



PRINCIPAL'S MESSAGE

I told them that the hand of my God had been gracious upon me, and also the words that the king had spoken to me. Then they said, "Let us start building!" So they committed themselves to the common good. - Nehemiah 2:18

What a beautiful and apropos piece of scripture to start the beginning of the 2023-2024 school year! September is a glorious time of renewal and fresh starts, while providing us with the opportunity to fall into the routines and structures we seek. Last year, in Year One of our Faith Plan, we began with the call to "Arise!" to take new action, to do something important in relation to God's plan for his people.



In Year Two - Build! - we will become more cognizant that God is in Our Minds, as we act to serve the good of others through sacrifice, generosity, and dedication. Here, at Catholic Central, we will be working on building relationships of trust and accountability, exploring new ways of building pathways, opportunities, and legacies, and building strong foundations in faith, academics, fine arts, and athletics (our four pillars). As already emphasized in a previous message, our staff is dedicated to supporting our students' academic success, success that comes from regular daily attendance and from focus (without the distractions of devices) in the classroom. Together, our collective efforts will help us in (re)connecting with each other.

Speaking of connecting, as a school, we endeavor to keep you informed through our website, newsletters, emails, PowerSchool, and through our social media channels. Please ensure that you are not missing out on keeping informed! A couple of ways of staying connected are:

- Check out our website <https://www.holyspirit.ab.ca/cch/> for access to calendars, school fees, re-entry updates, newsletters, bell times... you name it, it's there!
- Follow us on Twitter at @cchschooll and Instagram (cch.school).

- Download the PowerSchool App or bookmark it on your device for information about your child's progress and attendance.
- Subscribe to our monthly (sometimes twice a month) newsletter.
- Ensure your email information and phone numbers are up-to-date in PowerSchool by letting the office know (as I often do call outs and send frequent email updates).
- If all else fails, call the school at (403) 327 4596 and someone will help you find the information you are searching for.

We look forward to working alongside you and your children and hope that this school year will be filled with excitement and joy, rigor and relevance, and love and laughter. On behalf of the staff at Catholic Central, I wish all of you a blessed school year! - Mrs. Polec, Principal



Family School Liaison Counsellor Information

Ok, Hello to all of our incredible students and their families. My name is Mallory Kristjanson and I am grateful to be entering into my third year as your Family School Liaison Counsellor. I am shared between both campuses and I am very excited to connect with new and returning students and their families this new school year.

I wanted to share some resources parents/guardians have access to through me:

Shoes for Kids YQL: If your child would benefit from a brand new pair of shoes for this school year, please simply reach out to me via email to

Kristjansonm@holyspirit.ab.ca.

I only need your child's grade, gender and shoe size. Your child will then be gifted with a brand-new pair of shoes at the school waiting for them;

Free Haircuts: Until September 29, 2023 – your FNMI Liaison, Ms. Emily Fox, and FSLC have FREE hair cut coupons. Please have your child connect with either support at CCH.

Resources and referrals: Please be advised we work in collaboration with both internal and external services throughout SW Alberta. Should you wish to gain further information about various programs available, supports and/or sessions AHS runs, you are invited to contact Mallory directly at the school at 403-327-4596.



Upcoming Dates to Remember for Quarter 1

September

September 5	First Day of Q1 Classes - all students begin at 8:10 am - please go directly to your block one class! There will be important information outlined by teachers including: school fees, personal device agreement, attendance procedure, lockers (which will be assigned), flex time, transportation, and other basic information.
September 6	Grade 10 and 11 grade level meetings on East in gym (Blks $\frac{3}{4}$)
September 7	Grade 10 and 11 grade level meetings on West in gym (Blks $\frac{3}{4}$)
September 8	Grade 12 grade level meeting on East (Blks $\frac{3}{4}$)
September 11	Picture Day on East (Blks $\frac{1}{2}$) and Grade 12 grade level meeting on West (Blk 3)
September 12	Picture Day on West (Blks $\frac{1}{2}$)
September 18	Opening Mass at 9:30 am on East
September 19-29	10 Days of Truth & Reconciliation
September 29	Orange Shirt Day

October

October 3	Midterm
October 5	Parent/ Teacher/ Student Conferences
October 9	Thanksgiving - No School
October 20	Picture Retakes on both East and West
October 23	Division PD Day - No School
October 26	FLA Part A Diploma
October 27	FLA Part B Diploma
October 30	ELA Part A Diploma
October 31	Social Studies Part A Diploma

November

November 1	Last Day of Q1 Classes
November 2	Math Diploma and AWARDS NIGHT (22-23 school year)
November 3	ELA Part B Diploma
November 6	Social Studies Part B Diploma and Chemistry Diploma
November 7	Physics and Biology Diplomas
November 8	Science Diploma and CCH PD Day - No School
November 9	CCH Wellness Day - No School
November 10	Day in Lieu for Remembrance Day - No School
November 11	Remembrance Day
November 13	First Day of Q2 Classes

IMPORTANT INFORMATION

Catholic Central High, as part of the HolySpirit Roman Catholic School Division, uses **PowerSchool** as its student information system. It provides parents and students access to real-time information including attendance, assignments/ tests/ exams, grades, and the Daily Bulletin. For students new to Catholic Central, information on how to access the parent PowerSchool portal was provided to students on day one of classes. If you require assistance logging onto the parent portal for PowerSchool, please contact the school office at 403-327-4596 and speak to Ms. Kim Magill.



