Catholic Central High School

NEWS LETTER







403-327-4596

FEBRUARY 2025

PRINCIPAL'S MESSAGE written by Associate Principal, Mr. Vercillo

This February at Catholic Central High School is a month which truly encapsulates ALL that we are as a high school community. It is a time when all four of our pillars - Academics, Faith, Athletics, and Fine Arts - are all fully operational and alive within our school, bringing forth the very best of which CCH has to offer.

We celebrate that one half of our school calendar is now complete! We celebrate the achievements of having successfully welcomed an entirely new class of grade 10s into our community, and the continued success of our returning grade 11s and 12s. In some cases, we are already saying farewell to a select few grade 12s who, believe it or not, have already completed required high school classes! At CCH, we truly value the ability of our educational programing to meet the needs of our students no matter where their academic, post-secondary, and world of work passions take them. On that note, for parents of soon to be graduates, please take note that our Grad parent Information Evening is being held on February 3rd, at 7pm in the Campus East Cafeteria. All information surrounding your graduate will be shared this evening and all are encouraged to attend. Graduation is our GIFT to our graduating class, and as we do in all things, we at CCHS pride ourselves on providing the very best graduation experience possible for the Class of 2025!

Our school is also alive with energy and activity as we celebrate the gifts and talents of our students. On the athletic front, our teams have been demonstrating incredible sportsmanship and dedication. Our curling, badminton, wrestling, basketball, and baseball programs are all active in February whether at the beginning, middle, or end



phases of their respective seasons. At CCH we are pleased to offer as many athletic opportunities as possible to our students, and this year more than ever, this has truly been the case! Thank you to our athletes and coaches for all they do in promoting Cougar athletics.



In the fine arts, our musical theatre production of *Mamma Mia!* is fully engaged in preparations and rehearsals throughout this month. It is quite a feat to dedicate oneself to a CCH musical theatre production. The hours are grueling and late, the rehearsals and choreography practices are many, and students must continue

to balance the workload of a full academic course load at the same time! We wish them well, and wish all our students pursuing fine arts programming at CCH the very best during this month.

It is hard to believe that with the school year just barely half ended, as administration, we are already setting our sights on next year's 2025-2026 academic calendar! Looking ahead throughout February, we are excited to welcome prospective students and their families to our Grade 9 Orientation Nights, and in having administration go out to our feeder schools to meet with and talk to grade 9s about what opportunities await them at Catholic Central. These evenings are a wonderful opportunity to introduce our school's vibrant academic, spiritual, and extracurricular programs to the next generation of Cougars. We encourage all Grade 9 families to join us, meet our staff, and learn more about the enriching experiences Catholic Central High School has to offer. Please check our online calendar as well as this newsletter for the dates and times of these important events.

Wishing you all many blessings ahead,

Anthony Vercillo Associate Principal



DATES TO REMEMBER

Administrator on Campus West - Mr. New Administrators on Campus East - Mr. Comchi and Mr. Vercillo Mrs. Polec will continue to schedule days on both campuses Academic Counselors - Mrs. Ross - Campus East; Mr. Hansen - Campus West

February

February 1 - New Students to HolySpirit School Division will be able to register through School Engage

February 3 - Grad Parent Information Evening @ 7:00 pm on Campus East in the Cafeteria

February 5 - Grade 9 Parent Information Evening @ 7:00 on Campus East in the Cafeteria. Please read attached letter:

☐ Grade 9 Course Selection 2025 - letter for pa...

February 6 - Grade 9 Parent Information Evening @ 7:00 on Campus West in the Gathering Space. Please read attached letter:

☐ Grade 9 Course Selection 2025 - letter for pa...

February 7-8 - JV Boys Basketball CCH Home Tournament

February 10-14 - Grade 9 Visits for information about high school and course selection process.

(We will visit St. Francis on February 12 and 14, St. Catherines on February 10, Father Leonard Van Tighem on February 12, St. Josephs on February 13.)

