



Important Dates



- 9 PD Day - No School
- 12 Thanksgiving Day - No School
- 13 Division PD Day - No School
- 21 School Council AGM
- 26 Picture Retakes - Both Campuses
- 28 Division Board Meeting



- 3 Last Day of Quarter 1 classes



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Principal's Message



Perspective. Isn't it intriguing how when we see things from a different angle or with some space, distance, or time in between that our attitudes and even what we value can change? What's even more intriguing is that even though we know this happens, it still surprises us when we are hit in the gut with a change in perspective. An example of this occurred to me over the weekend during a run in the riverbottom. Although it had been super windy (imagine that) for most of the evening before, morning of, and later that day, I had caught a beautifully calm window with no wind to contend with. The sun was shining, the trails were busy without being overcrowded, the ol' legs were cooperating with the pace, and the mind was starting to decompress. It was already turning out to be a good one... but nothing out

of the ordinary. "Just another run." On my return loop back, I came upon a couple. The woman (not old but not young) was slowly ambling along with the assistance of a cane, while deeply engaged in conversation with the man. They didn't hear me come up behind them so I called out "coming up on your left" so not as to startle them or cut them off. With a quick apology, they stepped to the side of the path and I was able to run past. And then it happened. With such longing in her voice, the woman said, "GOD, I WISH I COULD DO THAT." While I kept going (although, in hindsight, I wish now that I would have stopped to thank the woman), I kept thinking about how "just another run" felt more than that now that I could see the gifts I had/ have been given. It was a total gut-check moment and it gave me the burst of energy I needed to finish strong.

Every day, we are faced with multiple opportunities to see something in a new light and appreciate what we usually take for granted. Moreover, we also have the capacity to change the perspective of others, to help them see what they should be grateful for, and to even change the chemistry of their body. During this month of thanksgiving, it is my hope that you not only see things with new eyes, but that you feel them more deeply within the heart. On behalf of the staff at Catholic Central, thank you for entrusting us with the care of your children during a challenging and unpredictable time. May God continue to bless you all this Thanksgiving.



- Mrs. Polec





mycitycare



A special thank you to the Lethbridge Food Bank, in partnership with LA Chefs, and Mr. Wensmann, Ms. Fox, and Mr. Kobza for providing these free lunches to our CCH students.

Monday and Tuesday sandwiches are made through partnership with LA Chefs and the Wednesday and Thursday sandwiches are made by Lethbridge Food Bank Staff. They say, "Thank you for allowing us to support children and youth who may experience food insecurity".



This year's school fees are now due. Kindly remit as soon as possible. Fees may be paid using School Cash On-line, or at the school office by cash or cheque only! Should you have any questions or issues, please contact Mrs. Fehr.



Picture re-takes will be held
Monday,
October 26 on
both campuses



Welcome Munchies Food Services, Our New Cafeteria Provider!



Catholic Central would like to welcome Munchies Food Services (Amber, Rochelle, Nancy, and Darryl) to our community as our new cafeteria provider for both Campus East and West. You will find their menu on our school website homepage. Be sure to check it out!



CCH Student Council Update

Congratulations to everyone for participating in our Spirit Week Cohort Challenge at the end of September. It was fun to see everyone dress up for Maui Monday, Team Tuesday, Western Wednesday, Throwback Thursday, and everyone's favourite, Cougar Blue Friday! As our first event to bring our community together, we were blown away!



Mark your calendars for the last week of October when Student Council will host the Hallowe'en Howler: there will be a Classroom Door-Decorating Competition, a Pumpkin Design Contest, and on Friday October 30th we encourage everyone to dress up in their most spooktacular costume! There will be lots of prizes given out - looking forward to seeing you in the Hallowe'en Spirit!

2020-2021 Student Council Members

- President: Grace Henke
- Media Coordinator: Janelle Wipf
- Grade 12 Class Rep: Declan Sander
- Grade 11 Class Rep: Hannah Comchi
- Grade 10 Reps: Zoe Lenci, Hailey Iwaasa & Kyra Wever



Virtual Scholarship Information Evening



On Tuesday, October 20th at 6 pm Janet MacDonald will be delivering a one-hour information session called “**What You Need to Know About Scholarships**”. The session provides information on the different kinds of scholarships available for high school students, plus key pieces of information students and parents need to know, such as how to find them, and when and how to apply for them. This information could save you thousands of dollars!

This information sessions is for students in Grades 10, 11, and 12, and their parents. The number of people who can join this zoom session is limited so please contact the **Career Practitioner, Mrs. Gurr** at: gurw@holyspirit.ab.ca for the link to the meeting.



