE OF 25 PEOPLE WINNING
PART OF A PIZZA PARTY!

All items accepted until April 6th!



Band News

It is not that far off! The St. Mary's Spring concert will be held on Wednesday, May 17th at 7:00 in the school gym. Please mark your calendars and ensure that your son or daughter is available.

The Grade 6 Band will be going on their annual music retreat on Wednesday, March 15th. Students will be working with the staff and students from D.A. Ferguson and Barnwell school for the day at the Taber Civic Centre. They will be learning from instructors from the University of Lethbridge as well as spending some time in the pool as well as rehearsing as a massed band. We look forward to the day!

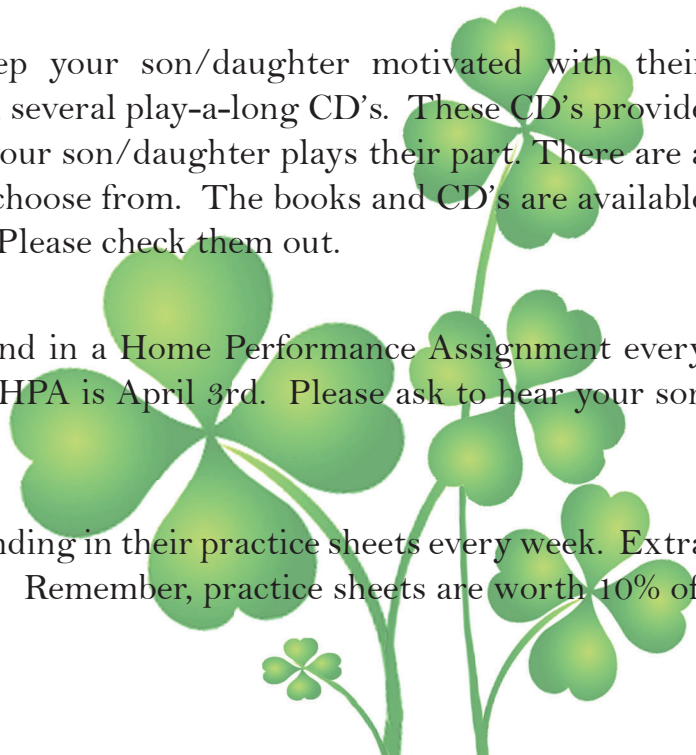
Students from the St. Mary's Junior and Senior Bands will be travelling to Calgary on Saturday, March 18th to attend a performance of the Calgary Philharmonic Orchestra. The concert features some newly composed music, as well as Antonin Dvorak's 9th symphony. Thank you to the parents who are coming with us. We hope you enjoy the show!

The next executive meeting of the St. Mary's Band Booster Club will be held on Tuesday, April 25th at 7pm in the band room. Any interested parents are invited to attend.

Looking for something to help keep your son/daughter motivated with their practicing? The school has purchased several play-a-long CD's. These CD's provide a professional accompaniment while your son/daughter plays their part. There are a variety of styles and ability levels to choose from. The books and CD's are available to be signed out through the library. Please check them out.

All band students are expected to hand in a Home Performance Assignment every month. The deadline for the March HPA is April 3rd. Please ask to hear your son or daughter play.

Grade 6-8 band students should be handing in their practice sheets every week. Extra sheets are available in the band room. Remember, practice sheets are worth 10% of the Junior High band mark



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.

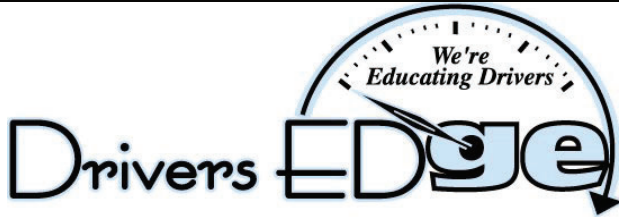
Did you know?

