

# St. Mary's School

Ecce Ego Sum Mitte Me

March 2025



## Principal's Message

Mrs. Michelle Nevil

Hello SMS Families,

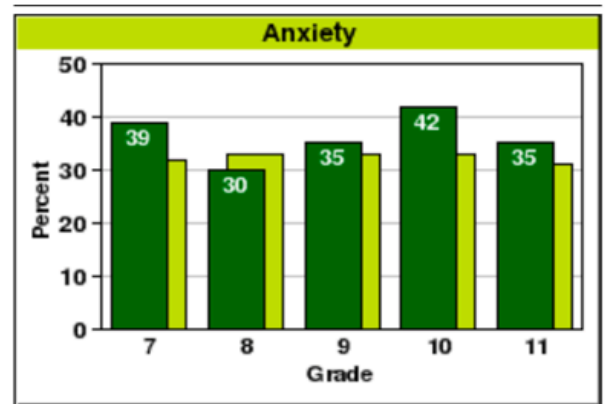
Welcome to March at SMS! With the arrival of spring on the horizon and longer, sun-filled days ahead, there's an undeniable sense of renewal in our school community. The extra daylight and occasional warm breeze have brought a fresh energy to our halls—students and staff alike are moving with a bit more enthusiasm, sharing more smiles, and embracing each day with a positive spirit. Personally, I find so much hope in the radiance of sunlight lingering past 5:00 PM and those first hints of warm spring days. It's a reminder that this season is full of possibility, inspiring us all to take action, set new goals, and make things happen!

In January, our Administration Team conducted the OUR School Survey with our Grade 7–11 students. This valuable survey helps us assess student well-being and provides meaningful insights to guide our school programming and overall approach at SMS. Over the next few months, I will be sharing key findings from the survey that are important for our school community to know, along with steps we plan to take in response. The first topic I'd like to highlight is anxiety—a crucial aspect of student well-being that we are committed to addressing.

### Anxiety

Students who have intense feelings of fear, intense anxiety, or worry about particular events or social situations.

- 36% of students in this school had moderate to high levels of anxiety; the Canadian norm for these grades is 32%.
- 52% of the girls and 21% of the boys in this school had moderate to high levels of anxiety. The Canadian norm for girls is 46% and for boys is 19%.



### Addressing Anxiety: Our Plan of Action

At SMS, we are committed to supporting student well-being, and we recognize that anxiety is a growing concern among today's youth. Here are some of the steps we are taking to help our students navigate stress and build resilience.

### Engaging Our Divisional Mental Wellness Team

Our **Divisional Mental Wellness Team** has already been working with students on topics such as positive body image and stress management. Led by **Trish Magnone**, this team has arranged for **Levi Stanford** to visit our school on **March 13** to speak to our Grade 6–9 students. Levi's presentation, *There is Always a Choice*, will focus on fostering resilience and empowering youth to make positive decisions.

### Providing Opportunities for Students to Find Their Passion

We believe that helping students explore their interests can contribute to their overall well-being. At SMS, we offer a variety of **option courses** in junior high, including **foods, outdoor pursuits, jazz band, physical education, film studies, literacy and numeracy enrichment, and leadership**.

For our **senior high students**, we provide academic counseling through our **administration team and Off-Campus Coordinator, Mark Boschee**. We encourage students to set goals for their future and provide guidance through programs such as **RAP (Registered Apprenticeship Program), work experience, volunteer opportunities, and academic planning**. Our goal is to ensure every student graduates with a clear path toward success.

### Expanding Extracurricular Activities

Building self-esteem and a sense of belonging is essential for mental well-being. We offer a variety of extracurricular activities, including:

- ✓ Archery Club
- ✓ Multiple Sports Teams
- ✓ Jazz Band
- ✓ Drama Club

These programs give students the opportunity to develop their talents, build confidence, and create meaningful connections.

Continued on the next page...

## Mrs. Michelle Nevil's Newsletter continued...

### Support from Our Dedicated Staff

Our team is deeply invested in the well-being of our students. **Dylan Adkins, our Family School Liaison Counselor, and Colby Stone, our First Nations, Métis, and Inuit Coach**, are available to meet with students, provide guidance, and offer support as needed.