Check PowerSchool

Now that we are past midterm for quarter 1, it would be pertinent to check your child’s progress and attendance on PowerSchool. Also, quarter 2 timetables are now available for students to access through PowerSchool. Should you have any problems logging in, please contact Ms. Magill.

Student Contact Information

If you have moved over the summer or changed phone numbers or email addresses, please contact the school with your new information. The government requires the school to have correct contact information for all students. The correct information is vital in case of an emergency! Additionally, much of Catholic Central’s communication is now done by email, Synervoice calls, Twitter (@cchscool) or Facebook. Don’t miss out on important and interesting information!



Where to Access School Updates

As school updates occur quite frequently in our current reality, please be sure to check our website under Featured News/ School Re-Entry Resources. Mrs. Polec will continue to provide updates as more information is available.

School Bussing Information

Transportation by yellow school bus has changed this year with the transition of Holy Spirit transportation services to the Lethbridge School Division. All students who ride a yellow school bus should have a bus pass by now and will require a new one each month. The passes are sent to the classrooms. Bus routes are determined by the Lethbridge School Division and are written on the back of the pass. If there is a discrepancy, please let the teacher know as the drivers are provided with student lists and students must be on the list to ride.

Bussing is provided for any student who lives 2.4 km or further from the school and is to be used from the student’s principle residence and cannot be used for travel to a friend’s house, relatives, or other locations. In some cases, the bussing does not work because of distance or other factors, and a Breeze card can be issued which allows the student to use City Transit.

Students and parents can find the bussing information on the CCH website. Click on Transportation, then on City of Lethbridge on the left for city bus route information or Rural Transportation if you live outside of the city. If looking for city bus routes, choose Yellow School Bus Service, then the yellow button for Yellow School Bus Route maps. All bus route maps are shown, with bus stop locations and times. The direct link is: <https://www.lethbridge.ca/living-here/getting-around/Transit/Pages/Holy-Spirit-School-District.aspx>.

If there are concerns, please let the teacher know or contact Joanne Lavkulich at lavkulichj@holyspirit.ab.ca.





WELCOME TO OUR VIRTUAL AGM and REGULAR MEETING FOR SCHOOL COUNCIL

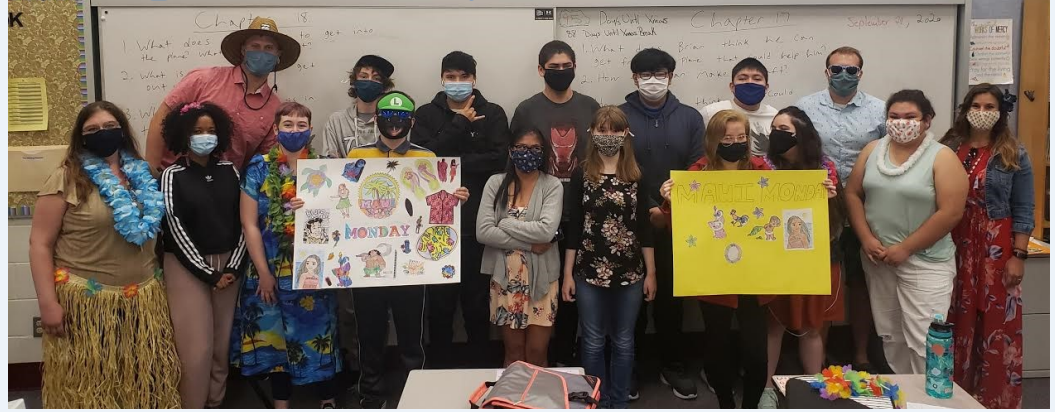
In order to accommodate the regulations, indicating that all parents/ guardians are to be given ten school days' notice in advance of the School Council's Annual General Meeting, we are inviting you to join us on a virtual platform. The first meeting will be held on Wednesday, October 21, at 7:00 p.m. Please contact School Council Chair Sheryl-Ann Giacchetta @ sagiacchetta@gmail.com if you would like to participate as we will need to include you on the Google invite. We will be using 'Google Meet'. Fifteen (15) minutes before the meeting, all people who have requested to be invited will receive an email asking them to join. At this AGM we will also be holding elections for Secretary and Treasurer as these are positions that are still required to be filled. We look forward to working with you to support our students during a very unique year!

Every Child Matters - Orange Shirt Day



We have spirit! Yes, we do!

