



PRINCIPAL'S MESSAGE

Last month (what a short month it was), Mr. Vercillo walked us through the busy-ness of February and the focus on course selection and academics. This month, Mr. New shares with us his thoughts on the Season of Lent....

As we welcome March, we quickly see the start of the Lenten Season. Lent represents many things for different people. For some, the Lenten Season is a time to reflect on what the year has brought to our lives so far. For others, Lent is a time of penitence in which we put others before ourselves. Traditionally, Lent is a time to focus on prayer, fasting, and almsgiving and in doing this, we are honouring the memory of Jesus. We are becoming spiritually prepared to commemorate His death and resurrection.



In my career, I have had the privilege to be a part of Lent in Catholic schools at all age levels from kindergarten to high school. As I reflect on these experiences, I am made to feel incredibly blessed that I am able to be a small part of Catholic Education. To be able to share my faith journey with students is something that I cherish and I have enjoyed bringing to CCH my first year here. Catholic Central High School is blessed to have an abundance of faith leaders within our staff and students. This is shown through the commitment by the school community to support and strengthen the faith journey of others. The Lenten season is another opportunity to share our faith.

We will begin our Lenten journey on March 2nd with our Ash Wednesday celebration by joining Father Kevin who will be leading us from All Saints Parish. All Saints Parish will be streaming the service for us live at 1 pm. Unfortunately, we are not quite at the stage where we can all gather as a large school of close to 1,000, but we appreciate the effort of All Saints Parish in making the most out of the challenges we have faced over the last two years. Their adaptability and commitment to supporting our schools throughout the pandemic has been nothing short of inspiring.

Catholic Central is steep with Lenten traditions that will continue this year. Students will participate in Lenten liturgies every Friday during Lent. The liturgies will focus on lessons and reflections that will help us prepare for the Easter Season. We will also be celebrating one of

the Feast Days of our school saint: Saint Joseph. March 19th is the Feast Day of Saint Joseph, the Husband. As this is a Saturday (and a non school day), we will celebrate Saint Joseph, the Husband by breaking bread together with a sweet treat for our staff and students on Friday, March 18th, while also praying the Novena of St Joseph during our Lenten liturgy.

The Lenten Season is a time of sacrifice. When we are younger, this comes in the form of giving something up. As we get older, we look for ways to sacrifice our time or to share our blessings with others. This can be challenging, especially after what we have endured the last



two years within schools, but there is hope. We see it every day in the halls and classrooms here at CCH. Little moments where the students put others first for no other reason than to make someone else's day a little better are displayed every day. It is my hope that during this Lenten Season, the students of CCH know that we see them, we see what they are doing for each other and that they continue the displays of support and kindness they have shown throughout the year.

May each of you be blessed with opportunities to strengthen your prayer life and reflect on the sacrifice Jesus made for us. Moreover, we hope that these forty days of Lent will give you a chance to grow in your faith. I will leave you all with the following Lenten prayer as I will keep all of the Catholic Central community in my prayers this Lenten Season.

Prayer for Lent

Generous Father, You constantly shower us with Your abundant graces.

Grant, we pray, that our Lenten Sacrifices, prayers and reflections will help us to better recognize the graces of this Season.

May we share what You have given us with those less fortunate.

And help us, Father, to walk confidently on our path, leading us closer to You as we prepare to welcome your Son, our risen Saviour, this Easter.

Amen

God Bless,
Mr. New
Associate Principal

FAITH EVENTS AT CATHOLIC CENTRAL

●**Ash Wednesday**, March 2 1:00. This will be done in classes as Father Kevin will be providing a livestream from All Saints Parish.

●**Upcoming Lenten Services:** Weekly Lenten Services (Friday at the beginning of block 1 classes, March 11 (there are no classes on Friday so this service will be on a Thursday), March 18, March 25, April 1, April 5 (this is the last day of Q3 classes, which is a Tuesday).

●**Friday masses** at 12:45 on Campus East - March 25

●**Catholic Central's patron saint is St. Joseph.** Fittingly, as we have two campuses, we also have two feast days! The first **Feast of St. Joseph the Husband** is on Saturday, March 19 but CCH will celebrate this day on Friday, March 18. The second is **Feast of St. Joseph the Worker** is on Sunday, May 1st but CCH will celebrate this day on Friday, April 29.



WELCOME BACK PARENTS!!!

