



*Catholic Central  
High School*

(403) 327-4596

Paws for the CCH News

June 1, 2022

"One School, Two Buildings, Endless Opportunities"

## PRINCIPAL'S MESSAGE

Here it is, the June Newsletter. One last chance to express just how incredible (and challenging) this year has been for our Catholic Central community. Serendipitously, I find myself writing this on a Sunday after the vigil and funeral mass of our dear Mr. O'Brien, while at the same time an alumni volleyball tournament ran, two full weeks after Grad 2022. There are so many emotions that cannot be articulated but I can honestly say that all of us are a part of something extra special here at CCH. "Community is much more than belonging to something; it's about doing something together that makes belonging matter." Parents, guardians, families, staff, students, alumni, and those who continue to support our community, we have done so many "things" this year that we will carry in our hearts and be proud of.

We are grateful for so many people who have astounded us with their commitment and dedication to Catholic Education and Catholic Central High School.

- Thank you to you, the parents and guardians, for sharing your children with us and trusting us to teach them the skills and knowledge they will need to go out into that great, big world.
- Thank you to our parish priests, our spiritual leaders, who guide and support us on our faith journeys.
- Thank you to our staff for working tirelessly throughout the school year to enhance our students' learning experience.
- Thank you to our alumni who give back their many gifts (treasure, talents, and time) to help us in continuing to foster community.
- Thank you to our students! A job well done this year. Be proud of all that you have accomplished!
- Thank you to all those who support the good and important work we do here at CCH.
- Above all, thank you our Almighty Father for blessing us with the people you surround us with every day, who make life more meaningful.



Lastly, I would like to congratulate and acknowledge those leaving our community. We wish you all God's blessings as you move forward with your future endeavors:

- Mr. Greg Wikenheiser - congratulations on your retirement! We hope you enjoy all that you have planned in the next chapter of your life.
- Mrs. Teresa Spearman - all the best in your retirement! May God bless you and keep you safe, always.
- Mr. David Mikuliak - you will be missed but we know that you will continue to influence the future of fine arts as you take on your new role at the University of Lethbridge.
- Ms. Castro-Torres - the St. Francis community is lucky to have you next year! You brought so much to CCH and we thank you for sharing your gifts.
- Ms. Allayna Ramp - we wish you all the best in your future endeavors!
- Mrs. Gibson - congratulations on the birth of your baby boy, Cameron Michael. Enjoy this time with your beautiful family.
- Mrs. Hawker - we are excited to meet the newest addition to our baby Cougars in the fall!

And with that, folks, I would like to wish each one of you a blessed, restful, and joyous summer break. See you at the end of August! - Mrs. Polec





Catholic Central Music  
Theatre Proudly Presents:

# ReWritten

2022

A performance celebrating 30 years of CCH  
music theatre.

At Southminster United Church  
- 1011 Fourth Avenue South

Performance dates:

- Friday June 3rd - 7:00 p.m.
- Saturday June 4th - 1:00 p.m.
- Saturday June 4th - 6:00 p.m.

Featuring: CCHS Music  
Theatre Students and  
Concert Choir from  
Catholic Central High  
School.

NO TICKET SALES

- Admission by  
donation at the  
door

(Suggested Donation  
\$10 - Adults / \$5  
Seniors/ Students)



## Graduation 2022 Thanks

It was an absolute pleasure and honor to oversee “all-things-grad” and there are many people who deserve our gratitude.