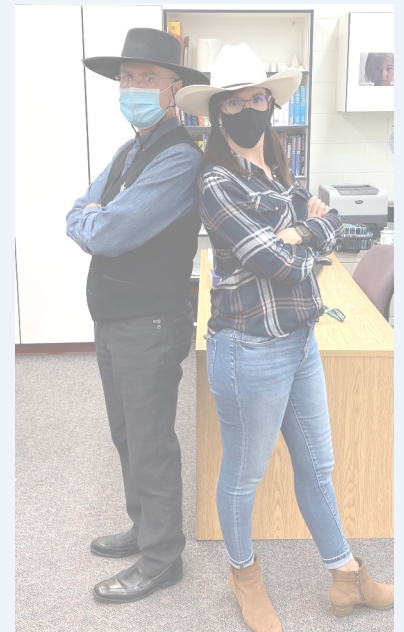
Maui Monday



Team Tuesday



Western Wednesday



Throwback Thursday



Cougar Blue Friday



OFF-CAMPUS NEWS



Virtual Scholarship Information Evening



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CAREERS: The Next Generation is offering a “Young Women In Trades & Technologies Virtual Mentorship Series” for girls in grades 9-12. These on-line sessions are held from 5:00 - 6:30pm and will take place from October through to next March. The first session is on October 22 is about women working in the Construction Trade. To register for this event go to: www.careersnextgen.ca/ywitt or for more information, email or phone Mrs. Gurr.

Alberta Out-of-Province (OOP) Virtual Fair.

October 13-16 & October 19-23, 2020

4pm to 8pm each evening

Similar to the ELAA Fair explained above the OOP Fair is for post-secondary institutions **outside of Alberta**. Institutions at this fair are from Western Canada, Ontario, Quebec and Atlantic

Canada. No need to pre-register for this event just login to: www.albertaoop.com This event is open to all students and their parents. Information packages can be downloaded at anytime. New information is added frequently.



Hand in your September Hours

All Rap and Work Experience students please remember to hand in, email or text your hours for September to Mr. Boschee or Mrs. Gurr. Thank you to those who have.



AGR 3000 Agriculture Safety Course

GR3000 is a one credit prerequisite course for the Green Certificate Program. This year they are offering two AGR300 workshops for students to choose from, October 16th or October 30th. These one day workshops will run from 9am to 4pm and are held at the Lethbridge College. Workshops are open to all students in Grades 10 –12. The cost is \$30 dollars (free for registered Green Certificate students). To register or ask questions email: marina.grant@lethbridgecollege.ca or call 403-634-6308.



Virtual Open Houses

-The **U of Alberta - October 15 to 17** Register at: ualberta.ca/admissions/undergraduate/tours-and-events/open-house/

- **Lethbridge College - October 21** Register at: lethbridgecollege.ca/openhouse

- **Olds College - October 16** Available at: www.oldscollege.ca/admissions/visit-us/index.html

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



Transformed by the Journey

OCTOBER

I will give thanks to the Lord with my whole heart!
Psalm 9:1a



Special Days to Remember Month of the Holy Rosary

- 4 Feast Day of St. Francis of Assisi
- 7 Memorial of Our Lady of the Rosary
- 12 Thanksgiving Day
- 16 World Food Day
- 22 Feast Day of St. John Paul II

Be Grateful

This month, we will focus on prayers of thanksgiving, another of our beautiful Catholic prayer traditions. Of course this is especially appropriate during the month of October when we actually mark Thanksgiving Day in Canada. Prayers of thanksgiving invoke a spirit of gratitude, of thankfulness for God's many blessings. Every moment of one's life can become a moment of thanksgiving, and thereby of prayer.

It would do our children well if we could respond to our many emotions throughout the day with prayer. When your children are joyful or excited about something, encourage them to say a quick prayer of thanksgiving – "Thank you God for our happy hearts!"



Faith & Family

Brainstorm with your children ways to help others with their time, treasure, and talent by creating a "Family Foundation". This month, everyone in the family can decide how they will donate to the foundation. Perhaps your child will decide to be generous with his/her time by playing with a little brother or sister without being asked. Maybe your child will decide to donate part of his/her allowance to a favourite family charity. Perhaps your child will discover how to use his/her talents to bring joy to others. For example, a budding artist can create a chalk picture on the sidewalk for everyone in the neighbourhood to enjoy.

What a wonderful way for your children to understand what it means to serve and put our faith into action!



Bedtime Prayer of *Thanks* for Children

Thank you
for being with me today.
Thank you for helping me
when I needed you.
Thank you for being with me
when I was afraid.
Thank you for helping me
to be generous
with my time and talents.
Thank you for giving me
the strength I needed
to do my best today.

Amen

Click [here](#) for a printable version of this prayer.

