

St. Mary's School

Ecce Ego Sum Mitte Me

October 2024



Principal's Message

Mrs. Michelle Nevil

Happy Thanksgiving, St. Mary's Community!

Thanksgiving is one of my favorite times of the year because it serves as a reminder of the many blessings around us. A few weeks ago, during our Friday liturgy, I shared a reflection from Father Mike Schmitz with our students. His message emphasized seeing God in everything and giving thanks as we recognize His presence in every situation, person, or thing. Practicing gratitude is one of the most healing actions we can take. Simply saying the words can evoke a feeling and, in some cases, cause a positive shift in our hearts.

As a new member of this community, I've had the privilege of observing and experiencing the abundance of good here at St. Mary's School (SMS). Here are my top three things to be grateful for this Thanksgiving:

1. Our Students

Being new to this age group of students, I have learned so much. While they may be more reserved and withdrawn than what I'm accustomed to, I've seen that they still deeply desire connection, to feel liked, and to belong. I truly appreciate their smiles, warm greetings, and the way they've made me feel welcomed and part of the SMS family. I look forward to continuing this journey together.

2. School Sports

From our athletic department to classroom preparation, our teachers consistently strive to provide our students with the best. I am proud that our athletes have the opportunity to participate in school sports and reap the many benefits they offer. We've had a golf team compete at Provincials in Grande Prairie, young athletes representing us in the Cross Country Competition at Echo Dale, and six volleyball teams that regularly play and host home tournaments. These achievements are only possible thanks to the dedication of our staff and community volunteers. Thank you!

3. Community Connection

I am so impressed by the connections our staff and students make within the community, whether through volunteer opportunities, programs like the Archery Club, or initiatives such as our dynamic breakfast program. I've witnessed the remarkable commitment our staff and community demonstrate time and again for our students. In return, I've seen our students give back, such as participating in food bank drives and volunteering in various ways. Thank you to everyone for being a bright light in our community.

I wish you all a wonderful Thanksgiving, and I encourage you to come by and make a connection with me. I would love to meet you!

Oct. 11th
PD Day - No School

Oct. 14th
Thanksgiving Day -
No School

Oct. 18th - 19th
Double Blue
Volleyball
Tournament

Oct. 29th
Picture Re-take Day

Oct. 29th
Academic Awards
Night @ 6 PM

Oct. 31st
Halloween

Nov. 3rd
Time Change -
"Fall Back" 1 hr

News from our St. Mary's Band Booster Club

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 – Nicole Smith, Vice President – Jessica Robbins, Treasurer – Brandon Kuryvial, and Secretary, Tara Brummelhuis. Our first executive meeting of the year Tuesday, November 7th 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 16th 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 a Christmas Concert will be held on Wednesday December 18th 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.

Want to join our Curling team?

The St. Mary's Curling team is looking for new curlers to join our ranks. This is a fun, sociable sport that can be enjoyed for decades.



We practice every Monday from 3:45 - 5:00 PM at the Taber Curling Club. The first practice is Monday, October 21st.

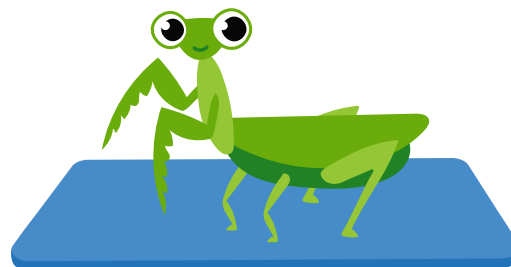


We are looking for students from Grade 9 to 12 to join our team, however, grade 7 & 8 students can come practice with us. Previous curling experience is not necessary. Please see Mr. Makarchuk for more details.



Terrarium Heat Mat

Miss Vienneau is looking to borrow a Terrarium Heat Mat for the Preying Mantis here at SMS. If you have a spare heating mat, please contact Miss Vienneau.

