



*Catholic Central  
High School*

(403) 327-4596

Paws for the CCH News

May 5, 2022

"One School, Two Buildings, Endless Opportunities"

## *Principal's Message*

Dichotomy; such is the month of May. On one hand, it is a month filled with a sense of new beginnings and of joy. On the other hand, it is also a month where the feeling of change is ever more palpable. Even the weather reflects a dichotomous nature as we are teased by those occasional summer-like temperatures, but are quickly reminded of a couple winter days when a burst of the white/wet stuff falls again. Regardless, the combination of something new, fresh starts, and change give us reason to celebrate.



May 1st was the Feast Day of St. Joseph, The Worker. Additionally, May is our Blessed Virgin Mary's month. With such a busy month ahead of us, we ask God to grant us the ability to look upon work with the eyes of faith - that when our work is pleasant and productive, we remember to thank God for it and that when it is burdensome,



we open ourselves to God's help through it. So, as we begin these last two months of the school year and our final quarter, let us ask Our Mother Mary and St. Joseph to pray for us.

How can I write about May, and the inevitability of change and work, without acknowledging our upcoming Graduation Mass, Convocation, and Grand March/Dance? To our beloved grade 12 students, we are honored to recognize your achievements in a couple of weeks. As your grad theme implies, while your journey has not always been easy (and not to mention in "unprecedented times") you have "Owned Every Second." Know that although these three years have been a mixture of highs and lows, of successes and failures, you have much to be proud of:

- 30,000 (actually many, many more) credits attained,
- commendable marks and achievements that open doors to many post-secondary opportunities,
- Religious Education 35 complete with 40 Faith In Action hours submitted for a total of 11,840 hours of service to the community,
- return to volunteer and service work, athletics, fine arts, clubs, and other school groups, and
- an outstanding legacy of sharing your bounty in all four of our pillars!

So, dear graduates, as you carry on through life, celebrate the something new and the fresh starts, embrace change as it is inevitable, experience all that life has to offer, and have faith.

- Mrs Polec

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### **Important Dates to Remember in May:**

- May 10 - Feather Blessing and Metis Sash Ceremony for Graduates
  - May 12 - HolySpirit Long Service Awards - congratulations to those staff who will be receiving long service awards, ranging from 5 to 30 years!
  - May 13-14 - Catholic Central Graduation 2022
  - May 17 - Quarter 4 Midterm
  - May 23 - Victoria Day - No School
  - May 23-27 - World Catholic Education Week
  - May 25 - Division Board Meeting
  - May 26 - WEAR BLUE for World Catholic Education Day!
- 



**School fees are now past due!** While we know it has been a particularly challenging year, we do rely on these fees to help provide programming options to students, as well as classroom resources and instructional tools for staff and students. Please go to our school homepage and use the “Fee Payment” button to pay through SchoolCash Online. If you have any issues or need to arrange for alternative options, please contact Tamara Wilson at [wilsont@holyspirit.ab.ca](mailto:wilsont@holyspirit.ab.ca)

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*Thank you* to grade 10 students and their parents for taking the time to complete the Alberta Education Assurance (AEA) Survey. Your feedback is valuable to us as we continue to make decisions for our students and our school community.

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**Next year re-registration reminder** - Reminder to all parents/guardians: In order to build next year's timetable and assign students to sections, we require all returning grade 10 and 11 students to have completed re-registration forms for next year. An email was sent to parent contacts in early February to access SchoolEngage for this process. If you require assistance with this process, please contact Ms. Magill through the school office. Please note that a student's timetable for next year cannot be built until a re-registration is processed.

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**Summer School 2022** application forms have been emailed out to all students and parents via School Messenger. Please feel free to apply via the Google Form linked here: [https://docs.google.com/forms/d/e/1FAIpQLSfLjJMEGtoWW3SB3wwFu7Ye4pgFQYqXP\\_EmXz3EWD9Tn5Klg/viewform?vc=0&c=0&w=1&flr=0](https://docs.google.com/forms/d/e/1FAIpQLSfLjJMEGtoWW3SB3wwFu7Ye4pgFQYqXP_EmXz3EWD9Tn5Klg/viewform?vc=0&c=0&w=1&flr=0) It is also accessible via PowerSchool daily bulletin. The deadline for application is May 20th. Please note that space is limited and we potentially cannot fulfill all requests for summer school that are received. We will endeavor to do our best to meet with all student applicants and advise them as to how summer school may best fit for them.

