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Michelle Nevil, Principal • Mary Tilleman, Associate Principal

December 2022

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 School Council Bake Sale (2:30-4:00 PM)	2	3
4	5 Advent: Peace Prayer Service @ 9 AM	6	7	8	9	10
11	12 Advent: Joy Prayer Service @ 9 AM	13	14	15 Christmas Concert @ Taber Civic Center @ 7 PM	16	17
18	19 • Advent: Love Prayer Service @ 9 AM • Red/Green Day • Santa Photos	20 • Christmas Sweater Day • Grade 1's visit Clearview Lodge • January Hot Lunch Orders Due	21 • Santa/Elf Day • Grade 2/3's visit Clearview Lodge • Grade 4/5's visit Clearview Lodge	22 • Dress your Best Day • Christmas Mass at St. Augustine • Student Christmas Dinner	23 PJ & Movie Day Last Day before Christmas Break	24
25	26	27	28	29	30	31
Christmas Break (December 24-January 8)						
Jan. 1	Jan. 2	Jan. 3	Jan. 4	Jan. 5	Jan. 6	Jan. 7
Christmas Break (December 24-January 8)						
Jan. 8	Jan. 9 First Day Back after Christmas Break	Jan. 10	Jan. 11 Boston Pizza Hot Lunch	Jan. 12 • Inside Out / Backwards day • School Council Mtg at 3:45 PM	Jan. 13	Jan. 14

SPT ROCKS

December
2022



ROCK TIME



We are praying for charity at SPT. Refer to pg. 40 in your agendas and you will see some cool challenges for you to be charitable.



Energy Challenge for December
Recycle Cardboard and Paper

Thank You!

Thank you to all who baked for our bake sale. I look forward to seeing you all on Thursday.

Thank you to the peacekeepers who shared their photos for our Thank a Peacekeeper section of Rock Time. Thank you to Constable Chris, Lieutenant Michael Boulay, Matthew Boulay and Ashley Mitchell for your dedication and service to our safety.

Rock Time is our weekly assembly that happens the first day back from the weekend at 8:45 AM in our gym. You are welcome to join us if you like.

Our Advent Celebrations have begun at SPT. They will occur at every Rock Time. You are welcome to join us when you like. Here is a list of the classes that will be hosting these celebrations.

Nov. 28 - 2/3V

Dec. 5 - 2/3M

Dec. 12 - 2/3D

Dec. 19 - 1F



Mark your Calendars



- Dec. 1- School Wide Bake Sale 2:30-4:00 with school council meeting to follow
- Dec. 4 - School choir will sing at the 9:00 AM Mass at St. Augustine's church
- Dec. 5 - Advent "Peace" Celebration
- Dec. 12 - Advent "Joy" Celebration
- Dec. 15 - SPT Christmas Concert 7:00 at Taber Civic Center
- Dec. 19 - Advent "Love" Celebration
- Dec. 19-23 - Christmas Week
- Dec. 22 - Christmas Mass at St. Augustine's 11:00
- Dec. 22 - School Wide Christmas Meal 12:00 at our school
- Dec. 24 - Jan. 8 - Christmas Break

 = Please come and join us.



Bruce the Moose is on the loose at SPT this Advent season. Ask your child about him.



The Christmas Tree
SPT Christmas Concert is
Thursday, December 15 at 7:00
at The Taber Civic Center
Auditorium. . Each family is
given 4 tickets, if you need
more contact the office.
Doors will open at 6:30



Students will have the opportunity to get pictures with Santa on Monday, Dec. 19. If they do get a picture we will send it home on the 23rd.

Christmas Week at SPT Dec. 19-23

Monday - Red/Green Day
Tuesday - Christmas Sweater Day
Wednesday - Santa/Elf Day
Thursday - Dress Your Best Day
Friday - PJ Movie Day



SPT CHRISTMAS CONCERT

Thursday, December 15th @ 7 pm
in the Auditorium at the Taber Civic Center

It is with great excitement that we are able to host our annual Christmas Concert at the Taber Civic Center this year. The theme of our concert is "The Christmas Tree"

Due to limited seating capacity and fire safety codes we can no longer have an open-door policy to this concert. We have issued 4 tickets per family and have sent them home with your child(ren). SPT students who are participating in the concert, as well as young children who can sit on laps do not need a ticket. If you don't need all of your issued tickets, please return them to the school office as we have a waiting list for people who would love a few additional tickets.



Christmas Break

December 24, 2022 - January 8, 2023

1st Day of school after Christmas
January 9, 2023



School Council News:

Our next School Council Meeting is scheduled for:

Thursday, January 12th @ 3:45 PM.

All parents are welcome and encouraged to attend our meetings to find out what's happening in our school community. Our school council advocates for all SPT students and staff.

Here are the important upcoming dates:

December 20th: January 2023 Hot Lunch Orders are due on SchoolCashOnline.

December 22nd: School Council is cooking Christmas Dinner for SPT Students & Staff. We are looking for a few more volunteers to help.

Here is a brief letter from your school council:

Hello everyone,

SPT Parent Council is still looking for volunteers for our Christmas Dinner. It will be held on Thursday, December 22nd at approximately 12 Noon. Volunteers are needed between 9:00 AM and 2:30 PM to help prepare/cook food, serve the students buffet style, and clean up after dinner.

