

# Catholic Central High School NEWSLETTER



October, 2025

## Principal's Message

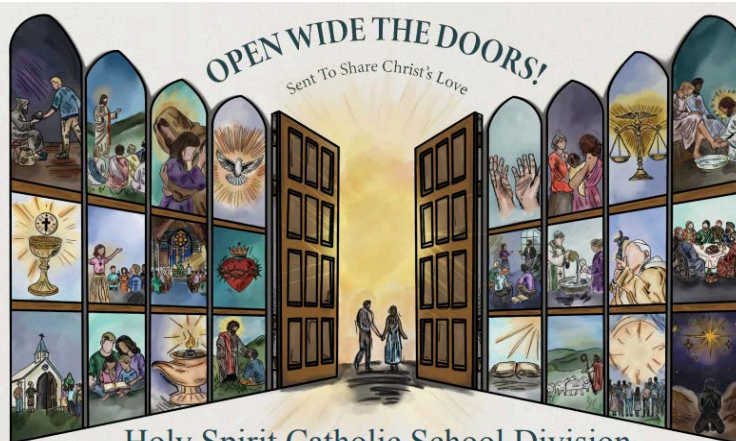
Those who know me know that—at the most simplified and genuine level—I love dressing up. I love clothes and fashion and the subtle (or bold!) ways they can express who we are. That is part of why I enjoy this time of year so much: the transition from a light, carefree summer wardrobe into the cozy textures and warm layers of fall. There's something comforting about reaching for a sweater or scarf that signals not just a change in temperature, but a shift in season and rhythm.



October in Southern Alberta captures that shift so beautifully. The golden hues of fall settle in, the air turns crisp, and there is a renewed energy both inside and outside our school. As we sip warm drinks and pull on those cozy layers, it becomes clear we are in a season of transition—not only in nature, but in our school year as well. At CCH, October brings more than just vibrant leaves; it's a month filled with Friday Night Lights (football), many on-court (volleyball) and on turf performances (golf and cross-country), and many opportunities for students to be a part of our community. Moreover, with Thanksgiving right in the middle of the month, it is a time to pause and be thankful for all of God's beautiful gifts.

This year, we are especially excited to begin living out the Holy Spirit Catholic School Division's **new three-year faith plan (2025–2028)**: "[Open Wide the Doors!](#)" Rooted in hospitality, welcome, and a bold invitation to encounter Christ, this plan calls us as a school community to be more open—to one another, to faith, and to the transforming love of God. At CCH, we are embracing this call wholeheartedly, looking for new ways to open wide the doors of our hearts, classrooms, and community.

As mentioned, we have now reached the midterm of Quarter 1 (October 2, 2025)! This means we have had about 20 days to settle into school routines—and we have about 20 more to go in order to complete our first quarter classes. It is crucial for students and parents/guardians to stay on top of attendance and academic progress. Days move quickly in the quarter system, so please do not hesitate to reach out to your child's teachers if you have questions or concerns.



Holy Spirit Catholic School Division  
2025-2028 Faith Plan

Better yet, join us on **Thursday, October 2 from 6:00–8:00 pm for Parent-Teacher-Student Conferences.** This evening is a great opportunity to connect with your child’s teachers and talk about how the school year is going so far. We believe that open communication is key to supporting student success! You should have received an invitation via email to book a time through [School Conference Manager](#).



We are already grateful for so many exciting and meaningful events underway, and we’re extremely proud of the contributions our students are making toward what is shaping up to be a fantastic school year!

- Congratulations to Mr. Mulder, Mr. New, and the Golf Team, in particular the Girls’ Team (Alexis, Sydney, Hartley, and Addyson) and the Mixed Team (Courtney, Cait, Lachlan, and Riley) for their SILVER medal finishes.
- Students’ Council kicked off the year with an incredible Welcome-Back Theme Week!
- Our Cougar Football Team is currently undefeated (5-0) and has come in first in Football Alberta’s Week 4 of Power Rankings!