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

**Deadline to bring your
tabs in is May 31, 2023!**



Friday, March 17



SERVING SOUTHERN ALBERTA SINCE 2003



DRIVERS EDGE IS IN TABER!
JOIN OUR CLASS ON
APRIL 17 - 20, 2023
3:30 - 5:30 & 6:00 - 8:15 PM

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Final call for registrations for 2023 season
Registration closes March 15, 2023

T-Ball (age 4-6) Monday/Wednesday \$100
Machine Pitch (age 6-7) Tuesday/Thursday \$130
Rookie (age 7-9) Monday/Wednesday \$130
Minor (age 9-10) Tuesday/Thursday \$165
Major (age 11-12) Monday/Wednesday \$165
Intermediate (age 13) Monday/Wednesday \$165
Teenage (age 14+) Monday/Wednesday \$165

Questions? Email: taberbaseball@gmail.com

To register please go to:



Norcrest Little League : RAMP Registrations
www.rampregistrations.com



1A / 2A SOUTH ZONE BASKETBALL



**ZONE
BALL**

South Zone 2023

MARCH 6-11, 2023

LETHBRIDGE COLLEGE

SOUTHZONEBASKETBALL.COM

DRAWS - SCHEDULES - ADMISSION

<http://www.southzonebasketball.com/index.html>

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APPLY FOR SCHOLARSHIPS AND BURSARIES!

Apply online at mhc.ab.ca/scholarships.
Applications accepted **March 1 - June 1**.



**MEDICINE HAT
COLLEGE**

Holy Spirit Catholic School Division
International Homestay Program



Become a

HOMESTAY FAMILY

The BEST thing about memories...
is making them!

CONTACT US FOR MORE INFO

Donna Faulkner
Homestay Coordinator
Holy Spirit Catholic School Division
620 12B St. N.
Lethbridge, AB, T1H 2L7
Phone: (403) 330-7382
homestay@holyspirit.ab.ca

HOST FAMILIES PROVIDE...

- Private bedroom
- 3 wholesome meals/day +snacks
- Quiet, bright study space
- Access to common areas
- Laundry
- Emotional/Academic support
- Interaction with family members
- Participation in family activities
- Internet connection

HOST FAMILY BENEFITS...

- Learn another culture's traditions and customs
- Share Canadian culture with your student
- Create lasting memories and experiences
- Spend more family time together
- Develop a new friendship with your student
- Receive \$900 monthly to cover the expenses of hosting your student
- Build an interest in culture, language and future travel opportunities for your family

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.
4. Order online on 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 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



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

For inquiries email 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



CAREER EXPLORATION SESSION

OCCUPATIONAL HEALTH AND SAFETY OFFICER

MARCH 8, 2023
4:30pm



Alberta OHS laws establish rules and requirements that employers, workers and other work site parties must follow to keep work sites healthy and safe.

Join Myles Fletcher, to find out more about what OHS officers do, and the authority they have to monitor and enforce legislation by conducting inspections and investigations, issuing orders, writing tickets, and issuing administrative penalties.



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



CAREER EXPLORATION SESSION

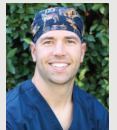
DENTIST

MARCH 9, 2023
5:00pm



Dentistry is an engaging and developing industry that has much to offer. If you have an eye for artistic detail and like to interact with new people, this may be a good fit for you. You can be a medical professional but still own your own business, if you would like to. Dentistry allows you to tailor your career to something that suits you.

Find out more and ask questions in our upcoming virtual session with Dr. Logan Orr of Compass Dental.



Register now for this FREE virtual session!

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

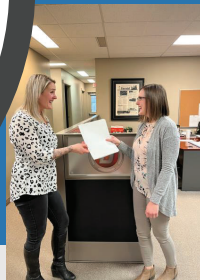
Questions? Email office@careersteps.ca



CAREER EXPLORATION SESSION

HUMAN RESOURCE CONSULTANT

MARCH 16, 2023
11:30am



Human Resources professionals provide businesses with consultation in many different aspects around people-management in the workplace. This includes hiring, onboarding, training and support for employees and managers, benefit administration, creation and implementation of policies and procedures, and much more! The field of Human Resources is a vast and rewarding career for those who enjoy wearing multiple hats and watching the workforce flourish with the right talent.

Join Lisa and Stacey from Davis Auto Group to find out more!

Register now for this FREE virtual session!