- Mr. Vercillo: for his help wherever or whenever needed – assisting with set up and rehearsals, helping with graduates, un-decorating, making sure the grad class stayed safe – name it and he was there to help. Oh, and how about that job he did announcing 296 Grad Statements?!
- Mr. New: for all his help with planning and coordinating the Grad Mass, distribution of certificates, set-ups and take-downs, and for doing a wonderful job of providing us with the Invocation.
- Mr. Myndio: for all his help with rehearsals, set-ups and take-downs, distribution of certificates, and introducing graduates at the Grand March.
- Mr. Collier and Mrs. Hoveling: for all their work on the grad list and being everywhere all weekend to organize our graduates. And thank you for ensuring each student received the right certificate!
- Mrs. Sutter, Ms. Magill, Mrs. Aasman, Mrs. Lambert, and Mrs. Wilson: for all the pre-grad work that was done, certificates, grad lists, slides, grad fees, grad photos, and gown organization.
- The Staff Grad Committee: Mr. Balog, Mrs. Christensen, Mr Collier, Mr. Cox, Mr. Dalton, Ms. Fox, Mr. Gilbert, Mr. Goruk, Mrs. Hawker, Mrs. Hoveling, Mrs. Johnson, Ms. Kristjanson, Mr. LeBleu, Mr. Ledsham, Mrs. Leroux, Mr. Myndio, Ms. Nadeau, Mr. New, Mr. Nummi, Mr. Pasquotti, Mr Skauge, Mr. Spiess, Mr. Vercillo, Ms. Yearous, Mrs. Aasman, Mrs. Sutter, and Ms. Magill: for everything they did to ensure everything ran as smoothly as it did from beginning to end.
- Ms. Fox, Mr. Kobza, and Mrs. Kirkvold for organizing the Feather Blessing and Metis Sash Ceremony. A special thank you to our Elders HolySpirit and Catholic Central Elders for bestowing eagle feathers and metis sashes to our graduates.
- Mr. LeBleu: for providing graduates with grad hoodies.
- Mr. Spiess: for organizing the grad mass and working with our commentator, readers, and offertory. And to Mr. Collier, Mr. Gilbert, and Mr. New for facilitating with set up.
- Mrs. Christensen, Concert Choir, Show Choir, Mrs. Hignell, and Mrs. Plewes: for providing us with beautiful music for mass and convocation (O’Canada).
- Mr. Cox: for working with and guiding all of the student speakers and MCs.
- Mrs. Leroux and her decorating committee, including Ms. Barrajon, Ms. Castro-Torres, Mr. Hogan, Mrs. Johnson, Mr. LeBleu and Ms. Magill for coordinating the decorations at the Enmax. They had a HUGE job of set up but the Enmax looked beautiful!
- Mr. Dalton and Mr. Goruk: for always being a calming presence (especially for Mrs. Polec) when it comes to organizing students into lines and directing the procession during the mass, the convocation, and the Grand March. Also, thank you for getting students picture-ready and feeling less anxious as they took the stage.
- Mr. Folkersen, Ms. Castro-Torres, and our Students’ Council ushers: for distributing programs and seating our guests.
- Mr. Balog, Mr. Dalton, Mr. Goruk, Mrs. Hoveling, Ms. Magill, Ms. Nadeau, Mr. Nummi, and Mrs. Umeris for ensuring all grad gowns were collected after convocation.
- Mr. Bulger, Mr. Collier, Mr. Folkersen, Ms. Goble, Mrs. Hoveling, and Mr. Wikenheiser for representing staff of Catholic Central during the distribution of certificates.
- Mrs. Larson: for creating the beautiful programs, posting information on the website, taking pictures at the Grand March and for sharing your photographs with our families of the graduates.
- Priests and Deacons: for being a visible presence at our graduation Mass and for their spiritual support of our students. Thank you especially to Father Kevin, Father William, and Father Derek, as well as Deacon Cliff.
- Helen Manzara and Cindy Lilienthal: for being the Sacristans.
- Bridge Brass: for providing beautiful music during mass.

- All those who were Eucharistic Ministers and Ushers during distribution of communion.
- Mr. Rosen: for running the Grad Mass slides.
- Mrs. Gibb: for bringing the warmest of greetings from the Board.
- Mr. Sampson: for bringing greetings from the Superintendent.
- All our Trustees and Senior Administrative Leadership Team who attended the mass and convocation.
- Mr. Daniel Vanden Dungen: for being present at the Convocation to celebrate those students who attended Trinity E-Learning School.
- Mr. Gurr and London Road Market for the snacks provided for graduates before the Grand March.
- Feature Productions: for making the entire weekend one to be proud of! Your ability to convert a “normal” production into one to cherish and remember is unmatched.
- Staff of the Enmax Centre: for their excellent service and continued guidance and support throughout the planning process.
- Sounds Unlimited Inc: for providing the music for the grand march and for the dance.
- Mark Orenstein and his crew from Life Touch Photographics: for taking the grad pictures, the group picture and pictures of the graduates receiving their certificates.
- The Lethbridge Herald: for the wonderful write up in the paper on our valedictorian!
- Candle lighters representing alumni, parents, CCH staff, Holy Spirit staff, clergy, and trustees: Father Derek, Roisin Gibb, Nina Osorio, Brody Prete, Annette Lambert, Dale Comchi, Teresa Spearman, Kim Yearous, Crystal Lothian, and Kendrick Fox.
- School Council for their lovely gift of rosaries for our graduates.
- Maya Nuyt and McDonald’s for their much-appreciated free meals for our graduates.... They were SO excited to receive them!
- Mrs. Urquhart: for preparing the French Certificates for those grads who have completed 12 years of French Immersion.
- All Staff of CCH: All the staff present throughout the weekend’s events for guiding students to where-ever they needed to be during the mass, the convocation, and the Grand March. For being available to students, for acting as substitutes for teachers involved directly in the grad activities and for their quiet, constant commitment to making graduation a memorable event for students. Graduation is a gift that the staff of CCH gives to our students.
- Grade 12s: We are very proud of how you took care of each other and walked together. You carried yourselves with dignity and class. It was an honor and a pleasure to celebrate with you!

Thank you to all who have made this event meaningful, memorable and successful. We certainly “owned every second”!

Joanne Polec  
Principal



The Taatsikioyis - Catholic Central High School Annual First Nations Métis and Inuit Education Program Awards Night is being held at:

**Catholic Central High School (Gymnasium)**  
**405 – 18 Street South**  
**Lethbridge**  
**Thursday, June 15, 2022 at 6:00 p.m.**

Ms. Emily Fox will be contacting those students who will be receiving an award. If you have any questions please contact her at 403-892-3842.



Greeting from the Athletic Directors Desk

As we near the end of the year and hopefully the completion of a turbulent yet triumphant athletic calendar, I wanted to thank all the athletes, coaches and parents for making CCH Athletics a priority. Thankfully, our athletes remained flexible and focused as tournaments and league games were often changed on short notice. However, learning through resilience and perseverance, they made the best out of their seasons and left all our programs in better shape than the years before them.

Throughout May and the beginning of June, our Rugby, Badminton, Softball, Baseball and Track/ Field Athletes witnessed their seasons come to a successful closure. Many competed through Zones, Provincials, and League Championships, where our CCH athletes put forth their best efforts and received many well-deserved accolades. Like in the fall and winter seasons, these extraordinary individuals gave everything they had for their teams and personal endeavors.