SchoolCash Online and School Fees



The Holy Spirit School Division uses School Cash Online which provides you with the convenience of paying online for school items such as school fees, trips, co-curricular fees, etc. Go to: [holy spirit.school cash online](http://holyspirit.schoolcashonline.com) to register online. Once you have registered your child, you will be able to see all fees owing for your students. If you have any questions during the registration process or while shopping online, please call Mrs. Tamara Wilson and she can assist you. If you prefer to pay by cash or cheque you can always do so by coming into the office. All fees are posted on the CCH website, under the "Our School" tab.



Student Contact Information

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

A message from Munchies Food Service:

Dear Staff & Students;

Due to rising food costs, the cafeteria prices may fluctuate. If you have any concerns, please let us know.

Thank you for supporting local!



Healthy Communication - CCH Staff (teachers & support staff) all have the right and responsibility to disconnect from work related communication during time away from work. Please be aware and respectful of the fact that we are following the Holy Spirit School Division's policy to disconnect between 6:00 p.m. and 6:00 a.m.



School Bussing Information

For information about transportation (busing), please click on the following link: [Lethbridge Schools Transportation](#)

Any inquiries about bus routes, shuttle buses, etc. can be directed to Mrs. Cheryl Shimbashi, Transportation Coordinator at (403) 380-5303.

OUR SOUTHLAND RIDERS CAN USE...

MyBusStop

REAL-TIME SCHOOL BUS TRACKING FOR:

- ROUTE STOPS
- ROUTE SCHEDULES
- TRAFFIC
- BUS LOCATION
- BUS PROGRESS
- POSSIBLE DELAYS

CATHOLIC CENTRAL HIGH SCHOOL'S CODES:
 Campus East: 1GP1031LO9
 Campus West: KSZDVQR9A8

For more information, visit: www.holyspirit.ab.ca/transportation/mybusstopapp



New Policy for Borrowing Materials

This year Catholic Central High School instituted a policy to assist us in the return of materials borrowed during the school year. This system will benefit the school, in particular the library, as it has suffered real loss in the past with library books and textbooks not being returned or damaged, which have to be replaced.

This also reminds students of what materials they have borrowed that must be returned.

A caution fee of between \$80 and \$140 has been added to your school fees. Should something not be returned, it will be taken off this fee. If the caution fee is insufficient, the student will be billed for the balance. All materials will have to be returned in good condition or the fee will be implemented. If all materials are returned, the caution fee will be refunded at the end of the school year.

If you have library books, textbooks, calculators or other school materials and you are no longer using them, please return them to the school as soon as possible.

Note: We take every measure to ensure that the item signed out to you was indeed signed out to you. Please take care of these materials so that we can pass them on to other students in good condition.

If you have questions about what book you have signed out, contact lavkulichj@holyspirit.ab.ca

If you have questions about the caution fee and how it is implemented, contact wilsont@holyspirit.ab.ca



Campus East - September 11
Campus West - September 12

Retakes will take place on both campuses on October 20



2022-2023 Yearbooks are in! Graduates of 2023 are invited to pick up their pre-purchased yearbooks at the office on either campus. Parents, you can verify if a yearbook was purchased by checking your School Cash Online account. If you didn't pre-order, there are still a few copies for sale.

New Staff



Mr. Dale Comchi returns to CCH after 12 years of teaching elementary school at St. Patrick Fine Arts Elementary and Children of St. Martha Elementary School. Mr. Comchi started his teaching career at CCH in 2005 where he taught Social Studies and CTS while coaching football and track and field. He's excited to be returning and can't wait to get started!

Hi everyone! My name is **Cassandra Patterson** and I'll be joining the Social and Religion departments here at CCH. As an alumni of the school, I truly understand how special this place is! I was born and raised in Lethbridge, and then moved to the States to pursue a Bachelors and Masters degree while also playing Division 1 Volleyball at Indiana State University. This experience has served me well and I'm excited to be joining CCH as the Senior Girls head coach for the upcoming fall season. Since moving back to Canada in 2020 I've been working at St. Francis Junior High and have taught a multitude of subjects. When I'm not in the classroom or on the court, I enjoy reading, cooking, DIY-ing and travelling. I'm thrilled to be coming back to CCH and to be given an opportunity to share my knowledge and celebrate my faith. I look forward to getting to know the students, staff, and parents of the CCH community!



Staci Schori



attended the University of Lethbridge and has been teaching for 11 years; 2 in Medicine Hat and 9 with Holy Spirit. She has worked at various schools in various towns throughout the division, and has spent the last 7 years teaching grade 1/2 at St. Teresa of Calcutta. As a Fine Arts major, Staci enjoys dabbling in various mediums and incorporating those with her teaching. Through her many years as a grade 1 teacher, she has developed a passion for early literacy instruction. She grew up in Medicine Hat and moved to Lethbridge 10 years ago with her family. Her husband coaches Pronghorns Swimming as well as LASC. Staci has two children, Willow - age 11, and Linden - age 9. Staci enjoys paddle boarding and kayaking with her family and hitting up Analog Books when she should be at the library. She purchased a Nintendo Switch

for her children for Christmas last year which was a mistake as she now spends far too much time playing Zelda. Staci looks forward to the new challenges ahead teaching English Language Learners at CCH.



Hi! My name is **Brenda Mudri**. Some of you may remember me from Ecole St. Mary where I began my professional career with the Holy Spirit Catholic School division in 2013.

I am excited to now join the CCH and Trinity E-Learning office teams and to meet all of YOU!

I thank God each and every day for my two beautiful children - my daughter, Amy and my son, Joey. Now, through my daughter, Aubrey has joined our family. I am so truly blessed. My children are my heart!

I know you feel the same about your children and I want you to know that I consider it a blessing and privilege to now be a part of their academic journeys.