- All four volleyball teams are looking strong and bringing home hardware!
  - For up-to-date schedules and results, check out the [Prairie Sky Conference](#) site or follow us on Instagram at cch.school
- Our Cross-Country Team is off and running (pun intended).
- The Athletic Leadership Team is hard at work, hosting gates and keeping score at football and volleyball games.
- Our Yearbook Team celebrated the release of last year’s beautiful edition: *“Now Playing.”*
- The Concert Choir and Band filled our hearts with music at the Opening Mass.
- Many of our clubs are already seeing high engagement and strong student participation.
- Mrs. Christensen, Mr. Spiess, and Mr. New are preparing for the annual Santa’s Anonymous Project, a cherished tradition that reflects the heart of our faith in action—giving, serving, and welcoming all.



As you can see, there are so many opportunities for students to become part of the school community. I highly encourage every student to get involved—it truly enhances the high school experience and builds lasting memories.

So, although it may feel early, I sincerely hope that you take a moment this month—or during Thanksgiving—to reflect on what you’re grateful for. God has certainly blessed us with so many gifts here at CCH. Let us continue to “Open Wide the Doors!” to those blessings—and to one another.

- Blessings, Mrs. Polec

# Quarter 1 Dates

## October

- October 2** - Midterm for Quarter 1
- October 2** - Parent-Teacher-Student Conferences
- October 2** - School Council AGM and 1st Meeting at 6:00 pm in the Campus East Library
- October 13** - Thanksgiving - No School
- October 14** - Spiritual Development Day - No School
- October 15** - Division Collaborative Day - No School
- October 17-18** - Super-South Volleyball Tournament (hosted by CCH and Chinook)
- October 18/19** - Catholic Education Sunday
- October 18-24** - Catholic Education Week (Wear blue on **October 23**)
- October 23** - Picture Retakes on both campuses
- October 29** - English Part A diploma
- October 30** - Social Part A diploma
- October 31** - Halloween and Last Day of Classes!



## November

- November 1** - Math diploma and CCH PD Day
- November 4** - English Part B diploma
- November 5** - Social Part B diploma
- November 6** - Physics and Biology diploma
- November 7** - Chemistry and Science diploma
- November 7&8** - Search Weekend at CCH
- November 10** - No School/ School Closed CCH Wellness Day
- November 11** - Remembrance Day
- November 12** - First Day of Quarter 2 classes
- November 13** - Distribution of honor roll certificates
- November 13** - Annual Academic Awards Night at 6:30 pm in Campus East Gymnasium



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**Annual Awards Night**  
**November 13 at 6:30 p.m.**  
**CCH East Gymnasium**



Congratulations to all students being recognized at our Annual Awards Night for the 2024-2025 school year! We are extremely proud of your academic success. Also, thank you to all of our donors. Without your support, we would not be able to host such an amazing evening!

Students, be reminded that if you receive a letter for an award, please do your best to be in attendance. Should you be unavailable that night, please have someone accept the award on your behalf. Also, as it is a formal event, please dress appropriately (semi-formal, which basically means no workout gear or jeans).

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## NOTES FROM THE

# MUSIC DEPARTMENT



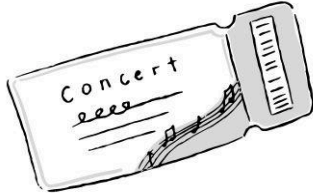
### PARENTS ASSOCIATION

WE ARE MEETING WITH THE PARENTS ASSOCIATION ON SEPTEMBER 25<sup>TH</sup> AT 6:30 PM IN THE CCH EAST LIBRARY. WE WILL BE DISCUSSING FUNDRAISING FOR THE DEPARTMENT AND OTHER ITEMS! IF YOU WOULD LIKE TO BE INVOLVED, PLEASE JOIN US!

### FIELD TRIPS

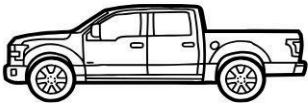
OCTOBER 2<sup>ND</sup> - TO FRAN, WITH LOVE (PERMISSION FORMS DUE SEPT 25)

SEPTEMBER 26<sup>TH</sup> - PEP BAND AT THE FOOTBALL GAME



### BOTTLE DRIVE

THERE IS A MANDATORY BOTTLE DRIVE ON OCTOBER 4<sup>TH</sup>, 9 AM- 1 PM, CAMPUS WEST! ALL PROCEEDS WILL GO TOWARDS PURCHASING INSTRUMENTS, MUSIC, CLINICIANS AND A NEW TRAILER! IF YOU HAVE A TRUCK/TRAILER AND WOULD LIKE TO DRIVE, PLEASE CONTACT US ASAP!