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



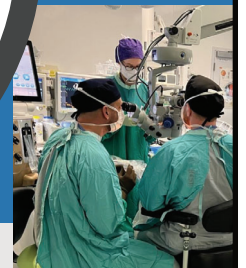
Questions? Email office@careersteps.ca



CAREER EXPLORATION SESSION

Ophthalmologist

MARCH 21, 2023
5:00pm



An Ophthalmologist is a medical or osteopathic doctor who specializes in eye and vision care. Ophthalmologists complete 12 to 14 years of training and education, including medical school, and are licensed to practice medicine and perform surgery.

Providing this type of care is very rewarding as vision is so important for everyone.

Dr. Carrell will tell you more on how Ophthalmologists are trained and then care for all eye problems and conditions.



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

CAREER TRANSITIONS

CAREER EXPLORATION SESSION

PARKS INTERPRETER

MARCH 23, 2023
4:00pm



Do you enjoy being outdoors and meeting people?

Park Interpreters work with visitors to parks and conservation areas to educate them by developing and conducting programs such as nature walks, theatre presentations and written materials. There are always new aspects of their environment for them to study and share. Meeting great people and working in an amazing environment are everyday rewards.

Natalie from Parks Canada will explain more.

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

CAREER TRANSITIONS

CAREER EXPLORATION SESSION

Chef

MARCH 30, 2023
4:00pm



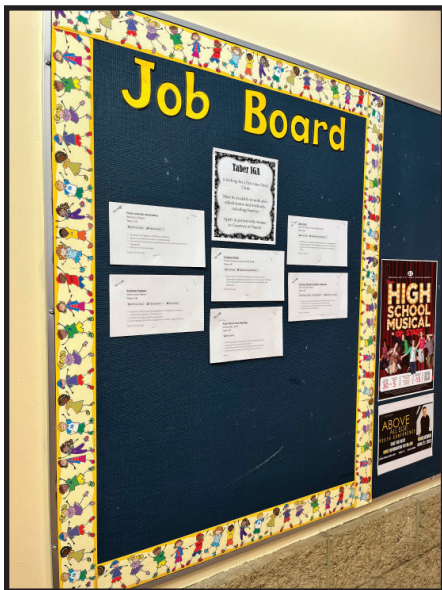
More than sustenance, cooking is an art that brings us together. We cook to explore new tastes and cultures from around the world or to remember our history, like the cookies Grandma used to bake. Through our food, we communicate our love, culture, and creativity.

Join Ram Khanal as he shares his love for his craft and the meals he serves in his restaurants.



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



Whether you need a student to mow your lawns this summer or know of someplace hiring students, we have our job board available for posting ads.

Send your ads to smtadmin@holyspirit.ab.ca

YOUTH OPEN MIC

TABER PUBLIC LIBRARY

FRI MARCH 24 2:00

MUSIC
—
SONGS
—
FUN



PLEASE LET US KNOW THAT YOU ARE PERFORMING 403-223-4343

Nutrition Times

February 2023 Nutrition Services



Shop Smart!

With recent inflation trends, many families have noticed the cost of food increase. Here are some tips to help you plan your grocery shopping, compare foods, and choose items that cost less.

Meal Planning

Before you head to the store, spend some time at home to plan out your meals. Start by reviewing your schedule, and think about your activities for the week. This may affect the type of foods you buy, as you may have less time to prepare meals on certain days. For a helpful meal planner and recipe ideas, check out Cookspiration.com.

Compare Stores

If you have many stores that sell food in your area, compare prices. Think about reviewing ads, flyers, or apps to see the cost of foods you typically buy. If you travel a long distance or go to many stores to buy food, you might also spend more money on transportation – think about your best option.

Compare Prices

At the store, compare brand names, store brands, and generic brands to get the lowest price. Consider bringing a calculator or using an app to compare unit price or add up how much you're spending at the store. If you shop online, you can see how much you're spending before you complete the order.

Bulk Food Bins

Buying foods in bulk bins often costs less because it uses minimal packaging. You may save money because you can buy only the amount of food you need. This is also helpful to reduce food waste.



ABC Brand Cereal

725g 5RC **\$3.98** \$0.55 per 100g

Unit Price

Unit price is the best way to compare the cost of similar food items, and can usually be found on the price tag. The unit price tells you the cost per 100g, kilogram, pound, litre or other unit of weight or volume.

