

St. Mary's School

Ecce Ego Sum Mitte Me

October 2023

Our SMS Store is open for business!



Store Closes on October 10, so get your orders in as soon as possible! Visit the link below to order

<https://stmarystaber2023.itemorder.com/shop/home/>



No School
Monday
October 9
Thanksgiving Day

No School
Monday
October 23
PD Day

Picture Retakes
Thursday
October 26

Parent Teacher
Interviews
Wednesday
November 1

October

Build!

Pilgrims of Hope



"To each is given the manifestation of the Spirit for the common good."

1 Corinthians 12:7

Saint Marguerite d'Youville 1701-1771 (Feast Day: October 16)

St. Marguerite d'Youville is the first native-born Canadian to become a canonized saint in the Catholic Church. She was born just outside of Montreal in 1701 into a growing family, but at the age of seven, her father died, which left the family impoverished. She left school to help work and take care of the family, and later married Francois d'Youville. Her marriage and family life were challenging; Francois was a dishonest businessman and did not care deeply for Marguerite, and four of their six children passed away at young ages. Upon Francois' death in 1730, a priest told Marguerite:

"Console yourself, Madame, God has destined you for great works, and you will rebuild a crumbling house."

Despite all of the sadness and challenges of her early life, Marguerite was convinced of God's presence in her life, and sought to make real to others his compassionate love. In 1737, Marguerite and some other women established a home for the poor in Montreal. Over time, the group became a religious order and took over the General Hospital in Montreal. The Grey Nuns, as they were commonly known, cared for the elderly, the ill, and the poor of the surrounding communities, and eventually spread to nearly every continent to feed the hungry and serve the common good.

"Building" In Our Schools



This year, the call in our Holy Spirit Catholic School Division Faith Plan is to *Build!* St. Patrick Fine Arts is celebrating all the ways community members can *build* others up through their words and actions. Students are encouraged to fill out a "Project BUILD Slip" when they've experienced or seen a kind word or action and place it in the "Project BUILD Box". During morning announcements, the slips are read as an encouragement to all, that we are created with a purpose and a calling to build God's Kingdom through service to others.

Corporal Works of Mercy

— Feed the Hungry —

So many people in our communities and world do not have enough food to eat. As we enjoy Thanksgiving this month, it is a good time to pause and reflect on how we may be blinded to our own waste or excess. On top of hunger, we also know about the expansion and impact of food insecurity. According to a Caritas study, only 19% of countries worldwide have full food security, and inside those we know that experiences vary drastically. As Pope Francis said,

"Consumerism has led us to become used to an excess and daily waste of food, to which, at times, we are no longer able to give a just value, which goes well beyond mere economic parameters. We should all remember, however, that throwing food away is like stealing from the tables of the poor, the hungry!"

What might some practical suggestions be?

- See to the proper nutrition of your loved ones
- Support and volunteer for food pantries, soup kitchens, and agencies that feed the hungry
- Make a few sandwiches to hand out as you walk through areas where you might encounter people in need
- Educate yourself about world hunger
- Avoid wasting food
- Share your meals with others

Pope's Prayer Intentions - For the Synod - Let us pray for the Church, that she may adopt listening and dialogue as a style of life at every level, allowing herself to be guided by the Holy Spirit towards the world's peripheries.

[Home Page](#)

Catholic Social Teaching

— Common Good —

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

All of the Catholic Social Teachings are embedded in our relationship with God and others. Because we each have inherent dignity, being created in the image and likeness of God, we are called to live, learn, and work together in community. We are built for relationship, in the same way that our triune God is a relationship. The Catechism of the Catholic Church notes that: "The good of each individual is necessarily related to the common good... The common good concerns the life of all."

There are three main elements required for the common good:

- (1) Respect for the person;
- (2) Social well-being and development; and
- (3) peace. Lastly, "The dignity of the human person requires the pursuit of the common good. Everyone should be concerned to create and support institutions that improve the conditions of human life." (CCC 1905-1926)

As we build our societies, we are called to organize in ways that promote human dignity, and consider what is good for all human persons.