### JOIN US

IF YOU ARE INTERESTED IN JOINING ANY OF OUR ENSEMBLES, PLEASE SEND MRS. ENS OR MRS. RICHARDS AN EMAIL! WE WOULD LOVE TO HAVE YOU MAKE MUSIC WITH US!



## SCHOOL FEES REMINDER

This year's school fees are now due. Kindly remit as soon as possible. Fees may be paid using School Cash On-line, or at the school office by cash or cheque only! Please contact Mrs. Tamara Wilson

## SCHOOL COUNCIL

Our AGM and first meeting is on **October 2, 2025 @ 6:00 pm.** in the library on Campus East. All parents and guardians are welcome to attend!

## SCHOOL DEMOGRAPHIC and CONTACT INFORMATION

If you or your student's address or phone numbers have changed from what was entered on the student's registration form, please contact the office to have the information updated. Please also check the information of any contacts that are listed to make sure it is current. If we have to contact a parent or a listed contact for sickness or emergency purposes, it is very helpful to have up-to-date information.



## Junior Badminton Classes

Lethbridge Badminton Club  
in Lethbridge and Coaldale

Junior (8 through 19 years old) paid coaching program starts in September and runs through to June (Fall, Winter and Spring semesters)



Come and learn the fastest sport on the planet.

Shuttles can reach 565 km/h (351.07 mph)

Please email to enquire about spaces in the junior coaching program. Classes for beginners through to advanced

[lethbadclub@gmail.com](mailto:lethbadclub@gmail.com)

# Academic Advising - Counsellor's Corner

## Meet your Academic Counsellor



Mike Hansen serves as the school's Academic Counsellor. He assists students with academic planning, post-secondary requirements, student finance, awards and scholarship information, class changes and ensuring students are on track to graduate. He is available on campus east on Mondays, Tuesdays and Thursdays and campus west on Wednesdays and Fridays. Students are free to drop in during flex and lunch.

## Where to find/ contact me

Email: [hansenm@holyspirit.ab.ca](mailto:hansenm@holyspirit.ab.ca)

Website: [https://cch.holyspirit.ab.ca/academic\\_counselling](https://cch.holyspirit.ab.ca/academic_counselling)

Instagram: @CCHAcademicAdvising



## Upcoming Events

### **October 1 - Universities and College Admissions open for Fall 2026 enrollment**

**Did you know?** Most college programs are first come first qualify, meaning applying early is important.

**Did you know?** Most universities have an early admission window where students can gain admission using their grade 11 grades, AND often have early admission scholarships.

Don't wait! If you plan to attend college or university you should be applying now.

### **October 2nd UofL / Lethbridge Polytechnic Scholarship Information Evening 8PM CCH East cafeteria**

Recruiters from both the UofL and Lethbridge Polytechnic will be here to present, and Mr. Hansen will be discussing financial aid, scholarships and graduation requirements following our Parent-student-teacher conference evening from 8-9PM.

### **October 16th - Loran Scholarship Deadline** (more information found [HERE](#))

Note: CCH will only be providing a letter of recommendation to ONE applicant. See Principal Polec for more information.

### **October 22nd Lethbridge Polytechnic OPEN House 1:30-6:00PM**

Did you know? In years past, Lethbridge Polytechnic has waived the application fee for students who attended their open house. [Register HERE](#)

### **October 23rd OOP (Out of Province) Post-secondary Fair 6-7:30PM Bishop O'Byrne High School**

Looking to study outside of Alberta? Colleges and universities from all across Canada will be in attendance at this public event. <https://www.albertaoop.com/>

Can't get to Calgary? Mr. Hansen will be attending, talk to him about which schools you're interested in.