Should you need any assistance with registration and course selection, please do not hesitate to contact Mr. Hansen or Mrs. Ross

February 12 - Feather Blessing Parent Information Gathering - 5:00 p.m. - Campus East Library

February 13 - FNMI Language Learning Evening on CEast in the Cafeteria

February 17-21 - No School - Reading Week and Teachers' Convention

February 24, 25, 26, 27, 28 - Course Selection for current CCH students (Gr. 10s & 11s)

February 27 - Quarter 3 Midterm and Parent-Teacher/Student Conferences from 6-8pm on CEast

March

March 3, 4, 5, 6, 7. 10, 11, 12, 13, 14 - Course Selection for current CCH students (Gr. 10s & 11s)

March 5 - Ash Wednesday Mass on Campus East at 9:30 am

March 14 - Lenten Service #1 and Course Selections must be completed and submitted

March 14 - Opening Night for Mamma Mia

March 17 - Division Collaborative Day - No School

March 18 - Spiritual Development Day - No School

March 20 - School Council Meeting in the Library on CEast at 6:00 pm

March 21 - Lenten Service #2

March 22 - Closing Night for Mamma Mia

March 28 - Lenten Service #3

April

April 3 - English Part A Diploma

April 4 - Last Day of Q3 Classes; Lenten Service #4 and Social Part A Diploma

April 7 - Math Diploma

April 8 - English Part B Diploma

April 9 - Social Part B Diploma

April 10 - Chemistry Diploma (am) and Biology Diploma (pm)

April 11 - Physics Diploma and CCH PD Day

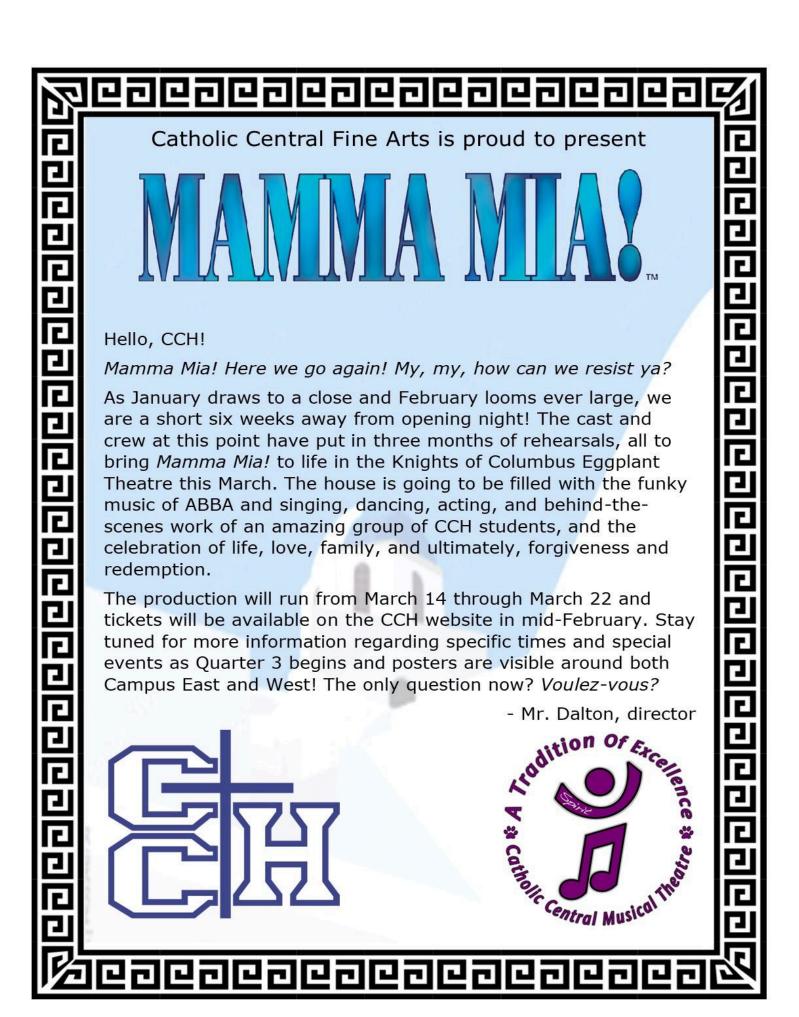
April 14 - First Day of Q4 Classes

April 17 - Last Day of Classes before Easter Break

April 18-27 - Easter Break - No School

April 28 - First Day of Classes after Easter Break







GRADUATION 2025

It's time to plan for grad! Here are some important dates and items to know:

