



5302 48th Street Taber, Alberta T1G 1H3

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Michelle Nevil, Principal • Mary Tilleman, Associate Principal

January 2023

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2	3	4	5	6	7
Christmas Break (December 24-January 8)						
8	9 First Day Back after Christmas Break	10	11 Boston Pizza Hot Lunch	12 • Inside Out / Backwards day • School Council Mtg at 3:45 PM	13	14
15	16	17	18 Skating: • 4/5's – 9:00- 10:00 AM • 2/3's – 10:15- 11:15 AM	19 Skating: • 1's – 9:00-10:00 AM	20	21
22	23	24 DQ Hot Lunch	25 Skating: • 4/5's – 9:00- 10:00 AM • 2/3's – 10:15- 11:15 AM • CEC Board Meeting @ 6	26 Skating: • 1's – 9:00-10:00 AM	27 Book Character Day	28
29	30	31	Feb. 1	Feb. 2 • Global Play Day • School Council Mtg at 3:45 PM	Feb. 3	Feb. 4

SPT ROCKS

January
2023



We are praying for courage at SPT. Refer to pg. 50 in your agendas and you will see some cool challenges for you to be courageous.

ROCK TIME



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.

At Rock Time we root ourselves in these Gospel readings These are all the Sunday Gospel Readings for January.

Matthew 2: 1-11

John 1:29-34

Matthew 4:12-23

Matthew 5:1-11



Energy Challenge for January
Reduce the Amount of Plastic you Use



Thank You

Thank you to all who attended our Christmas Concert and donated to our Silver Collection. We raised \$683.50 for Taber's Safe Haven.

Mark your Calendars



- Jan. 11 Hot Lunch from Boston Pizza
- Jan. 12 Inside Out/Backwards Day
- Jan. 12 School Council Meeting @ 3:45 in our Gathering Space
- Jan. 16 One Book One Community Begins (Look at Library Update)
- Jan. 16 Returning Family School Registration starts
- Jan. 17 Thunder Athletics start after school
- Jan. 18 4/5s, and 2/3s go skating
- Jan. 19 Grade 1s go skating
- Jan. 24 Hot Lunch from DQ
- Jan. 25 4/5s and 2/3s go skating
- Jan. 26 Grade 1s go skating
- Jan. 27 Dress up as your Favourite Book Character Day



= Please come and join us.



Thunder Athletics is beginning for our 4/5 students. It is happening on Tuesdays and Thursdays.

Santa pictures were taken of our students who were here on Tuesday, December 20. Due to the school closure and crazy weather, pictures were never shared. If your child was here and you would still like a santa picture please email Mrs. Nevil at nevilm@holyspirit.ab.ca



SPT has a collection of skates and helmets for students to borrow. Please let your child's teacher know if your child will need to borrow a pair.



Skating at SPT
Wednesdays, January 18 & 25
9:00-10:00 4/5s
10:15-11:15 2/3s
Thursdays, January 19 & 26
9:00-10:00 Grade 1s

All skating is happening on the large ice. Parents are welcome to join us on the ice as long as they are wearing helmet. Parents are also welcome to help tie skates. Thank you so much.

LEARNING TO LOVE & LOVING TO LEARN



Rhiece Cordes is our Mental Health Capacity Worker. She comes to our school every Tuesday. She has taught our ECS and grade 1 students the Worry Woo's program and will start this program with our 4/5s, and then with our 2/3 students later this school year.

Social Emotional Learning

Worry Woo is a Social Emotional Learning program that personifies emotions, giving younger children the ability to learn about feelings and practise talking about them in a manner that is relatable to them. By offering children the tools to recognize and talk about their feelings, we are empowering them to gain control of their own emotions and develop strength in empathy, self respect and resolution.

