



## Principal's Message



February is a short but busy month at Catholic Central. There is simply so much going on: the start of the second semester of the school year, the continuation of high school athletics, the startup of new athletic seasons, clubs ramping up into high gear, and preparation for the Musical Theater 15 Project ...it is a busy time! Also coinciding with February, comes preparations for next years' student course selections. Believe it or not, administration is already hard at work in preparing for the next

school year for the coming fall. Yes, while only half completed the current school year, planning is well underway. This is always a time that is met with a great deal of anticipation by students and parents alike (teachers too for that matter!), as all involved begin to make plans for the coming school year. Most importantly for students and parents, this endeavor signals a time of continued maturation as a student and as a person, and perhaps even begins to coalesce toward a chosen career path or post-secondary direction following high school completion. Whatever the case may be, as someone who is quite involved in student timetabling and in the master timetable myself, I would like to offer a few pointers and suggestions when making course selections with your child/student:

- have an open dialogue with your student. As student's mature and start to evaluate their academic strengths and interests, they recognize where their educational passions lie. Take the time to talk together as a family about what courses interest them and where they feel they best excel. Make course selections that meet the needs of the student and position them to experience success as they define it. You may even be surprised by your students' course preferences!

- reference our school handbook (it can be located on our website, and a copy is always available in either of our offices). In it you will find detailed information about high school graduation requirements, course offerings and information, and course prerequisite information that is vital to planning toward high school completion. It is a fantastic and sometimes overlooked resource to all
- please consider the prerequisite and course “stranding” structures. CCH administration and our teachers put a considerable amount of effort and research into these recommended pre-reqs. They are designed to assist students in finding success as it is most readily prevalent to them for where they are currently in their educational journey. The progressions through the various courses are very nuanced and differ from one another, and again, can be found in our student program handbook
- it is not just all about “core courses”. Yes the cores (Religious Education, Social, Sciences, English, Math) are significant, but there is so much more to consider. Remember, a minimum of 10 Career and Technology Studies credits are required to graduate (along with others such as CALM and Phys Ed 10). Our staff is among the best you will find at providing unique elective courses that are designed to engage your student and provide learning opportunities to foster their passion for learning and develop key areas of interest in their educational journey. We always have new course offerings and significant course revisions annually!
- feel free to contact the school and ask to speak with an administrator or counselor if you have questions or inquiries in regards to how to best plan your student’s journey toward becoming a high school graduate. We have many years of experience and are happy to help you!

Timetabling decisions are not made in a vacuum of course. We offer and extend our information and expertise to students and parents in several forms. For those students incoming from our junior high feeder schools, watch for Mrs. Polec’s Grade 9 parent information coming out shortly. This presentation will provide all future CCH students and parents with ample information about the school itself and about the course scheduling process. For those students currently in grades 10&11, Mrs Polec and I will be personally directing each of them through course selections during the week of Feb 28-Mar 8. And of course for those students currently in grade 12, keep an eye out for Mrs. Polec’s extensive [Grad 2022](#) communiques that will start being published over the course of the next few months.

Blessings,

Mr. Vercillo, Associate Principal

# Important Dates and INFORMATION

**February 8, 9** - Gr. 9 Parent Info Evenings  
(alternate dates February 15, 16 depending  
on restrictions, may be presented virtually)

**February 10** - School Council Meeting -7pm

**February 14-17** - Admin and counseling  
visiting Grade 9 classes

**February 16** - Division Board Meeting

**February 17** - Pink Shirt Day

**February 21-25** - Reading Week

**February 28 - March 8** - Grade 10 and 11  
Course Selection  
(with A.M. classes)

**March 2** - Ash Wednesday

**March 7** - Q3 Midterm

**March 10** - Deadline for all course selections

**March 11** - Division Collaborative Day - No  
School

**March 14** - Spiritual Development Day - No  
School

**March 23** - Division Board Meeting



## Grad Information

- Unfortunately, we are unable to gather for an in-person meeting/parent information evening as was scheduled. So, we have had to distribute information in a digital format.
- We have uploaded both the [Google Slide Presentation](#) and a video recording of Mrs. Polec talking through the slides in the Grade 2022 Google Classroom.
- Please review both these resources and contact Mrs. Polec if you have any questions.

**MUSIC THEATRE STUDIES 15** – Instructed by David Mikuliak – This is a 5 credit course offered in Quarters 3 and 4 in Block 5 (outside of the regular school day – schedule TBA)

Open to any student currently enrolled at CCH, the focus of the class will be to research, workshop, create and present a retrospective music theatre performance piece that celebrates the three decade history of Music Theatre at CCH.