Additionally, our daily schedule includes **physical education Monday through Thursday, plus every other Friday**, promoting physical activity as a tool for stress relief. We emphasize **healthy relationships, regular movement, and faith-based support**, offering students the opportunity to turn to **our faith in prayer and spiritual guidance** when anxiety becomes overwhelming. We believe in the power of faith and encourage students to seek comfort in their spiritual journey.

### Parent Book Study & Discussion Night

We invite parents and students to join us on **April 10** for a discussion on *The Anxious Generation* by **Jonathan Haidt**. This insightful book explores how we can support our youth and help them overcome anxiety in today's fast-paced world. Our **division leaders** will be present to facilitate the conversation and share strategies for fostering resilience in our children.

### Your Input Matters!

We welcome any ideas or feedback on how we can continue to support students in managing anxiety. My **door is always open**, and I encourage you to attend our **School Council Meetings**, held on the **third Tuesday of each month at 5:45 PM**. Together, we can make a difference in the well-being of our students.

God Bless,  
Mrs. Michelle Nevil

## News from our St. Mary's Band Booster Club

It is not that far off! The St. Mary's Spring concert will be held on Wednesday, May 14th 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 19th. 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!

The St. Mary's Junior and Senior Bands will be leaving on their spring band trip to Banff on Monday, March 31st for 3 days of music education. Please make sure all forms are returned to the school by March 13th.

The next executive meeting of the St. Mary's Band Booster Club will be held on Tuesday, June 3rd 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.

March 13th:  
Soup Day @ 11:30 AM

March 17-18:  
Div. Collab Day -  
No School

March 28:  
PD Day - No School

March 19-22:  
SMS Hosting 1A Boys  
Basketball Provincials

March 19:  
Gr. 6 Band Workshop

March 31-April 2:  
Grade 7-12 Band  
Trip - Banff

## SMS is Hosting the 1A Boys Basketball Provincials

We are excited to host the 1A Boys Basketball Provincials here at St. Mary's School on **March 19th - 22nd.**

To ensure that this event runs smoothly, **we are looking for volunteers** to help with score-keeping, door admissions, etc. We need as many volunteers as we can get.

We are also looking for food donations and help to maintain our coaches/officials room.

Please contact our school office at 403-223-3165 or reach out to our Athletic Director, AJ Bergenhenengouwen.

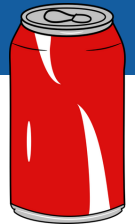


# VOLUNTEERS NEEDED



## Bottle Drive Fundraising

We have an account at the Taber Bottle Depot to help fundraise for the upcoming Basketball Provincials that St. Mary's will be hosting this year. If you would like to contribute to this account, you can drop off your empty pop cans, bottles, etc and let the staff know to submit the proceeds into the **St. Mary's Basketball Provincials** account. Thank you in advance for your contributions.



## Parish Connection: St. Augustine Church

*St. Augustine's Parish*  
**STATIONS OF  
THE CROSS**

Friday, March 7 at 6:00PM  
lead by St. Patrick Elementary  
School

Friday, March 14 at 6:00PM  
lead by Knights of Columbus

Friday, March 21 at 6:00PM  
lead by CWL

Friday, March 28 at 5:30PM  
lead by St. Vincent de Paul

Friday, April 4 at 6:00PM  
lead by St. Mary's School

Friday, April 11 at 6:00PM  
lead by Filipino Society

**Soup and bread will be served  
following stations.**

# SMS SOUP DAY

March 13th @ 11:30 AM

If any parents would like to bring a pot of soup, please contact our school office at 403-223-3165



## GRADE 10-12 LOOKING FOR SOMETHING?

Join us for an unplugged weekend retreat where you will recharge, make new friends, and reconnect with your faith.

The Search is happening April 11 - 13, 2025  
Catholic Central East Campus  
Registration: \$50  
Use QR Code to Register



If you are interested and want more information, please talk to Mr. Van Uden



## Donate School Supplies



We accept all gently used school supplies throughout the school year. We place these items out for everyone to access for FREE! It helps to save items from the landfill and with the cost of everything lately, every little bit helps! We are currently **running low on the basics like pencils, erasers, sharpeners, etc.** If you have any gently used supplies laying around at home taking up space, we would gladly accept them and pass them on to our students.