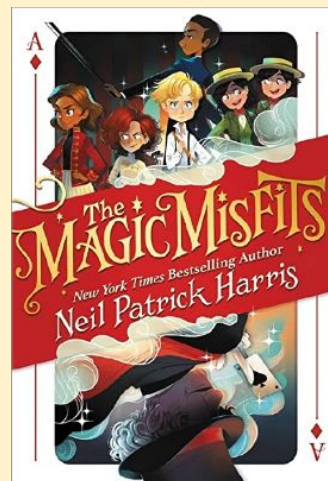
If you would like to learn more about the program or access additional material, please visit <https://www.worrywoos.com>

Learning Intervention at SPT

We strive to best meet the needs of all of our students. One area in which are able to do this is through Student Intervention administered by our classroom teachers. It provides time to address specific needs in our students learning. We do this on a weekly basis. Ask your child's teacher about it today.

our Teaching staff just completed a book study called Shifting the Balance by Jan Miller Burkins and Kari Yates. Through this we are learning more about the science of reading.

Our students and staff (and you, if you like,) are embarking on another wonderful One Book One Community Literacy Project. Reading with our children and evoking a love for books has a positive impact on their learning journey.



Here's a book written by our one and only Ms. Caputo. She used to be a teacher at SPT.



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:

January 11th – Boston Pizza Hot Lunch

January 12th @ 3:45 PM: School Council Meeting

January 24th – DQ Hot Lunch

February 2nd @3:45 PM: School Council Meeting

If you are interested in helping with Hot Lunch or have any questions regarding School Council meetings, please reach out to us at sptschoolcouncil@holyspirit.ab.ca

A big Thank You to all of the volunteers who helped with decorating for the Christmas Program and for those who helped prepare the Christmas Dinner for SPT students & staff.

Library Corner

From the Desk of Mrs. Firth

Happy New Year SPT families! We have exciting news! We're doing another One Book One Community project! Many of you will remember The Wild Robot from last year, this year our book is The Magic Misfits by Neil Patrick Harris. We introduced the book to the students at Rock Time and we talked about magic and how it can mean different things to different people. Magic can be pulling a rabbit from a hat, or a hug from a loved one, or the feeling of God's love for us. Teachers will be reading along with their classes and if you would like to participate at home, we will send out a reading schedule so you can.

You can purchase the book here: [Magic Misfits](#) - Or check out the Taber Public Library.

Also, thank you to everyone who searched for and returned overdue books.

Happy Reading!
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.

Reusable Utensils for Nutrition Times – We have noticed an increase of students requiring a disposable spoon during nutrition break to eat their snacks such as yogurt, apple sauce, soup, etc. We are currently out of disposable utensils for our lunch room. We are asking that if your child's snack/lunch requires a spoon, fork, etc, to please send them with a reusable one from home that they can keep in their lunch kit.



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.**

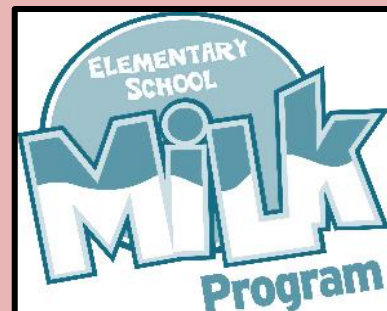


We have two types of cards available:

- 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. *****



Skating – January 2023



Our Grade 1-5 students are planning on going skating on January 18th, 19th, 25th, and 26th. See the time schedule below. Weather permitting, the classes are planning to walk to the skating rink, otherwise they will be transported by bus. If your child is planning to participate but is in need of skates/helmet, please let their teacher know as soon as possible. We have some available at school for them to use. School Admin will be transporting their skates and helmets to the rink, so please place your child's items in a labeled bag.



January 18th @ 9:00-10:00 AM Grade 4/5's	January 19th @ 9:00-10:00 AM Grade 1's	January 25th @ 10:15-11:15 AM Grade 2/3's
January 18th @ 10:15-11:15 AM Grade 2/3's	January 25th @ 9:00-10:00 AM Grade 4/5's	January 26th @ 9:00-10:00 AM Grade 1's

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

Looking forward to a new year with ...