- Mrs. Polec will be visiting classes in-person to chat with graduates at the beginning of Quarter
 If you do not have classes, please ensure that you check the GRAD 2025 GOOGLE
 CLASSROOM for information and reach out to Mrs. Polec if you have any questions!
- Grad Parent Meeting February 3, 2025 7:00 p.m. on Campus East in the Cafeteria
- Grad requirements grad list is now posted on both campuses and in Trinity Learning Centre. Please see Mr. Hansen or Mrs. Ross if you are NOT on this list.
- Grad Hoodies have gone on sale until February 16, 2025. They are \$46. Hoodies can be purchased through School Cash Online. Proceeds from sales will go to the Business & Entrepreneurship program.
- Grad photos:
 - There is NO CHARGE to grads to have their picture taken. Pictures are taken on these dates:
 - February 3-21, 2025
 - Grads can book these sessions online at <u>prestigeportraits.ca</u> Select Alberta, Lethbridge then choose your location (Catholic Central High School) from the drop down list of schools and select day and time to book. If you cannot book any of these times, please call Lifetouch at 780-437-2431 to arrange a time and date.
- Grad fees: \$160 due on March 19. Fees can be paid through School Cash Online, which can be accessed from our homepage: https://holyspirit.schoolcashonline.com/ For your convenience, we will be able to accept payment at the grad parent meeting. If you require assistance with this, please contact Mrs. Wilson at the school.
- Access CCH Website: http://www.holyspirit.ab.ca/cch/ for grad updates

Dates and Details:

- Grad Mass, Friday, May 9, 7:00 p.m. 9:00 p.m, VisitLethbridge.com Arena (plan for 1 ½ to 2 hours)
- 2. Grad Ceremonies, Saturday, May 10, 9:00 a.m. 12:00 p.m, VisitLethbridge.com Arena (plan for 3 hours)
- Grand March (with Grad Dance to follow), Saturday, May 10, 7:00 p.m., VisitLethbridge.com Arena (plan for 2 hours)







January 30, 2025: Thursday

When: Thursdays 4:00-6:00pm

February 13th, 2025 Thursday

Where: Family Centre North

February 27th, 2025

1103-3 Ave N

March 13, 2025

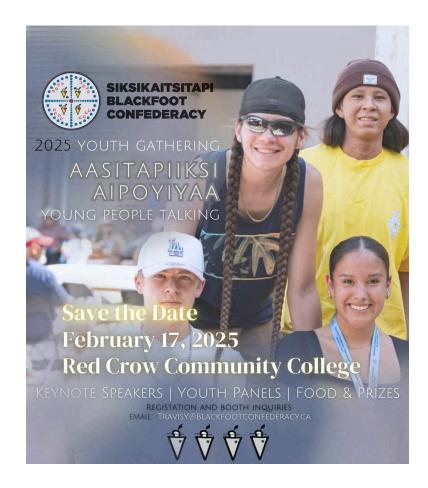
Learn new cooking skills! Take food homel

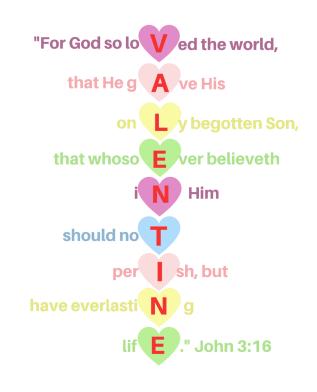
Family Centre North 1103 - 3 Ave. N. Lethbridge, Website: www.famcentre.ca











"He took what is mine in order that He might impart to me what is His. He took it not to overturn it but to fill it."

St. Ambrose 339-397 (Feast Day: December 7)

St. Ambrose was born in the year 339 in the northern part of the Roman Empire. It is said that as a baby, a swarm of bees settled on his face while he was in a cradle, leaving the touch of honey on him. This is why bees are often represented with him as a symbol. To have a honeyed tongue means to be persuasive or sweet speaking — which Ambrose turned out to be as a preacher later in his life. He moved to Rome to study, and then worked in the government of the Roman Empire, becoming the governor of an area of what is today northern Italy in 372.