If you have any questions about volunteering or want to sign up to help on December 22nd, please email sptvolunteers@holyspirit.ab.ca or stop in at the school office and sign up using the volunteer sheet on Miss Rosella's desk.

Thank you,

SPT Parent Council

A big Thank You to all who supported our Christmas Bake Sale on December 1st. Your support, whether you donated and/or purchased baked goods, is very appreciated. We raised \$875!! Thank you.

Library Corner - From the Desk of Mrs. Firth

A huge thank you to everyone for making the book fair such a success! Our total sales were \$4871.50! The benefit to our school library totals \$2751.75. This means more books and resources for our library! Congratulations to Isaiah Ruggles and Ms. Duncan for winning the draw. And an extra thank you to Mandy C, Shantel P, Erin J, Veronica M, Krista R, and Brenda P for all your help, I truly couldn't have done it without you.

Also, a friendly reminder to take a look around your home, car, and child's backpack so you can return library books when you're done with them. Even if they are damaged, please bring them back so I can repair them.

Sincerely,
Mrs. Firth

Important Reminders:

Late or Absent Students – Please call our school office by 9:00 AM if your child will be late or absent from school! Our phone number is 403-223-3352.

Agenda Notes – The agenda is an important communication tool between home and the school. If there are any changes in your child's schedule, a change in bus/kidzone schedule, or a change in who is picking up your child, please make note in your child's agenda. If the change occurs during the day, give our school office a call and we will pass on the message to the classroom.

Picking up Students During School Hours – Parents, if you are picking up your child during school hours, please check-in at our office to sign out your child. While signing out, the office will contact your child's homeroom teacher to have your child sent down to the office. Thank you in advance for your cooperation by helping us to continue to create a safe and supportive learning environment for all of our students.

Medical Notes/ Medication – If your child needs to take medication at school, please see Mrs. Mankow in the office to fill out the required paperwork. Additionally, please keep us updated on any allergies or medical changes the school should be aware of.

Microwave Use at Nutrition Times – Just a friendly reminder that if you are sending your child with a lunch/snack that needs to be heated, please ensure it is pre-cooked. Items like Mac N Cheese bowls, ichiban ramen, or anything that requires cooking time doesn't allow us to help all students and it doesn't allow your child to have adequate time to eat during our nutrition breaks.

Milk and Juice Program: We are excited to be offering our milk and juice program again this year. The program will be run by our Grade 5 students with the help of Mrs. Gross and Mrs. Wickson. Milk and juice will be available for purchase during the 1st Nutrition Break. Milk cards can be purchased at the office or on SchoolCashOnline. **If you pay for a card online, please have your child come to the school office to request the card. Thank you.**

We have two types of cards available:

- 1) \$10 punch card valid for 10 individual milk/juice purchases
- 2) \$20 punch card valid for 20 individual milk/juice purchases.

If you don't want to purchase a punch card, students are also able to purchase milk or juice individually. Each drink is \$1.00

*****Proceeds from the milk program supplement our SPT Leadership Initiative & our Grade 5 Farewell. *****



Stay Connected:

Check out our school website: spt.holyspirit.ab.ca School Calendar: spt.holyspirit.ab.ca/school/calendars

Follow us on Social Media:



[St. Patrick School - Taber](https://www.facebook.com/St.PatrickSchool-Taber)



[@spttaber](https://www.instagram.com/spttaber)



[@SPTtaber](https://twitter.com/SPTtaber)

Superintendent's Blog:

Our Superintendent, Ken Sampson, shares the latest information in educational programming in his blog located at <https://blog.holyspirit.ab.ca/>

Board Briefs:

Each month, the School Division Trustees publish a summary of their meetings:

https://www.holyspirit.ab.ca/board_administration/board_of_trustees/board_meetings

December 2022

Breakfast Program Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥	♥	♥	♥	♥ 1 Cereal Milk Fruit	♥ 2 Smoothie Day!	♥
♥	♥ 5 Crackers Cheese Vegetable	♥ 6 Yogurt Parfait w/ Berries + Granola	♥ 7 Cookie Vegetable Yogurt	♥ 8 Cereal Milk Fruit	♥ 9 Granola Bar Apple Sauce	♥
♥	♥ 12 Crackers Cheese Vegetable	♥ 13 Toast Fruit Cheese	♥ 14 Cookie Vegetable Yogurt	♥ 15 Granola Bar Fruit Cheese	♥ 16 Granola Bar Apple Sauce	♥
♥	♥ 19 Crackers Cheese Vegetable	♥ 20 Yogurt Parfait w/ Berries + Granola	♥ 21 Crackers Cheese Vegetable	♥ 22 Granola Bar Apple Sauce	♥ 23 Left overs!	♥
♥	Have a wonderful Christmas holiday 					♥
♥	♥	Notes: The Breakfast Program is NUT FREE this year! <u>Dec 15 - Christmas Concert</u> <u>Dec 22 - Christmas Dinner (lunch)</u> , all students will be provided a FREE lunch this day.				

December

Arise! Pilgrims of Hope



“...to you is born this day in the city of David a Savior,
who is the Messiah, the Lord..”