Resources:

[The Common Good](#) (The Religion Teacher)

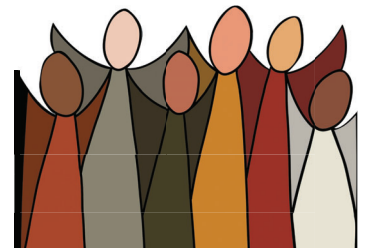
[The Common Good](#) (Caritas Australia)

[What exactly is the Common Good](#)

(Duquesne University)

[The Common Good](#) (CAFOD)

"The Lord calls us to share in his work of creation and to contribute to the common good by using the gifts we have received." (Christus Vivit 253)





The Parish Secretary position is now available at St. Augustine's and St. Joseph's Church office. It is 20 hours per week with training provided. If you are interested in applying, you may drop your resume off at the church office, call the church office at 403-223-2226, or speak directly with Fr. Philip. Deadline to apply is Friday, October 6 at 4:00 pm.



The St. Mary's Curling teams will start their season at the end of October. We are looking to form a mens, women's and mixed team this year. Practices are held from 3:45 to 5pm at the Taber Curling Club starting Monday, October 30th. The cost is \$100 per player and the season goes until mid-February.

While the official team is limited to grade 9-12 students, we can have grade 8 students practice with the teams.

There will be a meeting of all interested students on Thursday, October 5th at 11:37 in the band room. Previous curling experience is not required. We would like to get as many students as we can interested in this amazing and lifelong sport. For more information, please see Mr. Makarchuk

Once Upon a Bride
www.OnceUponaBride.com
presents:
Class of 2024

Follow us on Instagram at [Once_Upon_a_Bride](#)



**VIP
Prom Dress
Tour**

October 12th to October 15th, 2023

If you are graduating in 2024 and need a dress, you don't want to miss this! Our grad designers are sending us their new sample dresses on loan October 12 until October 15, 2023 for you to try on and order your dress in the color and size of your choosing. Appointments are \$25 and will go towards the cost of your dress when you choose it. We have very limited space available so reserve your appointment time now to avoid dissapointment.

Call 403-328-3399 for tickets or message us.



BASKETBALL

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Fundraiser

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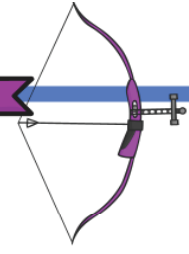
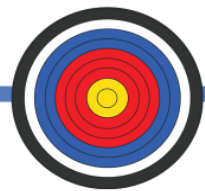
The Celtics are raising funds for a week long basketball experience in Halifax, NS in February 2024. You can help them by donating your empty bottles to the Taber Bottle Depot in the teams name.

*Halifax
NS*

*Feb.
2024*



The Celtics will be in the school parking lot on October 10 after 5pm to collect any bottles you wish to drop off



NASP at St. Mary's School: (National Archery in the Schools Program)



National Archery in the Schools Program

Currently, St. Mary's School is one of several schools in Alberta with a certified NASP instructor. The NASP program promotes student education, physical education, and participation in the lifelong sport of Archery. The program's focus is to provide *International Style Target Archery* training to supplement physical education classes in grades 4 through 12.

More information about NASP may be obtained at <http://naspschools.org/#>

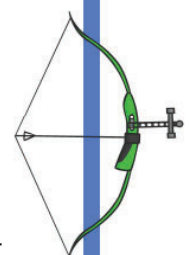
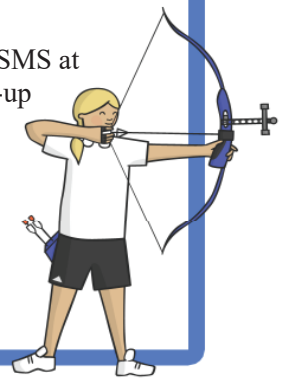
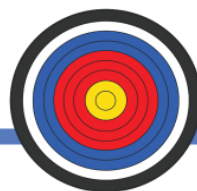
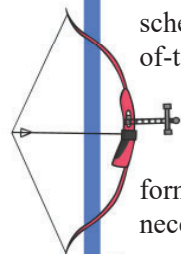
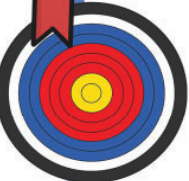


At SMS, we have a NASP Club Team that will meet to practice in the gym once a week, 3:30pm-4:30pm, on each Monday that school is regularly in session. At present, we do not have any scheduled travel days or out-of-town events that we will be attending. If an opportunity for out-of-town competition arises, students may attend on an optional or voluntary basis.

Students that wish to become part of the NASP Team only need to complete the registration form and pay their registration fee (\$75 for November 1, 2013 to May 26, 2015, 29). All necessary equipment is provided by SMOC (St. Mary's Outdoor Club) for use by the team..