Using the unit price can help you see which food costs less for the same amount of food, even if the packages are not the same size. See the example below to learn how to use it to compare foods.

Amount of Food	Price	Unit Price
430g	\$2.98	\$0.69/100g
700g	\$3.98	\$0.55/100g



Prepared monthly by South Zone Dietitians, Nutrition Services

Shopping Tips to Save Money on Food

Vegetables & Fruit

- Frozen vegetables and fruits with no added salt or sugar are just as nutritious as fresh, and store longer.
- Buy fresh vegetables and fruits when they're on sale or in season.
- Make sure to only buy vegetables or fruits you can use before they spoil, or freeze them to enjoy at a later date.

Whole Grain Foods

- Breads and flatbreads like naan, pitas, and tortillas can be frozen and used at a later date.
- Buy plain rice and pasta and add your own spices instead of using pre-packaged mixes.
- Plain cooked cereals like oatmeal are less expensive than pre-packaged instant cereals.

Protein Foods

- Larger amounts of milk or yogurt have a lower unit price, and are a good choice if you can use them before they expire.
- Slicing or shredding your own cheese may cost less if the grated or sliced versions aren't on sale.
- Frozen or canned fish may be less expensive than fresh.
- When buying meat, poultry, or fish, the amount of preparation before sale will affect the price. For example, boneless, skinless chicken may cost more than one that has skin and bones.
- Plan to use meat alternatives such as beans, lentils, and tofu each week. Dried beans are also less expensive than canned beans if you have time to cook them.

Upcoming Events & Classes

Infant and Toddler Nutrition Classes:

To look for upcoming classes, and to register, please visit szenonutrition.eventbrite.com/

Alberta Healthy Living Program: Classes are available to help manage chronic conditions. Topics include Diabetes, Weight Management, Virtual Grocery Store Tour, Healthy Eating to Reduce your Risk, Emotional Eating and more.

To register call: **Lethbridge 1-866-505-6654** or **Medicine Hat/Brooks 1-866-795-9709**.

Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

Medicine Hat 403-502-8200

Brooks 403-501-3300

Lethbridge 403-388-6666

For more information on this or other nutrition topics, go to www.healthyeatingstartshere.ca



Questions? Email us at publichealthnutrition.southzone@ahs.ca

St. John Ambulance: Babysitting Basics

This course is for youth aged 11 to 15 years old. It teaches the new babysitter the necessary skills to provide care to children in a variety of situations. The course emphasizes **safety rules, responding to emergencies, and developing leadership skills.**

please bring a bagged lunch, paper & pen

Saturday April 15th, 9am - 4pm at the Coaldale Public Library

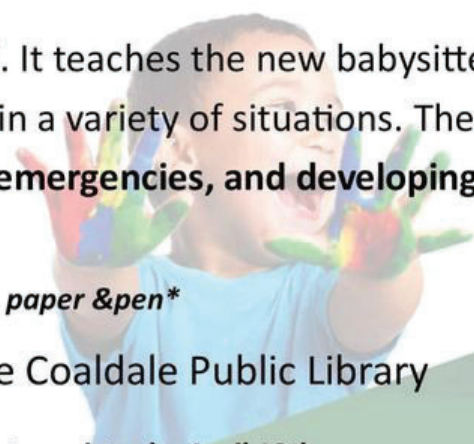
Please contact the **Coaldale Public Library** to register by **April 12th**