### **October 25th University of Lethbridge OPEN House 9:00AM - 3:00PM**

[Info and register HERE](#)

### **November 3rd Catholic Central Post-secondary Fair 6-7:30PM CCH East cafeteria**

Over 28 Alberta universities and colleges, as well as the Canadian Armed Forces and RCMP will be in attendance to provide information to CCH students and parents. This event is open to all CCH Grade 10-12 students and parents only.



### **November 6th ELAA Post-secondary Fair 5-7:30PM Lethbridge Agri-hub & Food Centre**

Can't make it on November 3rd? There will be another post-secondary fair on Nov. 6 that is open to the public.

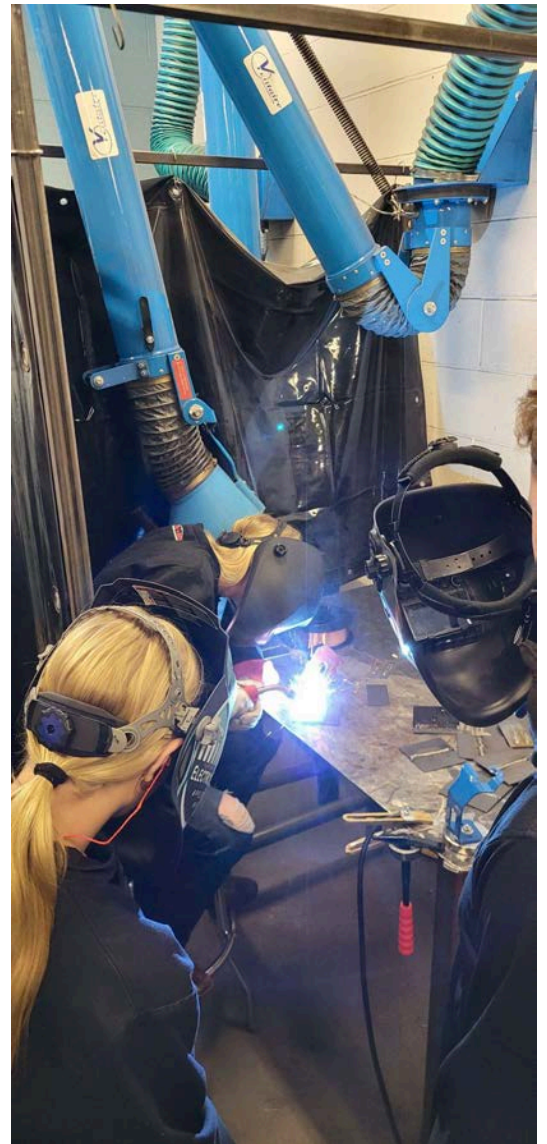
# WELDING



Huge thanks to:

**Jon Cote at JPR Industries &  
Dan Debona & Tristan Heins at Banditos Inc.**

for teaming up to bless our community! Together, they donated two new industry-standard welders and enough laser-cut metal for each student to take home a custom rocket stove! It's partnerships with industry legends like these that allow us to continue to offer these trades programs at an industry-standard level and 🧑🏻‍🔧 spark 🧑🏻‍🔧 a passion for the trades in our young people. Thank you so much!





BIG BROTHERS BIG SISTERS

## TEEN MENTORING

- 10 sessions from November-May, twice a month
- One-to-one relationship with a child in need of a positive role model
- Scholarship opportunities
- Great way to get volunteer hours
- Build your resume
- Contact Mallory Kristjanson or Sam at Big Brothers Big Sisters  
sam.machan@bigbrothersbigsisters.ca

**Youth Ministry**  
Grades 9 - 12

**SUNDAYS**  
7:15 PM - 9:00 PM

**OUR LADY OF ASSUMPTION HALL**  
2405 12 AVE S

**FAITH + FOOD + COMMUNITY**

**Scan Here To Register**  
Questions? Email: familylife@allsaintslethbridge.org

**Scan Here To See All Upcoming Events**

**All Saints**  
LETHBRIDGE

# The Search Retreat

## November 7<sup>th</sup> - 9<sup>th</sup>

### Hosted at CCH



🔍 searching for ✕



- > searching for love and happiness
- > searching for who Jesus really is
- > searching for friendships and community
- > searching for peace of mind
- > searching for breakfast tacos