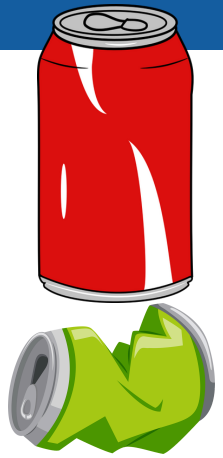




Bottle Drive Fundraising



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.



Order School Clothing

If you are looking to order some school clothing, you can do so by following these steps:



1. Go to smt.holyspirit.ab.ca
2. Click on "School"
3. then on "School Merchandize"
4. Click on "Fotees Custom Apparel"
5. Click on St. Mary's
6. Proceed with your order.



Note: please allow approximately 3 weeks delivery time to the school.



Join us in
welcoming
our 24/25
International
Students:



Sera
Sasaki

Reina
Hashimoto

Shizuku
Hoshino

Juan
Villegas

POEDs at SMS

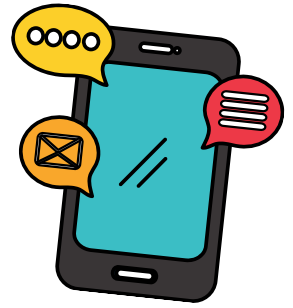
POED: **Personally Owned Electronic Devices** we are referring to personally owned cell phones, tablets, laptops, and wearable technology such as smartwatches or earbuds.

POEDs Permitted

- 8:00-8:30: School is open for Breakfast Program

- 11:33-12:12: Lunch

Parents and Guardians can contact their child during these times on their POED.



POEDs Not Permitted

It must be more than an arm's length away from the student, and silenced or powered down and not seen and not heard.

- 8:30- 11:33 (12:05 on Fridays)

- 12:12- 3:14

If the parent/guardian needs to contact the student at this time please call our school office at 403-223-3165. We will get your child for you.

First Offense

If any device is seen or heard in class, the teacher will take the students device, at the end of the class the student must retrieve their phone. Parents/guardians will be notified by the teacher.

Second Offense

The student's device will be securely delivered to the office. Delivered devices will be stored at the front desk in the office and will ONLY be returned to students at the end of the day in the second instances. Parents/guardians will be notified by the teacher.

Third Offense

A call will be made home from SMS Administration requiring a parent/guardian to collect the student's device.

There will be exceptions to his policy when a teacher requires the students to use their POED for educational purposes, and for personal medical and individual learning needs

Donate School Supplies



Just a reminder that we accept all gently used school supplies at our school. 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!

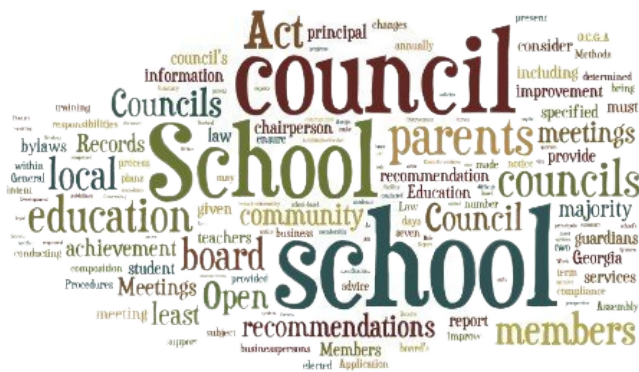




Friends of St. Mary's is looking for new members. This is a group that meets a few times a year to help benefit student needs at St. Mary's School.

Please consider joining.

If you are interested, please email Jody Ginther at ginthers@telus.net



(I)SWAG PRESENTS...

Gather your family for an evening of thrilling games, fabulous prizes, and unforgettable memories.

