



## Principal's Message

*Written by Associate Principal, Mr. Dale Comchi*

Dear CCH Community,

As we prepare to celebrate Easter, we are reminded of the themes of renewal and growth. Easter is a time for spiritual reflection, gratitude, and renewal of faith. It is an opportunity for our community to come together in the celebration of the hope and promise of new beginnings. We embrace the energy



and warmth of the spring season, we reflect on the journey our students have taken thus far, and look to the opportunities for growth and renewal that lie ahead.

We commend our students for their hard work, perseverance, and commitment to pursuing their academic goals and personal growth. We encourage families to celebrate students' achievements and reflect on the learning and growth that has taken place so far this year.



Let us take the time to reflect on the blessings we have in our lives and to nurture a spirit of gratitude for the gifts God has given us. A thank you to students, staff, parents, and community members representing and making contributions to our school community.



At the close of Quarter 3 we celebrated many achievements. The Wrestling season came to a close with a provincial placing by Kayden Mellafont. Our basketball teams celebrated their seasons with their annual awards night.



Our Wizard of Oz performers and crew celebrated the successful run of their production with a fun year end evening. We would also like to recognize and thank the hard work of those involved in the year book and Students' Council who continue to work towards creating a vibrant school community.



With the start of Quarter 4, we welcome the opportunity for new beginnings and a fresh perspective and start. This quarter presents a chance for students to set new goals, challenge themselves in new ways academically and personally, and an opportunity for students to make improvements in all areas of their lives.

As the weather warms up, our spring sports teams are gearing up for their seasons. Badminton, baseball, slow pitch, and rugby have already started their preparations and look to return to competition in April. Dragon Boating has had an organizational meeting and will be looking to get out onto Henderson Lake for some practices. Look for Track and Field to be starting after the Easter Break. A call out to performers interested in performing for CCH Coffee House as they will be having an organizational meeting in April.



We pray our students have a successful final day of classes and exam break to complete Quarter 3. We look forward to our School Retreat and the start of Quarter 4.

We wish all families and members of our community a restful and joyful Easter Break with moments of renewal and rejuvenation.

Sincerely,

Dale Comchi  
Associate Principal  
Catholic Central High School



*Blessings*



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

# Important Dates

## March

28 - Holy Thursday - Last Day of Classes before Easter Break

29 - Good Friday - No classes

31 - Easter Sunday

## April

1 - 7 - Easter Break

8 - First Day Back after Easter Break & Social Part A Diploma

9 - Last Day of Q3 Classes

10 - English Part A Diploma

11 - Math Diploma

12 - English Part B Diploma

15 - Social Part B Diploma & Biology Diploma

16 - CCH PD Day - No School & Chemistry 30 Diploma

17 - First Day of Quarter 4 & School-wide Retreat

## May

1 - Feast of St. Joseph the Worker

7 - Feather Blessing & Metis Sash Ceremony on

10 - 7:00 pm Graduation Mass at Enmax

11 - 9:00 am Convocation Ceremonies and 7:30 pm Grand March at Enmax

16 - Midterm & Parent/ Teacher/ Student Conferences

20 - Victoria Day - No School

27 - Division Spiritual Development Day - No School

31 - CCH Coffee House

*Jestens* **YEARBOOKS** ON *Sale Now!*

## ATTENTION PARENTS:

Don't forget to order your student's copy of the 2023-2024 yearbook! **COPIES ARE LIMITED!** Order yours now by scanning the QR CODE HERE →

**DEADLINE: May 31, 2024 | COST: \$45.00**



# GRAD 2024



As we enter into the last full planning month before Graduation Ceremonies 2024, it is important to review what we have done and what is left to do:

- The first grad list has been posted. Students must ensure that they check their graduation status and the name that we have in PowerSchool for them. Should a student require a “name change” (ie: student wants to be called up to the stage as anything other than the name we have PowerSchool), they must fill out a “Name Change Form” which can be picked up at either office.
- The last fee grad fees have been collected and grad gowns, stoles, and caps with tassels have been ordered. These will arrive a week or so before graduation and will be distributed to graduates on the morning of May 10 on Campus West at the morning rehearsal which will begin at the bell (8:10 am). Please do not be late to this meeting.
- Grad photos are close to being complete. Any grade 12s that missed their sitting at LifeTouch will need to reach out to LifeTouch directly to reschedule. If you need assistance with this, please contact Mrs. Lambert or Mrs. Sutter.
- There are many opportunities for graduates to be involved in the events over the course of the weekend - both at Graduation Mass and at Convocation. We welcome and encourage students to consider volunteering for these various roles. Once your individual name is put forward, it will be taken to the Staff Graduation Committee for consideration and selections will be made. Mrs. Polec will then contact graduates in mid- April to offer them the role.
  - \* Please note, there are some roles that are "selected" by the grad committee like Valedictorian (based on formula for highest academic achievement) and Commentator for Mass (based on formula for second highest academic achievement).
  - \*\* Second note, as there are limited roles, we will take into consideration our four pillars of faith and service, academics, fine arts, and athletics and an individual's contribution to building community over the past three years at CCH.
- Any suggestions for Grad Songs/ Themes are due by Monday, April 1, 2024. The form to submit can be found in the Grad 2024 Google Classroom.
- Grad Statements should have been formally submitted in grade 12 RE 35 classes. If any revisions need to be made, please email them to Mr. Vercillo before Friday, April 12, 2024.

That's it for now. I will provide more information directly to grade 12s in the Grad 2024 Google Classroom as I need to. Should you have any questions, please feel free to email me at [polecj@holyspirit.ab.ca](mailto:polecj@holyspirit.ab.ca)

- Mrs. Polec

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## APRIL 8 PARTIAL SOLAR ECLIPSE

We are anticipating a partial solar eclipse on the first day back after Easter break, on the 8th of April. It is expected to last for just short of 2 hours, beginning at 11:49 a.m. (MDT) and ending at 1:38 p.m., with the maximum eclipse (the deepest point of the eclipse) at 12:43 p.m.



Because of this, and for the safety of our students, Superintendent of Schools, Mr. Ken Sampson, is asking that we keep all children / students inside the school for the duration of the partial eclipse.

The link below contains lots of information about the eclipse:

<https://www.timeanddate.com/eclipse/in/canada/calgary?iso=20240408>

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# School-Wide Retreat - April 17, 2024

## **What is the purpose of a retreat?**

A retreat refreshes and revitalizes, gives the opportunity for more time spent in prayer and contemplation, and rekindles and deepens our relationship with God. We can see retreats as an opportunity to more clearly hear God's call and to seek God's healing grace and thereby attain a degree of spiritual renewal. It is also time spent with each other to form bonds with one another, contemplate purpose/ meaning and motives in life, and work with one another toward specific goals.

## **Why are we coming together for a School-wide Retreat?**

The question would be, why not? This year, the call to action of our Three-Year Faith Plan is "Build!", which asks us to look outward and recognize that we live in community, spiritual unity, and relationship. In this "Spirituality of Communion", we foster healing, reconciliation, and renewal.

At Catholic Central, we have decided that instead of three grade-level retreats (which has been the tradition), we will embark on coming together as a whole school community... a first for CCH in terms of retreat planning!

## **Who will be involved?**

All Catholic Central staff and students, members of the school community (parish, NET Team, Knight of Columbus), and special guests.

## **Where will the retreat be held?**

All students will report to/ attend their block 1 class (this is the first day of Quarter 4) for teachers to take attendance and provide an overview of and instructions for the day. From there, all students will be transported to Campus West, where the retreat will take part for the duration of the day. Please note, students will need to take their usual "ways-of-getting-to-and-from-school" and we have organized transportation from there.

## **When will the retreat be?**

Wednesday, April 17, 2024 - the first day of Quarter 4 classes.

## **What will we be doing on the day of the retreat?**

Michael Chiasson from Access52 will be the guest speaker. For over ten years, Michael has been helping people make an "All In" decision to be their best self by helping them find their place and conviction. As a speaker, musician, TV host, and writer, he has spoken to over 100,000 people around the world. He was the recipient of the 2016 Shepherd Leadership Award and has spoken at teacher conferences, schools, grad retreats, parent conferences and corporate events.

Other Activities will include talks, meditation, prayer time in various ways, hands-on activities, smudging, and other fun and engaging activities.

For the grade 12s, Mrs. Polec will be providing "the next steps" in preparing for Graduation Ceremonies 2024.

## **What does a student need to bring for the day?**

Positive attitudes and a willingness to engage and participate! We have an amazing student body and we are excited to walk this journey together. Students will not need their typical "first-day-of-the-quarter" items, nor will they need snacks or a lunch (unless there are certain preferred things they typically cannot go without or if they have any food sensitivities/ allergies). Lunch and various break/ snack items will be provided.