**Scan Here To Register**

📧 **Questions? Email:**  
familylife@allsaintslethbridge.org



## October 2025

### Explore Careers in Public Safety!

Pathway to Public Safety Networking Day  
Lethbridge Polytechnic – Centre Core  
**Friday, October 3 | 9:00 AM – 2:00 PM**

- Meet 20+ public safety agencies from across western Canada
- Explore programs and training at Lethbridge Polytechnic
- Learn about exciting career options in policing, firefighting, emergency services & more

### University of Lethbridge Open House

Saturday, October 25 | 9:00 AM – 3:00 PM  
Hands-on activities, student mentors, and program info sessions!

Register [HERE](#)



### Paid Internships - Careers Next Generation

Careers Next Generation offers paid internships to help you gain work experience, build skills, and explore careers.

Apply here: [New Student Enrollment](#)

After applying, check your account regularly for new opportunities!

### Green Certificate Program - Now Available

Lethbridge Polytechnic offers a perfect program for students living or working on a farm!

- Earn up to 16 diploma credits
- Get real on-the-job farm experience
- Boost eligibility for agriculture scholarships
- Receive a Certificate of Completion

Interested? Contact your Off-Campus Coordinator or reach out to Lethbridge Polytechnic

### Dual Credit Winter 2026 - Apply Now!

Earn high school and post-secondary credits through Dual Credit courses.

- **Lethbridge Polytechnic:** Apply by **Nov 28**, for Winter courses (Feb 2 – May 13, 2026).
- **Olds College:** Courses run Feb 25 – May 20, 2026. Apply early – best by **late fall**.

See [Guidebook](#) for full details. For help with registration, email: [amakobev@holyspirit.ab.ca](mailto:amakobev@holyspirit.ab.ca)

### Veterinary Technical Assistant Certificate

Graduate with a certificate in animal care while finishing Grade 12!

- Hands-on training with animals and vet clinics
- 5 specialized courses included
- Requirements: 50%+ in core subjects + Workplace Safety course

(See [flyer](#) for full details)

Students in **Work Experience** and **RAP** must submit their work hours.

Send hours to: [hsoffcampus@holyspirit.ab.ca](mailto:hsoffcampus@holyspirit.ab.ca)

**Mark Boschee**

**Off-Campus Coordinator**

Career Centre, East Campus on Tuesday/Friday

Cell: 587-220-4258

Email: [boscheem@holyspirit.ab.ca](mailto:boscheem@holyspirit.ab.ca)



**Vero Amakobe**

**Career Practitioner**

Office on Campus, West on Thursdays

403-327-4596 ext 312

Email: [amakobev@holyspirit.ab.ca](mailto:amakobev@holyspirit.ab.ca)

<sup>16</sup> “No one after lighting a lamp hides it under a jar, or puts it under a bed, but puts it on a lampstand, so that those who enter may see the light. <sup>17</sup> For nothing is hidden that will not be disclosed, nor is anything secret that will not become known and come to light. <sup>18</sup> Then pay attention to how you listen; for to those who have, more will be given; and from those who do not have, even what they seem to have will be taken away.”



*“...let your light shine before others, so that they may see your good works and give glory to your Father in heaven.”*

(Matthew 5:16)

## Sharing Our Faith

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### St. Luke Between 1 and 16 AD (Feast Day: October 18)



St. Luke is one of the four Evangelists, or authors of the Gospels. Luke is also known to us as the author of the Acts of the Apostles; together, these two books make up over one quarter of the New Testament! He is mentioned in the Bible as a physician and would have been well educated for his time. Scholars recognize this in the quality and type of his writing, allusions, and historical records in the text. Luke is mentioned by name in three places (Philemon, Colossians, and 2 Timothy) by Paul, which shows the relationship that existed between them. Tradition also holds that Luke was an artist who was amongst the first to write icons.

Luke records Christ's last words at the Ascension as:  
*"It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth."*

The focus on evangelization and witness to all peoples is clear in Luke's writing, which also features all of the parables that we are looking at this year.