Luke 2:11

St. Juan Diego 1474-1548 (Feast Day: December 9)

A beautiful picture of Mary can be seen on a cloak above the main altar in the Basilica of Our Lady of Guadalupe in Mexico City. The cloak belonged to Juan Diego, an Aztec who lived more than 450 years ago. On December 9, 1531, when Juan was a 57-year-old widower, he was walking to Mass. A beautiful lady appeared. She told him she was the Immaculate Virgin Mary, and that she desired to have a shrine there at Tepeyac Hill. Mary asked Juan to tell the bishop of her desire.

The bishop didn't believe him, so Juan returned to the lady and suggested she send a better speaker. Mary told Juan that she chose him for this work and that she would bless him for helping her. Juan revisited the bishop. This time the bishop told him to ask his lady for a sign that she was the Mother of God. Mary then sent Juan to the top of the hill to gather the flowers growing there. Juan knew that nothing grew on that rocky hill, let alone in winter. However, Juan found gorgeous roses! He picked them and brought them to Mary, who arranged them in his cloak and told Juan to take them to the bishop. When the bishop saw Juan, he asked what he had in his tilma. Juan opened it, letting the roses fall. Imagine the bishop's surprise at seeing roses in winter! Yet he saw an even greater miracle: on Juan's cloak a beautiful, life-size image began to appear. Juan Diego remained poor, simple, humble, and devoted to the Eucharist. He spent the next 17 years traveling throughout central Mexico, bringing others to the faith and delivering Guadalupe's message that Mary loves us and wants to help us. Juan Diego was beatified in 1990 and canonized in 2002.

Holy Moments In Our Schools

St. Patrick Fine Arts Arise Wall! Staff and students chose a word to describe a gift or talent God has given them that helps them serve the world in positive ways, and contributes to the Body of Christ.



Advent

Beginning the Church's liturgical year, Advent (from, "ad-venire" in Latin or "to come to") is the season encompassing the four Sundays (and weekdays) leading up to the celebration of Christmas.

The Advent season is a time of preparation that directs our hearts and minds to Christ's second coming at the end of time and to the anniversary of Our Lord's birth on Christmas. From the earliest days of the Church, people have been fascinated by Jesus' promise to come back. But the scripture readings during Advent tell us not to waste our time with predictions. Advent is not about speculation. Our Advent readings call us to be alert and ready, not weighted down and distracted by the cares of this world (Lk 21:34-36).

We see many seasonal devotions during Advent, including the Advent wreath and nativity scenes. This year, Holy Spirit is also releasing a weekly Advent video for your use.

Additional Resource:
[The Symbol of the Advent Wreath](#)



A beautiful picture of Mary can be seen on a cloak above the main altar in the [Basilica of Our Lady of Guadalupe](#) in Mexico City. The cloak belonged to Juan Diego, an Aztec who lived more than 450 years ago.

The Fruit of the Spirit – Faithfulness

One song that you may hear during the Advent and Christmas season is 'O Come, All Ye Faithful', which is usually the final hymn sung at Midnight Mass at the Vatican. In the original Latin version of the text, the title is *Adeste Fideles*. Our word faithful derives from the Latin word *Fidei*, which also gives us the word fidelity. We might think here of reliability, obedience, loyalty, truthfulness, or constancy. As Catholics, we know of God's faithfulness towards us, his people, and how his promises to us come true (especially shown in this Advent season). We are called to be loyal and trusting in God, and when we do that, even in little ways, our faithfulness is increased by the Holy Spirit.

Paul, in Hebrews, says that "faith is the assurance of things hoped for, the conviction of things not seen." (Heb 11:1). The church has described this gift of faith, brought by Jesus, as the Light of Faith (*Lumen Fidei*). This was also the name of a Papal encyclical given by Pope Francis in 2013, in which he said:

In God's gift of faith, a supernatural infused virtue, we realize that a great love has been offered us, a good word has been spoken to us, and that when we welcome that word, Jesus Christ the Word made flesh, the Holy Spirit transforms us, lights up our way to the future and enables us joyfully to advance along that way on wings of hope.

As we near the manger at Christmas, may we see in the newborn Jesus the great love of God, and in our faithfulness may the Holy Spirit continue to transform our lives.



"Let not your heart be disturbed... Am I not here, who is your Mother? Are you not under my protection? Am I not your health? Are you not happily within my fold? What else do you wish? Do not grieve nor be disturbed by anything." - Our Lady of Guadalupe

Reflecting on the life of St. Juan Diego Cuauhtlatotzin...

Our Lady of Guadalupe

One of the most well known titles of Mary is Our Lady of Guadalupe, as she revealed herself to St. Juan Diego in 1531. His tilma is now housed in the Basilica of Our Lady of Guadalupe in Mexico City, one of the most visited Catholic pilgrimage sites in the world. The image, famous around the world in both Catholic and secular culture, shows a pregnant Mary, clothed in a star-covered mantle, eclipsing the sun and standing atop the moon, with a cherub carrying her train. There have been many studies on the tilma, including [detailed study of the locations of the stars and Our Lady's eyes](#), which reveal fascinating details. Our Lady of Guadalupe Patroness of Mexico and the continental Americas, as well as the namesake of the Our Lady of Guadalupe Circle, the group engaged in [renewing and fostering relationships between the Catholic Church and Indigenous Peoples in Canada](#).