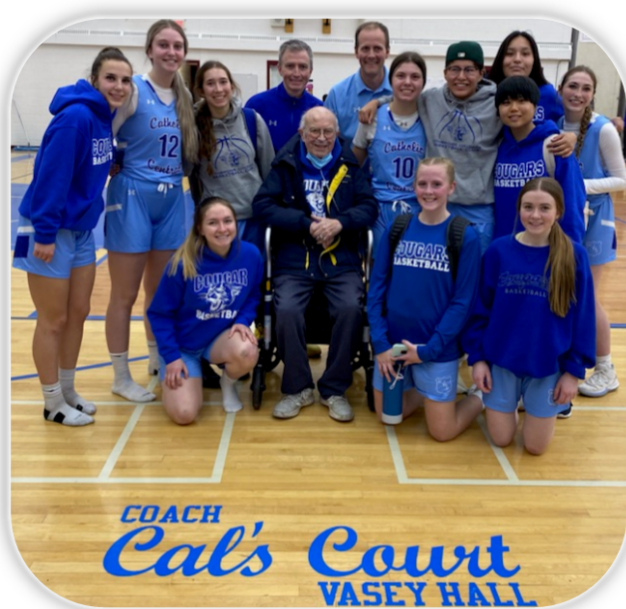
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A gentle reminder that when your child is sick or symptomatic, please keep them at home!

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Congratulations to Zaki Olvis who was named Valedictorian for the graduating class of 2022!



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## Remembering our beloved Cal O'Brien

Prayer Service/ Vigil: 7:00 p.m. Friday, May 27, 2022 at St. Martha's Church.

This will be a Celebration of Cal's life led by Francis and Cybele Noronha and will feature Words of Remembrance by Carmen Mombourquette and Linda Whaley.

Funeral Mass: 11:00 a.m. Saturday, May 28, 2022 at St. Martha's Church. The Celebrant will be Fr. Roque Pereira

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## May 10, 2022 Feather Blessing and Metis Sash Ceremony

Oki Parents, Guardians & Students,  
We are very honored to have our Blackfoot Elder, Peter Strikes With A Gun join us this year to bless our First Nation Metis & Inuit Graduates of 2022 from Taatsikoiyis/ Catholic Central High School.

The ceremony will take place on the West Campus at 5pm. Please call Mrs. Fox if you have any questions.

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## Cougar Athletics

In April, CCH Athletics saw the Baseball and Softball teams take to the field after a two year hiatus. With hopes of good weather in the heads and ball games in hearts practices began in blustery and chilly conditions. However, this did not stop the athletes either new to the sport or otherwise from gaining needed experience before they started their respective seasons. Hitting balls long and far and picking up the difficult grounders all our ball players came to play.

In Badminton action, our players competed in both the Chinook/ CCH Invitational, City Championships and Zone qualifiers. Numerous medals were won and a large number of individual and team goals were reached. From five practices a week and challenging staff/ student exhibition matches the CCH badminton player was clearly whipped into great shape as they proved in all the tournaments to be the school to beat. The CCH squad won the most number of categories throughout all the tournaments and will be sending seven athletes to compete in Medicine Hat at this year's Provincials on May 6th and 7th. We wish this young crew and coach Polec the best of luck in bringing home yet another banner for Catholic Central.



FINAL DEADLINE: May 31st

COST: \$40.00

SCAN HERE TO ORDER NOW >>>







## GRAD 2022 UPDATE

As Graduation Ceremonies 2022 nears, I wanted to make sure you are aware of what is happening over the next couple of weeks so that we can be ready to celebrate together. ~ Mrs. Polec

### FRIDAY, MAY 13:

There are **NO SCHEDULED CLASSES** for graduates on this day. However, **ALL GRADUATES MUST ATTEND** a rehearsal on Campus West (in the gym) at 8:20 a.m. We will be doing the following:

1. running through all times and details,
2. rehearsing the candle lighting ceremony, the handing over of the graduation certificate, & the grand march,
3. distributing grad gowns, stoles, caps, tassels, and pins, and
4. taking a grad class photo.

Once the photo has been taken, all those students who have confirmed speaking or volunteer roles for either the Graduation Mass or Convocation, will proceed to the Enmax for run-throughs there. These run-throughs should be done by 12:30/1:00 p.m. at the latest.

At 6:15 p.m. all graduates will enter through the Player's Entrance at the Enmax. Grads will be lined up in the lower concourse in order to process in for the candle lighting ceremony for the Graduation Mass. Please wear your gown and stole over your clothes (regular, "Sunday best" clothes). The mass will begin promptly at 7:00 p.m.