THURS **06:00-7:30 PM** **24 OCT**

Hosted @ St. Mary's School, Taber

FRIENDS OF ST. MARY'S

50/50 RAFFLE TICKET

IN SUPPORT OF THE SMS COMMUNITY

Draw Date: November 15, 2024

TICKETS \$5.00 EACH

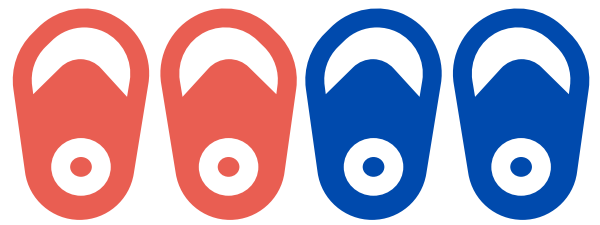
PRIZE ACCEPTED AS AWARDED

GRAD DRESS TRUNK SHOW!
OCTOBER 10-13/24

class of
2025

IF YOU ARE GRADUATING IN 2025, YOU DONT WANT TO MISS THIS EVENT! OUR GRAD DESIGNERS ARE LOANING US THEIR 2025 DRESSES FOR THAT WEEKEND ONLY AND YOU CAN BOOK AN APPOINTMENT TO TRY THEM ON AND SPECIAL ORDER YOURS IN THE COLOR AND SIZE YOU CHOOSE. WE HAVE LIMITED SPACES AVAILABLE SO BOOK NOW YO AVOID DISAPPOINTMENT