## Please join us in welcoming Colby Stone to SMS:

Oki,  
My name is Colby Stone. I am very excited to introduce myself as a new member of the Niitsitapi (FNMI) team as a Facilitator. I am a proud member of the Metis nation of Alberta. I am also a proud father of 3 amazing children, 2 boys and 1 girl. My daughter attends St. Joseph's in Coaldale. My lovely wife Kyley went through the Holy Spirit School division attending St Joseph's and CCH and now works for the Town of Coaldale. When I am not working in the schools or chasing my kids around, I am also a full time Captain with Blood Tribe Emergency Services. My time serving the Blood Reserve over the past 6 years has offered me the connections of elders and community members as well as taught me valuable information about the First Nation culture. I look forward to meeting everyone soon and please reach out with ideas on how I can help in the classrooms and with individual students.

--

Colby Stone  
Niitsitapi Facilitator





# Bright Futures Begin Here

## Holy Spirit Catholic School Division



### 2025/2026 REGISTRATION



#### Re-Registration Starts January 13, 2025

Families with students currently enrolled in our system should expect an email during the week of January 13-17, 2025 asking that the online "Registration Update Form" be completed for each child attending one of our schools in the 2025/2026 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 3, 2025

All Early Learning to Grade 12 students who are new to the division and wish to enroll for the 2025/2026 school year are invited to register online starting on Monday, February 3, 2025.

- Through play, 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, 2025.
- **Grade 1** registrants must be 6 years of age on, or before, December 31, 2025.
- **French Immersion** is also available. Enrollment starts:
  - in Kindergarten/Grade 1 at École St. Mary in Lethbridge.
  - in Grade 1 at St. Michael's School in Pincher Creek.



#### For More Information

Contact our Early Learning Supervisor to discuss Early Learning or your child's specialized programming requirements by phone (403-381-8495) or email ([earlylearning@holyspirit.ab.ca](mailto:earlylearning@holyspirit.ab.ca)).

To inquire about Kindergarten, you can contact your local school.

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

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



## Holy Spirit Catholic School Division

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

# March

*“This is the one of whom the prophet Isaiah spoke when he said, “The voice of one crying out in the wilderness: ‘Prepare the way of the Lord, make his paths straight.’”*

- Matthew 3:3

## St. John the Baptist 6 B.C.-30 A.D. (Feast Day: June 24)

### Proclaim! Pilgrims of Hope



John the Baptist was born to Zechariah and Elizabeth in the 1st century B.C. We can read the most detailed account of this in the Gospel of Luke, where the angel Gabriel visits them prior to visiting Mary. This has led to the placement of John the Baptist’s feast day as six months before Christmas, on June 24. John’s public ministry is conducted in the desert, where he is described as a voice ‘crying out in the wilderness’, wearing clothes made of camel hair and eating locusts and wild honey. He baptizes his followers in the Jordan River, in order to forgive their sins, and calls for repentance in advance of the coming of the Messiah. In this way, we recognize John the Baptist as a prophet of Christ. The Gospels describe John’s baptism of Christ:

*In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, “You are my Son, the Beloved; with you I am well pleased. (Mark 1: 9-11)*

At some point after this, John the Baptist is taken prisoner by Herod, and then beheaded (which is confirmed by the Roman historian Josephus). John the Baptist is the last of the prophets that heralded the coming of Christ, and serves as a model for us in a variety of ways. He speaks of the need for repentance and a healthy understanding of our own sins and flaws. He points to Christ, drawing our attention to him. Finally, his constant witness to Christ, which led him to his death, reminds us to always speak the truth and to put God first in our lives. As we begin Lent this month, may he help us to repent and to prepare the way of the Lord.

## The Apostles’ Creed

*“I believe in the Holy Spirit...”*

The word Spirit is a translation of the Hebrew word ruah, which means breath, air, or wind - these multiple meanings suggest the various ways in which we feel the movement of the Spirit in our lives. We also use many different symbols for the Holy Spirit — fire, wind, doves, water, light — representing the multitude of gifts that we receive in the Spirit. Traditionally, we think of the seven gifts of the Spirit given at Baptism and sealed at confirmation:

- **Wisdom** - the ability to see things from all sides, to see not only the facts but the relationships between them.
- **Understanding** - the ability to see from others perspectives, to accept and care for others.
- **Counsel** - the ability to judge rightly, seeking input from those around us.
- **Knowledge** - Seeing the world around us as it is.
- **Fortitude** - the strength to follow our conscience in spite of obstacles or difficulties.