You may register a student at any time by obtaining a registration form from the SMS Office. Or, parents may come to the registration evening on October 18th, 2023 at 7pm at SMS for more information before completing a registration form for their student. Archery sessions will begin November 1st, 2023 at 3:30pm (*please note that the first 2 sessions for students are set aside for safety instruction. These sessions may not include actual shooting of the bows & arrows*).

If you should have any questions or require any additional information, please call SMS at 403-223-3165 and speak to Mr. Doolittle. Remember, registration forms may be picked-up at the office, or you may attend the registration meeting on October 18th at 7pm to complete a registration form and pay the required program fee (\$75).



OFFICE HOURS FOR SMS TEACHERS SEMESTER 1 (2023-2024)

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.
Mrs. de Jong	Mondays	3:15 - 3:45 p.m.
Mr. Doolittle	Tuesdays	3:15 - 3:45 p.m.
Ms. Huehn	Wednesdays	3:15 - 4:30 p.m.
Mrs. Lagler	Wednesdays	3:15 - 3:45 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	Mondays/Wednesdays	3:15 - 3:30 p.m.
Mrs. Smith	Tuesdays	3:15 - 3:45 p.m.
Ms. Uyesugi	Tuesdays	3:30-4:00 p.m.
Ms. Vienneau	Tuesdays/Thursdays	3:15 - 3:30 p.m.
Mr. Vornbrock	1st, 2nd & 4th Wednesday	3:15 - 3:45 p.m.

Athlete of the Week



Don is our St. Mary's Athlete of the week, sponsored by Harley Phillips. Don is being recognized for his play on the St. Mary's Celtics volleyball team. In practice he has been working hard on perfecting his passing platform. His determination in practice helped us in some tough defensive situations in some big games this past weekend! Don is also willing to give back to his community through being a linesman and helping out however he can. Way to be a team player Don!



Rex is athlete of the week for his play on the Celtics volleyball team. Rex works hard in games and practices which has helped his team to some early victories this season. Rex is one of the most consistent players on his team and he is someone they can rely on to score points when needed and be a great leader on and off the court.



Jewel is our St. Mary's Athlete of the Week, sponsored by Harley Phillips. She has been selected for her play on the Aurora's volleyball team. Jewel is a co-captain this year, and her veteran presence is always visible on the court. Jewel has been on the court for every point the Aurora's have played this season, and has been integral to the early success the team has had. This is Jewel's third season on the senior team and she consistently strives to improve during practice and games. She also helped coach the JV Storm boys team this past weekend for the Little Storm tournament. Congrats on a great start to the season Jewel.

Band News

The St. Mary's Band Booster Club held its Annual General Meeting on Tuesday, September 19th. Thank you to all parents who attended this important meeting. Our executive for this coming year is: President - Lisa Johnston, Vice President - Nicole Smith, Treasurer - Kaime Kuryvial, and Secretary, Tara Brummelhuis. Our first executive meeting of the year Tuesday, October 24th at 7:00 in the band room. All parents are welcome to attend.

The Band Booster Club has started its fundraiser for this year. We are currently selling items from the Dielemans catalogues. Funds from this program go towards the individual accounts of students. Please ensure that these orders are in by October 12th as well. All Dieleman products will be delivered to the school by mid-November. It is the responsibility of the student to make sure the products they sell get to the purchaser.

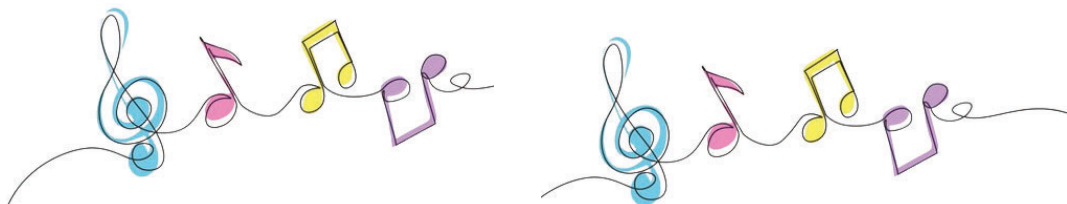
A reminder to all band students that Christmas Concert will be held on Wednesday December 2th 7:00 in the school gym. All students need to have a white dress shirt with no writing on it, or a white sweater, and a black pair of pants or skirt.