The badminton players won a plethora of gold, silver and bronze medals at Zones and placed a coed pair 4th at Provincials. Our CCHS Boys' Baseball team had another winning season but came up short in a pitcher's duel in the qualification rounds. The Girls' softball team experienced a few wins and personal successes as they finished their challenging season. The rugby girls helped LCI beat the extremely talented WCHS Bulldogs to solidify a berth at the coveted Provincial tournament. The track and field team qualified seven athletes through to Medicine Hat Provincials.

Ultimately, the CCH Administration, Athletic Director, and Coaches were incredibly proud as they saw the graduating athletes finish on a positive note and 'raise the bar' as past CCH athletes had done in years prior.

As we look forward to the CCH Fall Season, it excites me to welcome new and returning coaches to the following programs:

Golf: Devon Mulder, Lise Schmidt

Cross Country: Tom Collier, Charlene Leroux

Football: Jordan Dyck (HC), Dustin Ledsham, Anthony Vercillo (Director), Brian Macauley, Mike Peters, Kelly Stickel, Henry Brooks, Paul Litke, Andrew Kamitakahara, Justin Hurnanen, Travis Corazza, Broden Mar, Tony Zappone

Varsity Girls Volleyball: Ryan Myndio, Dusty Stauth

Jr Varsity Girls Volleyball: Chris Goruk, Madeline Vanden Elzen, Kaiden Harding

Varsity Boys Volleyball: Matthew Hammel

Jr Varsity Boys Volleyball: Matthew Nesom, Philip Tritz

# Catholic Central High School - Exam Schedule Q4 June 2022

	Time	Course	Campus	Teacher	Room Number
Monday June 13	9:00 AM	English 30-1 Part A	East	Omlon	202
REGULAR CLASS		English 30-1 Part A	East	Hartman	Library/206
Tuesday June 14	9:00 AM	Social 30-1 Part A	East	Collier	206
REGULAR CLASS		Social 30-1 Part A	East	Skauge	Library
Mercredi 15 Juin	9:00 AM	Francais 30-1 Partie A	Est	n/a	bureau
REGULAR CLASS					
Thursday June 16	9:00 AM	Francais 30-1 Partie B	Est	n/a	bureau
Friday June 17	9:00 AM	Math 30-1	East	n/a	office
		Math 30-2	East	n/a	office
		Biology 20	East	Nummi	105
		Physics 20	East	Hawker	111
		Physics 20	West	Hammel	527
		Biology 20	West	Balog	Gym
		Science 10	West	Balog	Gym
		Social 10-2	West	Castro Torres	523
Monday June 20	9:00 AM	English 30-1 Part B	East	Omlon	Gym
		English 30-1 Part B	East	Hartman	Gym
		Math 20-1	East	Umeris	129
		Math 20-1	East	Nadeau	124
		Math 10-2	East	Folkersen	122
		Math 31	West	Charlene Leroux	520
		Math 20-1	West	Dalton	513
		Math 10C	West	LeBleu	521
Wednesday June 22	9:00 AM	Social 30-1 Part B	East	Collier	Gym
		Social 30-1 Part B	East	Skauge	Gym
		English 10-2	East	Goble	127
		English 20-1	East	Cox	Gym
		English 10-1	West	Omlon	514
		English 10-1	West	Yaremicio	523
Thursday June 23	9:00 AM	Biology 30	East	Nummi	Gym
		Social 10-1	East	Gilbert	Gym
		Social 10-1	West	Vercillo	526
Friday June 24	9:00 AM	Chemistry 30	East	Goruk	Gym
		Chemistry 30	East	Bulger	Gym
		Social 20-1	East	Ramp	Gym
		Chemistry 20	East	Goruk	122
		Chemistry 20	East	Hawker	124
Monday June 27	9:00 AM	Physics 30	East	Hammel	Gym
Tuesday June 28	9:00 AM	Science 30	East	n/a	office

## Important Dates in June

June 3 & 4	Performances of ReWritten
June 8	Closing Mass in Campus East gym
June 8	Last School Council Meeting
June 15	First Nations, Metis, and Inuit Awards on Campus East
June 16	Last Day of Quarter 4 classes
June 17 - 28	Exam Days
June 17	Last Friday Mass in the chapel on Campus East
June 21	National Indigenous People's Day & CCH PD Day - No School/No Exams
June 23	Holy Spirit Indigenous Family Gathering on Campus East



The last School Council meeting of this year will be held on June 8, 2022 at 7:00 p.m. in the CCH East Library



A note from the Yearbook Crew:

We are getting very excited as our 2021-2022 publication: *The Good Times* comes together! We are looking at a fall delivery, sometime in September. Thanks so much to everyone who pre-ordered their copy! If you missed the deadline, all is not lost! We will have some extra copies for sale once they arrive. If you would like to be included on the "waiting list," please email [cchyearbook@holyspirit.ab.ca](mailto:cchyearbook@holyspirit.ab.ca) with your student's full name and current grade. Thank you!

## Grads



As a gift from CCH, you will be receiving a picture of yourself accepting your diploma that was taken at convocation.

Please check the daily bulletin for details on when and where to pick this up.