At some point in his adult life, Ambrose became a Christian, but he had not been baptized nor trained in theology when in 374, he suddenly became the Bishop of Milan! How did this happen? In the 300s, there was a priest named Arius who began to teach that (in very brief) God created Jesus, which meant that Jesus was lesser than (and unique from) God. These beliefs, known as Arianism, threatened to divide the church. In large part, this is why we have the Nicene Creed today. Ambrose was known to both sides of the conflict as charitable and seeking unity amongst Christians — which is why he was popularly installed. He was quickly baptized and ordained and became not only the Governor, but the Bishop. From there, he sought both unity and correct doctrine. He wrote extensively, corrected the Arians, and oversaw his diocese seeking to promote Christian unity in fact, our popular saying today "When in Rome, do as the Romans" derives from St. Ambrose, as he – responded to a controversy about local customs in the church. He died in 397, was popularly canonized, and is known today as one of the first four Doctors of the Church.



For many of us, this section of the Creed might reinforce a perception that we have about Jesus flying away, up into heaven at the Ascension. It might be worth questioning this perception. When we examine Jesus' bodily resurrection and ascension, we recognize that in this we too have hope for our own ascent to the Father; but what might that mean? We could consider that as closer union with God: not a change of physical location. We know also that Christ told the disciples that he would be with them until the end of the age - not away from them. So rather than thinking about him flying away into absence from us, we could ponder him remaining with us, present to us in every moment. In doing so, we can shift our question from 'What Would Jesus Do?" to "What is Jesus Doing?"

As we seek to become Pilgrims of Hope this year, let us continue to contemplate the Creed, and how our proclamation of the Creed unites us to one another and to all Christians through time



The Jubilee Prayer: English | French | Spanish

"Proclaiming" In Our Schools

This month, we will be joined by Trustees, clergy, senior administration and staff and students from our schools as we embark on the planning for a new three year faith plan. Continuing on in our decade-long tradition, your representatives will Arise, reflect on what we have Built, and think about how we can best Proclaim our faith in this next cycle. Please pray for the success of our time together and the influence of the Holy Spirit to guide the development of the plan. We want to thank all those of you who took time to watch our consultation video to provide feedback that guided this work, and we look forward to sharing the results with you later this spring!





Pope's Prayer Intentions — For vocations to the priesthood and religious life. Let us pray that the ecclesial community might welcome the desires and doubts of those young people who feel a call to serve Christ's mission in the priesthood and religious life.



Gospel Readings

February 2, 2025 Presentation of the Lord

Gospel Reading: Luke 2:22-40

"The child grew and became strong, filled with wisdom; and the favor of God was upon him." - Luke 2:40

It's amazing that the Son of God was part of a family here on earth and grew up just like each of us. He is God but he still was a human being and had to learn things just like we do. The favor of God was upon him and the favor of God is upon us. Just as Jesus was a child of God, so are we! We are precious to God, and he wants us to become strong and grow to love him and others, more and more. We also learn how to not be tricked into turning away from God and his teachings. God gives us parents to guide us and teach us right from wrong.

Take a moment to thank your parents for caring for you and guiding you each day.

Dear Lord, fill me with wisdom so I will know the right things to do so I will grow closer to you and to give you honor and glory. Help me to trust and obey my parents.

"Beloved, let us love one another because love is from God; everyone who loves is born of God and knows God."

February 9, 2025

5th Sunday in Ordinary Time

Gospel Reading: Luke 5:1-11

"Depart from me, Lord, for I am a sinful man," - Luke 5:8

We are blessed by the Lord all the time. How do we show God that we are grateful for the blessings he showers on us? One way is to begin by saying thank you for our blessings and remembering God has given them to us - we haven't earned them on our own. Today's Gospel shows us that if we listen to God and his commands, he will surprise us with blessings, just like Simon Peter was surprised by the HUGE catch of fish. Sometimes we'll receive enormous blessings that we can't miss (like Peter's catch of fish), but other times the blessings and graces will be small and it will take some thinking to recognize them. Let's not forget to thank God for those little gifts too.

What are some things in my life that are blessings from the Lord? Are there times I don't feel grateful for God's blessings? Why?

Dear Lord, thank you for loving me so much that you bless me all the time. Please make my heart more grateful for the gifts of your love and your blessings that are in my life.