Interested students need to fill out an application form, submit it to Mr. Mik (Drama/Music Theatre instructor) and then have an individual interview with the instructor in order to be added to the class roster. Deadline for applications is February 4. First class will be on February 15 (3:30 – 5:00 p.m.).

This class seeks creative and committed students to create a community that will devise and perform the show. If you have any questions regarding this extremely collaborative and creative course of study, feel free to email Dave Mik at [mikuliakd@holyspirit.ab.ca](mailto:mikuliakd@holyspirit.ab.ca)





## French Immersion Recognition Celebration



On the morning of January 18<sup>th</sup> the grade 12 French Immersion students were recognized for their 13 years in the French Immersion Program. Mrs. Polec, Mr. New and Mrs. Urquhart (Second Language Consultant) were able to join Mrs. Schmidt and the FLA 30 class for a short presentation. Each student received a small gift from Mrs. Schmidt to remind them of their time in the program as well as a pin from Mrs. Urquhart which recognizes their accomplishment as French Immersion students. Upon graduation, the students will also receive a bilingual diploma. The morning culminated with the class sharing lunch together. Thanks to the parents for being supportive of their children throughout these last 13 years in the French Immersion Program!

## School Council

Our next School Council Meeting will be held Thursday, February 10th at 7:00 p.m. Please contact [talbota@holyspirit.ab.ca](mailto:talbota@holyspirit.ab.ca) if you would like to join us. We will be using "Google Meet"; 15 minutes before the meeting, all people who have requested to be invited will receive an email asking them to join. If you joined us for the last School Council Meeting, there is no need to send us an email.

**REGISTRATION NOW OPEN**

REGISTER AT:  
[www.lethbridgeminorssoftball.com](http://www.lethbridgeminorssoftball.com)  
 REGISTRATION ENDS MAR 2021

Lethbridge Minor Softball's goal is to grow the sport of softball while providing a great experience for kids ages 3-19 from Apr - Jun.

We also offer a competitive provincial team for players interested in challenging themselves further.

We believe you are never too old to play and regardless of experience we welcome you to come out and learn the sport of softball that provides fun with physical activity!

## 2022 OUTDOOR SOCCER REGISTRATION

Online Registration opens February 1, 2022 – March 6, 2022

[www.lethbridgesoccer.com](http://www.lethbridgesoccer.com)

403-320-5425

Boys and Girls

U4 – U7 (Co-Ed) \$120.00

U9 - U18 (Co-Ed) - \$170.00

Season to start April 16 – June 18, 2022



LFC Competitive information will be made available online at [www.lethbridgesoccer.com](http://www.lethbridgesoccer.com) or visit our Facebook Page at Lethbridge Soccer Association. LFC Registration for evaluations will open online March 1, 2022

## REMINDER

Just a reminder that school fees are now past due. Kindly remit as soon as possible. Fees may be paid using School Cash On-line. If you have any questions or issues, please contact Mrs. Tamara Wilson at the school office.

# OFF-CAMPUS NEWS



## Dual Credit Program

There is still time to register for a Dual Credit course for the Winter semester with our post-secondary partner, Olds College. Students can choose from any of the courses below that will earn them five 30-level high school credits and three credits from the post-secondary institution. Registration deadline is February 5th, 2022.

### Course Offerings Winter Semester 2022 (February - May)

- **Applied Ecology** - online, asynchronous
- **Global and Sustainable Tourism** - online, asynchronous
- **Intro to Sports Management** - online, asynchronous
- **Producing Horticulture Crops** - online, asynchronous
- **Solving Technology Problems (Agriculture Based)** - online, asynchronous
- **Veterinary Practice: The Team Connection** - online, asynchronous

For more information about the Dual Credit program, please contact Mrs. McAdam at [mcadamw@holyspirit.ab.ca](mailto:mcadamw@holyspirit.ab.ca)



## January Hours

All RAP and Work Experience students please remember to hand in or send your January time sheets or pay stubs to Mr. Boschee or Mrs. Gurr.