Our Lady of Guadalupe, pray for us!



St. Juan Diego Showed "Faithfulness"

"I am a nobody. I am a small rope, a tiny ladder, the tail end, leaf..." St. Juan Diego

With these words to Our Lady of Guadalupe, St. Juan Diego reveals to us his feeling of unworthiness after the bishop didn't believe him. Mary, of course, believes in him, and helps him to try again. Being told by the bishop to provide a sign, St. Juan Diego again returns to Mary and follows her instructions, in spite of the reasons not to. In each step, [St. Juan Diego](#) shows himself to be reliable, obedient, and trusting; the core of faithfulness. In each step, his faithfulness grows, and is rewarded in the end with the [miraculous tilma](#). His faithfulness becomes a model for not only the bishop, but all of the peoples of the Americas. When we find ourselves feeling small or tiny, or a nobody, we can recall the example of St. Juan Diego, whose faithfulness was multiplied exponentially and bore much fruit.

St. Juan Diego, pray for us!

Adapted from Franciscanmedia.org. [A Look at St. Juan Diego](#)

Gospel Readings

December 4, 2022 2nd Sunday in Advent

Gospel Reading: Matthew 3:1-12

"Prepare the way of the Lord, make straight his paths." — Matthew 3:3

John the Baptist cried out in the desert for repentance, for people to turn away from sin. He knew that true repentance would "make straight" the path for Jesus, who was coming to lead people back to God. By repenting, we make the mission of Jesus so much easier! He can reveal the truth to us, and lead us to live and act like he did when he was on earth - welcoming everyone, even those that others didn't like or approve of, teaching how to share so that everyone has enough, giving people a chance to start over when they admitted their mistakes and sins, and more. This Advent is an opportunity to admit our sins, go to confession, and "make straight" the path we are walking with Jesus so we can better live how he taught.

Father in heaven, thank you for giving us your Son to lead us in our journey toward eternal life. Help us enter into a spirit of humility and repentance this Advent!

Are there other things we can do to make it easier for Jesus to show us the truth? What gets in the way of our spiritual journey?

December 18, 2022 4th Sunday in Advent

Gospel Reading: Matthew 1:18-24

"And they shall name him 'Emmanuel', which means 'God is with us.'" — Matthew 1:23

Do you know why your parents picked the name they did for you? Often parents pick a name because the name comes from an older relative, or from an important person they admire, or maybe because your parents really loved the sound of the name. Jesus got his name because the angel told Joseph what to name him. God chose the name "Jesus" which means "God Saves" for his son. The prophets knew also that Jesus would be called Emmanuel, or "God is with us." That was not going to be his given name, but it was going to be who he was! God came to us in the flesh, as a baby, and truly was "with us" then, and now is still truly with us. He will never leave us or abandon us!

Dear Father, thank you for giving us your Son, in the flesh. Thank you, Jesus, for giving us yourself in the Eucharist. You are truly "with us" now and forever!

Does it ever feel like Jesus is not with you? When that happens, think of Jesus like the sun. The sun is always there, even when we can't see its light at night or when it is hidden behind the clouds. Jesus is always still with you, even if you can't feel him.

December 11, 2022 3rd Sunday in Advent

Gospel Reading: Matthew 11:2-11

"Then will the eyes of the blind be opened, the ears of the deaf be cleared." — Isaiah 35:5

Jesus came to bring healing to the world. He began his ministry with many miracles, showing the power of God to heal physical problems, such as blindness and deafness. But "healing the world" did not mean that he was going to heal everyone's physical problems. He came to heal us from sin, anything that hurts our relationship with others, ourselves, and God. Sin can destroy the life of God that lives in our hearts, and for this reason it must be cured - over and over again! Rejoice today, for God sent his Son to bring life and healing to the world, to model how we can be and act in the world, and to cure our sin with his great love! Let us prepare to celebrate his birth with great excitement!

Dear Lord, thank you for sending us your Son to bring true healing, the kind that brings true life. Prepare us to celebrate the great gift of his incarnation at Christmas.

What are some ways we can rejoice this week, and show our thanks to God for healing us from sin?

Gospel Readings

December 25, 2022 The Nativity of the Lord

Gospel Reading: John 1:1-18

"How beautiful upon the mountains are the feet of him who brings glad tidings, announcing peace, bearing good news..." — Isaiah 52:7

What great joy this day brings to our hearts! We are surrounded by loved ones. We are sharing feasts and receiving presents. But are we seeking the newborn king as the shepherds did? Are we proclaiming the Savior's birth as the angels did? Isaiah reminds us today to bring the good news of Christ's birth to all we meet. We can do this through our actions, words, and even our thoughts. By doing this, we share the peace that is in our own hearts, and that can be one of the greatest gifts we give this year.



*Father in heaven, thank you for the greatest gift that was ever given by anyone,
your son Jesus. We sing his praises along with the angels this day,
saying Glory to the newborn King!*



Download this month's [Saint Prayer Card](#) - St. Juan Diego Cuauhtlatotzin



Sources:

[Saint Juan Diego. 1474-1548](#)

[What Is Advent?](#)

[The Fruit Of The Holy Spirit: What Is Faithfulness?](#)



Arise!

Pilgrims of Hope Journal

WEEK ONE

The second week of Advent is focused on Peace - what has brought you peace this week?