## 2022-2023 Student Timetables

2022-2023 student timetables will be made available to various grade levels in paper form (printed and distributed) on these dates:

**June 16** - all next year's grade 12 and 11 students will receive their timetables.

**June 23** - all next year's grade 10 students (at St. Francis, FLVT, St. Catherine, and St. Joseph) will receive their timetables.

If students wish to make timetable changes in June (rather than waiting until August), administration and guidance counselors will facilitate these changes on the following dates:

Grade 12s - June 16-20

Grade 11s - June 20, 22, 23

(School is closed June 21)

Grade 10s - June 23 - 27

After these dates, no timetable changes will be made until we reopen in August.

## August times and dates to note:

**Monday, August 22** - First day school reopens. Administrative Team and Counselors will be present on Campus East and Campus West for timetable changes from 12:00 p.m. - 3:00 p.m.

**Tuesday, August 23** - Counselors will be present on Campus East only for timetable changes from 8:00 a.m. - 3:00 p.m.

**Wednesday, August 24** - School Closed for Staff Welcome and Meetings

**Thursday, August 25** - School Closed for Division Opening Mass and Teacher Meetings

**Friday, August 26** - Administrative Team and Counselors will be present on both Campuses from 8:00 a.m. - 12:00 p.m.

**\*Open House for New Students (voluntary)** hosted by Students' Council from 10:00 a.m. - 12:00 Noon on both campuses. They will be running tours and will have information for students about what to get involved in!

**Monday, August 29** - Administrative Team and Counselors will be present on both Campus East and Campus West for timetable changes from 8:00 a.m. - 3:00 p.m.

**Tuesday, August 30** - Timetable changes available on both campuses from 8:00 a.m. - 3:00 p.m.

Wednesday, August 31 - First day of Quarter 1 classes!



## 2022-2023 Bell Times - Campus East & West

CAMPUS EAST	CAMPUS WEST
<b><u>Monday - Thursday</u></b>	<b><u>Monday - Thursday</u></b>
8:10 a.m. - 9:30 a.m. Block 1	8:10 a.m. - 9:30 a.m. Block 1
9:30 a.m. - 9:40 a.m. Break	9:30 a.m. - 9:40 a.m. Break
9:40 a.m. - 11:00 a.m. Block 2	9:40 a.m. - 11:00 a.m. Block 2
11:00 a.m. - 12:15 p.m. Flex	11:00 a.m. - 11:55 a.m. Flex
12:15 p.m. - 1:35 p.m. Block 3	11:55 a.m. - 1:15 p.m. Block 3
1:35 p.m. - 1:45 p.m. Break	1:15 p.m. - 1:25 p.m. Break
1:45 p.m. - 3:05 p.m. Block 4	1:25 p.m. - 2:45 p.m. Block 4
<b><u>Friday</u></b>	<b><u>Friday</u></b>
8:10 a.m. - 10:00 a.m. Blocks 1 & 2	8:10 a.m. - 9:50 a.m. Blocks 1 & 2
10:00 a.m. - 10:40 a.m. Break	9:50 a.m. - 10:30 a.m. Break
10:40 a.m. - 12:30 p.m. Blocks 3 & 4	10:30 a.m. - 12:10 p.m. Blocks 3 & 4

### Important Shuttle information:

#### Monday - Thursday

**Morning shuttle leaves East at 7:50 am (at latest)**  
**Middy shuttle leaves East at 11:10 am, West at 11:30 am**  
**End of day shuttle leaves West at 2:50 pm**

#### Friday

**Morning shuttle leaves East at 7:50 am**  
**Middy shuttle leaves West at 9:55 / leaves East at 10:05**  
**End of day shuttle leaves West at 12:15 pm**



#### **Executive Members**

Hailey Iwaasa (Gr 12): President  
 Marie Parisot (Gr 12): Vice President  
 Sophia Henke (Gr 10): Secretary  
 Anna Heilman (Gr 11): Media Coordinator  
 Anna Campmans (Gr 10): Poster Coordinator  
 Kaitlyn Sanders (Gr 10): Announcer

#### **General Members in Key Roles**

Allison Baptista (Gr 12): Acting Vice President Q1  
 Abigail Pollio (Gr 11): Lead – The Voice Publication  
 Isaac Ng (Gr 12): Senior Media Content Creator  
 Sel Baysa (Gr 10): Junior Media Content Creator

#### **General Members and Event Directors**

Kristina Gonsalvez (Gr 12)  
 Mmeso Ifebuzor (Gr 12)  
 Zoe Lenci (Gr 12)  
 Elizabeth Spiess (Gr 12)  
 Lemuel Tandog (Gr 12)  
 Samyra Abdela (Gr 12)  
 Scarlett Davis (Gr 11)  
 Wednesday Ferreros (Gr 11)  
 Gabe Anos (Gr 10)  
 Chelsea Dende (Gr 10)  
 Brookelynn Dunn (Gr 10)  
 Amaris Laroche (Gr 10)  
 Kyleigh McNab (Gr 10)  
 Evan Mosley (Gr 10)  
 George Rezk (Gr 10)

# CATHOLIC CENTRAL HIGH SCHOOL 2022-2023 SCHOOL YEAR CALENDAR

- 24 - First Day for Staff (Staff meetings & PD)
- 25 - Division Opening Mass & Staff Meetings
- 26 - Open House for New Students 10-Noon
- 31 - First Day of Q1 Classes

AUGUST '22						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER '22						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