Changes in Staffing



I am very excited to return to CCH from my Maternity Leave and share in this wonderful community that I have been blessed to be apart of for the past five years. I look forward to being back in the classroom and wish everyone a great start to the school year! **Mrs. Hawker**



Mrs. Hoveling has been teaching at CCH and acting in capacity of guidance counsellor but will be moving into a half day Grad Coach position working alongside Ms. Fox and half day teaching.



Mrs. Ross will be spending half of her day in the classroom and the other half she will be moving into the guidance counselling position. (Mr. Collier will continue to provide guidance counselling support in the other half of the day.)



Ms. Tinworth has been teaching at CCH, and will be teaching in the Religious Education Department this year.

PS 3 Interns



Greetings and warm welcomes!

My name is **Montana Durand** and I am an intern teacher from the University of Lethbridge pursuing my degree in a Bachelor of Fine Arts and Education. As the degree might suggest, I will be teaching Art in the fall quarter seasons. Outside of the classroom, I am always looking to do something enriching and exciting, whether it be a hike on a mountain trail or cozying up with a good book. I look forward to meeting you all very soon and learning great things alongside you.

Hello, Catholic Central High School community!

My name is **Olivia Kettle**. I am so appreciative and excited for this opportunity to learn, teach and continue my professional development as a teacher.

Let me tell you a little bit about myself!

I am 22 years old and I am originally from a small town in the interior of British Columbia. After graduating from high school in 2019, I made my way to Lethbridge with my sights on becoming a drama teacher. I am going into my final year at the U of L taking a degree in Dramatic Arts and Education. Drama and the arts have always been a very special part of my life. Drama is where I found a sense of “home” and a community of like-minded individuals all trying to find their places in the world. The arts are a creative outlet for me that allows me to explore and make discoveries about myself, others and the world around me. I want to be a drama teacher in hopes to foster an environment where students feel safe, supported in their creative endeavours, and can have the space to be who they are and have fun!



I will be teaching some of the drama courses this fall, under the guidance of Braden Dalton. I look forward to this new venture in my professional life and meeting and becoming a part of this community!

PS 3 Interns

Hello! My name is **Rebecca Maier** and I am extremely grateful to be joining the Catholic Central High community in the fall of 2023. I am a U of L Education student with a Bachelor's of Biological Sciences. I am very passionate about Science, and I am excited to share my love of learning with the students at CCH. When I'm not in the classroom, I enjoy reading, paddleboarding, and walking my dog.

I am looking forward to the upcoming school year and meeting the school community!



Hello! My name is **Georgia Strain**, and I am a 4th year English Major at the University of Lethbridge.

I grew up an hour away from Lethbridge in the village of Foremost and have spent many summers and weekends in the Rocky Mountains.

Besides my passion for reading, I enjoy watercolour painting, alpine skiing at Fernie and Castle Mountain, and learning Japanese in my spare time. I love to travel and have visited England, Germany, and Italy so far, and hope to travel to South America and Asia in the future. I am excited to be a part of the CCH community in the fall and look forward to working with the students and staff!



Hello, my name is **Miss Jessica Moylan** and I will be joining the CCH community in September. I am an intern teacher from the University of Lethbridge and I am excited to be teaching some Social Studies courses this fall.

Outside of teaching I am passionate about sports and being active. My goal is to create a supportive and inclusive environment within the classroom. I am grateful for the opportunity to be a part of this vibrant school community and look forward to collaborating with students, parents and fellow educators.



OFF-CAMPUS NEWS

Listed below are the programs offered through Off-Campus Education.

We also offer Career, Post-Secondary and Scholarship Information.

We work with CAREERS: The Next Generation who help connect students with employers

If you have any questions or would like to know more about any of our programs, please contact us.

Work Experience

Work Experience is a program designed to create an opportunity for students to earn high school credits and experience the World of Work first hand. Students may be in a paid or a volunteer position. Students can earn up to 15 credits towards their High School Diploma. All students **must have** complete the **HCS 3000 Workplace Safety Systems course** before starting work experience and complete the **Off-Campus Work Agreement** form and return it **BEFORE** hours of work will start to be accumulated. Students are responsible for finding their own positions.

Earn while you learn!



Green Certificate Program

This program is a joint endeavor between Alberta Education and Alberta Agriculture and Forestry. Participants learn by actively performing the skills required under the direction of experienced farm personal and provides students with credentials that could lead to a career in agribusiness. Students must complete the AGR3000 Agriculture Safety course before starting the course. Students can earn up to 16 credits towards their High School Diploma . There are 11 different specializations to choose from. Go to : <https://lethbridgecollege.ca/green-certificate> for more information.



Registered Apprenticeship Program (RAP)

This program provides senior high school students the opportunity to earn credits in high school and gain on-the-job training that can be applied towards an apprenticeship. Students can earn up to 40 credits towards their High School Diploma. All students **must have** complete the **HCS 3000 Workplace Safety Systems course** before starting the program and be paid at least minimum wage for their work. RAP students will also receive their Apprenticeship Blue Book.

Earn while you learn!



Dual Credit - In Partnership with Olds College and Lethbridge College

Dual Credit courses are an opportunity for high school students to explore career pathways, post-secondary opportunities, get a head start on post-secondary diploma programs and ease transition from high school to post-secondary while still enrolled in high school. Students will earn credits in both high school & post-secondary at the same time. There are no tuition fees for post-secondary courses completed during high school.



Special Projects

Special Projects are projects that students can pursue in which they have considerable interest or ability but which are not within the scope of the regular curriculum. Students can earn up to 15 credits towards their Diploma.