### SATURDAY, MAY 14:

At 9:15 a.m. all graduates will enter through the Player's Entrance at the Enmax. Grads will be lined up in the lower concourse in perfect alphabetical order in order to process in for Convocation. Please wear your gown, stole, cap, tassel (on the right side of your face), and grad pin over your clothes (regular, dress up clothes). The convocation will begin promptly at 10:00 a.m.

At 4:45 p.m. any graduate choosing to participate in the Grand March will enter through the Player's Entrance at the Enmax. Grads will be lined up in the lower concourse in pairs or threes to participate in the Grand March (which we will have rehearsed at Campus West in the gym the day before). This is when you wear your suits, tuxes, traditional wear, grad dresses, etc. The grand march will begin promptly at 5:30 p.m. with picture opportunities, socialization, and a dance to follow.

If you have any questions, please don't hesitate to call or email me!

P.S. If you have yet to submit a grad statement, these are now past due! You must see/ speak to Mr. Vercillo.

# GRADUATION 2022

## YOU'RE WORTH CELEBRATING!



The Lethbridge and area Métis would like to acknowledge, congratulate, and celebrate all graduating members of our Métis community in 2022!

If you are graduating from High School, College, or University this year and are interested in receiving a congratulatory gift and attending our graduation ceremony and BBQ, please register for our event.

When? Sunday, June 12th, 2022, 11-3pm

Where? John Martin Recreation Area (Pavan Park)

Please register by May 23rd.



403-328-7828



info@lethbridgemetis.com



Lethbridge Metis



lethbridge\_metis



# OFF-CAMPUS NEWS



## Olds College Ag Data Science Camp

August 8-12, 2022

This camp is a five day overnight camp offered **Free** of charge to high school students in grades 11 and 12 interested in transforming the future of agriculture through data science and technology.

For more information and to apply visit:

[oldscollege.ca/agdatacamp](https://oldscollege.ca/agdatacamp)



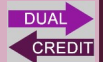
## Dual Credit & Off Campus Information Session

May 18 From 6:30 to 7:30pm  
via Google Meet

Learn all about our Dual Credit courses, Work Experience, Registered Apprenticeship and Green Certificate programs.

To register email: [learningservices@holyspirit.ab.ca](mailto:learningservices@holyspirit.ab.ca)

## Dual Credit Opportunities For Fall 2022



The Dual Credit team is busy preparing for Fall 2022! Dual Credit course offerings from Olds College have been announced. Check out these amazing opportunities ...

- Introduction to Veterinary Profession (Animal Health Technology)
- Solving Technology Problems (Agriculture Techonomy)
- Managing Landscapes (Horticulturist Technology)
- Introduction to Sports Management (Business Management)

For more information, contact Mrs. McAdam at [mcadamw@holyspirit.ab.ca](mailto:mcadamw@holyspirit.ab.ca)

## Online Career Exploration Sessions

Hosted by Career Transitions

May 11 - Social Worker

May 12 - Occupational Therapist

May 17 - Personal Trainer

May 25 - Certified Travel Counsellor

May 26 - Civil Engineer Technologist

May 31—Tattoo Artist

Register for any or all of these sessions at:

<https://careersteps.ca/exploration-sessions/#1562036508521-0b6ad68b-85ba31f1-ba6f>



## May Hours

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



## U of L Grade 11 Merit Award



- Are you currently in Grade 11?
- Do you plan to attend the University of Lethbridge in the Fall immediately after high school? If **YES** then you should apply for this award.
- **Deadline is JUNE 30, 2022.**
- Apply at: <https://www.ulethbridge.ca/ross/student-finance/grade-11-merit-award-application-university-lethbridge>

## 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)

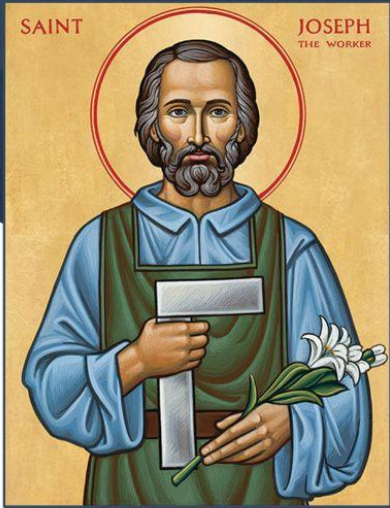


# May

Together on the Journey

“Whoever is faithful in a very little is faithful also in much; and whoever is dishonest in a very little is dishonest also in much.”