Holy Spirit Catholic School Division

2023/2024 REGISTRATION



Re-Registration Starts January 16, 2023

Families with students currently enrolled in our system should expect an email during the week of January 16-20, 2023 asking that the online "Registration Update Form" be completed for each child attending one of our schools in the 2023/2024 school year.

This update allows us to make sure the information on file is accurate and that any legal declarations, preferences, and consents are renewed. It also allows our schools to plan for the upcoming school year.

Parents/guardians who are hoping to register younger siblings new to the division will also have the opportunity to do this at the same time that they re-register older students.



New Student Registration Starts February 1, 2023

All Early Learning to Grade 12 students who are new to the division and wish to enroll for the 2023/2024 school year are invited to register online starting on Wednesday, February 1, 2023.

- Our **Early Learning Program** is designed to stimulate the growing curiosity of children 3 and 4 years of age.
- **Kindergarten** is designed for children 5 years of age on, or before, December 31, 2023.
- **Grade 1** registrants must be 6 years of age on, or before, December 31, 2023.
- **French Immersion** is also available. Enrollment starts:
 - in Kindergarten/Grade 1 at École St. Mary School in Lethbridge.
 - in Grade 1 at St. Michael's School in Pincher Creek.



For More Information

Contact our Coordinator of Early Learning Coordinator to discuss Early Learning, Kindergarten, or your child's specialized programming requirements by phone (403-381-8495) or email (earlylearning@holyspirit.ab.ca).

Contact our French Language Consultant to discuss French Immersion programming by phone (403-331-4458) or email (urquhartw@holyspirit.ab.ca).

Contact your child's school, or visit the division's website (holyspirit.ab.ca), if you need assistance with the online registration process or have any questions.



Holy Spirit Catholic School Division
...where students are cherished and achieve their potential.

January Arise!

Pilgrims of Hope



“...with all humility and gentleness, with patience,
bearing with one another in love.”

Ephesians 4:2

St. Ignatius of Loyola 1491-1556 (Feast Day: July 31)

St. Ignatius of Loyola was a Spanish Catholic priest and theologian who was a cofounder of the Society of Jesus (Jesuits), known for their missionary work and teaching. As a young man, Ignatius was keen to be famous and joined the army. He was wounded severely in 1521 when a cannonball shattered his leg. He underwent many surgeries to repair his leg, which led to a long period of recovery. In his recovery, he read extensively about the life of Christ and the lives of the Saints (he had asked for books about knights, but no one brought him any). Once he recovered enough to walk (despite having a permanent limp), he made a pilgrimage to the Holy Land, and became increasingly more focused on the religious life. He engaged in more learning and eventually cofounded the *Society of Jesus*, and was the first Superior General of the order. Their main principle became *Ad Maiorem Dei Gloriam* (for the greater glory of God). This is often shown on the books that St. Ignatius holds in imagery; sometimes you will see the IHS instead (this is derived from the first three Greek letters in Jesus - iota, eta, sigma, a type of Christogram). He paid particular attention to the spiritual formation of recruits, and is known for his Spiritual Exercises, and the tradition that we know today as Ignatian Spirituality.



Holy Moments In Our Schools

Throughout the month of December, “Sock Drives” were held to collect warm socks for those in need. Our Lady of the Assumption alone (left), collected 1,085 pairs of socks and over 400 mitts, gloves, hats, and scarves. Thanks to everyone in the Holy Spirit School Division for demonstrating practical acts of kindness and creating warm memories for families in need!



The Spiritual Works of Mercy – Instruct the Ignorant

First, we have to consider also our own need for instruction (we always have more to learn). Even this step (as a form of witness) will begin to inform others as we ourselves seek the wisdom of Catholicism. We also need to teach from a stance of relationship, humility and gentleness. As St. Thomas Aquinas said, “To love is to will the good of the other,” and so we should teach and help one another out because of our love for them. When you find yourself in this position, pray to the Holy Spirit for guidance, and if in doubt, consult Scripture and the *Catechism of the Catholic Church*. We also have a model teacher for this work in Christ, who continually shows us in the Gospels how to embody what we have described here.