In God's gift of faith, a supernatural infused virtue, we realize that a great love has been offered us, a good word has been spoken to us, and that when we welcome that word, Jesus Christ the Word made flesh, the Holy Spirit transforms us, lights up our way to the future and enables us joyfully to advance along that way on wings of hope. - Lumen Fidei

December

WEEK TWO

The third week of Advent is focused on Joy - what little moment has brought you joy this week?



WEEK THREE

The fourth week of Advent is focused on Love - when was a time this week that you felt God's love?



WEEK FOUR

Read Luke 2: 1-20 today. How can you be like the shepherds who spread the news of Jesus' birth?



A Prayer to St. Juan Diego

Beloved Juan Diego,
show us the way that leads to the Virgin,
that she may receive us in the depths of her heart,
for she is the loving,
compassionate Mother who guides us to the true God.
Amen.

Our Lady of Guadalupe, Mystical Rose,
make intercession for the Holy Church,
protect the Sovereign Pontiff,

help all those who invoke thee in their necessities,
and since thou art the ever Virgin Mary,
and Mother of the True God,
obtain for us from thy most holy Son
the grace of keeping our faith,
of sweet hope in the midst of the bitterness of life,
of burning charity, and the precious gift of final perseverance.

St. Juan Diego, pray for us.
Our Lady of Guadalupe, pray for us. Amen.

Recipes for the Students of St. Patrick Elementary School



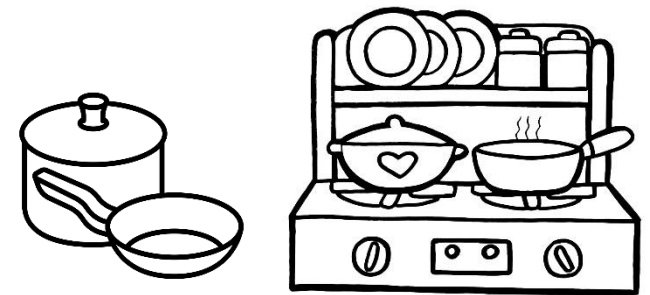
From the Nursing Students
of the University of Lethbridge

Who are we?

Hello! We are Temi, Margaret, and Kayleigh, and we are three nursing students from the University of Lethbridge. We came to St. Patrick Elementary School as part of our community health clinical rotation in the fall of 2022. Our project for this rotation was on childhood nutrition. We spent the semester visiting classrooms to chat with the students about eating well, nutrition, and the Canada Food Guide.

Before we leave the St. Pat's community, we wanted to leave a with a little reminder of all the things we shared. That's how this recipe book was born! Inside are eight fun and easy recipes for you to share with your family and friends, along with information on healthy food choices and tips for staying safe in the kitchen!

Bon appetite!



(PS – this recipe book is also a colouring book!)

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Kitchen Safety Tips

- ✓ Wash your hands before handling food (20 seconds of scrubbing with soap and water!)
- ✓ Always have adult supervision when using the stove or the oven
- ✓ Always ask for help before using any knives or sharp instruments in the kitchen
- ✓ Always hold pot handles with an oven mitt
- ✓ Wait for your bowl of food to cool down before taking a bite



Nutrition & Eating Well

Mmmm... food!

Food is what people eat to live. It contains the nutrition that we need to be healthy and strong.

What is a balanced diet?

This is a diet that contains all the nutrients we need to grow stronger and stronger, including:

- ✓ *Carbohydrates* for energy
- ✓ *Fats* for energy and brain development
- ✓ *Proteins* for energy and muscle development
- ✓ *Vitamins* and *minerals* for healthy bodies

Food groups

We like to categorize the things we eat into three main food groups:

- ✓ Fruits & vegetables
- ✓ Proteins
- ✓ Grains



The foods in each of these groups contain all the nutrients we need to grow up strong and healthy. It is a good idea to include a food from each of the three food groups in every meal to make sure that you get all the nutrients you need every day. There are lots of different foods in each group! Which are your favourites?

The Canada Food Guide

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice



Choose
whole grain
foods

Ever heard of the Canada Food Guide?

The Canada Food Guide is like an instruction booklet that can help you make the most nutritious food choices every day! There is advice on ways to get all the nutrients you need to grow healthy and strong, and lots of more recipe ideas for you and your loved ones to try! You can find the Canada Food Guide online at food-guide.canada.ca

BREAKFAST

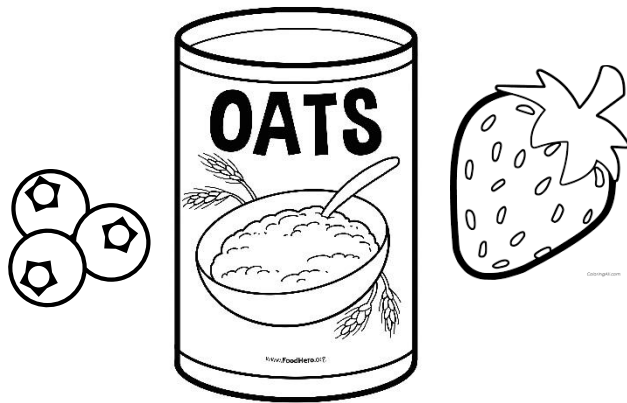
Outstanding Overnight Oats

Ingredients

½ cup yogurt
2 tbsp milk (dairy or non-dairy)
2 tbsp quick oats
1-2 tsp hemp seeds, chia seeds, and/or shredded unsweetened coconut
¼ tsp vanilla extract
⅛ tsp cinnamon
1-2 tsp maple syrup or honey
¼ - ½ cups fresh or frozen fruit (ideas: blueberries, raspberries, blackberries, strawberries, or mango)