- **Piety** - reverence for the value of every thing and person that God has created - to see God’s holiness reflected in the world around us.
- **Fear of the Lord** - sometimes known as awe and wonder, the ability to be amazed, to realize the powerful presence of God at all times.

Further, we think of the signs of the Spirit — the fruits of the Spirit — as evidence of it’s work in our lives. The twelve fruits are *kindness, joy, peace, patience, goodness, long-suffering, humility, fidelity/faith, modesty, self-control, chastity, and love.*

We can notice that in all of the above, there is relationship — that the Spirit, as a relationship, enlivens, animates, and directs us into right relationship with God and with each other.

As we seek to become *Pilgrims of Hope* this year, let us continue to contemplate the Creed, and how our proclamation of the Creed unites us to one another and to all Christians through time and space.

## “Proclaiming” In Our Schools

To help raise money for the Chalice Project and St. Odilia’s School, St. Joseph School, Coaldale’s Leadership class recently held a Hot Chocolate Fundraiser. Not only did the students and staff have a blast putting this together, they were able to raise over \$600 through the event! A big thanks to everyone who helped make this fundraiser a success!

If you are interested in more information about our Chalice project, or St. Odilia’s School, you can reach out to Aaron Skretting, Director of Religious Education, or view [here](#).

The Jubilee Prayer: [English](#) | [French](#) | [Spanish](#)



### Pope’s Prayer Intentions - For Families in Crisis

*Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other’s gifts, even in their differences.*

# TEEN CRAFTS

Taber Public Library  
11:00 am  
12 years and older



**SAT MARCH 22**  
supplies included

This month we will be making magnetic  
bookmarks



## ST. PATRICK'S DAY STORY TIME

*with Mrs. Croft*  
*Saturday, March 8*  
*11:00 am*  
*snacks provided*  
*all welcome*

*Taber Public Library*

JOIN US FOR

# TRIVIA

**DATE:** Thursday, March 20  
**TIME:** 6:30 pm  
**VENUE:** Taber Legion  
**COST:** free



**TEAMS OF UP TO 6 PLAYERS - FAMILY, CO-WORKERS, FRIENDS OR A COMBINATION! SMALL PRIZES TO BE WON. CHILDREN WELCOME.**

TABER PUBLIC LIBRARY



## KIDS ONLY MARKET

POSSIBLY APRIL 12, 2025

CRAFTS

BAKING

FOOD BANK  
DONATION

Looking for possible vendors for this market here in Taber. Kids must take part in the making and selling of items. Hours from 10 am to 2 pm. Please call for more info 403-223-4343

# COWBOY POETRY & WESTERN MUSIC ROUND-UP

**SATURDAY, MARCH 29, 2025 - 10:00AM - 5:00 PM**

**PARKSIDE MANOR**  
4830 - 50 Avenue, Taber, AB

**ADMISSION BY DONATION**

Snacks & Refreshments  
sold throughout the day  
courtesy of KABAKULA CATERING

**FEATURING**

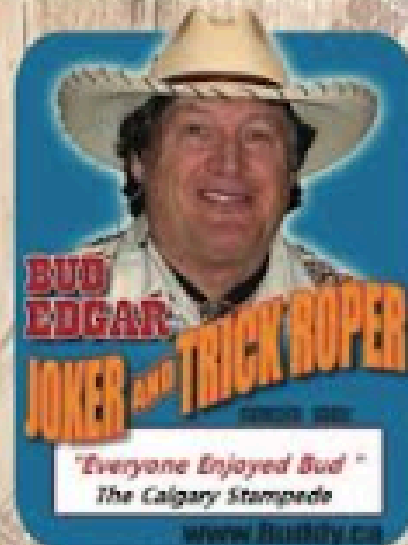
**LARRY KRAUSE**

First recipient of the Saskatchewan Country Music  
Association's "Roots Artist of the Year" Award