It is important to note that as a Catholic school, we prioritize faith and academics as two of our pillars. This retreat will serve as a means for all involved to open up our hearts and minds to strengthen our relationship with God and others.



# Welcome

Hello All,

My name is Cody Chipman, and I will be teaching Social Studies during the fourth quarter! I am a recent graduate from the University of Lethbridge and am an English major with a minor in general humanities – so expect a literacy-rich classroom. A bit about who I am – I love to coach! In fact, I have helped coach the Raymond Comets football team for the past 3 seasons and have helped with basketball development camps throughout the years as well. I also love to spend as much time with my wife and two daughters (one more baby is on the way too) as possible. Family and faith are a big part of who I am, and it is my hope that we can work together to build a safe learning community where everyone feels comfortable sharing answers and experiences with one another. I am excited to get to know each one of you as we begin this upcoming quarter. If anyone has any questions, please feel free to reach out.



Sincerely,  
Mr. Chipman



## CONGRATULATIONS to the U19 Lethbridge Rattlers

The U19B Lethbridge Rattlers won GOLD this past weekend in Leduc! Their season almost never started as they did not have enough players. Fortunately, they were able to move up players who would have played U16 to join their team. With a lot of hard work and mentoring the younger players, they truly became a team not to be underestimated. Throughout the season, they had wins and losses, but continued to work towards their goal of making it to provincials. In Leduc they played with grit and determination and won all their games to give them a perfect 6-0 record. The teams they played were challenging, but their offense and defense left their opponents unable to catch them. Kudos to the following players from CCH who are a part of this amazing team- Mataya White, Phoebe Ruggles, Kaitlyn Sanders, Shayla Walshe, Ily Vucurevich and Stevie Sander.

## High Level Innovation Conference 🚀: Uniting Southern Alberta's Tech, Tourism, and Innovation Enthusiasts! 🌟

Save the dates—May 3-4, 2024, for an electrifying experience in Lethbridge! Are you under 18? Grab your FREE tickets now and step into a world of innovation. Plus, lock in a multi-day pass by April 1st to gain a door prize entry for a \$200 EB Games gift card!

Explore zones dedicated to emerging tech, innovative tourism, and career opportunities in gaming, development, trades, and more. There will be engaging sessions featuring keynote speakers and panelists across the 2-day event.

It's time to fuel your mind with insights and connections that break boundaries!

Secure your spot at [www.highlevelinnovation.com](http://www.highlevelinnovation.com) for tickets and more details.

Not local to Lethbridge or want to explore the city? Utilize Tourism Lethbridge's [My Itinerary Tool](#) to plan your stay in Lethbridge. Find more information about the Alberta Esports Championship [here](#).



# OFF-CAMPUS NEWS



## Dual Credit Courses for 2024/2025

Dual Credit is the opportunity for students to take college-level courses while still in high school and earn 5 credits, at a 30 level, towards their high school diploma and 3 credits at the post-secondary level. This is an excellent chance for students to try out a subject, see what college courses are like, and/or get a head start on post-secondary or take a course that just interests them. Holy Spirit School Division pays the tuition cost for the course but students are responsible for purchasing any books or supplies if required.

Contact Mr. Boschee or Mrs. Gurr for more information or to receive a Holy Spirit application form for any of the dual credit courses.

### Lethbridge College Dual Credit Courses

Over 40 different courses are being offered. These courses are delivered online asynchronous with a few courses having on-campus labs held during the course. **Any of the Trades courses: Intro To The Trades, Transportation Trades, Electrical Trades, Construction Trades, or Culinary Trades are held at the College from 9 am to 4 pm for 7 to 9 Fridays over the Fall or Winter semesters.** For a full list of the courses and descriptions go to <https://lethbridgecollege.ca/programs-and-courses/dual-credit>

Deadline to apply is June 7, 2024

Fall Semester is September 4 to December 6, 2024

Winter Semester is January 27 to May 2, 2025



### U of L Dual Credit Course

**Introduction to Academic Writing (Writing1000)**

This is a foundational course for students to be able to express themselves in writing. This course is an in-person class held at CCH.