Instructions

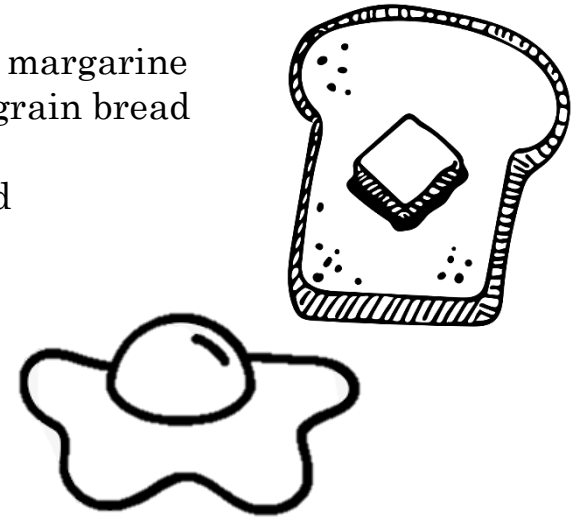
Combine all ingredients except for the fruit in a small bowl and gently stir together. Divide mixture into small storage containers and top with your choice of fruit. Store in the refrigerator for at least 4 hours or overnight. Serve cold.



Toad-in-a-Hole Toast

Ingredients

1-2 tsp butter or margarine
1 slice of whole grain bread
1 egg
½ avocado, sliced



Instructions

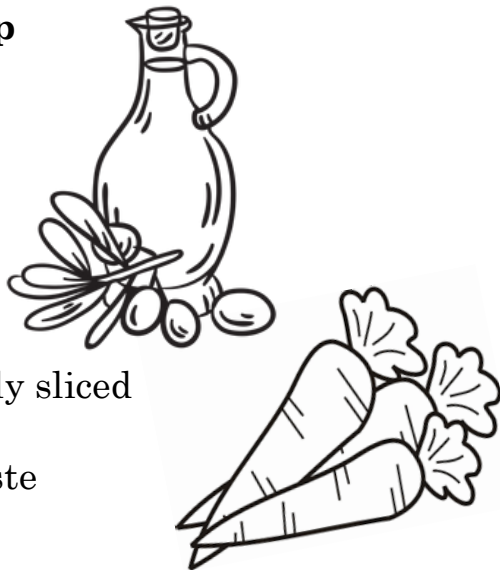
Heat frying pan over medium heat. Spread butter or margarine on both sides of bread slice. Using a small cup or empty jar, punch out a hole in the middle of the slice of bread. When the frying pan is hot, place the slice of bread in the frying pan. Crack egg into the center of the bread slice and fry for 2 minutes. Flip the slice and cook the other side until the egg yolk is almost set, then remove from heat. Scoop out the avocado half and cut into thin slices and place on top of the toad-in-the-hole. Season with salt and pepper.

LUNCH

Super Cabbage Soup

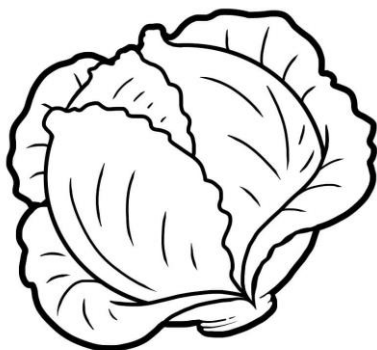
Ingredients

1 tbsp olive oil
1 yellow onion, diced
2 garlic cloves, diced
2 potatoes, diced
2 carrots, sliced
½ green cabbage, thinly sliced
4 cups vegetable broth
Salt and pepper, to taste



Instructions

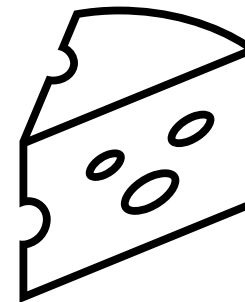
Heat large pot over medium heat and add olive oil. Add onion and garlic, fry until lightly browned. Add carrots, potatoes, and cabbage, and cover with vegetable broth. Bring to a boil, and then simmer for 10 minutes, or until carrots and potatoes are tender. Serve with **Tasty Tuna Melt** (next page) and a glass of cold water for a nutritious lunch!