PARENT-TEACHER-STUDENT MEETINGS

We are so excited to welcome our parents and guardians back to conferences! CCHS is pleased to announce that Parent-Teacher-Student Meetings will be held in a 'HYBRID form' on Thursday, March 3rd, from 6 pm-8 pm. Each teacher will host one hour of face-to-face meetings in CCHS East Cafeteria and one hour of virtual meetings that evening. If you would like to meet with your child's teacher to discuss quarter 3 progress, please call the school and request a time. It will be up to the parent/ guardian whether they would prefer an in-person or virtual meeting time. Administrative Support will share with the interested parent/ guardian which times are available for each teacher. **The focus will be on current classes running in quarter 3.** Please call 403-327-4596 before noon on March 2nd to arrange a time(s).

Just a reminder...



1. All final Course Selections are due on Friday, March 10th. If you missed this process or require assistance, please contact Mr. Collier (colliert@holyspirit.ab.ca) or Mrs. Hoveling (hovelingi@holyspirit.ab.ca).
2. School Fees are now past due. If you have any questions regarding your student fees, please contact Mrs. Tamara Wilson at the school office.

TRIBUTE TO MR. CAL O'BRIEN

It is with heavy hearts that we relay the news of our beloved Mr. Cal O'Brien's passing. Mr. O'Brien was an educator, coach, associate principal, athletic director, mentor, colleague, and long-time supporter of Catholic Central. Over the last almost six years, Mr. O'Brien fought hard against cancer and defied all odds. We have been so blessed to have been given an incredible legacy to build upon here at CCH. We are forever grateful to have known such an incredible human being. Rest In Peace, Mr. O'Brien. Cal's Court will continue to bring joy to many staff, students, and spectators for many more years to come.



**Eternal rest grant unto them, O Lord,
and let perpetual light shine upon them.
May they rest in peace. Amen**



ATTENTION PARENTS/ GUARDIANS OF OUR GRADUATES



Let us review what has been done so far and what is coming up:

- **Grad Requirements** - Please ensure that your child double-checks the grad list to ensure that his/her name is on it and REMAINS on it (should grad requirements not be met, names can be removed from the list). Grad requirements are (by the end of Quarter 3): at least 90 credits completed and in form to attain 100 credits by the end of the year, Faith in Action (40 hours) complete, and RE 35 complete.
- **Grad Hoodies:** the deadline to order Grad Hoodies has been extended to Tuesday, March 1st. These can be purchased on School Cash Online. If you have any questions, please contact Mr. LeBleu
- **Grad Photos:**
ALL GRADUATES MUST BOOK A SITTING. There is NO CHARGE to grads to have their picture taken. Grads can book these sessions online at: <https://local.prestigeportraits.ca/ab/lethbridge/1021-3rd-ave-s.html> Please ensure your graduate has booked a session! If you have missed this window, please contact Mrs. Sutter (sutterr@holyspirit.ab.ca) at CCH immediately.
- **Grad Fees:** \$150 due on March 14. Fees can be paid through School Cash Online, which can be accessed from our homepage: <https://holyspirit.schoolcashionline.com/> If you require assistance with this, please contact Mrs. Wilson at the school.
- **Grad Statements:** Grad Statements will be collected via Google Form, and sent to Mr. Vercillo for compilation. This form will be sent to your graduate's Holyspirit email address by March 4th. Mr. Vercillo and the admin team will be discussing with grads what is typically included in a Grad Statement etc. Grads have from MARCH 4th - APRIL 25th to submit their Grad Statement Form.
- **CCH Website for Grad Updates:** https://cch.holyspirit.ab.ca/school/graduation_information/graduation_2022



March 2 - Ash Wednesday Mass
March 3 - Parent/Teacher/Student Meetings
March 7 - Quarter 3 Midterm
March 8 - School Council Meeting at 7:00 in the library on Campus East
March 11 - No School - Division Collaborative Day
March 14 - No School - Division Spiritual Development Day
March 23 - Division Board Meeting
April 5 - Last Day of Quarter 3 Classes



Lethbridge Orcas 2022 Registration

Come and compete with the Lethbridge Orcas Summer Swim Club from May through August 2022!

Returning swimmer registration March 1-14 • New swimmer registration starts March 15

2022 Prices
Mini Orcas...\$275 Tier 1.....\$550
Tier II.....\$415 Masters.....\$200

Please check the parent handbook on our website for swimmer requirements.

For more information please email orcasetary@gmail.com



Athletic Update from Mr. Myndio

Unfortunately, the month of February delivered its fair share of 'ups and downs' regarding game uncertainties. Despite COVID taking a 'full bite' out of our players' rosters, our determined Cougars took to the courts and sheets to play for the love of the game. Countless nights saw our teams limp into play with minimal numbers and challenge Southern Alberta's best. With this, of course, came our fair share of wins and losses against formidable opponents. Incredible sportsmanship and camaraderie were on full display despite the circumstances, leaving the crowds exceptionally proud regardless of the outcome.