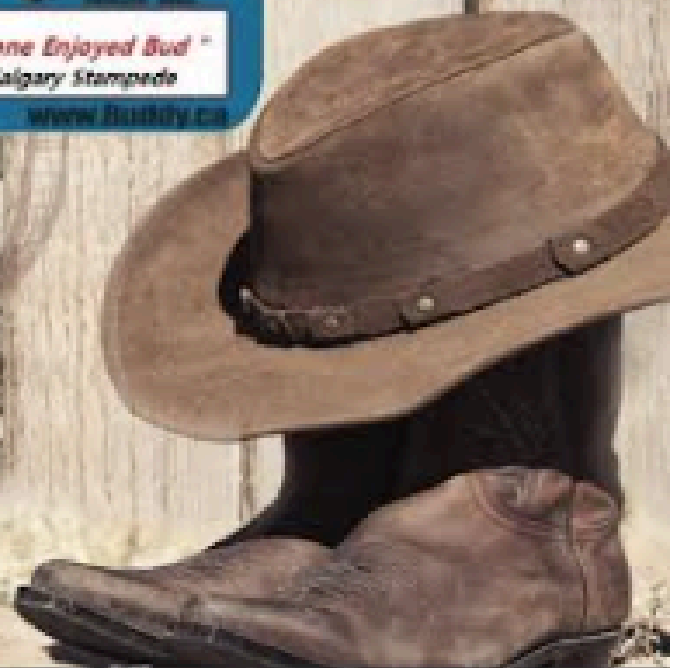
"Larry's down to earth, stand up performance style  
and solid vocal delivery combined with his ability  
to bring the story in the music to life, make for a  
memorable and enjoyable entertainment experience."

**SPECIAL GUEST: BUD EDGAR**



**A FAMILY-FRIENDLY  
EVENT FEATURING  
SEASONED  
PROFESSIONAL  
MUSICIANS &  
POETS, UP-AND-  
COMING ARTISTS  
AND STUDENT  
PERFORMERS**

 **@TaberCowboyPoetry**





March 2025

## South West Regional Skills Canada Competition



LETHBRIDGE  
POLYTECHNIC

When: March 8, 2025

Time: 8:00 AM to 5:00 PM

Where: Lethbridge Polytechnic

Hosted by Career Transitions, in partnership with Lethbridge Polytechnic and Skills Canada Alberta, this exciting competition showcases the skills of high school students in various trades and technologies.

Top performers will earn a chance to compete at the Provincial Skills Canada Competition in Edmonton, May 7-8, 2025, at the EXPO Centre.



For more information, or to cancel your registration, notify Miss. Amakobe at [amakobev@holyspirit.ab.ca](mailto:amakobev@holyspirit.ab.ca) or 403-593-2903

## Veterinary Technical Assistant Certificate (VTA)

Thinking about a career in Animal Science? **Exciting news—starting in 2025-2026**, Holy Spirit will be offering the Veterinary Technical Assistant (VTA) Certificate in partnership with Olds College!



This unique program allows students to graduate with both their Grade 12 diploma and their VTA Certificate, fully prepared to enter the dynamic world of animal care.

## Who BILDS it Best Competition

When: March 13-15, 2025

Time: 8:00 AM to 5:00 PM

Where: Home, Garden & Leisure Show, Lethbridge



The Who BILDS it Best competition offers high school students (grades 10-12) a hands-on opportunity to showcase their building skills. Participants will compete in live building challenges, with the chance to win prizes and connect with potential employers in the trades industry.

## Virtual Career Exploration Sessions

Career Transitions is excited to offer virtual career exploration sessions this March and April! These sessions provide valuable insights into various professions, including career paths, skills, and industry trends.

### Upcoming Sessions:

- March 11: [Video Game Developer](#)
- March 20: [Wildlife Biologist](#)
- March 27: [Registered Veterinary Technologist](#)
- April 1: Baker (poster coming soon)
- April 8: Radio Host (poster coming soon)



Access over 90 past session recordings at [Career Exploration Recordings](#). Visit our website at [careersteps.ca](#) for more details! All sessions are virtual and can be joined from the comfort of your home.



University of  
**Lethbridge**

## Student-to-Student Career Fair

When: March 5, 2025

Time: 10:00 AM to 12:00 PM

Where: Catholic Central High School, EAST Campus Cafeteria

Join us for the student-to-student Fair at Catholic Central High School! This event offers an excellent opportunity to connect with current students, staff, and faculty from the University of Lethbridge to learn why The University of Lethbridge might be the perfect fit for you.