Tasty Tuna Melt

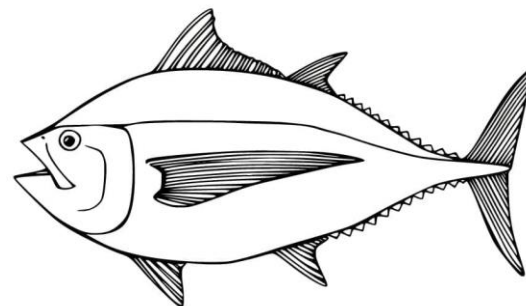
Ingredients

½ tbsp butter (or oil of your choice)
1 slice of whole wheat bread
½ can of tuna in water
⅛ cup Greek yogurt
1 tomato, thinly sliced
2 slices of cheddar cheese



Instructions

Preheat oven to 400°F. Brush one side of the bread slice with butter and place on small sheet pan butter side down. Mix tuna and yogurt until well combined. Spread tuna and yogurt mixture evenly across the bread slice. Top with two tomato slices and cheese slices. Place in oven and cook for 15 – 20 minutes, or until cheese is melted and bread is lightly toasted. Remove from oven and let cool. Serve with a bowl of **Super Cabbage Soup** (previous page) and a glass of cold water for a yummy lunch with all the food groups!



DINNER

Mmmmmmmexican Burritos

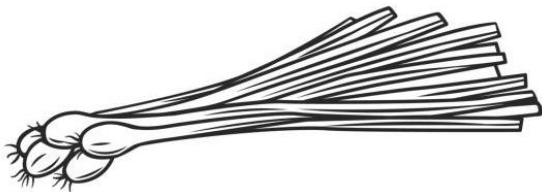
Ingredients

- 3 whole wheat tortillas
- ¼ cup grated cheddar cheese
- 1/3 cup salsa
- 1/3 cup canned beans (kidney or refried)
- 2 tbsp green onion, chopped
- ¼ tsp chili powder
- ¼ tsp cumin powder
- 1-2 tbsp Greek yogurt or sour cream



Instructions

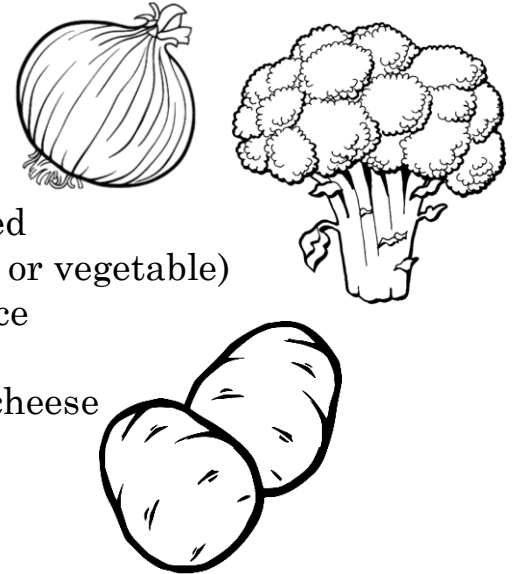
Preheat oven to 350°F. Using a strainer, rinse beans under water, drain, and mash in a medium bowl (skip these steps if using refried beans). Add chili powder, cumin, and half the salsa. Mix well. Place bean mixture on edge of the tortilla, and sprinkle with cheese and green onion. Roll up tortilla and place seam-side down on a baking sheet and bake for 10 minutes. Remove from oven and top with remaining salsa and yogurt or sour cream.



Great Green Monster Soup

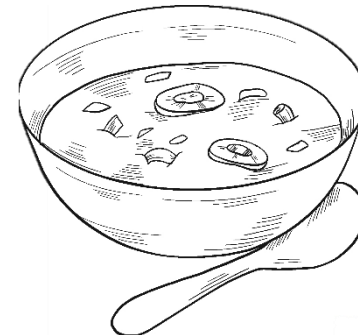
Ingredients

- 1 yellow onion, diced
- 3 potatoes, diced
- 1 cup water
- 1 head of broccoli, chopped
- 2 bouillon cubes (chicken or vegetable)
- 1 tsp Worcestershire sauce
- 1/3 cup all-purpose flour
- 1 cup shredded cheddar cheese
- 4 cups milk
- Salt and pepper, to taste



Instructions

Add onion, potatoes, and water to large saucepan and heat over medium-high heat for 5 minutes. Add broccoli and cook for another 5 – 10 minutes. Add 4 cups of milk, bouillon cubes, and Worcestershire sauce, and bring to a boil. In a small mixing bowl, combine 1 cup of milk and flour until smooth and add to soup. Cook until broth is just thickened. Remove soup from heat and stir in shredded cheese, salt, and pepper. Serve warm with a piece of whole-wheat toast.



SNACKS

Nicole's Stellar Sweet Potato Cookies

Ingredients

1 cup whole wheat flour
1 cup quick oats
1 tsp baking soda
½ tsp salt
1 tsp ground cinnamon
¼ tsp nutmeg
¼ tsp ginger
½ cup canola oil (or melted butter)
1 cup white sugar
1 egg
1 tsp vanilla extract
1 cup mashed sweet potatoes (or substitute for pumpkin purée, apple sauce, or mashed bananas; it is very versatile)
½ cup semi-sweet chocolate chips (optional)



Instructions

Preheat oven to 350°F. In medium mixing bowl, whisk together dry ingredients (flour, oats, baking soda, spices). In separate mixing bowl, mix oil/butter and sugar using an electric mixer. Add in egg, vanilla extract, and mashed sweet potato (or other fruit purée). Mix until combined. Add dry ingredients to wet and mix until combined, adding in chocolate chips last. Batter will be wet. Let it sit for 5-10 minutes to firm up. Scoop out dough in 1 ½-2-inch scoops and arrange on baking sheets. Bake for 14-16 minutes. Allow cookies to slightly cool before serving.