Grade 6-8 band students are reminded that they are to be handing in a practice sheet EVERY week. To receive full marks, students must practice 70 minutes per week. Extra practice sheets are available in the band room. Please remember that practice sheets are worth 10% of the band mark.

All band students are reminded that they need to hand in a Home Performance Assignment every calendar month. Forms are available in the band room and are due the first school day of the new month. Students are responsible for playing for an adult at home and having them fill out an evaluation form, as well as the student filling out a self-evaluation. Grade 6's will complete their first assignment in October. October's Home Performance Assignments are due November 1st.

The St. Mary's library has a collection of supplemental music books that are available for band students to check out. These are more popular pieces in the classical, jazz, rock and pop fields. Each one comes with a play-along cd that allows the student to hear background music during the song. These are a great idea for students to get in extra practice minutes, as well as just having fun on their instruments.

The St. Mary's Jazz Band is up and running again. The band is open to students from grades 7-12 and they meet every Tuesday from 3:20-4:20. Please see Mr. Makarchuk for more details.





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 of up to 1250 words answering one of the questions below and you could win \$1000!

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 2023 - June 2024 academic year. Entrants must not have previously participated in a commencement ceremony.

How to Apply

Submit an essay online between September 12, 2023 and March 13, 2024.

Go to <https://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. 23_841

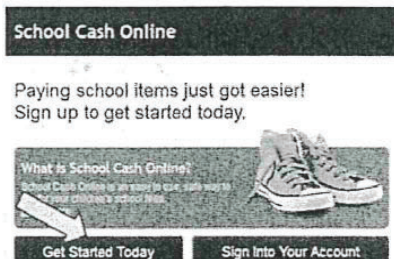
SchoolCashOnline Available Now

For safety and efficiency reasons, Holy Spirit Catholic School District would like to reduce the amount of Cash & Checks coming into our school. School Cash Online is our school's preferred method of payment. Please join the thousands of parents who have already registered and are enjoying the convenience of paying ONLINE! It takes less than 5 minutes to register. Please follow these step-by-step instructions, so you will begin to receive email notifications regarding upcoming events involving your child(ren).

NOTE: If you require assistance, select the *SUPPORT* option in the top right hand corner of the screen.

Step 1: Register

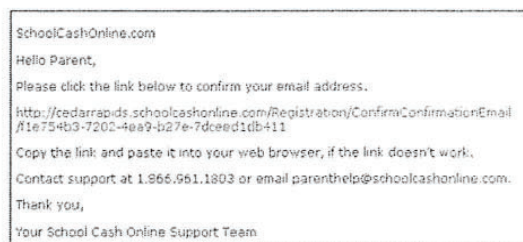
- If you have not registered, please go to the School Cash Online home page <https://holyspirit.schoolcashonline.com/> and select the "Get Started Today" option.
- Complete each of the Registration Steps
*For Security Reasons your password, requires 8 characters, one uppercase letter, one lowercase letter and a number.



Step 2: Confirmation Email

A registration confirmation email will be forwarded to you. Click on the link provided inside the email to confirm your email and School Cash Online account.

The confirmation link will open the School Cash Online site prompting you to sign into your account. Use your email address and password just created with your account.



Step 3: Find Student

This step will connect your children to your account.

- Enter the School Board Name
- Enter the School Name
- Enter Your Child's Name & Birth Date
- Enter Your Child's ASN (available from your school)
- Select *Continue*
- On the next page confirm that you are related to the child, check in the Agree box and select *Continue*
- Your child has been added to your account

Find Student

School Information

School Board Name: School Board 1575
Looking for a student in a different school board?

School Name: Eagle High School

Student Information

Do you have the student number?

Student Number:

First Name:

Last Name:

Birth Date: MM/DD/YYYY
Date format: mm/dd/yyyy

(No students? [Click here](#))

Step 4: View Items or Add Another Student

If you have more children, select "Add Another Student" option and repeat the steps above. 5 children can be added to one parent account.

If you do not wish to add additional children, select "View Items For Students" option. A listing of available items for purchase will be displayed.