- Learn about our faith and be open to talking with others about our beliefs. There is always something more to discover about our faith.
- Go on a service trip or short-term mission trip. No time? Donate to support someone on their service trip.
- Volunteer to help with religious education programs at your parish. Invite someone to go to mass with you this weekend.
- Know your faith!

Sources:

[The Spiritual Works of Mercy](#)

[Instructing the Ignorant](#)

Adapted from: [The Fruit of the Spirit: Gentleness](#)

[Home Page](#)

The Fruit of the Spirit – Gentleness

When we think of gentleness, we might think of quietness, submission, softness or shyness. In the original Greek, the translation is closer to meek, which we might think of from the Beatitudes (...“the meek shall inherit the earth”). It turns out that we may be misguided if we think of only this version of the word. In Greek, it is better understood as the quality of dealing with people in kindness, humility and consideration; an expression of gentleness. Additionally, when used in a secular context, it could be meant to tame wild animals, to calm others, or to remain composed. When we think like this, and how Christ showed gentleness, we might ponder the restraint which he showed in his life. Despite his divine nature, he did not use power to enter the world to great fanfare, he came as a baby. Despite his divine nature, he did not use power to enter Jerusalem with armies. Despite his divine nature, he submitted to the will of the Father at the Crucifixion. In each instance, we might recognize that gentleness does not mean an absence of strength or power; more accurately, restraint to God’s will in our use of power, and recognition that we have access to that power through the Holy Spirit.

“Let your gentleness be known to everyone...”

- Philippians 4:5a

“He who carries God in his heart bears
heaven with him wherever he goes.”

- St. Ignatius of Loyola



Reflecting on the life of St. Ignatius of Loyola...

Instruct the Ignorant

You may be familiar with the term Ignatian spirituality, or some of its aspects and practices. In and of itself, this is an example of how St. Ignatius embodies the spiritual work of mercy "instruct the ignorant". In many ways, this is a contemplative spiritual path that seeks to discern the will of God. We look inward to reflect on God's guidance and direction through the Holy Spirit. Whether you are completing the Spiritual Exercises, practicing the Examen, using other forms of Ignatian spirituality, or simply seeking to find God in all things, you have St. Ignatius of Loyola to thank for this tradition.

Simplified 5 Steps of the Examen

- Give thanksgiving
- Ask God for the light to see with his eyes
- Examine how one has lived the day, guided by the Holy Spirit
- Ask God for forgiveness and healing
- Resolve to live tomorrow well

St. Ignatius of Loyola, pray for us!



Gentleness

As we have seen, we might think of gentleness as restraint or composure. St. Ignatius certainly led a wild early life, but once injured on the battlefield, he learned more and more about the examples of the saints, and the life of Christ, and asked himself the question - What if I should do as these saints did? Over time, his dreams of love and adventure paled as he surrendered the life that he knew in order to enter more fully into his relationship with God. We might say that he became more detached. As he discerned God's will, he surrendered his own will to that of God, and in this, showed gentleness. Perhaps we can consider his life in the light of the words from Jeremiah:

Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the Lord, and I will restore your fortunes and gather you from all the nations and all the places where I have driven you, says the Lord, and I will bring you back to the place from which I sent you into exile.

- Jeremiah 29:12-14

Gospel Readings

January 8, 2023

Epiphany of the Lord

Gospel Reading: Matthew 2:1-12

"They were overjoyed at seeing the star and on entering the house they saw the child with Mary his mother. They prostrated themselves and did him homage." — Matthew 2:10-11

When the magi came into the baby Jesus' presence they were immediately overjoyed and fell prostrate to honor him. It was traditional for people to kneel down in front of a king to do him homage. Did you know that we too are called to show our King honor every single week? Who is our King? Jesus, of course! And we come into his presence in a special way every time we come to Mass. What is one way we can show him honor, as the magi did? One way is to genuflect slowly and reverently each time we enter his house. This is a sign of great honor, respect and love. In fact, each time you come into church and get ready to enter the pew, you should genuflect, make the Sign of the Cross and tell Jesus you love him. How honored our King must feel to be shown such respect and love!