Luke 16:10



**St. Joseph**

Schools: Catholic Central High  
St. Joseph



**ST. JOSEPH**

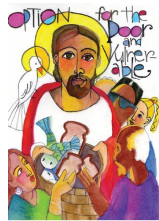
St. Joseph is a silent figure of the New Testament. The Gospel does not record one spoken verse for St. Joseph. He was “of the house and lineage of David” (Luke 2:4). St. Matthew identifies Joseph as “an upright man.” He was engaged to Mary when he discovered that she was pregnant. He “decided to divorce her quietly” (Matthew 1:19), nevertheless, the Angel of the Lord appeared to him in a dream, revealing to him that Mary had conceived by the power of the Holy Spirit, and commanded that he take Mary as his wife and Jesus as his own Son. Without question or hesitation, St. Joseph did as the angel commanded. Throughout the Gospel he faithfully obeyed the commands of God: taking his family to the safety of Egypt to flee the wrath of King Herod; returning to Nazareth; presenting his child in the Temple; and traveling to Jerusalem to celebrate Passover. St. Joseph worked as a carpenter. He passed this trade onto his Son. Tradition holds that St. Joseph died before Jesus began His public ministry since he was never referred to in the Gospels. For example, he was not mentioned at the cross when Jesus entrusted the care of His mother to St. John the apostle, indicating she was a widow with no other children to care for her. St. Joseph is the Patron Saint of the Universal Church, fathers, workers, travelers, and a happy death.

## Catholic Social Teaching

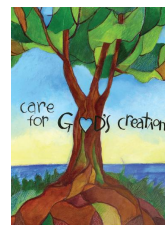
St. Joseph, as the patron saint of workers, reminds us of the dignity of work. The Dignity of Work is one of our Catholic Social Teachings.



**1**  
God made each person, so every life is important and should be protected.



**4**  
God wants us to help people who are poor, who don't have enough food, a safe place to live, or a community.



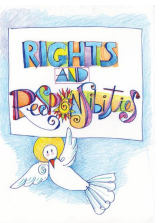
**7**  
The world was made by God, so we take care of all creation.



**2**  
God made us to be part of communities, families and countries, so all people can share and help each other.



**5**  
Work is important in God's plan for adults and their families, so jobs and pay should be fair.



**3**  
God wants us to help make sure everyone is safe and healthy and can have a good life.



**6**  
God made everyone, so we are all brothers and sisters in God's family wherever we live.

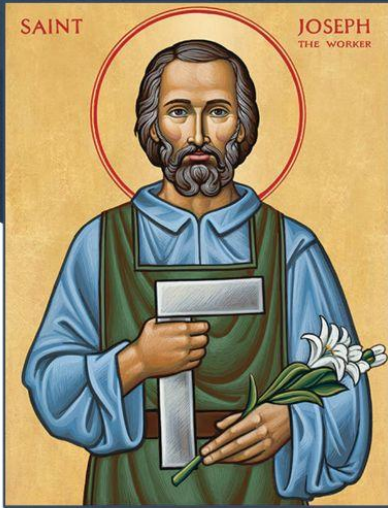


Did you know, December 8 2020 to December 8 2021 was the Year of Saint Joseph? Pope Francis wrote an Apostolic letter called "Patris Corde" (With a Father's Heart) to celebrate the 150th anniversary of the declaration of Saint Joseph as Patron of the Universal Church.



# May

Together on the Journey



**St. Joseph**

Schools: Catholic Central High  
St. Joseph

## Feast Days and Celebrations May 2022

- 1 Feast of St. Joseph the Worker
- 8 Mother's Day
- 26 Ascension of the Lord
- 26 World Catholic Education Day
- 23-27 Catholic Education Week

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

### WEEK ONE

In the Gospel of Matthew we learn two important things about Joseph. First, he descended from the great King David. Second, he is the husband of Mary, of whom Jesus was born. We can often find ourselves afraid, ashamed, or frozen because we define ourselves by our worst moments. Do not be afraid! You are a child of God, who is King of the Universe. Like St. Joseph, live your life with courage! Take a moment to read this Scripture from 1 Peter 2:9 and ponder who you are as a child of God.

*“But you are a chosen race, a royal priesthood, a holy nation, God’s own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvelous light.” (1 Peter 2:9)*

### WEEK THREE

Joseph honoured and cared for his family. This month is Mother’s Day. Think of how you can love others in your family and show you care for them.



### WEEK TWO

Joseph put the will of God and the good of his wife before his own desires. What is something you can do to put the good of others before your own desires?