POST-SECONDARY FAIR

Wednesday, November 8, 2023

5:30-7:30pm

Immanuel Christian Secondary School (802 6 Ave N, Lethbridge)



Students, parents, teachers – Come and talk with representatives from local, provincial and out of province institutions at this fair. Registered institutions can be found at <https://www.careersteps.ca/post-secondary-fair/>



PRESENTATIONS

- 5:00 – Finance and Scholarships
- 5:45 – Transitioning to Post-Secondary
- 6:30 – Finance and Scholarships
- 7:15 – Transitioning to Post-Secondary



Finance and Scholarship Presentations

Learn how to finance your post-secondary education. Student finance representatives from University of Lethbridge and Lethbridge College will be on hand to answer specific questions.

Transitioning to Post-Secondary

The transition from high school to Post-Secondary can be daunting. Learn what to expect, plus tips and tricks to navigate the switch.

Questions? Call 403-328-3996 or email office@careersteps.ca



CAREER EXPLORATION SESSION

LIFEGUARD

OCTOBER 11, 2023
4:00pm



Lifeguarding is in high demand, with positions open not only here in Alberta, but Canada wide. With attention to detail, Lifeguards work hard to prevent incidents from happening through public education and intervention. As a Lifeguard steps on the pool deck, they encounter many individuals and a variety of situations, ranging from helping participants fit lifejackets to jumping into the water for a rescue.

Jill, from the Lethbridge YMCA, will tell you more and answer your questions.



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

TV PRODUCER

OCTOBER 17, 2023
4:00pm



A TV Producer is responsible for various aspects of television show production overseeing all features involved. Responsibilities include set design, choreography, lighting, performances, cinematography, sound, editing and making sure that compliance standards and deadlines are met.

If you are creative with great leadership and communication skills, bringing ideas to life as a TV Producer may be the career for you.

Ryan, from Shaw Spotlight Lethbridge, will be with us to give more information on this creative career.



Register now for this FREE virtual session!

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

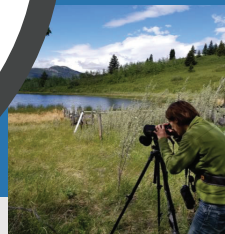
Questions? Email office@careersteps.ca



CAREER EXPLORATION SESSION

CONSERVATION BIOLOGIST

OCTOBER 24, 2023
4:00pm



Mountain biking, hiking, or quadding to a field site. Talking with ranchers, government officials, or school classes. Creating graphic designs and content for outreach campaigns. These are tasks in the schedule of a Conservation Biologist.

Conservation goes far beyond saving the animals or the plants. Humans and our needs are key pieces in any complex conservation issue.

Join Elizabeth to learn about how you might pursue this rewarding career, the places it can take you, and the skills and training you might need.



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

RECREATION THERAPIST

OCTOBER 26, 2023
4:00pm



A career in Therapeutic Recreation can have you working with a broad range of individuals, from children to seniors, supporting them to draw on their strengths and abilities, reducing barriers and helping them to live a purposeful and meaningful leisure lifestyle.

Recreation Therapists work in various health settings as valuable members of the health care team, collaborating with other health care professionals to provide patient-centered care.

Tiffany, from the University of Lethbridge, will tell us 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

OFF-CAMPUS NEWS

Welcome Back.

Listed below are the programs we offer through Off-Campus Education.

We also offer **Career, Post-Secondary and Scholarship Information**.

If you have any questions or would like to know more about any of our programs, please contact us.

Work Experience

Work Experience is a program designed to create an opportunity for students to earn high school credits and experience the World of Work first hand. Students may be in a paid or a volunteer position. Students can earn up to 15 credits towards their High School Diploma. All students **must have** complete the **HCS 3000 Workplace Safety Systems course** before starting work experience and complete the **Off-Campus Work Agreement** form and return it **BEFORE** hours of work will start to be accumulated. Students are responsible for finding their own positions.

Earn while you learn!



Green Certificate Program

This program is a joint endeavor between Alberta Education and Alberta Agriculture and Forestry. Participants learn by actively performing the skills required under the direction of experienced farm personal and provides students with credentials that could lead to a career in agribusiness. Students must complete the AGR3000 Agriculture Safety course before starting the course. Students can earn up to 16 credits towards their High School Diploma . There are 11 different specializations to choose from. Go to : <https://lethbridgecollege.ca/green-certificate> for more information.



Registered Apprenticeship Program (RAP)

This program provides senior high school students the opportunity to earn credits in high school and gain on-the-job training that can be applied towards an apprenticeship. Students can earn up to 40 credits towards their High School Diploma. All students **must have** complete the **HCS 3000 Workplace Safety Systems course** before starting the program and be paid at least minimum wage for their work. RAP students will also receive their Apprenticeship Blue Book.