## University of Saskatchewan Virtual Parent Night

On February 8th at 5:00pm MST.  
Register at: <https://admissions.usask.ca/tours-and-events/>

## Careers Virtual Showcase



Check out careers in:  
The Forestry Industry on February 16  
Agriculture –Plant Systems on March 1st  
Both from 6-7:30pm  
Register at:  
<https://www.careersnextgen.ca/event/virtual-showcase-forestry/>

## Virtual Career Exploration

Check out a career as a Wind Turbine Technician on February 16 at 5pm. Register at:  
<https://www.careersteps.ca/exploration-sessions/>



## The Kings University



The Kings University in Edmonton is having a virtual Information Night on March 2 from 5-8pm. Register at: <https://www.kingsu.ca/about-us/calendar>



## Green Certificate Testing

Testing dates for February are on the 8th and 9th.

Testing dates for March have been changed to March 22nd and 23rd.

Contact Mr. Boschee to register for any of these testing times.

**Concordia University Edmonton** will be on Campus East in the Cafeteria area on Monday, February 7th at Flex.

## Your Off-Campus Team



Mark Boschee - Off-Campus Coordinator Cell: 587-220-4258 or Email: [boscheem@holyspirit.ab.ca](mailto:boscheem@holyspirit.ab.ca)  
Wendy Gurr - Career Practitioner - 403-327-4596 Ext 312 or Email: [gurrw@holyspirit.ab.ca](mailto:gurrw@holyspirit.ab.ca)  
Wendy McAdam - Dual Credit Liaison— 403-327-4596 Ext 313 or Email: [mcadamw@holyspirit.ab.ca](mailto:mcadamw@holyspirit.ab.ca)





Looking forward to a new year with ...

# Holy Spirit Catholic School Division

## 2022/2023 REGISTRATION

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### Re-Registration Starts January 17, 2022

Families who already have students in our system should expect an email during the week of January 17-21, 2022 asking that the online "Registration Update Form" be completed for each child who will be attending during the 2022/2023 school year.

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

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



### New Student Registration Starts February 1, 2022

Students new to the division who wish to enroll for the 2022/2023 school year are invited to register online starting on February 1, 2022.

- Our **Early Learning Program** is designed to stimulate the growing curiosity of children 3 and 4 years of age.
- Our **Kindergarten** is designed for children 5 years of age on, or before, December 31, 2022.

For information about our Early Learning and Kindergarten Programs, or to discuss your child's specialized programming requirements, contact our Early Learning Coordinator at 403-381-8495 or [earlylearning@holyspirit.ab.ca](mailto:earlylearning@holyspirit.ab.ca).



### For More Information

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



**Holy Spirit Catholic School Division**

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

# February

Together on the Journey



**St. Michael**

Schools: St. Michael's Pincher Creek and St. Michael's Bow Island



## ST. MICHAEL

This month brings us to a different kind of saint as we turn our attention to the holy archangels. St. Michael is the leader of all angels and of the army of God. This is what the title "Archangel" means, that he is above all the others in rank. St. Michael has four main responsibilities or offices, as we know from scripture and Christian tradition: 1) to fight against Satan, 2) to rescue the souls of the faithful from the Devil, especially at the hour of death, 3) to attend the dying and accompany them to judgment, and 4) to be the champion of God's people; the Israelites under the Old Law, and now the Catholic Church.

*"But I am to tell you what is inscribed in the book of truth. There is no one with me who contends against these princes except Michael, your prince."*

Daniel 10:21

## Explanation and Hierarchy of the 9 Choirs of Angels

### 1ST TRIAD - CONTEMPLATE AND ADORE GOD DIRECTLY

**SERAPHIM** (meaning "the burning ones"). They are attendants at the throne of God. They praise God singing, "Holy Holy Holy is the Lord of Hosts!" - ISAIAH 6:1-7



**CHERUBIM** (meaning "the fullness of wisdom"). They contemplate God's providence, and are assigned to protect special places. - EXODUS 25:18-21; EZEKIEL 10:14; REVELATIONS 4-6

**THRONES** represent the steadfastness of the love of God. They contemplate God's love and judgment, and they appear as the most unlike the others when revealed. - EZEKIEL 10:17; COLOSSIANS 1:16; DANIEL 7:9



### 2ND TRIAD - FULFILL GOD'S PLAN IN THE UNIVERSE

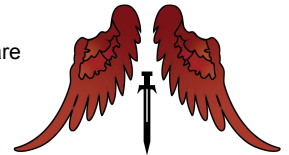


**DOMINIONS** are lord over the lower choirs and humanity. They take illumination from the higher hierarchies and govern the universe. - EPHESIANS 1:21; COLOSSIANS 1:16

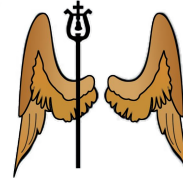
**VIRTUES** run the operation of movement in the universe. They are often associated with planets, elements, seasons, and nature. - EPHESIANS 1:21