### Olds College Fall Dual Credit Courses

Accounting Principles 1  
Intro to Veterinary Profession  
Solving Technology Problems  
Leisure, Sporting Events & Recreation Operations  
Marketing Principles

Introduction to Sports Management

These courses are all offered asynchronous

**Deadline to apply is September 11, 2024**

**Fall Semester is September 25 to December 18, 2024**



### April Virtual Career Sessions

De-icing Technician— April 23 at 4:30pm

Economist— April 24 at 4:00pm

Phlebotomist— April 25 at 4:00pm

Roofer— April 30 at 5:00pm

Register for one or all of these sessions, or listen to past sessions, at:

<https://careersteps.ca>



### The Off-Campus Team



Mark Boschee - Off-Campus Coordinator - Cell: 587-220-4258 or Email: [hsoffcampus@holyspirit.ab.ca](mailto:hsoffcampus@holyspirit.ab.ca)

Wendy Gurr - Career Practitioner - Cell: 403-593-2903 or Email: [hsoffcampus@holyspirit.ab.ca](mailto:hsoffcampus@holyspirit.ab.ca)

## *Easter Masses & Services*



### *The Paschal Triduum*

The Sacred Triduum refers to the celebration at the close of Holy Week. It begins with the evening Mass of the Lord's Supper on Holy Thursday, reaches its high point in the Easter Vigil, and closes on Easter Sunday.

### *Ss Peter & Paul Parish*

**Holy Thursday** - March 28 - 7:00 p.m. Divine Liturgy of St Basil the Great

**Good Friday** - March 29 - 3:00 p.m. Passion Vespers

**Holy Saturday** - March 30 - 2:00 p.m. Easter Basket Blessings

**Easter Sunday, Pascha** - March 31 - 9:00 a.m. Resurrection Matins and Easter Divine Liturgy.

### *St. Martha's Parish*

**Holy Thursday** - March 28 - Mass at 7:00 p.m. followed by Adoration

**Good Friday** - March 29 - Service at 3:00 p.m.

**Easter Vigil** - March 30 - Mass at 8:00 p.m.

**Easter Sunday** - March 31 - Mass at 9:00 a.m. & 11:00 a.m.

### *All Saints Parish*

All Triduum celebrations will be held at Catholic Central East Campus unless otherwise stated.

Please use the Vasey Hall entrance on 5th Avenue

**Holy Thursday** - March 28 - Mass of the Lord's Supper - 7:00 p.m.

**Good Friday** - March 29 - The Passion of the Lord - 3:00 p.m.

**The Resurrection of the Lord** - Easter Vigil - 8:00 p.m.

Easter Sunday - Mass at Dawn 7:30 a.m. at St. Basil's;

Mass at 9:00 a.m. & 11:00 a.m. at Catholic Central



# April Build!

## Pilgrims of Hope



*"He stretched out his hand and touched him, saying, 'I do choose. Be made clean!' Immediately his leprosy was cleansed."*

- Matthew 8:3

### St. Damien of Molokai 1840-1889 (Feast Day: May 10)

Joseph de Veuser was born into a farming family in Belgium in 1840. His family was very religious; he had an older brother who was also a priest and two sisters who entered religious life. He left school at the age of 13 in order to work on the family farm, but eventually joined the Congregation of the Sacred Hearts of Jesus and Mary at the age of 20. This order was a missionary society that served the Pacific Islands, including Hawaii (which was not a part of the United States at this time). Taking the religious name of Damien, he took the place of his older brother on a mission to Hawaii in 1864.

At this time, Hawaii was struggling with a major health crisis, as newcomers to the islands had brought with them many diseases for which the people had no natural immunity. These included smallpox, cholera, and leprosy. In 1865, the Hawaiian King passed a law which mandated that those with leprosy were to be sent to the island of Molokai. About 8,000 people were eventually sent there over the next five years, but their lives were very challenging there.

It was during this period that Father Damien volunteered to attend to the people who had been sent to Molokai. He worked to build a church, and to improve the state and standard of living for the people there. He saw in each of the people their own human dignity, and served their spiritual needs as well. It was inevitable that by spending so much time in contact with leprosy, that Fr. Damien would also contract the disease. In 1889, after 16 years of service, he died amongst the people for whom he cared so deeply.

### "Building" In Our Schools

At St. Patrick School in Taber, students raised funds during their Lenten Dollar Days. Students donated a dollar to participate in dress-up days, like Crazy Hair Day seen here, with the proceeds going to the Chalice/St. Odilia project.