> Download this month's Saint Prayer Card - St. Ambrose Saint Prayer Card (black and white version for colouring)



Home Page

Gospel Readings

February 16, 2025



6th Sunday in Ordinary Time

Gospel Reading: Luke 6:17, 20-26

"Blessed are you when people hate you, and when they exclude and insult you on account of the Son of Man. Rejoice and leap for joy on that day! Behold, your reward will be great in heaven." — Luke 6:22-23

The Gospel message today is a tough one. Jesus tells us that the poor, hungry, and the weeping are blessed. These are not usually the things we want to achieve in life. In fact, we typically seek out just the opposite. We strive for wealth, being well-fed, and enjoying happiness. When Jesus says "Blessed are you when people hate you"... is Jesus going too far? Yet that is the kind of life that he lived. He was poor, sometimes hungry, sometimes sad, and even hated by some people. Jesus doesn't want us to have to suffer, but he knows that humans do at times. When we are poor, hungry, weeping, or hated, he wants us to remember that he is with us. It is not fun to feel any of these things, but these experiences can remind us to rely on him.

When hard things happen to me, do I feel close to Jesus or far away from him?



Prayer

Dear Lord, please give me the grace to accept hardships in my life as things that will help me to grow closer to you. Help me imitate your humility and remember your promise of blessing.

"God is our refuge and strength, a very present help in trouble.", (Psalm 46:1)

February 23, 2025

7th Sunday in Ordinary Time

Gospel Reading: Luke 6:27-38

"...love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you...do to others as you would have them do to you." — Luke 6:27-28, 31

In this day and age, this advice does not seem to be popular thinking. These days, we think more along the lines of "An eye for an eye," "Look out for number one," or "Don't let anyone get the best of you!" But Jesus challenges us to think in a more heavenbound manner. Do as he did. When his enemies came after him, he loved them. When people hated and cursed him, he did good things for them. We, too, are called to this. We can also think of this verse as saying: "Do to others as Jesus would do to them."

Who are the people I could do good for, even if they aren't good to me?





"Blessed are the merciful, for they will receive mercy." (Matthew 5:7)

Prayer:

Dear Lord, open our hearts to love our enemies and do good to those who try to harm us. We ask for humility to see our own sinfulness, so we can share mercy with those around us.



Sources:

I Believe: Exploring the Apostles' Creed by Alister McGrath The Creed: A Catechist's Guide by Janet Schaeffler The Apostles' Creed by Ben Myers

Sources cont.'d:

What Christians Ought to Believe by Michael Bird The Quest for the Creed by Fr. Dwight Longenecker The Creed by Timothy O'Malley



INTERNATIONAL



OFF-CAMPUS NEWS CCH EAST Rm 154







February 2025

Skills Canada Competitions Coming Soon!

The <u>Skills Canada Competitions</u> offer a fantastic chance to showcase your skills in various trades and technology fields.

Important Dates:

- February 8 Registration Closes
- March 8 South West Regional Event at Lethbridge Polytechnic

Visit Skills Alberta Events for more information. Don't miss out!

Extra Assistance for Regional Welding Competitors:

Dave Heins from Lethbridge Polytechnic is offering extra support to Regional welding competitors starting Friday, January 24. Take advantage of this opportunity to fine-tune your skills!

Session Schedule:

- Time: 12:30 PM 3:30 PM
 - o Dates: January 31, February 7, February 21, February 28, March 7

Dave, a Regional Skills Expert and experienced instructor, has coached apprentices to national competitions. His passion for welding and expertise makes these sessions invaluable. To Register:

 Sign up early to ensure your spot. We will send the list of registered students to Dave by noon on each session day. Registration Link: <u>Welding Training Sessions</u>

For more information, registration questions, or to cancel, notify Miss. Amakobe at

amakobev@holyspirit.ab.ca or 403-593-2903

Who BILDS it Best Live Building Competition

The Who BILDS it Best Live building competition is back for high school students (grades 10-12) at the Home, Garden & Leisure Show in Lethbridge, happening March 13-15, 2025!

This exciting event challenges students to showcase their building skills in a hands-on competition with great prizes and opportunities to connect with potential employers in the trades industry.

- Registration Deadline: February 7, 2025. Find the registration form HERE
- **Team Setup:** Students are encouraged to register in teams of 2, but individual registrations are welcome and students will be placed on a team.