**POWERS** assist in governing the natural order. They are warrior angels tasked with fighting the war against the demonic choirs. - EPHESIANS 3:10; 6:12

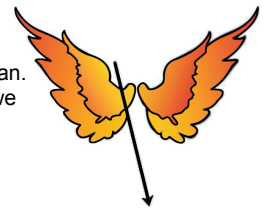


### 3RD TRIAD - INTERACT AND SERVE HUMANITY CLOSELY

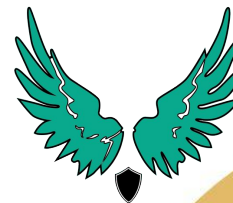


**PRINCIPALITIES** are of the lowest triad, assigned to care and guard communities, kingdoms, states, and parishes. They are associated with transitions in power. - EPHESIANS 1:21; 3:10

**ARCHANGELS** are leader angels assigned to communicate and carry out God's important plans for man. Michael, Gabriel, and Rafael are the only three names we know. - JUDE 9; 1 THESSALONIANS 4:16; TOB



**ANGELS** are closest to the material world and humanity. The lowest choir is where we get the majority of our personal guardian angels. - MATTHEW 18:10; LUKE 22:43; HEBREWS 13:2



*"For he will command his angels concerning you to guard you in all your ways."*

- Psalm 91:11



# February

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## Feast Days and Celebrations February 2022

- 8 International Day of Prayer and Awareness Against Human Trafficking
- 11 World Day of Prayer for the Sick
- 14 Valentine's Day



As you journey with St. Michael this month...

### WEEK ONE

It's easy to find ourselves afraid of demons, but there is great comfort in knowing that there are twice as many holy angels as there are demons. Take a moment to pray this prayer to St. Michael. (The [St. Michael Prayer](#) was instituted by Pope Leo XIII after a vision.)

St. Michael the Archangel, defend us in battle.  
Be our defense against the wickedness and snares of the Devil.  
May God rebuke him, we humbly pray, and do thou, O Prince of the  
heavenly hosts, by the power of God, thrust into hell Satan,  
and all the evil spirits, who prowl about the world seeking the ruin of souls.  
Amen.

### WEEK TWO

In Revelation 12:7-9, Lucifer's pride is contrasted with St. Michael's humility, resulting in Lucifer being cast down to the earth. Pray the [Litany of Humility](#), a contemporary version of the prayer by Servant of God Raphael Cardinal Merry del Val, secretary of state to Pope St. Pius X. What does it mean to be humble?

*God opposes the proud, but gives grace to the humble. - James 4:6b*

### WEEK FOUR

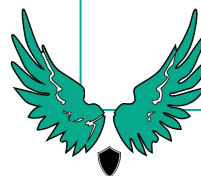
When we sing in church, we are singing in union with the angels, giving to God the praise that is His due. Do you have a favourite hymn or spiritual song that you like to sing, and why is it your favourite?

### WEEK THREE

God loves you so much that He employs these powerful spiritual beings to care for, protect, and guide you. Say this prayer today, giving glory to the Holy Trinity for sending us such great helpers:

"Glory be to the Father and to the Son and to the Holy Spirit.  
As it was in the beginning, is now, and ever shall be,  
world without end. Amen."

Use the space below to write or draw a picture of what it means to you to feel protected by God's holy angels.



### Sunday Gospel Readings

- Feb. 6th/5th Sunday in Ordinary Time  
Luke 5:1-11
- Feb. 13th/6th Sunday in Ordinary Time  
Luke 6:17, 20-26
- Feb. 20th/7th Sunday in Ordinary Time  
Luke 6: 27-38
- Feb. 27th/8th Sunday in Ordinary Time  
Luke 6:39-45



# Building Community Connections



As the new year begins, many of us find ourselves taking stock of where we have come from in order to chart the course for 2022. While we find ourselves facing disruptions again, perhaps we find solace in the fact that 'we have been here before' and are well equipped to continue moving forward through the discomfort to see it through. We know that challenges can be difficult and hope that through our Community Connections Newsletter you are able to find the connecting threads that tie everything together, providing you with an awareness of what is available to access in our communities and surrounding area. If you would like to submit information for

Building Community Connections, please email [hssupportservices@holyspirit.ab.ca](mailto:hssupportservices@holyspirit.ab.ca)



Come discover the [wild side of Lethbridge!](#) Open year-round, the Nature Centre is a unique urban escape within minutes of downtown. Check out their Kid's Programs, Exhibits, Parks & Trails and Volunteering opportunities.