The CCH Curling teams battled hard and learned a great deal throughout its competition in girls, boys and mixed play. Often only a point or two away from advancing, the teams continued to commit to the sport and learn from the expertise of coaches Cox and Chandler. The mixed squad advanced in tournament play and competed well against other very talented sides from the city. The curling season was a great success and the players are very excited to improve upon their skills next season.

The CCH Basketball teams, like no other teams this season, have embodied the theme of 'ups and downs'. All our basketball teams have ridden the rollercoaster of highs and lows. With epic wins to gut-wrenching losses, each squad has experienced what sport can truly teach us about life. Learning lasting lessons about leaning on each other, embracing adversity and accepting new challenges have brought our teams closer together. The Basketball teams look forward to their upcoming league playdown, zones and provincials.

The CCH Badminton team has begun with a full squad of very keen and talented 'birdie smashers'. Showing the dedication of five practices a week, this team has some very high aspirations to make this season a huge success. The upcoming month of March will bring some rigor to their competition calendar, but they are fully ready for the challenge. Go Cougars!



Excellence in Catholic Education Award 2021/2022

Superintendent Ken Sampson is delighted to announce that **Mr. Lance Rosen, a teacher who has served the Catholic Central High School community in Lethbridge for the past 4 years**, has been selected as Holy Spirit Catholic School Division's recipient for the Council of Catholic School Superintendents of Alberta's (CCSSA), "Excellence in Catholic Education Award" for 2021/2022. The award recognizes Catholic educators in Alberta who "are passionate about Catholic education and the students they teach, inspire their students, and demonstrate commitment to Catholic education and teaching excellence."

Lance's living example of strong Catholic values, together with his untold determination to see his students excel, foster the holistic development of each of his students," states Superintendent Ken Sampson. "He has an unquenchable desire to live and proclaim our faith, which is readily apparent to both students and staff alike. He is a most worthy candidate for this very prestigious award, and we are privileged to nominate him to represent Holy Spirit Catholic School Division."

Joanne Polec, Principal of Catholic Central High School, agrees. "In a time that has been very challenging for many educators, Lance has kept his focus on his "why", which are his students and their spiritual, intellectual, social, emotional, and physical growth, while attending to a variety of individual needs. He is an educator who understands that nurturing relationships with students, parents, colleagues, the community, and God is key to contributing to a positive school climate. We are blessed to have such an inspiring and faith-filled educator here at Catholic Central who continues to motivate each one of his students and colleagues every day."

"As my family, friends and colleagues know very well," laughs Rosen, "I am usually not at a loss for words. But, when it was announced in the staff room, I was completely surprised. I don't consider myself or my practice to be any more exemplary than anyone else's. I have just been doing what I always have done: practice my faith, share it (as authentically as possible) and try to have a lot of fun and laughs while I'm doing it."

Mr. Rosen will be honoured at the ACSTA's upcoming SPICE Conference, which is anticipated to be held in late April 2022. Please join the Holy Spirit Catholic School Division in congratulating Lance Rosen for being selected as our recipient of the "Excellence in Catholic Education Award."

Alberta Education Assurance Measure - for grade 10 parents:

If you are a parent of a grade 10 student at Catholic Central, you will be receiving a survey in the mail from Alberta Education with the option of completing the survey online. We would be grateful if you would take the time to complete the survey as your feedback provides us with direction to better serve our students, your children.



As an annual check-up on the education system, the Alberta Education Assurance Measure (formerly named the Accountability Pillar Survey) provides an opportunity for Alberta Education and school authorities to ensure that we are equipping students for success.

The Accountability Pillar uses a set of indicators. Data on these indicators consists of surveys of students, parents and teachers on various aspects of education quality, student outcomes such as dropout and high school completion rates, and provincial assessments of student learning.

All surveys are anonymous and ask questions about experiences with your school. In addition to English and French, the parent survey is available in Chinese, Punjabi, Arabic, Blackfoot, Dene, Cree, Korean, Spanish, Tagalog and Urdu.

Your participation in the survey helps provide important information on the quality of education your child is receiving, so we encourage you to return your survey promptly. Additionally, please be advised that any question that you answer “I don’t know to” will have a negative impact so try to answer to the best of your knowledge.

Survey results will be available to school authorities in May, and will be reported publicly as part of their 3-Year Education Plans and Annual Education Results Reports.

Parents/Guardians will receive survey packages mailed from Alberta Education.