### WEEK FOUR

The angel revealing Jesus’ name to Joseph is very important, because in ancient Jewish culture, it was a father’s role to give a child his or her name, and naming a child was a sign of adoption. Joseph, in obedience to God, adopted Jesus, making Him heir to the kingship of David, which the Old Testament tells us was a requirement to be the Messiah of Israel. Jesus became part of the family of King David by being adopted, and we become part of the family of Jesus, God Himself and King of the Universe, by being adopted into His family at our baptism. Thank God for the gift of baptism - when you were adopted by God. Say a prayer also for children who are adopted, for their birth parents, and for their adoptive parents.

### WEEK FIVE

Throughout the Gospels, Joseph did as God desired. He didn’t complain. He didn’t argue. He didn’t over analyze. He simply followed the will of God as faithfully as he could in every situation. Pray this prayer to St. Joseph...

Hail, Guardian of the Redeemer,  
Spouse of the Blessed Virgin Mary.  
To you God entrusted his only Son; in you Mary placed her trust; with you Christ became man.  
Blessed Joseph, to us too,  
show yourself a father and guide us in the path of life.  
Obtain for us grace, mercy and courage,  
and defend us from every evil. Amen.

### Sunday Gospel Readings

- May 1st/3rd Sunday of Easter  
John 21:1-19
- May 8th/4th Sunday of Easter  
John 10:27-30
- May 15th/5th Sunday of Easter  
John 13:1, 31-33a, 34-35++
- May 22nd/6th Sunday of Easter  
John 14:23-29
- May 29th/ The Ascension of the Lord  
Luke 24:44-53

Sources: *Daily Lessons from the Saints* by Fr. Brice Higginbotham  
*Who Was St. Joseph* by [Catholic Straight Answers](#)





# Building Community Connections



In our Catholic faith, the time of Easter is all about having faith in new beginnings and believing in the promise that we can all rise up! The coming weeks provide an opportunity for each of us to create a positive outlook, trying something new and leaving the things that drag us down in the past and behind us. The season of Spring provides an opportunity for growth and it is really a chance to see infinite potential in ourselves and the world around us!

We hope that through our Building Community Connections Publication you are able to find the many ways and opportunities to rest, be still and really better understand why you are here and why you do what you do. We also hope that you find inspiration to rise and set your intentions to begin anew.

If you would like to submit information for Building Community Connections, please email [hssupportservices@holyspirit.ab.ca](mailto:hssupportservices@holyspirit.ab.ca)

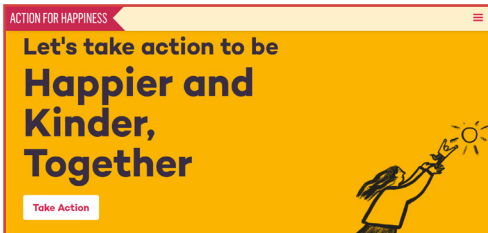


[Carbondale - Sartoris Backroads | Alberta, Canada](#)

Sartoris Road from Crownsnest Pass south to the Carbondale River affords an intimate view of this landscape rejuvenated by wildfire.



[Writing-on-Stone Park](#) contains the greatest concentration of rock art on the North American Great Plains. Writing On Stone is a World Unesco Heritage Site.



Action for Happiness brings people together and provides practical resources. We help each other learn evidence-based skills for happier living, feel a sense of belonging, and commit to personal action to create more happiness for ourselves and others. [Join the movement.](#)



## PRESCRIPTION TO GET ACTIVE

It's exactly like it sounds...

[A prescription for you to engage in physical activity.](#)

This uniquely designed prescription gives healthcare partners the opportunity to discuss the importance of physical activity and grant patients access to community recreation. This motivational tool breaks down barriers and encourages patients to find the right activities for them as they work towards a healthier life.



All ladies need a coffee break from time to time.

[Westside Community Church.](#)

Tuesday, May 10, 2022 / 7:00 - 8:30 PM

Chat, share, encourage, fellowship. Bring your own beverage!

Join us! Let's get to know each other better!



The Asian Heritage Festival is back in-person. Saturday, May 28 at 11:00am at the Multicultural Centre. There will be a fun-filled day of delicious Asian foods for purchase, entertainment, cultural displays, games and children's entertainment! Admission is free. For questions or to sign up: 403-320-1577 / [info@saea.ca](mailto:info@saea.ca) or [www.saea.ca](http://www.saea.ca)



"Dance for Ukraine" a special benefit concert for Ukraine will be taking place at the Yates Memorial Theatre on Sunday, May 15 at 1:30pm. Guests can choose the amount they wish to donate to humanitarian aid for Ukraine, as tickets will be by donation.