Don't miss out on the chance to demonstrate your talent and make industry connections!

Veterinary Technical Assistant Certificate (VTA)

Thinking about a career in Animal Science? Exciting news—starting in 2025-2026, Holy Spirit will be offering the <u>Veterinary Technical Assistant (VTA) Certificate in partnership with Olds College!</u>
This unique program allows students to graduate with both their Grade 12 diploma and their VTA Certificate, fully prepared to enter the dynamic world of animal care.

Don't miss this amazing opportunity to jumpstart your career in the animal sciences field!

Dual Credit Program

If you missed the Dual Credit Orientation or would like to review the session, you can access the recording <u>HERE</u>.

Important Dates:

Winter Dual Credit Semester Starts: Monday, Feb 3.
Family Week Break: No class from Feb. 17-21.
Last Day of Class: May 14.



Additional Information:

- Program Start Time: Dual credit classes begin at 8:00 AM on Feb. 3.
- Welcome Letter: You should have received a welcome letter with details about your program and textbooks. If not, please contact us.
- Parking Passes: A Lethbridge Polytechnic coordinator will distribute parking passes soon.
- Lethbridge Polytechnic Account: Ensure you can log in to your account. If you haven't received login instructions, please reach out.

Reminder

If you're enrolled in the **Registered Apprenticeship or Work Experience programs**, please remember to submit
your completed work hours as soon as
possible.

Send your work hours to: hsoffcampus@holyspirit.ab.ca.



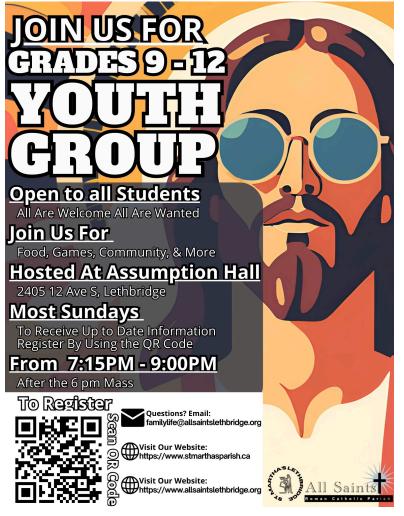
EPIC DAY

EPIC DAY, hosted by Career Transitions, on Wednesday, **April 16**, **from 9:00AM - 2:30 PM**.

More information can be found <u>here.</u> Speak with the Off-Campus Team if you're interested!

Mark Boschee
Off-Campus Coordinator
Career Centre, East Campus on Tuesday/Friday
Cell: 587-220-4258
Email: boscheem@holyspirit.ab.ca

Vero Amakobe Career Practitioner Office on Campus, West *on Thursdays* 403-327-4596 ext 312 Email: amakobev@holyspirit.ab.ca











<u>2025 OUTDOOR RECREATIONAL SOCCER REGISTRATION INFORMATION</u> www.lethbridgesoccer.com - 403-320-5425 (KICK)

ONLINE ONLY:

Saturday February 1st - Sunday March 23rd

*all registration must be done online * REGISTER YOUR PLAYER BY THEIR BIRTH YEAR

*payments must be made online using RAMP

IF YOU ARE USING KIDSPORT OR JUMPSTART

YOU MUST REGISTER YOUR PLAYER AND PAY ONLINE WWW.LETHBRIDGESOCCER.COM BEFORE APPLYING FOR FUNDING THROUGH JUMPSTART, KIDSPORT OR CITY OF LETHBRIDGE FAP



www.lethbridgesoccer.com

Request Fee covers 2 PLAYERS ONLY - \$40.00 - Payable at office or over the phone -Player requests MUST be sent by email to kristy@lethbridgesoccer.com