Earn while you learn!



Dual Credit - In Partnership with Olds College and Lethbridge College

Dual Credit courses are an opportunity for high school students to explore career pathways, post-secondary opportunities, get a head start on post-secondary diploma programs and ease transition from high school to post-secondary while still enrolled in high school. Students will earn credits in both high school & post-secondary at the same time. There are no tuition fees for post-secondary courses completed during high school.



Special Projects

Special Projects are projects that students can pursue in which they have considerable interest or ability but which are not within the scope of the regular curriculum. Students can earn up to 15 credits towards their Diploma.



Mr. Boschee will be at St. Mary's on Thursdays

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





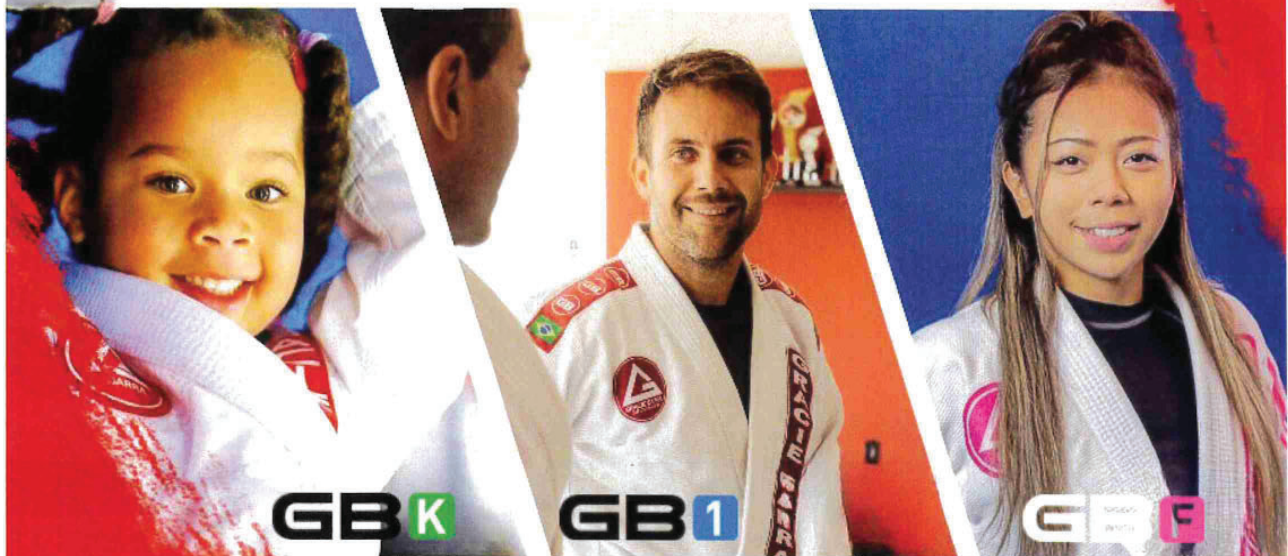
GRACIE BARRA

LETHBRIDGE, CANADA

Sign up now
and get a
FREE KIMONO

“Jiu Jitsu for
EVERYONE”

Master Carlos Gracie Jr.



JOIN OUR FAMILY TODAY

Open Mon-Sat

Adults Barra Fitness

Kids & Teens After School

More

contact:

+1 778 223 5099

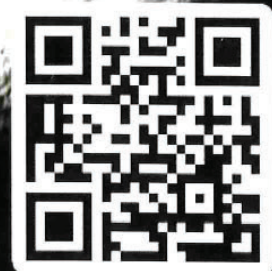
contact@gblethbridge.com

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www.gblethbridge.com





Holy Spirit Catholic School Division
(I)SWAG
(Indigenous) Student Wellness Access Guide
#STRONGERTOGETHER

(I)SWAG PRESENTS

UNDERSTANDING MENTAL HEALTH AND TAKING AWAY THE STIGMA

Join us as Kim Clark from Elite Training Solutions will present while you enjoy your complimentary dinner and the chance for door prizes at a night of great learning.

OCTOBER

19

5:30 - 8:00PM

THE CEDAR ROOM

Sandman Signature
Lethbridge Lodge
320 Scenic Drive S,
Lethbridge, AB

Please RSVP at:

<https://www.surveymonkey.com/r/7R9L8CC>