The survey package includes:

- o a copy of the Education Minister’s letter to parents/guardians;
- o a letter containing a Random Access Code (RAC) for accessing the survey online; and
- o instructions for accessing the survey in other languages.

Parents/Guardians with more than one student in the relevant survey grades will receive a separate survey package and RAC for each child.

Deadline for completion: March 25, 2022

Thank you for taking the time to complete the survey.



PERFORMING ARTS AT ST. FRANCIS JUNIOR HIGH PRESENTS

Disney

BEAUTY AND THE BEAST

© Disney



Friday
MARCH

25

7:00 pm

Saturday
MARCH

26

2:00 and 7:00 pm

Sunday
MARCH

27

2:00 pm

Monday
MARCH

28

7:00 pm

Tuesday
MARCH

29

7:00 pm

Tickets \$15 • Available at sfjh.holyspirit.ab.ca

Directed by **Dino Caputo**

Music by Alan Menken

Disney's Beauty and the Beast JR. is presented through special arrangement with and all authorized materials supplied by

Music Theatre International, 421 West 54th Street, New York, NY USA 10019 Tel. 212-541-4684 www.mtishows.com

Music Direction by **Chris Hartman**

Lyrics by Howard Ashman and Tim Rice

Choreography by **Kristen Mazzuca**

Book by Linda Woolverton



March

Together on the Journey

“But you are merciful to all, for you can do all things, and you overlook people’s sins, so that they may repent. You spare all things, for they are yours, O Lord, you who love the living.”

Wisdom 11:23, 26



St. Patrick

Schools: St. Patrick Taber
St. Patrick Fine Arts



ST. PATRICK

St. Patrick was born in Roman Britain. At around fourteen years of age, he was captured by Irish pirates and taken to Ireland as a slave to herd and tend sheep. Patrick's captivity lasted until he was twenty, when he escaped after having a dream from God in which he was told to leave Ireland by going to the coast. There he found some sailors who took him back to Britain and was reunited with his family. A few years after returning home, Patrick saw a vision that prompted his studies for the priesthood. He was later ordained a bishop and sent to take the Gospel to Ireland. He converted many people and began building churches across the country. He often used shamrocks to explain the Holy Trinity.

The Three Pillars of Lent - Prayer, Fasting, and Almsgiving

Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully.



Prayer

Throughout the season of Lent, we are called to deepen our prayer life. For some of us, this means beginning a habit of daily prayer, setting aside time each day to share our hopes, joys, fears and frustrations with God. Praying first thing in the morning, or talking to God while on your way to school are simple ways to integrate prayer into everyday life.

Ideas for prayer include: [Praying the Rosary](#), [Stations of the Cross for Children: Prayers and Colouring Pages](#), Lenten Devotionals.



Fasting

During Lent, we “give things up” not to torture ourselves, but to free ourselves! By sacrificing things we find pleasurable, we are eliminating any stumbling blocks between ourselves and God's love. Our sacrifices should come from love, not a sense of guilt or obligation.

Ideas for fasting include: Limiting shopping; soda; video games; texting; social-media exposure, or ways to quiet our minds and open our hearts to transformation.



Almsgiving

One of the central lessons of the cross is compassion; the heavy burdens we carry help us to appreciate the suffering in others. Sharing our material goods is often just the beginning of real Christian giving. We are also called to share our time tending to people in need.

Ideas for almsgiving include: Donating toys and clothing to charity; Money Jar (collecting money during Lent and then giving it to a charity); acts of kindness or words of encouragement.

*“Hear, O Lord,
and be gracious to me!
O Lord, be my helper!”*

- Psalm 30:10

March

Together on the Journey



St. Patrick

Schools: St. Patrick Taber
St. Patrick Fine Arts

Feast Days and Celebrations March 2022

- 2 Ash Wednesday
- 4 World Day of Prayer
- 6 1st Sunday of Lent
- 13 2nd Sunday of Lent
- 17 Feast of St. Patrick
- 19 Feast of St. Joseph, Spouse of the Blessed Virgin Mary
- 20 3rd Sunday of Lent
- 25 Annunciation of the Lord
- 27 4th Sunday of Lent

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

WEEK ONE

God doesn't directly cause suffering, but He allows it so He can use it to draw us closer to Himself. St. Patrick himself was kidnapped into slavery as a teenager and spent most of his time alone. Can you think of a time of suffering in your life that God ended up using to bless you? Thank God for that today, and together, say the prayer of St. Patrick.

Christ with me, Christ before me, Christ behind me, Christ within me,
 Christ beneath me, Christ above me, Christ at my right, Christ at my left,
 Christ when I lie down, Christ when I sit, Christ when I stand,
 Christ in the heart of everyone who thinks of me,
 Christ in the mouth of everyone who speaks to me,
 Christ in every eye that sees me, Christ in every ear that hears me.
 Amen.