PHONE:403-328-3399 TEXT:403-894-5853
EMAIL ONCEUPONABRIDE@HOTMAIL.COM
FB: ONCEUPONABRIDE IG: ONCE_UPON_A_BRIDE

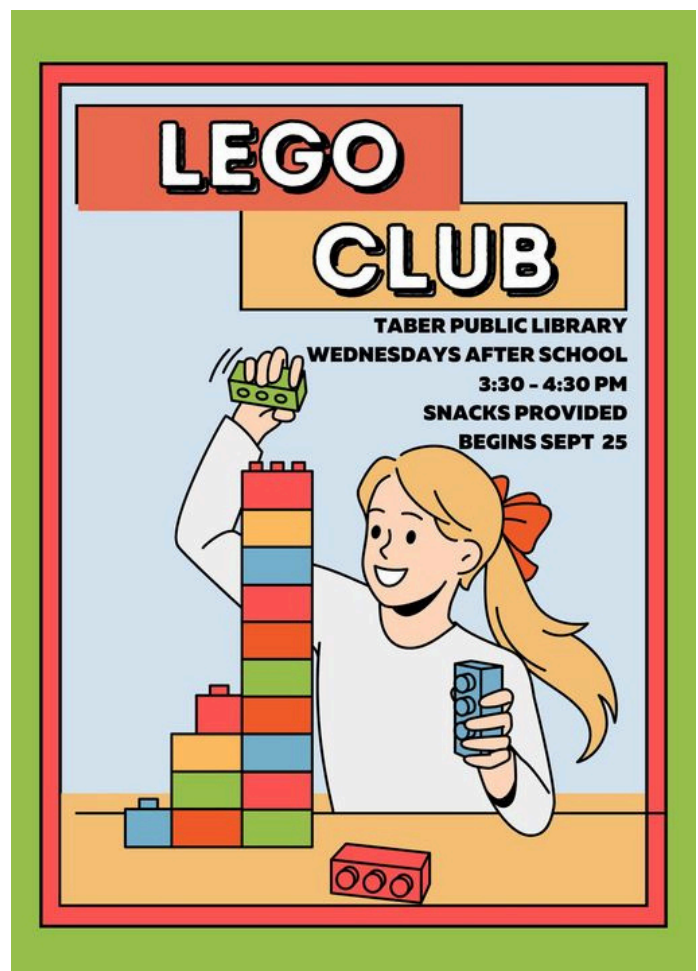
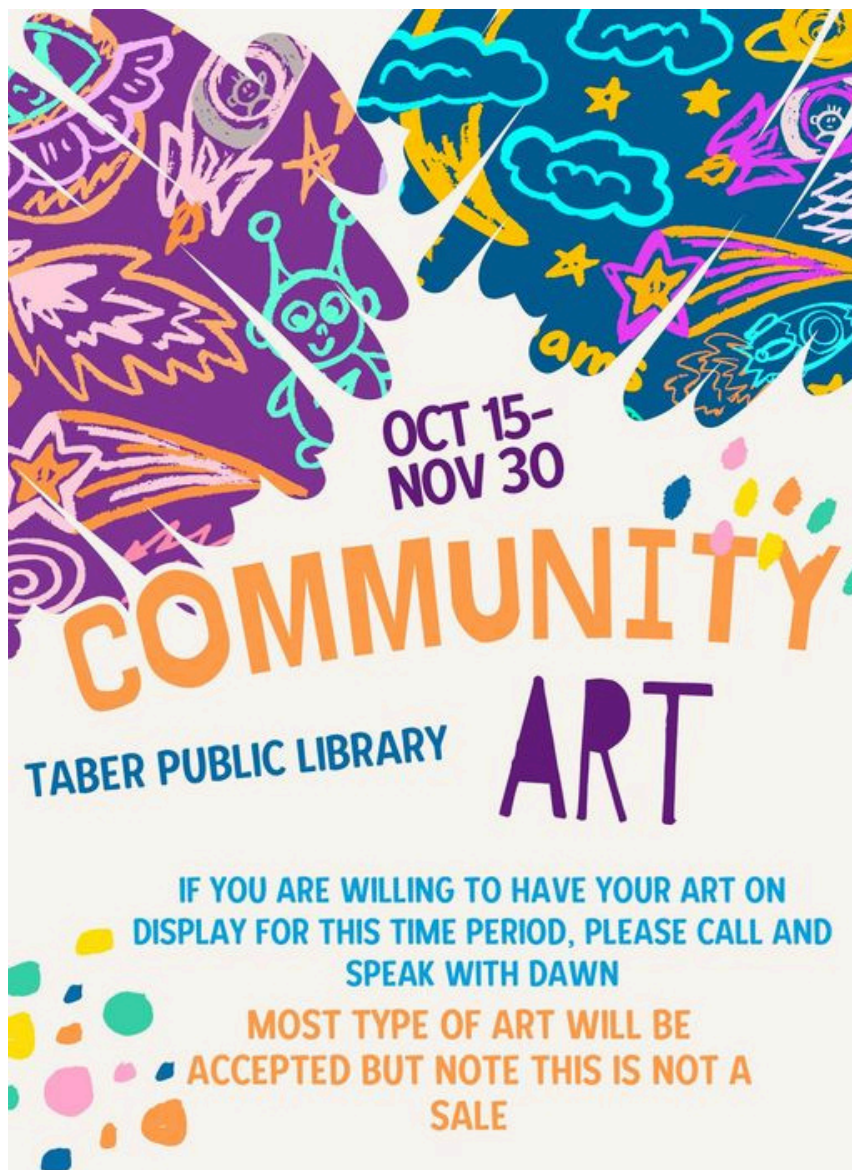


PULL TOGETHER

We are again collecting pop tabs to help build hospital equipment and wheel chairs.

This time, we are having a friendly competition with Vauxhall.

Who can collect more???



Recent Student Activities



Terry Fox Run



Orange Shirt Day



Golf Provincials



Mass at St. Augustine



SH Apprentice Day



Aurora's won Consolation Final at Lethbridge Polytechnic

October

"In all created things discern the providence and wisdom of God,
and in all things give Him thanks."

- St. Teresa of Avila

St. Teresa of Avila 1515-1582 (Feast Day: October 15)

Proclaim! Pilgrims of Hope

St. Teresa of Avila, also known as St. Teresa of Jesus, is a saint and Doctor of the Church well known for her mysticism and writings on prayer. Born in the 1500s, her family was quite wealthy and religious; her and her younger brother even ran away in their youth seeking to be martyrs. Her medieval world was filled with tales of knights and religious education in her youth. At the age of 20, she entered a Carmelite convent and began reading more deeply about prayer, including reading from St. Augustine's Confessions. She began to have visions, to levitate, and to seek solitude, contemplation, and a more austere lifestyle. This led her to establish a new convent which followed more strict rules to encourage deeper piety. Aside from her time in prayer and writing, she spent much of her later life traveling to establish these reformed convents. She died in October 1582. As of August 2024, researchers and scientists have found that her body remains incorrupt.