- 5 - Labour Day
- 7 - School Pictures - East
- 8 - School Pictures - West
- 14 - Opening Mass
- 28 - Division Board Meeting
- 30 - National Day for Truth and Reconciliation

- 10 - Thanksgiving Day
- 11 - School PD Day
- 24 - Division PD Day
- 26 - Division Board Meeting

OCTOBER '22						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER '22						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

- 1 - Last Day of Quarter 1
- 10 - CCH Wellness Day
- 11 - Remembrance Day
- 14 - First Day of Q2 Classes
- 23 - Division Board Meeting

- 14 - Advent Mass
- 21 - Division Board Meeting
- 23 - Last Day Before Break
- 24-31 - Christmas Break
- 25 - Christmas Day
- 26 - Boxing Day

DECEMBER '22						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JANUARY '23						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- 1 - New Year's Day
- 2-8 - Christmas Break
- 9 - First Day Back After Break
- 18 - Last Day of Q2 Classes
- 25 - Division Board Meeting
- 27 - School PD Day
- 30 - First Day of Q3 Classes

- 15 - Division Board Meeting
- 20 - Family Day
- 21 - 24 - Reading Week - No School
- 23 - 24 - Teacher's Convention

FEBRUARY '23						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH '23						
S	M	T	W	Th	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- 1 - Lenten Mass
- 13 - Spiritual Development Day
- 14 - Division Collaborative Day
- 24 - School PD Day
- 29 - Division Board Meeting

- 6 - Last Day Before Break
- 6 - Last Day of Quarter 3
- 7 - Good Friday
- 9 - Easter Sunday
- 10 - 14 - Easter Break
- 17 - First Day Back After Break
- 24 - First Day of Q4 Classes
- 26 - Division Board Meeting

APRIL '23						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MAY '23						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- 12 - 13 - Graduation
- 22 - Victoria Day
- 24 - Division Board Meeting

- 7 - Closing Mass
- 16 - Last Day of Q4 Classes
- 21 - National Indigenous People's Day/ School PD Day
- 21 - Division Board Meeting
- 27 - Last Day for Students
- 28 - Last Day for Teachers

JUNE '23						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



- Q1 - Aug 31 - Nov 1 (40 Days)
- Q2 - Nov 14 - Jan 18 (38 Days)
- Q3 - Jan 30 - Apr 6 (41 Days)
- Q4 - Apr 24 - June 16 (38 Days)

No Students
Stat Holidays
School PD Days
Division PD/Spiritual Development/Collaborative Days
Division Board Meetings
First & Last Days of the Quarter
First & Last Days for Students
First & Last Days for Teachers

# OFF-CAMPUS NEWS



## May Hours

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



During the summer months students can still email or text their pay stubs or timesheets in to Mrs. Gurr at: [gurrw@holyspirit.ab.ca](mailto:gurrw@holyspirit.ab.ca) or 403-308-1873

## Summer Work Experience



Any students who have a summer job, and aren't in work experience already, please see Mr. Boschee to get registered. Students will then be able to get credits for the hours they work during the summer months.

Any students who do get a job during the summer can always email Mrs. Gurr at: [gurrw@holyspirit.ab.ca](mailto:gurrw@holyspirit.ab.ca) and she will email them a work agreement and get them registered to earn credits.



## Green Certificate Program

The summer is a wonderful time to start working on a Green Certificate. This program provides trainees with opportunities to enter a variety of agriculture-related, structured learning pathways, to earn up to 16 Grade 12 diploma credits and a credential leading to a career in agribusiness. To see and learn more about all eleven specializations go to : [www.alberta.ca/green-certificate-program.aspx](http://www.alberta.ca/green-certificate-program.aspx) For more information and to register contact Mr. Boschee.



## Fall Dual Credit Courses



### What is Dual Credit?

- An opportunity for students to explore career pathways
- Take post-secondary courses while still in high school
- Earn credits in both High School and Post-Secondary
- No tuition fees for students

### What are the benefits for students?

- Explore post-secondary opportunities while still in high school
- Get a "head start" on post-secondary
- Ease the transition from high school to post-secondary
- Save the tuition fee for courses completed in high school

### How will the courses be offered?

**Asynchronous**—work on your course any time of the day, but you must meet the deadlines

### Courses offered for Fall 2022

From **Olds College**: Sept. 26 to Dec. 16

- ◆ Precision Agriculture: Solving Technology Problems
- ◆ Introduction to Veterinary Profession
- ◆ Managing Landscapes
- ◆ Introduction to Sports Management

From **Lethbridge College**: Dates: TBA

- ◆ Check the Holy Spirit Website for list of courses

For further descriptions and information on all of these courses and how to apply go to: [https://www.holyspirit.ab.ca/educational\\_services/off\\_campus\\_education/dual\\_credit](https://www.holyspirit.ab.ca/educational_services/off_campus_education/dual_credit)

Or contact Mrs. McAdams at: [mcadamw@holyspirit.ab.ca](mailto:mcadamw@holyspirit.ab.ca)

## 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)



# National Indigenous Peoples Day



*“The first-and most important-step towards understanding Aboriginal [Indigenous] history is to recognize that Aboriginal [Indigenous] people are strong people. In spite of the severity of the many issues that individual families and communities face, Aboriginal [Indigenous] people are demonstrating their resiliency.*