The [Lethbridge Public Library](#) is excited to announce that the library will continue to offer Library memberships at no fee throughout 2022.



[ABC Life Literacy Canada](#) is a non-profit organization that aims to strengthen organizations that promote adult learning.



[Building Brains Together](#) (BBT) builds adult capabilities to improve brain development and executive functions in children through research and education.

## Community LINKS

Your Information and Referral Source  
With governments and social agencies merging, sometimes it is confusing to find where to go to access services, events or information about Southwestern Alberta. [Community LINKS](#) is operated by the Canadian Mental Health Association, Alberta South Region and is located at the Lethbridge Public Library downtown branch with staff on site during peak library hours.



[Winter Program Guide](#)  
The Family Centre Winter 2022 Program Guide is now ready and registrations will open beginning December 6th. You can check out the program calendar and filter the calendar by location by choosing Family Centre Downtown, Family Centre North or Family Centre West.



[Roving Gyms](#) are free, inclusive, play spaces for children five and under and their parents or caregivers. The Roving Gyms program nurtures physical literacy, the love of movement, and provides an environment for families to connect. Come and enjoy free play with a purpose.

**MONDAY** AGES: 11-14 6:30pm-9:00pm  
**TUESDAY** AGES: 14-18 6:30pm-9:00pm  
FREE DROP-IN CENTRE FOR ALL YOUTH IN THE COMMUNITY!  
SNACKS, GIVEAWAYS, VIDEO GAMES, PHYSICAL ACTIVITY, TABLE TOP GAMES, LEADERSHIP ACTIVITIES, MENTORS AND SO MUCH MORE!



[Henderson Lake Park Run](#)  
A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate, it's up to you! Every Saturday @ 9:00am.



Shake off the winter blues  
[YQL WinterFest 2022!](#)  
January 14-19, 2022. Bundle up the family and head downtown.

## Recreation and Culture Fee Assistance Program

The [City of Lethbridge](#) offers a Fee Assistance program for residents who face financial barriers to participating in recreational and cultural opportunities.



The [Lethbridge Food Bank's](#) goal is to ensure healthy food is provided to children and youth to enhance their future as well as their emotional and physical well-being. More information found [here](#).



24-Hour Crisis Line: 1-866-296-0447  
The donated second-hand items we receive are shared between our clients, our residents, and community members in need who access our services through [YWCA Outreach programs](#).  
Second-hand donations fill in the gaps!



[Interfaith Food Bank](#) caters to those in a variety of situations ranging from single-parenthood, to seniors on fixed incomes, to the unemployed, or to those with other social or economic barriers.

PROMOTING ACTIVE LIVING IN LETHBRIDGE  
The [Active Lethbridge](#) initiative is a product of the efforts of the Healthy Communities Association of Lethbridge and Area (HCALA).



Community supports available in your local area such as Counseling, Family Resources Network and Indigenous Services. Check out your local [FCSS](#) to see what is being offered.



[Community and Social Services](#) provides supports for families and communities, and helps Albertans access disability services, financial supports, services for the homeless, and other social-based programs.



Many people are affected by mental health issues such as depression or panic disorders. But you're not alone. Talking with others who suffer from these issues may help. [Get the information you need](#)



[Mental Health Help Line](#)  
1-877-303-2642 (Toll free)  
The Mental Help Line is a 24/7 confidential service that provides support, information and referrals to Albertans experiencing mental health concerns.

**Pincher Creek Women's Shelter- Crisis Line:**  
1-888-354-4868  
Office: 403-627-2114  
<https://pcshelter.ca/>

**YWCA Harbour House (women, children)**  
Phone: 403-320-1881  
Toll free: 1-866-296-0447  
**Lethbridge Shelter & Resource Centre**  
Phone: 403-327-1031  
**Wood's Homes**  
Phone: 403-317-1777

**Safe Haven Women's Emergency Shelter**  
Taber, AB  
Crisis Line: (403) 223-0483  
Reach out, Connect, Let us help You

Healing starts with Believing  
Here for all genders and all ages throughout Southwestern Alberta  
403-694-1094 / 1-(844)-576-2512  
502-740 4 Ave South  
#IBelieveYou #UHaveThePower  
Sexual Assault is a Criminal Act  
It is NOT Your Fault

Whenever you need to talk, we're open.  
Text 686868  
KidsHelpPhone.ca  
Call 1-800-668-6868  
Message at Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone  
Kids Help Phone