St. Teresa is famous for her writings on prayer. Two of her well-known texts are *The Way of Perfection* and *The Interior Castle*. In *The Way of Perfection*, St. Teresa outlines four essential stages to prayer - devotion of the heart, peace, union, and ecstasy - using the analogy of a garden. *The Interior Castle* describes seven mansions (rooms or steps) which draw us closer to God. The rooms lead from active prayer to contemplation to mystical union with God. These works have heavily influenced many other Catholic saints and theologians, which led to her being named a Doctor of the Church in 1970. She is often depicted with a quill, representing her writing, and the dove, representing the influence of the Holy Spirit.

The Apostles' Creed

"I believe in God, the Father almighty, Creator of heaven and earth..."

The structure of the Apostles' Creed is itself a reflection of our belief in the Holy Trinity. The first section expresses our belief in God, followed by the second section which outlines our belief in Christ, and is concluded by the third section, which confirms our belief in the Holy Spirit. In the first section, we say "I believe in God, the Father almighty, Creator of heaven and earth...."

What do we profess about God when we proclaim the Apostles' Creed?

- We proclaim our belief in one God - in contrast to a belief in no God or many Gods - as a matter of faith.
- We speak of our relationship with God using the analogy of Father, using the same language that Jesus did in speaking with God and in teaching us the 'Our Father.' Jesus called God 'Abba' - a loving parental term to convey the intimacy of God with humanity. Our God is not an impersonal force or distant being.

- We proclaim our belief in one God - in contrast to a belief in no God or many Gods - as a matter of faith.
- We profess our God as Almighty - this word appears 56 times in scripture; it is used only for God with the literal meaning as 'the One who has his hand on everything.' All power and authority on earth derives from God, and God remains unchanging, eternal, and reliable. All things are possible with God.
- We understand that God is the creator of both our physical world and the spiritual realm. While we live in a created world that God constantly tends, in order to reach our full potential we seek relationship with the God who loves us. We are surrounded by the presence of God, who wants us to be here.

As we seek to become Pilgrims of Hope this year, let us 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

For the first time, this year Catholic Education Week will be combined into one celebration with Catholic Education Sunday. From October 19-25, we will join with the rest of our provincial counterparts under the theme *Testify! Share the Reason for Your Hope*. This theme connects well to our own Faith Plan call to *Proclaim!* Each day, look for liturgies and videos that will be shared that explore aspects of the theme, and join in praying the Angelus at noon. The Angelus is an ancient prayer recalling the events of the Annunciation, when the angel Gabriel announced to Mary that she would conceive by the Holy Spirit and become the mother of God. The prayer honours Mary's great 'yes' to God; offered humbly, faithfully and obediently. Through this prayer we reflect upon and celebrate the great mystery of God sharing in our humanity, becoming one of us in the person of Jesus. This is a great opportunity to echo Mary's 'yes', and to proclaim our faith together!



Pope's Prayer Intentions - For A Shared Mission

For a shared mission - We pray that the Church continue to sustain in all ways a Synodal lifestyle, as a sign of co-responsibility, promoting the participation, the communion and the mission shared among priests, religious and lay people.

OFF-CAMPUS NEWS

CCH EAST
Rm 154



October 2024

Off-Campus Education provides programs and services for Holy Spirit School Division Students during their high school years. We offer 3 Off-Campus programs, 3 Workplace Safety Courses, Dual Credit Courses, Career Services, Post Secondary Services and Scholarship Services. These programs and services are available to all high school students in the Division.

Programs offered:

Work Experience

Students in grade 10, 11, or 12 with a part-time job during the school year, a position during the summer months, or who volunteer have the opportunity earn up to 15 High School Credits through the Work Experience program.