*(Our Words, Our Ways, Alberta Education (2005) pg. 2*

## **Government of Canada - Learning and Activity Guide**

[https://www.rcaanc-cirnac.gc.ca/DAM/DAM-CIRNAC-RCAANC/DAM-PPLCOM/STAGIN/G/texte-text/nIPD\\_activity\\_guide\\_2018\\_1528380426091\\_eng.pdf](https://www.rcaanc-cirnac.gc.ca/DAM/DAM-CIRNAC-RCAANC/DAM-PPLCOM/STAGIN/G/texte-text/nIPD_activity_guide_2018_1528380426091_eng.pdf)

## **June 21, 2022 City of Lethbridge Events**

- Celebrate National Indigenous Peoples Day with a variety of activities
- 1-4 pm at Fort Whoop Up
- All ages - children to attend with adults - free admission - registration not required
- Mini powwow from 2-3 pm.
- Enjoy a sample of traditional Blackfoot berry soup and hot mint tea.



# June

Together on the Journey



St. Martha

School: The Children of St. Martha



ST. MARTHA

"Jesus loved Martha and Mary and Lazarus." This unique statement in John's gospel tells us of the special relationship Jesus had with Martha, her sister, and her brother. Jesus was a frequent guest at Martha's home in Bethany, a small village two miles from Jerusalem. We read of three visits in Luke 10:38-42, John 11:1-53, and John 12:1-9.

Many of us find it easy to identify with Martha in the story Luke tells. Hospitality is important in the Middle East. Martha welcomed Jesus and his disciples into her home and immediately went to work to serve them. Imagine her frustration when her sister Mary ignored the rule of hospitality and Martha's work in order to sit and listen to Jesus. Instead of speaking to her sister, she asked Jesus to intervene. Jesus' response was not unkind, which gives us an idea of his affection for her. He observed that Martha was worried about many things that distracted her from really being present to him. He reminded her that there is only one thing that is truly important – listening to him. And that is what Mary had done. In Martha we see ourselves – worried and distracted by all we have to do in the world and forgetting to spend time with Jesus. It is, however, comforting to note that Jesus loved her just the same.

Source: Catholic.org. *St. Martha*

## Together On the Journey

In the month of June, we come to the end of this year's journey together with the patron saints of Holy Spirit Catholic Schools. We hope that this newsletter has helped you to see the gift that you are to our faith community, and encouraged you to commit to continued growth on your spiritual journey. Our spiritual journey is always easier when we know that we are accompanied by those around us, and those who have gone before us. As Pope Francis said in his writing *Gaudete et Exsultate*,

*Each saint is a mission, planned by the Father to reflect and embody, at a specific moment in history, a certain aspect of the Gospel.*

There have been many times this year that the saints have illuminated our path in sometimes surprising ways. In this year, and indeed in all three years of our present Faith Plan that is now drawing to a close, we have been reminded by the saints and by those in our schools, parishes and families that we are never alone when we see ourselves as the Body of Christ. Even though our paths may have been more winding or rocky than the path shown in our Faith Plan image, we know that God accompanies us and teaches us His paths at all times.



*"Make me to know your ways  
O Lord, teach me your paths.  
Lead me in your truth and teach me,  
for you are the God of my salvation."*

Psalm 25:4-5

*"Do not neglect to do good and to share what you have,  
for such sacrifices are pleasing to God."*

Hebrews 13:16

# June

Together on the Journey



St. Martha

School: The Children of St. Martha


## Feast Days and Celebrations June 2022

- 5 Pentecost Sunday
- 16 Corpus Christi
- 19 Father's Day
- 21 National Indigenous Peoples Day
- 24 Most Sacred Heart of Jesus
- 25 Immaculate Heart of the Blessed Virgin Mary
- 29 Feast of Ss. Peter and Paul

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

### WEEK ONE

What are the things in your life that distract you from your relationship with Jesus and with other people? What can you do to minimize these worries and distractions?





### WEEK TWO

Carve out some time to spend with your friends this week – the kind of friends who lead you closer to Jesus. What do you think are the qualities of a good friend?



### WEEK THREE

Lazarus got very sick, so Martha and Mary sent for Jesus. When Jesus arrived, Lazarus was already dead and had been in a tomb for four days. Martha, with her customary forthrightness, went out to meet Jesus when she heard that He was nearby, and in this encounter, we see Martha's great faith in Jesus's power. "Lord, if you had been here," she said, "my brother would not have died" (John 11:21). In fact she added that "even now I know that whatever you ask from God, God will give you. (John 11:22) Do we have that kind of confidence? Do we know that Jesus will give us what is best? Read John 11 today and ask Jesus for faith like Martha's.



### WEEK FOUR

When we struggle with some trouble or doubt, it's easy for us to think that we've lost faith, are bad Christians, or are otherwise doing something wrong. Usually, though, we've just hit a little bump in the road. We still have faith – it's just a little harder for a while. When you struggle with a time of anxiety, trouble, or distraction, say out loud with Martha, "Yes, Lord, I believe that you are the Christ."