**Mr. Boschee is in the Career Centre on Campus East on Tuesdays and Fridays.
Mrs. Gurr is in the office on Campus West on Tuesdays and Thursdays.**

Your Off-Campus Team

Mark Boschee - Off-Campus Coordinator Cell: 587-220-4258 or Email: boscheem@holyspirit.ab.ca

Wendy Gurr - Career Practitioner - 403-327-4596 Ext 312 or Email: gurrw@holyspirit.ab.ca



Welcome Back!

HELLO AND WELCOME TO THE NEW SCHOOL YEAR!

The Holy Spirit School Division has created a new mental health and wellness initiative for the school communities. This team is comprised of Billy Woitte and Emily Williston, and is called the (I)SWAG - (Indigenous) Student Wellness Access Guides - our focus is on helping our students and their families find the right supports for them in the community, providing further education and knowledge gaining for parents on mental health concerns the child may be experiencing and how they can help them work through these issues, as well as initiating an Artist in Residency program that will place emphasis on the benefits of art on healing within the schools.

Please stay tuned for further information on the parent presentation topics and benefits of attending these presentations (...prizes and food!...), dates and times will be released in the October newsletter!

We look forward to meeting you all and working together to create a year full of learning, connecting, and community!

Best wishes,
Your Local (I)SWAG, Billy Woitte and Emily Williston
#StrongerTogether



SWIM SESSIONS

STARTS
Sept 11, 2023

AT
Fritz Sick Pool
420 11 St S

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

SPARTANSAQUATIC.COM

AGES 6+

DATES

Our fall session starts Sept 11 and runs for 13 weeks.

FLEXIBLE

Our club offers a variety of times and days of the week as well as make-up classes.

SKILL LEVEL

Our beginner group is for kids who can swim a length of the pool independently.

COST

The fall session fees start at \$260 for the session.

ADULTS

Our club offers a Masters program for adults.



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 from October to March. Registration closes on September 17, 2023 - spots fill quickly so don't delay!

www.lethbridgerechockey.com





No cost to participate!



Ages 13-18

Learn to Cope with Stress Y Mind

Everyone experiences worries and stress. Y Mind is here to help young people learn how to cope with stress so they can live their best lives.

Starting November 7th | 7 Sessions | Free!

Drop-In Information and Registration Sessions at the YMCA:

Saturday September 23rd at 1:30 pm

Friday September 29th at 2:00 pm

This free program is run by caring, trained staff, in a safe supportive environment at the Cor Van Raay YMCA

For more information or to Register please contact YMCA Mental Health Advisor

Megan Fester megan.fester@lethbridgeymca.ca

Cheri Carson cheri.carson@lethbridgeymca.ca



Lethbridge & District 4-H Clubs are looking for new members to join their clubs in the fall!!

4-H IS A YOUTH DEVELOPMENT PROGRAM WITH A LONG, RICH HISTORY IN ALBERTA AND AROUND THE WORLD.

**LOOKING FOR MEMBERS 9 – 20 YEARS OF AGE
SOME CLUBS OFFER THE CLEAVER KIDS PROGRAM - 6 - 8 YEARS OF AGE
NO EXPERIENCE REQUIRED**

4-H is a dynamic program whose projects encompass everything from **active living, arts, science and technology, crafts, cooking, agriculture** and **so much more!**

The 4-H program gives **URBAN** and **RURAL** youth and adults life-long skills such as co-operation, leadership, interpersonal relations, critical thinking, decision making, organization, public speaking and community service.

Check out the 4-H website for more information – www.4hab.com

Contact one of the clubs in the Lethbridge District

Green Acres Dairy 4-H Club – greenacresdairy4h@gmail.com – Toby Kleinsasser
Project: dairy

Lethbridge Coaldale 4-H Beef – 1daniels@telus.net or call/text 403-308-7191 – Kim Daniels
Project: beef – Check out their Achievement Day June 9th & 10th – Lethbridge Exhibition

Lethbridge Northern 4-H Beef - treenavh@gmx.com – Treena Van Hierden
Project: beef – Check out their Achievement Day May 31st

Readymade 4-H Multi Club - readymade4hclub@gmail.com – David Hodge
Projects: beef, sheep, arts, crafts, cats, shooting sports – Check out their Achievement Day June 2nd & 3rd – Lethbridge Exhibition

TNT 4-H Multi Club – melanie.daniels84@gmail.com or 403-635-0564 – Melanie Daniels
Projects: pheasants, crafts, foods, wood turning, shooting sports, fishing & more - Check out their Achievement Day June 2nd & 3rd – Lethbridge Exhibition

Turin 4-H Club – turinalberta4H@gmail.com or 403-360-4808 – Chelsea Nieboer
Projects: sheep, beef, sewing – Check out their Achievement Day June 3rd 9 AM Picture Butte

Wild n Woolly 4-H – wnw.sheep@gmail.com or 403-634-7297 – Marina Grant
Project: sheep - Check out their Achievement Day June 2nd & 3rd – Lethbridge Exhibition



Learn To Do By Doing





ALBERTA
EDUCATION

Office of the Minister
MLA, Calgary - Bow

Dear Parents,

Another school year has started and as Alberta's new Minister of Education, I want to introduce myself and give you a quick update about some of the things your government has been doing to ensure our students are set up for success.

A top priority for my parents was getting me a high-quality education, since I'm a second generation Calgarian. Having immigrated to Calgary in the 1970s their educational opportunities were limited, and they firmly believed that a strong education is the path to greater success and prosperity. I took their advice to heart and went on to earn my PhD in political science and conflict resolution. I'm passionate about education and will work hard to set our students up for success.

As the 2023/24 school year gets underway there are several important highlights I want to share with you.

I firmly believe that the upcoming school year will give students the tools and resources they need to succeed.

Here are some of the things that we are working on:

1) We are injecting new funding to start the school year off on the right foot.