Many struggle with being able to afford access to health services not covered by the government in Canada. This can range from mental health care to wellness services such as accessing a Naturopath or a personal trainer. [Wellness Association](#) is a Canadian Membership Organization that provides information access and funding for health services that are not covered by the government.

Wellness Association on [Facebook](#)

Promoting Mental Health and Wellness

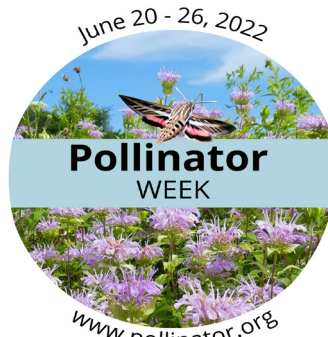
**true balance COUNSELLING**

**FREE LEARNING SERIES SPRING 2022**

- April 27** **Worries, Anxiety and Our Children** - Learn what anxiety is, why we feel anxious and how we know when anxiety becomes a problem • Learn about the pandemic's impact on anxiety and ways to help children cope with anxiety  
Presented by: [Aleigha Arksey, Provisional Psychologist](#)
- May 4** **Keys to Healthy Communication** • Understand how to gain your partner's perspective • Explore the behaviors that fuel conflict • Learn tips to increase connection  
Presented by: [Kelly Weitz, Provisional Psychologist](#)
- May 11** **Building Self-Compassion** • Decrease stress quickly by implementing self-compassion techniques • Enhance your ability to regulate emotions • Learn to relate to yourself with warmth and positivity  
Presented by: [Damaris Malpica, Provisional Psychologist](#)
- May 18** **Strengthening the Brain's Emotional Control Center** • Understand how the brain works • Learn effective strategies to build children's emotional intelligence • Explore ways to support children to regulate emotions  
Presented by: [Aleigha Arksey, Provisional Psychologist](#)
- May 25** **What is Grief?: Understanding My Loss** • Learn about the common misconceptions of grief • Understand the different types of loss • Explore strategies to cope during the difficult times  
Presented by: [Kelly Weitz, Provisional Psychologist](#)
- June 1** **Thankful for My Body: Healthy Body Image for Teens** • Explore the impact of media on body image • Learn tips for healthy eating and body image • Understand intuitive and mindful eating  
Presented by: [Sarah Henderson, Provisional Psychologist](#)

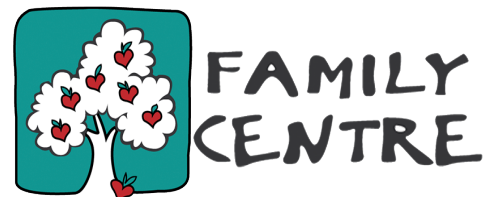
In-Person 6:30-7:30 PM  
Online 8:00-9:00 PM  
Limited In-Person Registrations

For More Information or To Register For A Presentation: 403-327-2333  
[truebalancecounseling@gmail.com](mailto:truebalancecounseling@gmail.com)  
[www.truebalancecounseling.ca](http://www.truebalancecounseling.ca)



[Take Part in Pollinator Week Canada - June 20-26!](#)

Pollinator Week is an annual celebration in support of pollinator health that was initiated and is managed by Pollinator Partnership. It is a time to raise awareness for pollinators and spread the word about what we can do to protect them. The great thing about Pollinator Week is that you can celebrate and get involved any way you like! Help save the pollinators!



[Family Centre - Dealing With Disobedience](#)

Why do my children not listen to me? Why do I feel like I'm always repeating myself? This Triple P discussion group will help you plan how to deal with disobedience. You'll learn strategies on how to prevent problems and teach your children to follow instructions, cooperate, and contribute to your family. Discover that you are not alone! Child care provided for in-person group. Virtual option available Thursday, May 26 at 6:00pm - 8:00pm / Cost: Free



[Family Centre - Come Build With Us](#)

What can you do with a paper roll tube? How can we use this Lego block? As children use self-expression, creativity, and design they will be introduced to concepts in construction including gravity, patterns, cause and effect, stability, balance, and shape. [Register here](#) for this free program which is open to families with children 0-12 years.



Every Saturday is Anime Saturday at [Nikka Yuko](#). Watch your favourite anime shows inside the Bunka Centre every Saturday.