*"Yes, Lord, I believe that you are the Christ."*



*See what love the Father has given us, that we should be called children of God; and that is what we are.*

1 John 3:1a



### Sunday Gospel Readings

- June 5th/Pentecost Sunday  
John 20:19-23
- June 12th/Solemnity of the Most Holy Trinity  
John 16:12-15
- June 19th/Solemnity of the Most Holy Body and Blood of Christ  
Luke 9:11b-17
- June 26th/13th Sunday in Ordinary Time  
Luke 9:51-62

# Building Community Connections



Summer is a great time of year and for many, there may be highly anticipated events coming up for your loved ones, including graduations and school year end activities, or the eagerly awaited family events where undoubtedly fun memories will be created. Whether a vacation or “staycation” is in your future for this summer, we hope it is joyful and memorable. We hope that through our Building Community Connections Publication you are able to find many ways and opportunities to relax, find joy and be inspired to try something new. There are so many activities and events happening in our local and surrounding communities that are geared towards a variety of ages and interests that we encourage you to see what is possible. If you would like to submit information for Building Community Connections, please email [hssupportservices@holyspirit.ab.ca](mailto:hssupportservices@holyspirit.ab.ca)

**Holy Spirit Catholic Schools**  
1st Annual Division  
**Family Gathering**  
**Iitowaahkomstii'oppi**  
"Where We All Gather to Play Games"

**Thursday, June 23, 2022**  
Prayer 5:00pm  
Meal 5:15pm - 5:45pm  
Indigenous Games 6:00pm - 8:00pm

**Catholic Central High School**  
**Taatsikoyis**  
**East Campus (field)**  
405 - 18th St. South

"Siksikaitsitapi Families" Welcome!  
The event will be held outdoors so please bring your own chair or blanket to sit on. (In case of inclement weather, the event will be moved indoors to the CCH East Gym.)

For more information contact  
Shelley Kirkvold (403) 327-9555



Come celebrate **National Indigenous Peoples Day** with a variety of activities including a mini powwow. Enjoy a sample of traditional Blackfoot berry soup and hot mint tea. All ages, children to attend with adults. Registration not required and admission is free.  
June 21, 2022 from 1-4pm.

**Town of COALDALE**  
**Coaldale Summer Fest**  
August 5 & 6, 2022 is a celebration of and for our community with the theme of "Thank-you Front Line Workers" for 2022. The event kicks-off with a Movie in the Park on Friday evening and festivities will continue into Saturday starting with a pancake breakfast fundraiser. There's something for everyone of all ages.

**The Southern Alberta Ethnic Association presents**  
**LATIN FEST 2021**  
Saturday, July 17, 2021  
12:00pm - 7:00pm  
**FOOD | DANCE | MUSIC PERFORMERS | FAMILY FUN | BEER GARDENS**  
Multicultural Centre - Admission is FREE!  
West Parking Lot - Food & beverages available for purchase  
4216 Ave South  
403-320-1577 | [info@saea.ca](mailto:info@saea.ca)  
[www.saea.ca](http://www.saea.ca)



**Spray parks** are a great way to beat the summer heat in your neighbourhood.

Historically centered around the Coal Banks Trail, regional pathways connect neighbourhoods, parks and nature reserves throughout Lethbridge. Natural pathways are located in a variety of city parks as well and are a great way to explore the river valley parks. The City of Lethbridge's pathway network contains over 177 km of paved pathways and approximately 57 km of natural or gravel trails. [Pathways Maps](#).  
Find out what is going on in your neighborhood via the City of Lethbridge [Calendar of events](#).



Borrow one of the NEW StoryWalk from the Lethbridge Public Library. Kits include a copy of the book, activity sheets, suggested map locations, and adventure supplies. Kit not available?  
[Click here to try our online activities!](#)  
[Click here to download the activity map!](#)

Henderson Park | June 24 - 26, 2022  
**ATB Financial Lethbridge Rotary DRAGON BOAT FESTIVAL**  
Register your team at [www.lethbridgedragonfest.ca/registration](http://www.lethbridgedragonfest.ca/registration)  
ATB Rotary



**Lethbridge Folk Club Roots Music Festival**  
Multiple musical performance areas, vendors, food trucks and children's activities will all be part of this year's festival. August 20, 2022 from 12:00pm - 7:30pm.  
Where: Legacy Park / Cost: Free  
[lethfolk@gmail.com](mailto:lethfolk@gmail.com) / Ph: 403-892-8934

**EVENT DESCRIPTION:**  
All ages welcome! Drop by our pop-up tents for FREE outdoor play activities. Stay for some outdoor facilitated games then pick up one activity kit per family to take home/while supplies last. **Parent supervision required. Weather permitting. Check the on-line schedule at [buildingbrains.ca/events](http://buildingbrains.ca/events) for updates.**

**SAFETY PROTOCOLS:**  
-All public health measures will be in effect  
-Family focused events, parent supervision is required  
-One play kit provided for each family  
-If you're feeling unwell, we'll see you at our next location

**Partner Links**  
[Building Brains Together - buildingbrains.ca](http://buildingbrains.ca)  
[City of Lethbridge - lethbridge.ca/events](http://lethbridge.ca/events)  
[Community LINKS - community-links.ca](http://community-links.ca)  
[Family Centre Summer Programs - famcentre.ca](http://famcentre.ca)  
[Lethbridge Public Library - lethlib.ca](http://lethlib.ca)