For the current school year, Alberta's government has increased funding to many of our school divisions to make sure they have the financial resources they need to give our kids a world-class education. Funding has increased by seven per cent from last year increasing the total amount of taxpayer dollars going directly to our school divisions to \$7.4 billion. In addition, a new Classroom Complexity Grant will be implemented which provides \$126 million over three years in new funding to help school authorities hire more educational assistants to help our teachers manage classrooms that are increasingly more complex with more students with diverse learning needs. As well, our hardworking teachers will also receive a two per cent salary increase this September as part of a deal reached with teachers last year and finally, we are providing \$414 million in new funding, a 32 per cent increase, to help bus another 80,000 students to school.

2) We are hiring more teachers and staff in our classrooms.

As students head back to class, they may start to see new friendly faces in their school. Budget 2023 provided funding to hire up to 3,000 new educational staff over three years, including teachers, educational assistants, bus drivers and other school support staff such as speech language pathologists and psychologists. Ensuring students have the supports they need to succeed in and out of the classroom is a top priority of mine.

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3) We are focused on improving student mental health.

Alberta's government is supporting almost 80 mental health pilot projects across the province, with an investment of \$50 million. These projects will encourage student well-being through new and innovative approaches to providing supports and services like counselling, social and emotional learning, student assessment and training for school staff. For more information, please click [here](#).

4) We will continue to lead the country in early literacy and numeracy assessments.

As a father of two, I want to know how my girls are progressing in their academic journey and I know many of you want the same. In September of 2022, Alberta's government implemented new mandatory literacy and numeracy screening assessments for all students in Grades 1 – 3. These assessments will help identify students who are struggling with literacy and numeracy skill development and inform teacher intervention lesson plans and techniques to improve student skills. Based on school reporting, these interventions are working. I am very proud of the work that is being done here. Please know Alberta is leading the country with this type of early assessment and screening and will continue to foster new and improved ways to improve the education system. For more information, please click [here](#).

In closing, I want to thank and acknowledge all our hardworking teachers, educational assistants, principals, and other school support staff. The work that you do is deeply acknowledged and appreciated by Alberta's government and I want to express my personal appreciation for your work. I look forward to serving as our province's Minister of Education for our great province and am confident we can continue to provide every student with a world-class education.

Best,

Demetrios Nicolaides ECA PhD
Minister of Education

September

Build!

Pilgrims of Hope



“...if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday.”

Isaiah 58:10

St. Vincent de Paul 1581-1660 (Feast Day: September 27)

St. Vincent de Paul was born in France in 1581, and lived in the countryside with his family until the age of 15, when he entered the seminary to train as a priest. He didn't start out intending to become a great saint; in fact, it took him quite a while to figure out how to really live out his vocation. Over time, his heart was changed and became more compassionate towards the poor. Once he began working simply to respond to the basic needs of those around him from a Christian stance, his work blossomed. He worked with the *Daughters of Charity*, a group of lay women who worked extensively with the poor and sick. They collected donations for distribution that created homes for abandoned children, a hospice for the elderly, and freed galley slaves.

He can be a great model for us in our daily lives then, if we are struggling to determine our vocation or to find ways to contribute to the common good. In all of his endeavours, St. Vincent de Paul started by recognizing and promoting the dignity of those around him. This legacy lives on today, in the *Society of St. Vincent de Paul*, founded in 1833 by his followers. This Catholic society is open to all who want to love and serve their neighbour. In Canada the [Society of St. Vincent de Paul](#) serves more than 350,000 people each year.



“Building” In Our Schools

This year, the call in our Holy Spirit Catholic School Division Faith Plan is to *Build!* Last year, there were so many ways in which students and staff in our schools showed how to *Arise* in our faith, and we are looking forward to sharing the different ideas that schools have around “building” over the course of this year.

One project that we are all contributing to this year is raising funds to assist in the building of St. Odilia's School in Zambia. You can find out more about this school [here](#); please consider how you might be able to help us with this project!

Corporal Works of Mercy

— Shelter the Homeless —

Speaking in Washington, D.C. in 2015, Pope Francis said:

I can imagine Joseph, with his wife about to have a child, with no shelter, no home, no place to stay. The Son of God came into this world as a homeless person. The Son of God knew what it was to start life without a roof over his head. We can imagine what Joseph must have been thinking. How is it that the Son of God has no home? Why are we homeless, why don't we have housing? These are questions which many of you may ask, and do ask, every day. Like Saint Joseph, you may ask: Why are we homeless, without a place to live? And those of us who do have a home, a roof over our heads, would also do well to ask: Why do these, our brothers and sisters, have no place to live? Why are these brothers and sisters of ours homeless?

People experience homelessness for many different reasons. Our faith encourages us to reach out and encounter those without the stability of a home, affirming their human dignity, and assisting them in seeking solutions to the challenges they face.

What might some practical suggestions be?

- help elderly neighbours care for their homes and do repairs
- support and/or volunteer at a homeless shelter
- support and/or volunteer for charitable agencies who care for the homeless, build homes, and provide support in the wake of natural disasters
- consider becoming a foster parent

Dignity of the Human Person

Through the course of this year, we will look each month at one of the Catholic Social Teachings. The aim of Catholic Social Teaching is to shine the light of the Gospel on our contemporary world, allowing us as disciples of Christ to look at the world around us with new eyes, and to take action.

All of the Catholic Social Teachings are rooted in the inherent dignity of the human person, created in the image and likeness of God. Our belief in the sanctity of human life and inherent dignity are the foundation of our moral vision for society. As the Catechism of the Catholic Church notes:

“Being in the image of God the human individual possesses the dignity of a person, who is not just something, but someone.”