### Corporal Works of Mercy – Visit the Imprisoned –

Each year on Holy Thursday, as we begin the Triduum, one moving moment in the Mass of the Lord's Supper is where members of the congregation have their feet washed by the parish priest. This recalls Christ washing the feet of his disciples in John 13. In Pope Francis' tenure, he has each year done this as part of celebrating Mass at a local prison. In this, he is demonstrating to them that they are not forgotten, and that they are loved by God. To us, he is showing the importance of visiting those who are imprisoned. People may be imprisoned for many reasons, and without dismissing the suffering caused by those who commit crimes, all people retain their dignity as created in the image and likeness of God.

While it may not always be possible for us to visit actual prisons, we can ensure that we support the prison ministries of our own parishes, to pray for those who are imprisoned, or to write cards or letters that could be sent along to them. We might also stretch our own thinking, and ponder how we can support those who might be imprisoned by isolation, loneliness, fear, anxiety, depression, or hopelessness.

#### Pope's Prayer Intentions - For the Role of Women

Let us pray that the dignity and worth of women be recognized in every culture, and for an end to the discrimination they face in various parts of the world.

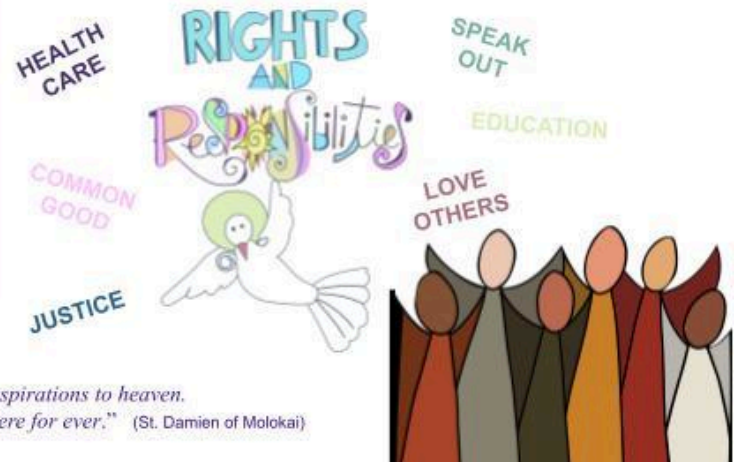
**For more Information:** [Works of Mercy](#)  
6th Corporal Works of Mercy: Visit the Imprisoned

### Catholic Social Teaching – Rights and Responsibilities –

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.

The Catholic tradition teaches that human dignity can be protected and a healthy community can be achieved only if human rights are protected and responsibilities are met. Therefore, every person has a fundamental right to life and a right to those things required for human decency. Corresponding to these rights are duties and responsibilities--to one another, to our families, and to the larger society.

Learn more by watching this [video](#).



*"Turn all your thoughts and aspirations to heaven.*

*Work hard to secure for yourself a place there for ever."* (St. Damien of Molokai)

## Gospel Readings

April 7, 2024

2nd Sunday of Easter/Divine Mercy Sunday

**Gospel Reading: John 20:19-31**

"Jesus came and stood in their midst and said to them, 'Peace be with you.'" — John 20:19

Today in the Church we celebrate Divine Mercy Sunday. It is a day to remember that God is constantly pouring out his mercy to us at every moment of our lives. He isn't always happy with some of the choices we make, or the ways we turn away from him. But he keeps showering us with his love, forgiveness, and mercy, all the time. Today's Gospel reminds us of that mercy. Jesus could have been very upset with the apostles for abandoning and denying him. Instead, he gives them peace. He showers them with love and forgiveness...mercy. We are blessed to have a God who loves us so much!

What are some ways we can show mercy to others?



**Prayer:**

*Dear Lord, thank you for loving us more than we can ever understand. Please give us the grace we need to live a life worthy of your gift of mercy.*

April 14, 2024

3rd Sunday of Easter

**Gospel Reading: Luke 24:35-48**

"Why are you troubled? And why do questions arise in your hearts? Look at my hands and my feet, that it is I myself. Touch me and see, because a ghost does not have flesh and bones as you can see I have." — Luke 24:38-39

When we feel alone or unable to handle problems, we often rely on our own strength. But Jesus wants us to return to him with all our heart and find the strength we need in HIM. The wounds he shows us in today's gospel remind us that he would do anything to help us. It's hard to let go because we want to be in control and do things our way. Sometimes we must be quiet to hear Jesus answer us and give us the love that will build our trust in him.

Are there times when you've turned to God and found comfort?  
Share these times with your family.