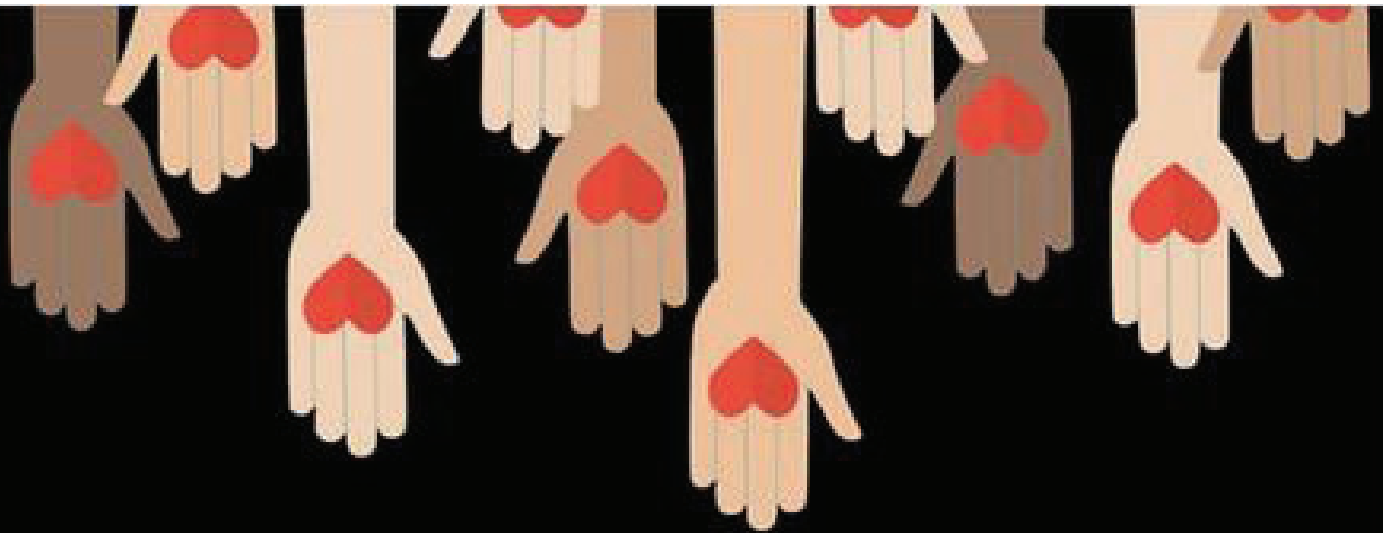
Cost: \$60 Space is Limited

403-345-1340

help@coaldalelibrary.ca

2014—18 Street, Coaldale





CALLING FOR
VOLUNTEERS
TO HELP WITH
TABER PLAYERS PRODUCTIONS

STAGE CREW PAINTERS PROPS PERSON SET DESIGN FRONT OF HOUSE SEAMSTRESS

COME AND BE A PART OF OUR AMAZING COMMUNITY TEAM
VOLUNTEERS CAN CONTACT JACLYNN ELFRING @
403-715-7607 OR jaclynnelfring@gmail.com



CATHOLIC CENTRAL MUSICAL THEATRE

presents

Orchestration by
LARRY HOCHMAN

Music and Lyrics by
ANDREW LIPPA

The Addams Family

A NEW MUSICAL COMEDY

Book by
**MARSHALL
BRICKMAN
and RICK
ELICE**

Based on
characters
created by
**CHARLES
ADDAMS**

Directed
by
**BRADEN
DALTON**



**Addams
Family
Reunion
Meet-and-
Greet**

**March 18 at
1:30 p.m.**

\$25

**March 10, 11, 14,
16-18 at 7:30 p.m.
March 11 and 12 at
1:30 p.m.**

\$22.50

Tickets
available
through the
CCH
website.
Surcharges
may apply.

"The Addams Family" is presented through special arrangement with and all authorized performances are supplied by Theatrical Rights Worldwide 1180 Avenue of the Americas, Suite 640, New York, NY, 10036 www.theatricalrights.com

STANFORD UNIVERSITY MENTORS QUALIA GLOBAL SCHOLARS SUMMER PROGRAM 2023 FOR STUDENTS IN GRADES 6-12

- A selective pre-collegiate virtual summer program matching talented students in grades 6-12 with Stanford mentors
- Organized by Stanford University undergraduate and graduate students for pre-collegiate students around the world with diverse backgrounds and interests
- Designed to leverage the best of liberal arts & STEM education and to empower students to become future global leaders
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Program

- ✓ Personalized mentorship
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- ✓ Guidance on college applications

Focus

- ✓ Leadership & problem solving
- ✓ Emerging areas in STEM & liberal arts
- ✓ Critical thinking & communication skills
- ✓ Real-world impact through research & innovation

Apply Now For Summer 2023

Application for rolling admissions available at:

 www.qualiahq.com



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Global
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