Consider the following questions in your reflection:

- How strong is your belief in your own human dignity?
- When you interact with family members and friends, can you honour and reverence the dignity of each person?
- Are there some people whose dignity you find challenging to uphold? How could you pray about overcoming these obstacles?

Learn more through one or more of these videos:

Catholic Social Teaching 101 - [Life and Dignity of the Human Person](#)

Duquesne University - [Human Dignity in the Catholic Tradition](#)

Caritas Australia - [Dignity of the Human Person](#)

FORMED - Symbolon Episode 9: [Building a Civilization of Love](#)

FORMED - Symbolon Episode 10:

[Protecting the Dignity of the Human Person](#)

“If we are faithful to God, we will lack nothing.”

- St. Vincent de Paul



Gospel Readings

September 3, 2023

22nd Sunday in Ordinary Time

Gospel Reading: Matthew 16:21-27

“...You are thinking not as God does, but as human beings do.” — Matthew 16:23

If you had to leave your house in a hurry, what five things would you take? What if you only had time to take just one of them? What would be the most important thing to save? In our Gospel today, St. Peter tries to stop Jesus from going into danger. He has decided that Jesus' life is the most important thing to save. But Jesus knows that saving his own life isn't the most important thing. He knows that eventually some people will kill him for speaking the truth, speaking out against injustice, and loving everyone, even those whom others don't think are worthy of love. But Jesus is willing to die rather than change the way he lives, and he knows that God can make new life come out of death.

Have you ever experienced a difficult situation only to find out later that God had a plan to use that for your good?

*For where your
treasure is,
there your heart will
be also.*

- Matthew 6:21

Prayer:

Lord, when I am struggling, help me to trust that you know what's best and you will use all things for my good, even those that are painful right now.

September 10, 2023

23rd Sunday in Ordinary Time

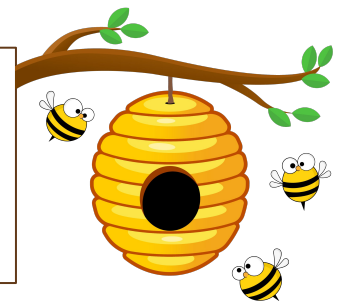
Gospel Reading: Matthew 18:15-20

“For where two or three are gathered together in my name, there am I in the midst of them.” — Matthew 18:20

When we discover someone is doing something wrong, how do we respond? Do we go to him and try to help him improve? Do we talk about him behind his back? Do we just ignore what he's doing and let him get into deeper trouble?

In our Gospel today, Jesus shows us that we have a responsibility to help each other improve. That's hard to do because our good intentions might be seen as butting in when it's not our business. But Jesus reminds us that he will be with us and wants us to care enough to make a difference in other people's lives. If we ask for his help, he will give us the right words to use. We must always speak the truth in love.

Discuss together what loving words you can use to help someone get back on the path to God. Consider times when you were corrected by someone and how you felt.



Pleasant words are like a honeycomb, sweetness to the soul and health to the body.
Proverbs 16:24

Prayer:

Please, dear Jesus, increase in me your gifts of courage and humility so that I may give and take constructive criticism with an open and loving heart.

Download this month's [Saint Prayer Card](#) - St. Vincent de Paul



Gospel Readings

September 17, 2023

24th Sunday in Ordinary Time

Gospel Reading: Matthew 18:21-35

“Lord, if my brother sins against me, how often must I forgive him?” — Matthew 18:21

When someone hurts us, it's very common to want revenge. We often feel it's unfair if that person does not experience the same hurt inflicted on us.

In our Gospel today, Jesus tells us that his way is different. Instead of looking for ways to get back at someone, we should remember that Jesus forgave us even when we didn't deserve it. Just before Jesus died on the cross, he said to his Father “Forgive them, for they know not what they are doing.” What an example He gave us! Even in the midst of suffering like a criminal, even though he was completely innocent, he forgave not only those who inflicted the pain that day but all people throughout the ages—even us. So, are we to forgive only once in a while? Jesus said there is no limit to the amount of times we should forgive others. For surely he didn't limit his forgiveness of us!

Pray today for people in prison and those who have been hurt by their crimes.



Matthew 18:21-22

Prayer:

Lord, it's hard to forgive when I experience injustice. Only with your help can I imitate your great love. Come to me when I need to forgive someone, dear Jesus.

September 24, 2023

25th Sunday in Ordinary Time

Gospel Reading: Matthew 20:1-16

“Thus, the last will be first, and the first will be last.” — Matthew 20:16

In the Gospel today, we hear a parable about a landowner who pays all his workers the same amount of money, even though they did not all work the same amount of time. We may wonder why Jesus seems to be okay with that— isn't it unfair?

I remember when my son made the basketball team in junior high. Every day after school he and his teammates practiced for two hours. One day, a new student came to his school. The coach wanted him to feel welcome so he made him the starter for the next game. Without doing all the work the rest of the team had done, he received the same reward. Do you think that was fair? The team DID NOT! The following year my son started high school and his art and music teachers gave him opportunities to shine. He had natural talent in these areas, but so did other students. Was it fair? Perhaps the Gospel message is that instead of measuring our blessings against what others get, we should appreciate the many ways we are blessed.

Have you ever been jealous of someone else's success? Remember, God loves us all... in different ways!



Prayer:

Lord, please help me to appreciate your gifts, even if things seem unfair at times. Give me the patience to wait and see what generous ways you love me.

Sources:

[St. Vincent de Paul](#)

[Human Dignity: The Cornerstone of Catholic Social Teaching](#)

Image: [Beehive Hanging On A Tree Branch](#)

Division Parishes

“...not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.”