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### St. Luke and Witness

St. Luke is often called the "evangelist of light." In his Gospel, he tells stories that help people see Jesus clearly — the lost sheep, the Good Samaritan, the road to Emmaus. These aren't just nice stories; they are lamps placed on a stand so that the whole Church can see the love of God shining through them.

Luke himself was not one of the twelve apostles, but he became a faithful companion to St. Paul. Paul even calls him "the beloved physician" (Colossians 4:14). Luke could have kept his faith private, but instead he used his gifts — his careful writing, his eye for detail, and his heart for the poor and outcast — to witness to Christ. His Gospel and the Acts of the Apostles continue to shine as lamps for us today, helping us encounter Jesus and live as his disciples.

So when Jesus says, "No one lights a lamp and hides it," Luke's own life is a living example. He received the light of Christ, and instead of keeping it to himself, he put it on a lampstand — in the form of his Gospel — so that every generation could see and believe.



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# Catholic Central High School    Quarter 1, 2025 Exam Schedule

	Time	Course	Campus	Teacher	Room
<b>Wednesday October 29</b>	9:00 AM	English 30-1 Part A	East	Omlon	Gym
<b>Regular Class Day</b>		English 30-1 Part A	East	Cox	Gym
		English 30-2 Part A	East	Hofferd	Gym
<b>Thursday October 30</b>	9:00 AM	Social 30-1 Part A	East	Skauge	Gym
<b>Regular Class Day</b>		Social 30-1 Part A	East	Gilbert	Gym
<b>Monday November 3</b>	9:00 AM	Math 30-1	East	Charlene Leroux	Gym
<b>CCH PD DAY</b>		Math 30-2	East	Folkersen	Gym
<b>Tuesday November 4</b>	9:00 AM	English 30-1 Part B	East	Omlon	Gym
		English 30-1 Part B	East	Cox	Gym
		English 30-2 Part B	East	Hofferd	Gym
		Eng 20-2	East	Richards	126
		Eng 10-2	East	Goble	149
		Eng 10-2	East	Omlon	127
		Math 10C	East	Lutz	129
		Math 10C	East	Point Du Jour	Gym
		Eng 20-1	West	Hofferd	515
		Eng 20-1	West	Brown	514
		Eng 10-1	West	Schmidt	Gym
<b>Wednesday November 5</b>	9:00 AM	Social 30-1 Part B	East	Skauge	Gym
		Social 30-1 Part B	East	Gilbert	Gym
		Social 20-1	East	Skauge	209
		Social 10-1	East	Yanke	214
		Math 20-2	East	Bay	Gym
		Math 20-2	East	Hammel	124
		Social 20-1	West	Gibson	521
		Math 20-1	West	Charlene Leroux	520
<b>Thursday November 6</b>	9:00 AM	Physics 30	East	Schwark	Library
		Bio 20	East	Nummi	105
		Science 20	East	Wojtowicz	Gym
Continued on next page		Science 10	East	Wojtowicz	Gym


<b>Thursday November 6</b>	9:00 AM	Bio 20	West	Balog	525
		Physics 20	West	Schwark	527
	12:00 PM	Bio 30	East	Nummi	Gym
		Bio 30	East	Balog	Gym
<b>Friday November 7</b>	9:00 AM	Chem 30	East	Goruk	Gym
		FLA 20	East	Dalton	131
		Chem 20	West	Vuong	523

*\*This schedule is subject to change. Please confirm dates & times with your teacher.*



Show your school pride by wearing  
**Cougar Blue every Friday!**  
 If you are looking to buy a Cougar Hoodie, please  
 talk to someone on Student Council





THANK YOU, LORD,  
FOR AUTUMN DAYS,  
FOR GRATEFUL HEARTS,  
FOR PSALMS OF PRAISE —  
THANK YOU, LORD,  
FOR FOOD TO SHARE,  
FOR FAMILY TIMES  
OF FAITH AND PRAYER —  
THANK YOU, LORD,  
FOR ALL THESE THINGS,  
AND EVERY JOY  
THANKSGIVING BRINGS.

*Happy Thanksgiving*