Perfect Pumpkin Bites

Ingredients

2 cups quick oats
½ cup nut or seed butter (your choice!)
½ cup pumpkin purée
¼ cup chia seeds
¼ cup honey
1 tsp vanilla extract
½ tsp cinnamon or pumpkin pie spice
½ cup mini chocolate chips (optional)



Instructions

Combine all ingredients (except chocolate chips) in order in a medium bowl. You might have to use your hands to mix (wash them first!). The mixture should be soft and not too sticky. Add chocolate chips, if using. Pick up a spoonful of the mixture and roll into a 1½-inch ball until all the mixture is gone. Set balls in a container lined with parchment paper and let set in the refrigerator for at least 30 minutes before serving. These will last approximately one week in the refrigerator.

Social-Emotional Learning for Parents

Facilitator(s):	Megan Brain, Shana Fairbank
Date(s):	<i>This is a multi-day event.</i> • Day 1: Nov 01, 2022 (7:00 pm to 8:00 pm) • Day 2: Nov 15, 2022 (7:00 pm to 8:00 pm) • Day 3: Nov 29, 2022 (7:00 pm to 8:00 pm) • Day 4: Dec 13, 2022 (7:00 pm to 8:00 pm) • Day 5: Jan 17, 2023 (7:00 pm to 8:00 pm)
Cost:	No charge
Location:	Virtual
Session Code:	23-PA-226

Target Audience

Parents

About this Learning Opportunity

Social-Emotional Learning or SEL has become a buzzword in schools lately and we are here to provide parents and teachers with the tools and strategies needed to successfully implement SEL competencies at home and school. Over five 1-hour workshops, we will break down the five, research-based competencies from the Collaborative for Academic Social & Emotional Learning (CASEL) SEL competencies: Relationship Skills; Self-Awareness; Self-Management; Social Awareness, and; Responsible Decision-Making. Participants will walk away with ready-to-use resources and activities they can start incorporating tomorrow!

[Session 1 November 1, 2022 - Relationships](#)

[Session 2 November 15, 2022 - Self-Awareness](#)

[Session 3 November 29, 2022 - Self-Management](#)

[Session 4 December 13, 2022 - Social Awareness](#)

[Session 5 January 17, 2023 - Responsible Decision-Making](#)

About the Facilitator(s)

Megan Brain

Megan's background in mental health, wellness and physical education was the inspiration behind creating Ikigirl Wellness. She is a physical educator, fitness coach, mom of three boys and long-time advocate for whole-school health promotion. Megan's hope for Ikigirl Wellness is that we inspire school communities, workplaces and individuals to expand their well-being through our work creating wellness planners and resources as well as offering meaningful professional development. Megan is excited about this journey and look forward to growing our wellness community.

Shana Fairbank

Shana's background is in physical and mental health. As a physical and wellness educator, she has spent years researching, teaching and developing curriculum for Alberta. As a mom of four boys, coach and active member in my community, Shana sees wellness challenges we face daily. Our goal is to help as many people as we can reach their wellness potential. Through seminars, resources and professional development Shana is excited to work through this wellness journey together!

This learning opportunity is being subsidized through funding from Alberta Education.

Social-Emotional Learning for Elementary

Facilitator(s):	Megan Brain, Shana Fairbank
Date(s):	<i>This is a multi-day event.</i> • Day 1: Oct 25, 2022 (4:00 pm to 5:00 pm) • Day 2: Nov 08, 2022 (4:00 pm to 5:00 pm) • Day 3: Nov 22, 2022 (4:00 pm to 5:00 pm) • Day 4: Dec 06, 2022 (4:00 pm to 5:00 pm) • Day 5: Jan 10, 2023 (4:00 pm to 5:00 pm)
Cost:	No charge
Location:	Virtual
Session Code:	23-MH-227

Target Audience

Teachers, School-based Administrators, Support Staff, Instructional Coaches, Learning Coaches, District Leaders, Educational Assistants

About this Learning Opportunity

Social-Emotional Learning or SEL has become a buzzword in schools lately and we are here to provide parents and teachers with the tools and strategies needed to successfully implement SEL competencies at home and school. Over five 1-hour workshops, we will break down the five, research-based competencies from the Collaborative for Academic Social & Emotional Learning (CASEL) SEL competencies: Relationship Skills; Self-Awareness; Self-Management; Social Awareness, and; Responsible Decision-Making. Participants will walk away with ready-to-use resources and activities they can start incorporating tomorrow!

[Session 1 October 25, 2022 - Relationships](#)

[Session 2 November 8, 2022 - Self-Awareness](#)

[Session 3 November 22, 2022 - Self-Management](#)

[Session 4 December 6, 2022 - Social Awareness](#)

[Session 5 January 10, 2023 - Responsible Decision-Making](#)

About the Facilitator(s)

Megan Brain

Megan's background in mental health, wellness and physical education was the inspiration behind creating Ikigirl Wellness. She is a physical educator, fitness coach, mom of three boys and long-time advocate for whole-school health promotion. Megan's hope for Ikigirl Wellness is that we inspire school communities, workplaces and individuals to expand their well-being through our work creating wellness planners and resources as well as offering meaningful professional development. Megan is excited about this journey and look forward to growing our wellness community.

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