| Age Group | <u>Birthyear</u> | <u>Fee</u> | # of sessions | ***Days Playing*** | ***Fields*** | ***Times will alternate*** |
|-------------------------|--------------------------|------------|------------------------------|--------------------|------------------------------------|--------------------------------|
| U4 - CoEd/ Parent & Tot | 2021 | \$150.00 | 10 (30 min sessions) | Monday | Servus Sports Centre Indoor Field | 5:00pm &/ or 5:45pm |
| U5 - CoEd | 2020 | \$150.00 | 10 (45 min sessions) | Monday | Outdoor Servus Sports Centre Field | 5:00pm &/ or 6:00pm |
| U6 - CoEd | 2019 | \$150.00 | 10 (45 min sessions) | Wednesday | Outdoor Servus Sports Centre Field | 5:00 &/ or 6:00pm |
| U8 Boys | 2017 & 2018 | \$225.00 | 18 (55 min sessions) | Monday & Wednesday | College Field | 5:00pm & or 6:00pm &/or 7:00pm |
| U8/ U10 Girls | 2015, 2016, 2017, & 2018 | \$225.00 | 18 (55 min sessions) | Monday & Wednesday | College Field | 6:00pm |
| U10 Boys | 2015 & 2016 | \$225.00 | 18 (1 hr sessions) | Tuesday & Thursday | College Field | 5:00pm & or 6:00pm &/or 7:00pm |
| U12 Boys | 2013 & 2014 | \$225.00 | 18 (1hr sessions) | Monday & Wednesday | St. Teresa School (North) | 5:00pm &/ or 7:00pm |
| U12/ U14 Girls | 2011, 2012, 2013 & 2014 | \$225.00 | 18 (1hr sessions) | Monday & Wednesday | St. Teresa School (North) | 6:00pm |
| U14 Boys | 2011 & 2012 | \$225.00 | 18 (1 hr sessions) | Tuesday & Thursday | Gilbert Paterson School (South) | 5:00pm & or 6:00pm &/or 7:00pm |
| U16 CoEd | 2009 & 2010 | \$225.00 | 18 (1 hr 10 min sessions) | Monday & Wednesday | Winston Churchill School (North) | 6pm & 7:30pm |
| U18 - CoEd | 2007 & 2008 | \$225.00 | 18 (1 hr 20 minute sessions) | Tuesday & Thursday | Atso Towaawa Park (West) | 6pm & 7:30pm |

*** START TIMES CANNOT BE REQUESTED AS TIMES WILL ROTATE THROUGHOUT THE SEASON ***

Sessions will be scheduled during the Victoria Day long weekend (Monday evening)

**SEASON STARTS MONDAY APRIL 28 and be complete SATURDAY JUNE 28, 2025*1

Jersey kits included in Registration price- Jersey, shorts and socks

U4-U6 Timbits: An introduction to soccer. All sessions ran by LSA Staff Coaches, with activities based around players exploring the soccer ball and getting comfortable with an invasion sport. Some small sided scrimmages may be played, but this environment is purely about the players gaining their first touches of a soccer ball.

U8-U10 Fundamental: Individual development is paramount by building a love of the ball. Sessions will challenge players creative side as well introduce them to skills needed in the game such as dribbing, passing and shooting. Scrimmages will be played, but no scores will be kept, and all players will be asked to experience all positions of a soccer match [goalkeeper, defender, midfielder, striker].

U12-U14 Learning The Game: This age is classed as 'The Golden Age Of Learning' where skills learnt in the earlier stages are now enhanced as well as an introduction to the tactical side of the game. Scrimmages will be played and although scores will be kept during the game, coaches and players are asked to keep games meaningful, competitive and to avoid blowouts at all costs. There will be no league standings.

U16-U18 Excel in The Game: Utilizing the technical understanding and tactical skills learnt in the previous three phases to excel in the game. Like the previous 'Learning the Game' phase, coaches are asked to avoid blowouts and keep games competitive throughout.



Returning Swimmer Registration Begins March 1st

Swimming is a lifelong sport that can be used to achieve personal growth and development physically, psychologically and socially. The camaraderie among swimmers is unique; many swimming friends become lifelong friends in and out of the pool.

Mini Orcas - 30 mins/day 4 days a week Mon-Thurs
Junior Orcas - 60 mins/day 5 days a week
Orcas - 90 mins/day Mon-Thurs & 60 mins Friday
*times subjection to change pending registration

Swim Meets are encourage but optional on weekends starting on May 30th.

New Swimmer Registration Begins March 10th

Monday March 10th - 5:00 - 7:00pm Tuesday March 11th - 5:00 - 7:00pm

@Nicholas Sheran Arena Lobby

Come check out our registration evenings more information or the 2025 parent handbook on our website for swimmer requirements & fees.

For more information, please email ocrasecretary@gmail.com