[Mental Health Help Line](#)  
1-877-303-2642 (Toll Free)

The Mental Health 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

**Chinook Sexual Assault Centre**  
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



# DUAL CREDIT & OFF CAMPUS INFORMATION SESSION

**Who should attend?  
Parents/ Guardians and Students Currently in Grades 9-11**

**Date, Time & Location:  
Wednesday May 18  
6:30 - 7:30 pm  
via Google Meet**

**Earn  
College & High School  
Credits**

**Attend to learn more about:**

- **Earning college credits at Lethbridge College and Olds College while still in high school with no tuition fees!**
- **The Registered Apprenticeship Program, Work Experience and Green Certificate that allows students to earn high school credits while working in industry**

To **register**, scan the QR code to the right with a smart device,  
complete this [Google form](#) or email

**LearningServices@holyspirit.ab.ca**



Scan to Register



**Holy Spirit Catholic School Division**





## Virtual Field Trips for Grade 5-11 Students

This May, students in grades 5-11 have an opportunity to explore the country's largest youth science, technology, engineering and mathematics (STEM) event – Canada-Wide Science Fair (CWSF).

**A virtual field trip** to the CWSF enables students and their teachers to:

- explore Canada's top STEM projects by students in grades 7-12/Cégep
- engage with interactive exhibits from post-secondary institutions, agencies, companies, museums and other STEM- related organizations
- and much more!

**[Click here to view the flyer, including registration details.](#)**

Scheduled May 18-20, 2022, this **free** event is perfect for at home or in-class learning, live and on demand. Students can explore at their own pace and cover learning outcomes from the STEM curriculum – **all in a safe virtual environment** (see details in the flyer). All content and activities are provided in both English and French.

Last year, over 50,000 students and teachers participated in virtual CWSF field trips. We look forward to welcoming your students in May. **Please share this information with school administrators, principals, teachers, etc.** Help us spread the word about this great STEM educational opportunity.

**More info:** [CWSF 2022 - Plan your visit.](#)

**Questions:** Liette Philippe at [liette.philippe@youthscience.ca](mailto:liette.philippe@youthscience.ca)





## Vaping and teens: Your questions, answered.

*Vaping rates have surged among young people recently. As a parent or caregiver, it's natural to want to learn more and to wonder how to support your teen. In this edition, we'll answer common questions about vaping and offer tips for fact-based, meaningful conversations.*

### What is vaping?

Vaping is a common term for using electronic cigarettes (e-cigarettes), devices that heat liquid containing nicotine, flavours, and chemicals to create an aerosol. When someone vapes, they inhale the aerosol into their lungs, and exhale it into the air. Vaping mimics the experience of smoking conventional cigarettes.

E-cigarettes go by different names, like e-cigs, vapes, vape pens, mods, or e-hookahs. They're also known by brand names. In this article, we'll call them **vapes**.

### What do vapes look like?

Vapes come in different shapes and sizes. Disposable vapes look the most like cigarettes. Rechargeable ones look more like pens or USB flash drives, which makes them easy to conceal. Some vapes are hidden in stealth products, like watches, hoodies, or gaming devices.

Vapes have batteries, a heating element, a mouthpiece, and a place to hold vape liquid.

### What is a vape liquid?

Vape liquid is a mix of chemicals, flavours, and different levels of nicotine. It usually comes in small pre-filled or refillable cartridges or pods.

Vape liquid goes by names like *e-juice*, *e-liquid*, *vape juice*, *vape liquid*, or *oil*. It often has flavours that entice kids and teens, like fruits, candies, tropical drinks, or desserts.

### How harmful is vaping?

Vaping is relatively new, so scientists are still learning about its long-term effects on health. Here's what we know right now:

- Most vapes have nicotine, which alters the development of the teen brain and can affect memory and concentration. Nicotine is also highly addictive. It causes intense cravings and nasty withdrawal symptoms. Young people tend to get hooked on nicotine more easily than adults.
- Both vaping liquid and the aerosol created by vaping contain harmful substances. Some are known to cause cancer and lung disease.
- In rare cases, defective vapes have caused fires and explosions. Vaping comes with a risk of burns and other serious injury.
- Young people who vape may be more likely to start smoking than those who don't vape.

### Is vaping illegal?

Vaping is illegal for anyone under the age of 18 in Alberta. There are fines for minors who possess or use vaping products, and for adults who sell or give vaping products to

minors. This matters because most teens who vape report getting vapes and e-juice from acquaintances, friends, and family.

### How common is vaping in young people?

The vaping rate among young people in Alberta has spiked recently. In 2014-15, 8% of Alberta students in grades 10-12 reported vaping in the last month. In 2018-19, that number jumped to 30%.<sup>1</sup>

Research shows that vaping is also a concern among younger students. In 2018-19, 23% of students in grades 7-9 said that they had tried vaping.<sup>2</sup>

### What do young people have to say about why they vape?

Research tells us that kids and teens often underestimate the harms related to vaping.