Special Projects

Earn up to 15 high school credits by initiating and completing an individual or group project not within the scope of the regular curriculum.

Registered Apprenticeship Program (RAP)

(RAP) is a modified apprenticeship program that allows students to earn up to 40 high school credits and gain on-the-job training that can be applied towards an apprenticeship.

Workplace Safety Course

Before your credits are accounted for, you will need to complete a prerequisite.

Work Experience program prerequisite- **HCS3000/HCS3010 Workplace Safety Systems course** & sign a Work Agreement form.
Green Certificate Program prerequisite- **AGR3000 Agriculture Safety course**.

Green Certificate Program

The program is a structured learning pathway supported by Alberta Education and Alberta Agriculture and Forestry. The opportunity provides students up to 16 diploma credits while working in agriculture. In an apprenticeship-style placement, students earn credentials that support them in pursuing careers in agribusiness.

Dual Credit

Earn high school & post-secondary credit at the same time. In collaboration with Olds College and Lethbridge Polytechnic, dual Credit post-secondary courses offer students an advantageous beginning in exploring career pathways.

Career Services

In partnership with Careers the Next Generation we support student-focused industry exposure through community partnerships. A paid internship position allows students to gain career awareness & experience. To get started with Careers: the Next Generation create a student profile!



Mark Boschee

Off-Campus Coordinator

Career Centre, East Campus on Tuesday/Friday

Cell: 587-220-4258

Email: boscheem@holyspirit.ab.ca

Vero Amakobe

Career Practitioner

Office on Campus, West on Tuesday/Thursday

403-327-4596 ext 312

Email: amakobevero@holyspirit.ab.ca

OFF-CAMPUS EDUCATION PROGRAM UPDATES

Work experience program:

You can now access an online tracking sheet **"Purple Time Sheets"** to report your work experience hours. Speak to your off-campus staff about how to access the online tracking system.

RESUME BUILDING TIPS

- Make information appear organized and concise by using fonts such as Arial, Cambria, Garamond, and Times New Roman. Keep your resume under 2 pages.
- If you don't have work experience, highlight your education with relevant courses and projects you have completed in or out of school.
- Unpaid work matters, highlight your internship, hobbies and volunteer experiences.
- To stay relevant, first highlight past jobs+skills that align with the role you're applying for.
- Use key words that directly match the job description throughout your resume.

HELPFUL RESOURCES

Scholarship Handbook:



FREQUENTLY ASKED QUESTIONS

How do I apply for a dual credit course?

- Speak to your career practitioner about completing a Dual Credit-Holy Spirit School Division application form.

Can I apply to multiple post secondary institutions in Alberta at once?

- You can use ApplyAlberta to apply to any number of Alberta public post-secondary institutions.

Do I need to complete any prerequisite courses for off campus programming?

- Students need to complete the online safety course HCS3000 before they can start RAP or Work Experience. Farm Safety course AG 3000 needs to be completed before starting the green certificate program. Most dual credit courses do not require a prerequisite with the exception of a few. Please contact the career practitioner to see which courses need prerequisites. Special projects do not require any prerequisites.

Can I do off campus courses in the summer?

- Most off campus courses can be done in the summer upon approval from the off campus coordinator or career practitioner.

Can I do work experience, green certificate, special projects and RAP after school or on the weekends?

- Yes. Work hours can be completed after school or on the weekends. However, most students in RAP will be required to work at least half days.

Does the off-campus coordinator have job placements for students interested in work experience or RAP?

- No the off campus coordinator does not have jobs available for students. The off campus coordinator will help to find placements for students who are interested in RAP or internships.

OFF-CAMPUS FACILITATED PROGRAMS

Resume & Cover Letter Support:

By appointment
Monday-Friday

To book, email or text:
amakobev@holyspirit.ab.ca
403-593-2903

After School Programming:

GROUP RESUME BUILDING
SESSION

Date: Oct 25, 2024
Time: 1:00pm-3:30pm
Location: CCH East Campus
Off-Campus office