**Prayer:**

*Dear Lord, sometimes when I am troubled, it is easier to feel sorry for myself and turn to comforts instead of you. Please give me the desire I need to turn to you in those times to receive your great love and compassion.*

Download this month's [Saint Prayer Card](#) - St. Damien of Molokai  
[Saint Prayer Card](#) (black and white version for colouring)



[Home Page](#)

## Gospel Readings

April 21, 2024

4th Sunday of Easter

**Gospel Reading: John 10:11-18**

"He is the stone rejected by you, the builders, which has become the cornerstone." — Acts 4:11

Life has a way of throwing us many curve balls. We think one thing is going to happen, and in the next moment it has gone exactly the opposite way. When we walk with the Lord these things can happen, too. Things look one way on the surface, but underneath God's plan is bigger than what our own eyes can see. He often takes bad things and makes good out of them, if we allow him to. Jesus was a great example of this. His life looked like a failure. He came to spread love and forgiveness and was killed for it. But his death and resurrection became the foundation of the Church we are a part of over 2000 years later. Our God is amazing!

Can you remember a time when something seemed to turn out wrong, but later you realized that God's plan was even better than what you had in mind?



**Prayer:**

*Lord, thank you for always having the "big picture," beyond what our eyes can see. Give us the faith to always trust in your plan for our lives.*

April 28, 2024

5th Sunday of Easter

**Gospel Reading: John 15:1-8**

"By this is my Father glorified, that you bear much fruit and become my disciples." — John 15:8

Grapes grew all over Israel, so the people around Jesus knew all about grapevines. But for us, it may need a little explanation. When Jesus calls himself a vine, he is telling us that we are connected to him. Sometimes, vines need to be pruned so they will bear fruit. In the same way, Jesus needs to help us so we will grow and be able to produce more fruit. The kinds of "Holy Spirit" fruit Jesus helps us grow include love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. Jesus shows us through our parents and teachers how to stay close to him and grow.

Pick one of the "Holy Spirit" fruits in the list above to work on this week.  
How can you grow some of that kind of fruit?



**Prayer:**

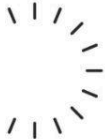
*Lord, help me grow in the knowledge of how to live, so I can be filled with more love, joy, and peace. Help me to accept the guidance you give me.*

**Sources:**

[Saint Damien of Molokai](#)  
[Stories of Saints - Leper Priest |](#)  
[St. Damien of Molokai](#)  
[St. Damien of Molokai | Catholic Saints \(FORMED\)](#)

[The Fruit of the Spirit Poster \(Children\)](#)  
[The Fruit of the Spirit Poster](#)  
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# Easter Seals Alberta Scholarships 2024

## Phyllis Davidson Scholarship

The Phyllis Davidson Easter Seals Scholarship offers post-secondary academic scholarships to students living with physical disabilities.

Each year one \$20,000 scholarship will be awarded to a successful applicant at \$5,000 per academic year for four years. Scholarships are given to qualified students in a post-secondary program in Alberta. The funds are only to be used on educational expenses (i.e. tuition, books, etc.).



[SCAN OR CLICK TO APPLY](#)

## Norman Denoon Memorial Scholarship

The Norman Denoon Memorial Easter Seals Scholarship offers post-secondary academic scholarships to students living with disabilities.

Scholarships of \$5,000 per school year are given to qualified students in a post-secondary program in Alberta. The funds are only to be used on educational expenses (i.e. tuition, books, etc.).



[SCAN OR CLICK TO APPLY](#)

## Workplace Readiness Mentorship Scholarship Program

The Workplace Readiness Mentorship Program, funded by Sun Life, provides scholarships to students with a disability who are entering or currently enrolled in post-secondary in Alberta or Northwest Territories.

Scholarships of \$2,000 per school year are given to qualified students. Successful applicants will also be matched with a volunteer mentor to provide guidance and assist with preparing to enter the workforce.



[SCAN OR CLICK TO APPLY](#)

Deadline to apply is June 30, 2024

Have questions? Email us!