As well, teens say they vape because it's enjoyable or like the buzz it gives them. Others vape out of curiosity or to try different flavours. Some vape because they believe it will help them reduce stress, or help them fit in with friends.<sup>2</sup>

### How can I talk to my teen about vaping?

Talking about vaping isn't a one-time thing. Think of it as a conversation that happens in bits and pieces. With time and practice, talking about vaping will strengthen the relationship you have with your teen, and boost the chances they'll come to you with questions or when they need help.

Try these tips for respectful conversations:

- Steer your teen toward credible sources on vaping, and use it to kick-start family conversations.

# Healthy Teens

May 2022 Family Newsletter

Try [Consider the Consequences of Vaping](#), a national campaign with youth-friendly videos, virtual games, and other resources.

- Talk about vaping when it comes up in real time—like when you see it on TV or when you drive by a vape shop. Ask open-ended questions like *what have you heard about vaping?*
- Get your teen thinking about the consequences of vaping in ways that are meaningful to them. For example, try talking about how vaping could affect the amount of money they have, their sport goals, or their friendships or romantic relationships.
- Help your teen spot vaping-related advertising in movies, music, video games, and the like. Have conversations about what's being shown, and why. The vaping industry is known for using devious tactics to persuade young people to vape.
- Have conversations about what it means to think and act independently, and to make good decisions. Help your teen reflect on their values and judgments. This boosts their ability to resist the influences around them, like pressure from peers.

If you find that your teen won't engage in conversations about vaping with you, help them find a trusted, supportive adult they can talk to—for example, a teacher, coach, Elder, or faith leader.

## What should I do if I find out my teen is vaping?

Tell your teen that you love and care about them, and that you're there to help.

Use open-ended questions to get a feel for why they're vaping, like *tell me some of the reasons you vape*. Listen to their answers, and be there to support them. Try not to criticize or lecture.

If your teen needs help to quit vaping, talk to your health care provider or call 811 to speak with a Registered Nurse. If you need support to quit vaping or smoking, go to [AlbertaQuits](#) for information on phone-based quit counselling, text messaging, support groups, and more.

### For more information, go to:

- [Electronic cigarettes and vaping products](#)
- [Learning about how to talk with your child or teen about vaping](#)
- [Talking with your teen about vaping: A tip sheet for parents](#)

<sup>1</sup>Government of Alberta, 2021. [Addressing the health harms of smoking and vaping](#).

<sup>2</sup>Government of Canada, 2020. [Detailed tables for the Canadian Student Tobacco, Alcohol and Drugs Survey, 2018-2019](#).



# CONSERVATORY SUMMER CAMPS

**Wonderful Wizarding World (Ages 8 - 12)**

July 11 - 15 | July 25 - 29

**Content Creators: YouTube, Podcasts  
and Musical Coding, Oh my! (Ages 8 -12)**

July 18 - 22 | August 8 - 12

**Mini-U Music School (Ages 5 - 7)**

August 2 - 5

**Raise Your Voice!: A Broadway  
Junior Musical (Ages 13 - 20)**

August 15 - 19

**VISIT OUR WEBSITE FOR MORE INFORMATION:**

[www.ulethbridge.ca/music-conservatory/programs](http://www.ulethbridge.ca/music-conservatory/programs)  
[music.conservatory@uleth.ca](mailto:music.conservatory@uleth.ca)





Interested in hockey but don't want the significant time or financial commitment that often comes with this great sport?

We offer an organized non-checking recreational hockey league for all genders aged 5-17. All skill levels are welcome.

One hour, once a week. Season runs end of September to late March.

Register early – spots fill quickly.

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



# SWIM SESSIONS

**STARTS** **AT**  
**Sept 12, 2022** **Fritz Sick Pool**

Our club offers swimmers an opportunity to swim at a variety of levels: from competitive, to swimming as cross training or a life skill.

[SPARTANSAQUATICSClub.COM](http://SPARTANSAQUATICSClub.COM)

## AGES 6+

### DATES

Fall session starts Sept 12, running for 13 weeks. Winter session starts in January.

### FLEXIBLE

Swimmers can choose a variety of times and days of the week that work for them.

### SKILL LEVEL

Our beginner group is for kids who can swim a minimum of one pool length.

### COST

The fall session fees start as low as \$260.

### ADULTS

A Masters program for adults is available.