WEEK TWO

Even though Patrick was told by God in a dream to escape his slavery in Ireland and return to Britain, his attempts were met with many obstacles that were impossible for him to overcome alone. Think of difficulties, challenges, or obstacles for which you feel ill-equipped. Choose one of these to take to prayer.

“And this is the boldness we have in him, that if we ask anything according to his will, he hears us.” (1 John 5:14)

WEEK FOUR

Thank God for the priest or deacon who baptized you. Say a prayer for him. Then say a second prayer thanking God for the many people who serve us, the Church, by giving glory to God and helping us become saints ourselves.

WEEK THREE

God revealed to Patrick his plans for him in a dream. He told Patrick to go and find the ship that was waiting to return him to Britain so that he could learn to preach the Gospel. When he found the ship, the sailors refused to take him! As Patrick began to return to the forest, praying as he walked, the sailors called him back and decided to take him on board anyway. After three days of sailing, they made land, then wandered through Scotland for 27 days, nearly starving. Realizing that Patrick was close to God, the sailors asked him to pray to God for help. Patrick responded by inviting them to pray to Jesus for help themselves, even though they were not Christians. They did, and on that same day, they found food. God provided sustenance for the rest of their journey. It's important to remember that with God, we are never alone. Who can you encourage to pray or pray with?

Sunday Gospel Readings

March 6th/1st Sunday of Lent
Luke 4:1-13

March 13th/2nd Sunday of Lent
Luke 9:28b-36

March 20th/3rd Sunday of Lent
Luke 13:1-9

March 27th/4th Sunday of Lent
Luke 15:1-3, 11-32



QUARTER 3 EXAM SCHEDULE

| | Time | Course | Campus | Teacher | Room Number |
|---|----------|------------------------|--------|-----------|-------------|
| Jeudi 31 Mars | 9:00 AM | Francais 30-1 Partie A | est | n/a | bureau |
| Jour de Classe Regulier | | | | | |
| Vendredi 1 Avril | 9:00 AM | Francais 30-1 Partie B | est | n/a | bureau |
| Jour de Classe Regulier | | | | | |
| Monday April 4 | 9:00 AM | English 30-1 Part A | East | Hartman | Library |
| | | English 30-1 Part A | West | Omilon | 516 |
| Tuesday April 5 | 9:00 AM | Social 30-1 Part A | West | Collier | 518 |
| REGULAR CLASS DAY | | Social 30-1 Part A | West | Gilbert | 516 |
| Wednesday April 6 | 9:00 AM | English 30-1 Part B | East | Hartman | Gym |
| | | Soc 20-1 | East | Skauge | Gym |
| | | Soc 20-2 | East | Gibson | 214 |
| | | Bio 20 | East | Nummi | 105 |
| | | Science 20 | East | Myndio | 120 |
| | | Physics 20 | East | Nadeau | 111 |
| | | English 30-1 Part B | West | Omilon | Gym |
| | | Bio 20 | West | Balog | 521 |
| | | Sci 10 | West | Lebleu | 525 |
| | | Sci 10 | West | Hawker | 526 |
| Thursday April 7 | 9:00 AM | Eng 20-1 | East | Cox | 126 |
| | | Chem 20 | East | Goruk | Gym |
| | | Soc 10-1 | East | Ramp | 214 |
| | | Eng 10-1 | East | Hartman | 127 |
| | | Social 30-1 Part A | West | Collier | Gym |
| | | Social 30-1 Part A | West | Gilbert | Gym |
| | | Eng 20-1 | West | Yaremci | Gym |
| | | Eng 20-2 | West | Omilon | 514 |
| | | Eng 10-1 | West | Yaremci | Gym |
| Friday April 8 | 8:30 AM | Math 30-1 | East | Umeris | Gym |
| | | Math 30-2 | East | Folkersen | Gym |
| | | Math 10C | East | Umeris | 129 |
| | | Math 10C | East | Hammel | 213 |
| | 8:30 AM | Math 31 | West | Charlene | Gym |
| | | Math 20-1 | West | Charlene | Gym |
| | | FLA 10 | West | Schmidt | 515 |
| *Note change of time & place | 12:00 PM | Bio 30 | East | Balog | 124 |
| Monday April 11 | 9:00 AM | Chem 30 | West | Hawker | Gym |
| | 1:00 PM | Science 30 | East | n/a | office |
| Tuesday April 12 | 9:00 AM | Physics 30 | East | Nadeau | Gym |