**Holy Spirit Catholic School Division Supporting Family Wellness**

THEME	TUESDAY	WEDNESDAY
WEEK 1: CONNECTION	<b>JULY 5</b> Henderson Lake Park 10 AM-2 PM	<b>JULY 6</b> Henderson Lake Park 3 PM-7 PM
WEEK 2: MOVEMENT	<b>JULY 12</b> Wilson Middle School 10 AM-2 PM	<b>JULY 13</b> Wilson Middle School 3 PM-7 PM
WEEK 3: MUSIC	<b>JULY 19</b> Nicholas Sheran School 10 AM-2 PM	<b>JULY 20</b> Nicholas Sheran School 3 PM-7 PM
WEEK 4: NATURE	<b>JULY 26</b> Lakeview Elementary School 10 AM-2 PM	<b>JULY 27</b> Lakeview Elementary School 3 PM-7 PM
WEEK 5: ART	<b>AUGUST 2</b> Chinook Lake Park 10 AM-2 PM	<b>AUGUST 3</b> Chinook Lake Park 3 PM-7 PM
WEEK 6: RESILIENCE	<b>AUGUST 9</b> Coalbanks Elementary School 10 AM-2 PM	<b>AUGUST 10</b> Coalbanks Elementary School 3 PM-7 PM

**POP UP**  
Promoting culture, health & wellness!  
**Pop Up Yoga** born from the heart of the Lethbridge community; when we create positive changes in our selves we rise not only our energy but the one of all those around us

**nature play day**  
Lethbridge  
**At Henderson Lake**  
**June 11 2022**  
12pm - 4pm

**FEATURES:**  
NATURE SCAVENGER HUNT  
LOOSE PARTS PLAYGROUND  
DRAGON BOATING  
OUTDOOR GAMES  
FOOD TRUCKS  
HAMMOCKS  
PARK RUN  
KAYAKING  
CRAFTS  
YOGA & MORE!

HELEN SCHULER  
**NATURE CENTRE**  
Discover it here!  
Lethbridge

or more information: 403-320-3064 | [nature@lethbridge.ca](mailto:nature@lethbridge.ca)

**DOWNTOWN LETHBRIDGE**  
Find the best events that are happening in [Downtown Lethbridge](#).

**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

**Alberta Health Services**  
**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.

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

Whenever you need to talk, we're open.

Text 686868  
KidsHelpPhone.ca  
Call 1-800-968-8868  
Message at Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone  
Kids Help Phone



## The SEL advantage: 10 tips to support teens

Here's a new acronym for your teen parenting playbook: **SEL**. It stands for *social emotional learning*— the process of learning everyday skills like how to handle emotions, cope with stress, interact with others, and solve problems. SEL has traction in elementary schools, but it's not just for young kids. Studies show that SEL helps teens thrive at school, work, and in life.

Social emotional skills can be taught with formal instruction (like lessons at school) or through informal learning with day-to-day experiences (like communicating with others, building relationships, or dealing with challenges).

Here are 10 great ways you can support your teen's SEL journey.

### 1. Expand their emotion vocabulary

Teach teens to name and describe their emotions and moods – it's the first step in handling them. Take it beyond basic terms (like *happy*, *sad*, or *mad*) with tools like the [Atlas of Emotions](#) or [The Feelings Wheel](#).

### 2. Guide problem-solving

Make an effort to really listen when your teen shares their problems with you, like when they talk about challenges in friendships or dating relationships. Try not to jump in with opinions or ideas to improve a situation. Instead, help them brainstorm solutions and think through possibilities.



### 3. Give them responsibilities

Talk with your teen about ways they can contribute at home and in the community. Together, figure out tasks that suit their age, interests and talents – they could walk the dog, weed the community garden, or join a youth advisory council. Offering your teen choices in what they do builds their confidence and helps them feel valued and respected.

### 4. Help them plan

Don't assume that your teen knows how to juggle daily activities like school, sport, homework, and volunteering. Help them figure out routines that work for them, and try different ways of staying organized. For example, use print or digital calendars, planners, or scheduling apps. Check in often. Talk through key tasks and help your teen decide how they'll focus their time.

### 5. Focus on their strengths

Talk with your teen about their strengths – qualities like honesty, kindness, and persistence. Notice and acknowledge when they show their strengths, and try not to compare them to their siblings or peers.

### 6. Put them in the driver's seat

Think of your teen as your co-pilot in decisions that affect them. Give them an equal role in deciding things like what to do after school, how to style their hair, or where to go on your next family vacation. Listen and respect their ideas, even if they're different than your own. With this flexible approach, you'll get your teen reflecting on options, weighing pros and cons, and thinking through consequences.

### 7. Teach them how to cope with stress

Encourage your teen to try different ways of coping with stress. Help them explore physical activities (like soccer or cycling), calming activities (like art or yoga), cultural activities (like traditional dance or music) or spending time outside. Show them calming tips and how-to videos from Kids Help Phone, such as [breathing balloon](#) or [tension release exercise](#).

### 8. Help them work toward goals

Help your teen set ambitious goals and work toward them with small, realistic steps. Whether they're learning to drive, training for their first job, or trying a new sport, they'll likely need your support along the way. Show them how to break big goals into smaller, doable parts. Celebrate small wins along the way – it helps them stay motivated.

### 9. Reframe mistakes

Remind your teen that it's normal to make mistakes or have set-backs with goals. When you make a mistake, acknowledge it and apologize. Talk about how you'll make things right and what you'll do differently next time. This approach frames mistakes as opportunities for learning. It helps teens feel capable, optimistic, and in control.

### 10. Be there

Show your teen that you're there for them, always. Treat them with respect and kindness, and try not to criticize or judge. By interacting with your teen in positive ways, you signal to them how much you care. You also model skills for healthy relationships.