### Reminder

Submit your work hours for the  
Registered Apprenticeship and Work  
Experience programs to  
[hsoffcampus@holyspirit.ab.ca](mailto:hsoffcampus@holyspirit.ab.ca)

HAPPY  
ST. PATRICK'S  
DAY

Mark Boschee  
Off-Campus Coordinator  
Career Centre, East Campus on Tuesday/Friday  
Cell: 587-220-4258  
Email: [boscheem@holyspirit.ab.ca](mailto:boscheem@holyspirit.ab.ca)

Vero Amakobe  
Career Practitioner  
Office on Campus, West on Thursdays  
403-327-4596 ext 312  
Email: [amakobev@holyspirit.ab.ca](mailto:amakobev@holyspirit.ab.ca)

# Nutrition Month

March 2025 Nutrition Services

## Focus on Vegetables and Fruits

March is Nutrition Month and this year we are encouraging Albertans to eat more vegetables and fruits! Most people are aware that vegetables and fruits are an important part of a healthy eating pattern – they are packed with vitamins, minerals and fibre. Including vegetables and fruits daily may help to reduce your risk of heart disease, stroke, and certain types of cancer. Eating vegetables and fruits everyday can sometimes be challenging – 80% or more of Albertans are not getting enough.

### Tips to Save Money

Food costs have increased recently. Here are our top 3 tips to save money on vegetables and fruits:

#### **Tip #1: Buy frozen or canned vegetables and fruit.**

People often ask if frozen or canned vegetables and fruits are just as nutritious as fresh. The truth is, fresh, frozen, and canned are similar in terms of their nutrition. Produce that is canned or frozen is picked at its peak ripeness and there is less risk of spoilage before it's eaten. Less waste, lower cost, and you can stock up during sales! Frozen and canned options are also time-savers as the preparation has already been done for you. Buying frozen or canned produce offers year-round variety that otherwise might not be available. Try adding frozen or canned vegetables into pasta sauce, casseroles, soups or stir-fry. Frozen or canned fruit can be added to yogurt, cereal, baking or smoothies.

#### **Tip #2: Reduce waste.**

Vegetables and fruits are among the top wasted foods in households. To help reduce waste, [plan your meals](#) before you head to the grocery store, so you only buy what you intend on using.

Take inventory of what vegetables and fruits you already have in the fridge, freezer, and on your shelves. Note that 'best before' dates are not the same as expiration dates. Expiration dates are about food safety, whereas 'best before' dates are about freshness. So just because a food is past its 'best before' date doesn't mean it needs to be tossed! Find out more [here](#). When buying fresh, consider what options are best for your family, for example, pre-washed and pre-cut fruits, vegetables and salads can be convenient, but are more expensive. However, if this means you are more likely to eat them instead of throwing out unprepared produce, then this may be an option for you. It can also be helpful to pre-wash and cut your produce for easy access during the week, so you are more likely to eat it and less likely to have waste. To help preserve freshness, store produce in the fridge vegetable drawer when possible. Find more storage tips [here](#).

#### **Tip #3: Be aware of prices.**

Compare stores and sales using flyers or [apps](#) (many of your favorite stores will price match)! Check unit prices- often a bag of apples, onions, potatoes or carrots will cost less than bagging your own individual pieces. Buy produce with varying degrees of ripeness so they are ready to eat at different times. If you can use it right away (or [freeze](#) it) buy produce that is discounted and nearing its best before date – that 50% off bag of broccoli might be perfect for tonight's supper! Some stores offer 'less than perfect' produce that is just as healthy and delicious at a lower cost.

## Adding More Veg + Fruit in Your Day

*Start with small changes, add a little extra vegetables and fruits where you can.*

Canada's Food Guide encourages us to aim for ½ our plate to be vegetables and fruits. This may seem hard to do - start with small changes. Any increase has health benefits! Here are a few ideas to get you started:

Break out the blender: try smoothies packed with frozen fruits (and even vegetables)!  
Add extra vegetables to your current meals: add peppers or zucchini to spaghetti sauce, layer veggies on your sandwich or pizza, double the amount of vegetables in soups or stews.  
Start snacking: incorporate fruit cups or unsweetened applesauce, raw veggies with hummus, or whole fruits like apples or oranges into your snack routine for easy, grab-and-go options.