Hebrews 10:25

 <p>Assumption Church Lethbridge</p> <p>Father Kevin Tumback Father Santiago Torres</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am (Live-streamed) 6:00 pm</p> <p>2405-12th Avenue S. Lethbridge, AB T1K 0P4 Tel: 403-327-8931</p>	 <p>St. Basil's Church Lethbridge</p> <p>Father Kevin Tumback Father Santiago Torres</p> <p>Mass (Saturday): 7:00 pm Mass (Sunday): 7:30 am 11:00 am</p> <p>604 13 Street N. Lethbridge, AB T1H 2S7 Tel: 403-327-8931</p>	 <p>St. Martha's Parish Lethbridge</p> <p>Father William Monis</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am 11:00 am</p> <p>355 Columbia Blvd. W. Lethbridge, AB T1K 5Y8 Tel: 403-381-8891</p>
 <p>Ss. Peter & Paul Parish Lethbridge</p> <p>Father Gary Sedgwick</p> <p>Mass (Saturday): 8:30 am Mass (Sunday): 10:00 am</p> <p>643 12B Street N. Lethbridge, AB T1H 2L6 Tel: 403-328-4753</p>	 <p>St. Ambrose Parish Coaldale</p> <p>Father Ian Gagne</p> <p>Mass (Sunday): 9:00 am 4:00 pm</p> <p>1523-23rd Avenue Coaldale, AB T1M 1E2 Tel: 403-345-3400</p>	 <p>St. Catherine Parish Picture Butte</p> <p>Father Ian Gagne</p> <p>Mass (Sunday): 11:00 am</p> <p>762 Crescent Avenue Picture Butte, AB T0K 1V8 Tel: 403-732-4433</p>
 <p>St. Augustine Parish Taber</p> <p>Father Philip Van Tinh Le</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am</p> <p>5009-48th Avenue Taber, AB T1G 1T4 Tel: 403-223-2226</p>	 <p>St. Michael's Parish Bow Island</p> <p>Father Wojciech Jarzecki</p> <p>Mass: 9:00 am</p> <p>1101-1st Street E. Blow Island, AB T0K 0G0 Tel: 403-545-2023</p>	 <p>St. Michael's Parish Pincher Creek</p> <p>Father Myles Gaffney</p> <p>Mass: 10:00 am</p> <p>958 Christie Avenue; Box 339 Pincher Creek, AB T0K 1W0 Tel: 403-627-3071</p>



NOTICE TO PARENT OR GUARDIAN OF RELIGIOUS PERMEATION

Section 58.1 of the *Education Act* requires a school board to give notice to a parent or guardian when courses of study, education programs, institutional materials, instruction or exercises include subject matter that deals primarily and explicitly with religion. All of the schools in this division are Catholic Separate Schools, the essential purpose of which is to fully permeate Catholic theology, philosophy, practices and beliefs, the principles of the Gospel and teachings of the Catholic Church, in all aspects of school life, including in the curriculum of every subject taught, both in and outside of formal religion classes, celebrations and exercises. Every course of study and educational program, all institutional materials, instruction and exercises will at all times include subject matter that deals primarily and explicitly with religion.



FAIR NOTICE LETTER

Dear Parents / Guardians,

The Holy Spirit Catholic School Division is committed to providing safe learning environments for all students, staff, school visitors and community members. When a student behaves inappropriately, principals use progressive discipline to help a student take responsibility for their actions, change their behavior and learn from their mistakes.

When students' behaviors pose a potential threat to safety or serious harm, the Southwest Alberta Regional Violence Risk Threat Assessment Protocol (VTRA) helps principals take further steps to protect the well-being of students and staff. The protocol helps schools respond quickly to threatening incidents such as: possession of a weapon or a replica weapon, bomb threats or plans, verbal, written or electronic (internet, text) threats to kill or injure oneself or others or other threats of violence, fire setting.

The Southwest Alberta Regional VTRA Protocol outlines how a school responds immediately to threatening behavior. Principals may first bring together a School Threat Assessment Team, which ideally includes the principal / associate principal, a school based counsellor / jurisdictional lead and police of jurisdiction. If the situation is serious the principal may also consult the Superintendent of Schools and call in members of the Community Threat Assessment Team. This community team may include representatives of community agencies who work with us to keep our schools safer such as, but not limited to, local police, children's mental health organizations or Child and Family Services. Parents / guardians will be notified as soon as possible in the Stage I - VTRA Process. If parents / guardians cannot be reached, but a concern for safety still exists due to threatening behavior, the threat assessment may still proceed. Personal information shared throughout this process will respect and balance each individual's right to privacy with the need to ensure the safety of all.

This letter complies with procedure 2 of *Administrative Procedure 322: Violence Threat / Risk Assessment (V-TRA) Protocol*, which states that parents / guardians will be provided with "fair notice" that each threat will be taken seriously. Should you wish to further review this Administrative Procedure, please visit our website at www.holyspirit.ab.ca.

If you have any questions regarding the Holy Spirit Catholic School Division's use of the Southwest Alberta Regional V-TRA Protocol, please contact the Director of Support Services at the St. Basil Catholic Education Centre. We appreciate your support in ensuring our schools are safe environments for our students, staff and community partners.