[accessibilitysupports@easterseals.ab.ca](mailto:accessibilitysupports@easterseals.ab.ca)



(I)SWAG Presents

Ft. Allie and Lisa from True  
Balance Counselling

# Emotional Regulation

How to help our kids when they have big feelings

APRIL 18TH, 2024 @ THE ESSIES BALLROOM

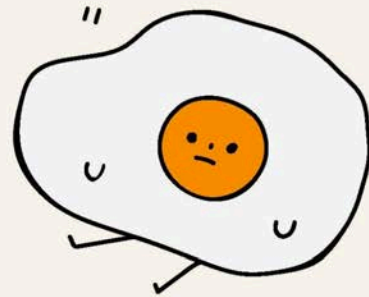
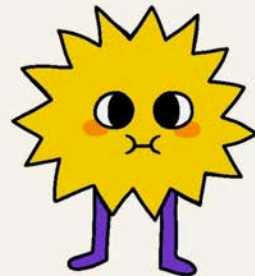
5:30PM-8:00AM

Sandman Signature, 320 Scenic  
Drive S, Lethbridge ab

Join us as we enjoy a complimentary  
dinner while learning from the  
Registered Psychologists from True  
Balance Counselling about Kids and  
their Big Feelings.

Please RSVP at:

<https://www.surveymonkey.com/r/7R9L8CC>



Emily Williston



SWAG

Student Wellness Access Guide

Holy Spirit Catholic School Division

[willistonem@holyspirit.ab.ca](mailto:willistonem@holyspirit.ab.ca)

(403)298-0440

Billy Woitte



ISWAG

Indigenous Student Wellness Access Guide

Holy Spirit Catholic School Division

[wuittebilly@holyspirit.ab.ca](mailto:wuittebilly@holyspirit.ab.ca)

(403)298-0440



# Allie & Lisa

True Balance Counselling

Lisa is a genuine, empathetic, and  
caring therapist who places a high  
value on building a strong  
therapeutic relationship with her  
clients. She strives to create a safe,  
supportive, and non-judgemental  
space where individuals can freely  
discuss their concerns..

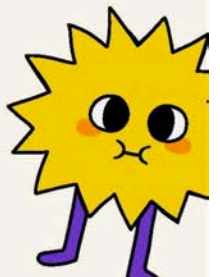
Allie is a Registered Psychologist  
who values creating a warm and  
welcoming environment. She is  
passionate about working  
collaboratively with children, youth,  
and adults, to assist them in  
achieving their goals



This is a FREE event  
that is open to all  
parents, guardians,  
and caregivers

Please RSVP at:

<https://www.surveymonkey.com/r/7R9L8CC>



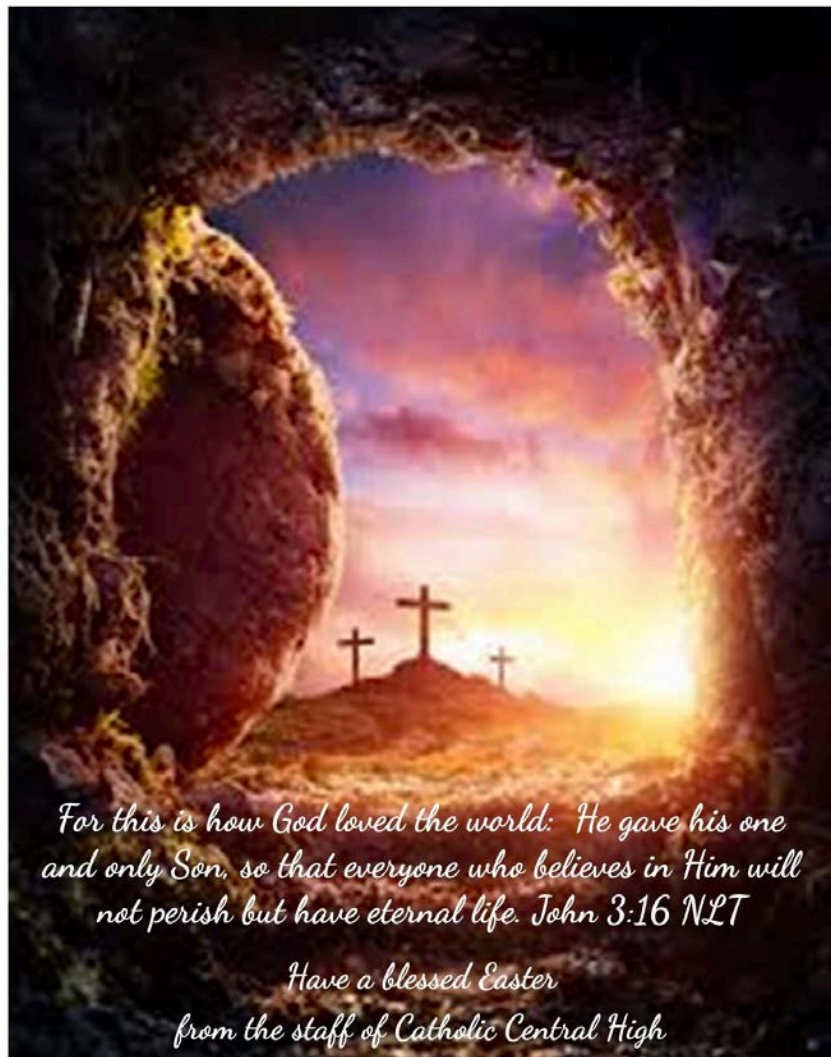
<b>CCH QUARTER 3 EXAM SCHEDULE 2024</b>					
	<b>Time</b>	<b>Course</b>	<b>Campus</b>	<b>Teacher</b>	<b>Room #</b>
<b>Wednesday April 3</b>	9:00 AM	Francais 30-1 Partie A	East	n/a	office
<b>REGULAR CLASS DAY</b>					
<b>Thursday April 4</b>		Francais 30-1 Partie B	East	n/a	office
<b>REGULAR CLASS DAY</b>					
<b>Monday April 8</b>	9:00 AM	Social 30-1 Part A	East	Collier	Library
<b>REGULAR CLASS DAY</b>		Social 30-1 Part A	East	Skauge	206
		Social 30-2 Part A	East	Skauge	202
<b>Wednesday April 10</b>	9:00 AM	English 30-1 Part A	East	Cox	206
		English 30-1 Part A	East	Hartman	202
		English 30-2 Part A	East	Omlon	Library
		Sci 10	East	Mulder	105
		FLA 10	West	Schmidt	513
<b>Thursday April 11</b>	8:30 AM	Math 30-2	East	Folkersen	114
		Math 20-2	East	Folkersen	122
		Math 10C	East	Umeris	Gym
		Math 10-2	East	Hammel	124
		Sci 20	East	Schwark	111
		Math 20-1	West	Leroux	Gym
		Sci 10	West	Ross	521
<b>Friday April 12</b>	9:00 AM	English 30-1 Part B	East	Cox	Gym
		English 30-1 Part B	East	Hartman	Gym
		English 30-2 Part B	East	Omlon	Gym
		Eng 20-1	East	Cox	126
		Eng 20-2	West	Richards	523
		Eng 10-1	West	Hartman	515
		Eng 10-1	West	Omlon	514
		Chem 20	West	Goruk	526
<b>Monday April 15</b>	8:30 AM	Social 30-1 Part B	East	Collier	Gym
		Social 30-1 Part B	East	Skauge	Gym
		Social 30-2 Part B	East	Skauge	Gym
		Soc 20-2	East	Schmidt	213
		Soc 10-1	East	Patterson	127
		Bio 20	East	Nummi	Gym
		Soc 20-1	West	Gilbert	Gym
		Soc 10-1	West	Gilbert	Gym
	12:00 PM	Bio 30	West	Balog	Gym
<b>Tuesday April 16</b>	9:00 AM	Chem 30	East	Goruk	Gym
		Physics 20	East	Hawker	Gym
	12:00 PM	Sci 30	East	n/a	office
<b>Wednesday April 17</b>	1:00 AM	Physics 30	East	n/a	office
<b>REGULAR CLASS DAY</b>					

\*This schedule is subject to change. Please check with your teacher for confirmation of date & time of your exam.



# Exam Bus Schedule for Quarter 3 2024

<u>Wednesday April 10</u>	<u>Thursday April 11</u>	<u>Friday April 12</u>	<u>Monday April 15</u>	<u>Tuesday April 16</u>	<u>Wednesday April 17</u>	
Morning Buses will run at normal times	Morning Buses will run at normal times	Morning Buses will run at normal times	Morning Buses will run at normal times	PD Day No Buses Required	First Day of Q4 Regular Bussing	
No mid day flex shuttles	No mid day flex shuttles	No mid day flex shuttles	No mid day flex shuttles			
No end of day shuttle	No end of day shuttle	No end of day shuttle	No end of day shuttle			
Campus East buses are running at normal times	Campus East buses are running at normal times	Campus East buses are running at normal times	Campus East buses are running at normal times			
Campus West no end of the day buses	Campus West no end of the day buses	Campus West no end of the day buses	Campus West no end of the day buses			
<b>Please make sure to plan ahead</b>						



*For this is how God loved the world: He gave his one and only Son, so that everyone who believes in Him will not perish but have eternal life. John 3:16 NLT*

*Have a blessed Easter  
from the staff of Catholic Central High*