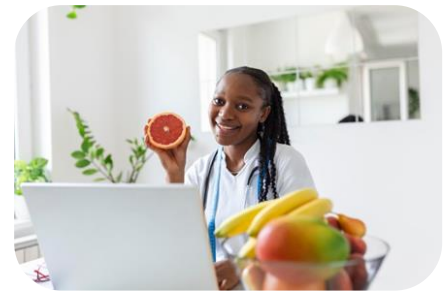
*Get inspired! Check out these resources for more ideas and recipes:*

- [Food Guide Kitchen](#) (filter by vegetables and fruits)
- [Eat More Vegetables and Fruits](#)
- [Dietitians of Canada recipes](#)

## Upcoming Events & Classes

We offer classes on a variety of nutrition topics including:

- Healthy Eating for Pregnancy
- Feeding Babies
- Mealtime Struggles (Picky Eating)
- Preventing or managing chronic disease



For a complete list of workshops that are available anywhere in the province click [here](#)

## Contact

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

Find services in your zone at:  
[ahs.ca/Nutrition](https://ahs.ca/Nutrition)

For more information on this or other nutrition topics, go to [www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca)



# Nutrition Month Calendar for Children- March 2025

Slow Down Sunday

Make it Monday

Tips Tuesday

Wacky Wednesday

Trivia Time Thursday

Fun Friday

Supportive Saturday

Visit: [bit.ly/NM2025CalendarChildren](https://bit.ly/NM2025CalendarChildren)  
or scan here



Celebrate Nutrition Month with a calendar full of nutrition tips, tricks, and take-homes.

Click on the underlined links to learn more!



Created by Registered Dietitians,  
Essential partners in health

1 Questions about nutrition? Phone 811 to speak to a registered dietitian for FREE.



2 Try vegetable and fruit yoga! Mimic the shapes of fruits or veggies. For example, stretch tall like celery.



3 Blend up some fun! Smoothies are a fun and tasty way to pack in your vegetables and fruits.



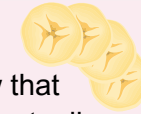
4 Aim to fill half your plate with vegetables and fruits at each meal and include at least 1 with each snack.



5 Click [here](#) for creative ideas to offer vegetables and fruits!



6 Eating plenty of colourful vegetables and fruits gives your body different vitamins and minerals that help you stay healthy!



7 Did you know that bananas are actually berries, but strawberries aren't?

8 To learn more about vegetables and fruits, check out [Canada's Food Guide website!](#)



9 Plan to use [recipes](#) that use up leftovers.



10 Plant your own vegetable garden with [these tips!](#)



11 Canned foods are budget-friendly and nutritious! Click [here](#) for 8 staple canned goods.



12 Use coupon or discount food apps to compare prices before shopping.



13 Did you know that frozen vegetables and fruits are often less expensive and just as nutritious as fresh ones?



14 Try out imperfect produce when grocery shopping. They are often more affordable and just as tasty!



15 Wondering how you can eat healthy on a budget? Read [here](#) for tips.



16 Follow a father and child as they plant seeds and watch them grow in [Growing Vegetable Soup](#).



17 Start and decorate a compost bin for your vegetable and fruit scraps!



18 Use overripe bananas for muffin recipes or freeze them for smoothies.



19 Vegetable scraps can be stored in the freezer until you have enough to make a soup broth.



20 Fun Fact: Best before date and expiry date aren't the same thing! [Learn more before you spend more!](#)



21 Did you know you can regrow celery? Just cut the stalks, place the base in water, and plant it once roots grow!



22 Wondering how to reduce your food waste? Look no further than [this handout](#).



23 Have a vegetable dipping station! Check out these [colouring pages!](#)



24 Get your kids involved in prep! Try cutting vegetables and fruits into fun shapes.



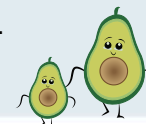
25 Need some child friendly recipes? See the following resources: [AHS](#) and [Have A Plant](#).



26 Fruit detectives! Teach kids how to identify vegetables and fruits by their colour, smell and taste with their eyes closed.



27 Don't forget about Avocados! Avocados are fruits too.



28 Check out the ['Toolkit for Educators: Explore Fruits and Veggies'](#) for fun ideas and resources!

29 Adults offer different foods; children decide whether to eat them. Learn more about feeding roles [here!](#)





# YOUNG BIRDS LEARNING YOUTH GROUP

## WHAT

In this program, youth ages 12-15, enjoy cultural arts and activities, while developing skills in leadership, communication and teamwork.

## WHEN

**Thursdays, March 6 - June 19**  
**3:30-5:00 pm**

## WHERE

**Taber Public Library**  
5415 50 Ave, Taber

## REGISTRATION REQUIRED

Parents/caregivers welcome to attend.

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