Sincerely,
Ken Sampson, Superintendent of Schools

Catholic Central High School

Quarter 1 Calendar September 5 - November 1, 2023

September 4 Labour Day - No School	5 First Day of Q1 Classes	6	7	8
11 Picture Day - CEast	12 Picture Day - CWest	13	14	15
18 Opening Mass - 9:30 am	19	20	21	22
25	26	27	28	29 Orange Shirt Day
October 2	3 Midterm	4	5 P/T/S Conferences	6
9 Thanksgiving	10	11	12	13
16	17	18	19	20 Picture retakes
23 Division PD Day - No School	24	25	26 French Part A Diploma	27 French Part B Diploma
30 English Part A Diploma	31 Social Part A Diploma	November 1 Last Day of Q1 Classes	2 Awards Night (2022-23) Math Diploma	3 English Part B Diploma
6 Social Part B Diploma Chemistry Diploma	7 Physics Diploma Biology Diploma	8 CCH PD Day - No School Science Diploma	9 CCH Wellness Day - No School	10 Day in Lieu - Remembrance Day - No School
13 1st Day of Q2 Classes				

CATHOLIC CENTRAL HIGH SCHOOL 2023 - 2024 SCHOOL YEAR CALENDAR

30 - First Day for Staff – Division Opening Mass and Staff Meeting (office closed)
31 - School PD and Teacher Work Day (office closed)

AUGUST '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		

SEPTEMBER '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

1 - Teacher work day and New Student Open House
4 - Labor Day (No school)
5 - First Day of Q1 Classes
11 - Picture Day on East Campus
12 - Picture Day on West Campus
18 - Opening Mass
29 - Orange Shirt Day
30 - National Day for Truth and Reconciliation

3 - Midterm
5 - Parent/Teacher/Student Conferences
9 - Thanksgiving Day - No School
20 - Picture Retakes CEast & CWest
23 - Division PD - No School
26 - FLA Diploma Part A
27 - FLA Diploma Part B
30 - ELA Diploma Part A
31 - Social Studies Diploma Part A

OCTOBER '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				

NOVEMBER '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		

1 - Last Day of Q1 Classes
2 - Math Diploma
2 - Awards Night (22-23 Year)
3 - ELA Diploma Part B
6 - Social Studies Part B & Chemistry Diplomas
7 - Physics & Biology Diplomas
8 - CCH PD Day (No School) & Science Diploma
9 - CCH Wellness Day (No School)
10 - Day in Lieu (Remembrance Day) (No School)
11 - Remembrance Day
13 - First Day of Q2 Classes

12 - Midterm
13 - Advent Mass
14 - Parent/Teacher/Student Conferences
22 - Last Day of Classes
Dec 23 - Jan 7 - Christmas Break

DECEMBER '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

JANUARY '24						
S	M	T	W	Th	F	S
31	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			

8 - Classes Resume
9 - Blessing of Classrooms
10 - ELA Diploma Part A
11 - Social Studies Diploma Part A
12 - FLA Diploma Part A
19 - Last Day of Q2 Classes & FLA Diploma Part B
22 - Math Diploma
23 - ELA Diploma Part B
24 - Social Studies Diploma Part B
25 - Biology Diploma
26 - Chemistry Diploma
29 - CCH PD Day (No School) & Physics Diploma
30 - First Day of Q3 Classes & Science Diploma

Continued

CATHOLIC CENTRAL HIGH SCHOOL 2023 - 2024 SCHOOL YEAR CALENDAR

1 - Grad Parent Info Night
 7&8 - Grade 9 Parent Info Nights
 12-15 - Feeder Schools Course Selections
 14 - Ash Wednesday Mass
 19 - Family Day (No School)
 19-23 - Reading Week (No School)
 22 & 23 - Teacher's Convention
 26 - Classes resume
 26-March 7 - CCH Course Selections

FEBRUARY '24						
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		

MARCH '24						
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						

5 - Midterm
 7 - Parent/ Teacher/ Student Conferences
 8 - All Course Selections Due
 11 - Division Collaborative Day (No School)
 29 - Good Friday (No School)
 31 - Easter Sunday

1-7 - Easter Break
 ④ - FLA Diploma Part A
 ⑤ - FLA Diploma Part B
 ⑧ - First Day Back after Break & ELA Diploma Part A
 ⑨ - Last Day of Q3 Classes & Social Studies Diploma Part A
 ⑩ - Math Diploma
 ⑪ - ELA Diploma Part B
 ⑫ - Social Studies Part B & Biology Diplomas
 ⑮ - Chemistry & Science Diplomas
 ⑯ - CCH PD Day (No School) & Physics Diploma
 17 - First Day of Q4 Classes


APRIL '24						
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 '24						
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	

8 - Feather Blessing and Metis Sash Ceremony
 10 & 11 - CCH Grad 2024
 16 - Midterm and Parent/Teacher/ Student Conferences
 20 - Victoria Day (No School)
 27 - Division Spiritual Development Day (No School)

5 - Closing Mass
 ⑪ - ELA Diploma Part A
 ⑫ - Social Studies Diploma Part A
 ⑬ - FLA Diploma Part A
 ⑭ - Last Day of Q4 Classes and FLA Diploma Part B
 ⑰ - Math Diploma
 ⑱ - ELA Diploma Part B
 ⑲ - Social Studies Diploma Part B
 ⑳ - Biology Diploma
 21 - National Indigenous Peoples and CCH PD Day (No School)
 ⑳ - Chemistry Diploma
 ㉕ - Physics Diploma
 ㉖ - Science Diploma
 27 - Last Day for Students
 28 - Last Day for Staff

JUNE '24						
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	⑳	㉕	㉖	㉗	㉘	29



Q1 - September 5 - November 1 (40 Days)
 Q2 - November 13 - January 19 (40 Days)
 Q3 - January 30 - April 9 (39 Days)
 Q4 - April 17 - June 14 (41 Days)

No students
Mass Days/ Blessing of Classrooms/ Feather Blessing
Statutory Holidays
School PD/Div. PD/Spiritual Dev./Collab. Days
First Days of the Quarter
Last Days of the Quarter & Year
Parent/ Teacher/ Student Conferences