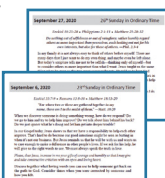
Be Gracious

To be gracious is to be filled with good will and to treat others in the loving manner that Jesus taught us.

The Fruits of the Holy Spirit are the observable behaviours of people who have allowed the grace of the Holy Spirit to be effective in them. One of the Fruits of the Spirit is generosity. We often associate generosity as being about giving money. While that can be important if you are able, we try to model for our children that generosity is really more about the giving of ourselves. While it's important to recognize generous behaviour, we must be careful about rewarding it with youngsters. We teach them that being generous is not about getting recognition or a reward for ourselves. It is about sharing who we are and what we have with others, expecting nothing in return.

Catholic Education

A few years ago, we started the tradition of asking our teachers to read the upcoming Sunday Gospel with their students each Friday. We wanted our students to learn to consider how the lessons of the Gospel stories will help them live their life today. In order to now connect this to your home, we have purchased "Mass Transit Cards" for you to use as you prepare for Sunday Mass. Included is a simple explanation of the Gospel and a reflection question for your family to encourage conversation about the Scripture. You can access the Mass Transit Cards for October [here](#).



*For it is in giving
that we receive.*

- St. Francis of Assisi



Resources: *Praying Together* by Karla Hardersen;
Teaching Kids to Care by Sr. Janet Schaeffler, OP



*'Let us come into his presence with thanksgiving:
Let us make a joyful noise to him with songs of praise!'*
(Psalm 95:2)

	Time	Course	Campus	Teacher	Room # for Exam
Jeudi 29 Octobre	9:00 AM	Francais 30-1 Partie A	Ouest	N/A	Bureau
Jour de Classe Regulier					
Vendredi 30 Octobre	9:00 AM	Francais 30-1 Partie B	Ouest	n/a	Bureau
Jour de Classe Regulier					
Monday November 2	9:00 AM	English 30-1 Part A	East	Hartman	Library
REGULAR CLASS DAY		English 30-1 Part A	East	Goble	206
		English 30-1 Part A	East	Cox PM	202
		English 30-2 Part A	West	Omlon AM	516
		English 30-2 Part A	West	Omlon PM	516
		English 30-1 Part A	West	Cox AM	E-Learning
					518
Tuesday November 3	9:00 AM	Social 30-1 Part A	East	Gilbert AM	206
REGULAR CLASS DAY		Social 30-1 Part A	East	Gilbert PM	Library
		Social 30-2 Part A	West	Collier AM	516
		Social 30-2 Part A	West	Collier PM	516
Wednesday November 4	9:00 AM	English 30-1 Part B	East	Hartman	Gym
		English 30-1 Part B	East	Goble	Gym
		English 30-1 Part B	East	Cox PM	Gym
		English 30-2 Part B	West	Omlon AM	Gym
		English 30-2 Part B	West	Omlon PM	Gym
		English 30-1 Part B	West	Cox AM	Gym
Thursday November 5	9:00 AM	Social 30-1 Part B	East	Gilbert AM	Gym
		Social 30-1 Part B	East	Gilbert PM	Gym
		Social 30-2 Part B	West	Collier AM	Gym
		Social 30-2 Part B	West	Collier PM	Gym
Friday November 6	8:00 AM	Math 30-1	West	Leroux AM	Gym
		Math 30-1	West	Leroux PM	Gym
	11:00 AM	Chem 30	East	Goruk AM	Gym
		Chem 30	East	Goruk PM	Gym
		Chem 30	East	Hawker	Gym
Monday November 9	8:00 AM	Physics 30	West	Wilson	Gym
	11:00 AM	Bio 30	East	Wikenheiser AM	Gym
		Bio 30	East	Wikenheiser PM	Gym
Tuesday November 10	9:00 AM	Sci 30	West	n/a	n/a
SCHOOL PD DAY					

Catholic Central High School

Quarter 1 - September 1 - November 3, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER	6	7	8	9 School PD Day
12 Thanksgiving	13 Division PD Day	14	15	16
19	20	21	22	23
26 Picture Re-take Day - Both Campuses	27	28 Division Board Meeting	29	30
NOVEMBER 2 English - Part A - a.m.	3 Last Day of Q1 Classes Social - Part A - a.m.	4 EXAMS English - Part B - a.m.	5 EXAMS Social - Part B - a.m.	6 EXAMS Math - a.m. Chemistry - p.m.
9 Physics - a.m. Biology - p.m.	10 School PD Day	11 Remembrance Day	12 First Day of Q2 Classes	13

*The exams specified are Diploma exams