Dear Father, thank you for giving us such a wonderful King to honor. May we always show him the love he deserves.

What are some other ways we can show honor to our King Jesus?

January 15, 2023

2nd Sunday in Ordinary Time

Gospel Reading: John 1:29-34

"On whomever you see the Spirit come down and remain, He is the one who will baptize with the Holy Spirit. Now I have seen and testified that he is the Son of God." — John 1:33-34

Once again this week the Gospel is showing us how Jesus was sent here with a mission to bring the love, forgiveness and healing of God. Jesus, the Son of God, was a messenger for God. First, he gave us the example to follow of being baptized. John the Baptist was so moved by his experience of baptizing Jesus that he became the first person to start pointing others to Jesus. Having been baptized, we are also called to be messengers for God pointing people to look at Jesus as an example of how to live.

Dear Lord, you gave us so many great examples of how to live our lives. Please teach us how to be messengers of God's love and forgiveness.

What are some ways we can be messengers of God's love and forgiveness in our own lives?

January 9, 2023

The Baptism of the Lord

Gospel Reading: Matthew 3:13-17

"After Jesus was baptized, he came up from the water and behold, the heavens were opened for him, and he saw the Spirit of God descending like a dove and coming upon him." — Matthew 3:16

Baptism is an important sacrament! It washes away original sin. It welcomes us into the body of Christ. It is a time when the Holy Spirit comes upon us in a special way and allows us to receive the gifts of grace God offers. What an important sacrament to receive! In fact, even Jesus was baptized. He did not need to have any sin washed away, since he didn't have any. So why was he baptized? He wanted to set the example of being in union with God. He wanted to show us that we should spend our whole life on earth using the graces from our baptism to help us understand what we need to do to help him build the Kingdom of God on earth. What a special gift!

Father in heaven, thank you for the sacrament of baptism. We are so blessed to be able to receive your Holy Spirit to help us live a life that is pleasing to you, so we can be your friends and helpers here on earth.

Do you remember your baptism? If not, ask your parents to tell you about it. How old were you? Who was there?

Gospel Readings

January 22, 2023

3rd Sunday in Ordinary Time

Gospel Reading: Matthew 4:12-23

"Come after me and I will make you fishers of people." — Matthew 4:19

Have you ever been fishing? It can be really fun. First, you find a nice quiet spot and set up all your gear. Then you bait your hook, cast it in the water, and wait for a fish to swim by and bite. When it happens, it is so exciting. You pull your fish in and want to show it to everyone because you are so proud. Now, if you look at today's gospel reading, you may ask yourself, how would you catch people? Jesus is trying to show us that if we use the same ideas you use in fishing, it is possible to 'catch people' and bring them to Jesus. First, you need to find a nice quiet spot so you can pray and ask Jesus to help you bring people to him. Then, the bait you use is love, kindness, patience; any good virtues can work. Just imagine how good it would feel to know you helped people experience love, acceptance, or peace like Jesus did. Then you would be a fisher of people.

Dear Lord, show me how to 'catch people' for your glory.

How do you try to "catch" others for Jesus?

January 29, 2023

4th Sunday in Ordinary Time

Gospel Reading: Matthew 5:1-12a

"Rejoice and be glad for your reward will be great in heaven."

— Matthew 5:12

Have you ever heard the expression "no pain; no gain"? It's sometimes associated with dieting. The idea is if you refrain from eating greasy or sugary foods that you might enjoy, you'll see the benefits when you step on the scale. It's hard to keep our eyes on the prize though, isn't it? Especially when the sacrifice we must make is painful. In today's Gospel, Jesus tells his followers that if we follow his example, we may suffer now, but we will experience joy in heaven someday. He said that we might be sad if we care for others who are hurting. We might face opposition when we stand up for people who aren't treated fairly. Others may not like us if we forgive people they don't think deserve to be forgiven. We won't be popular if we try to make peace when everyone else wants to get even. He said that all these things will bring us happiness in the long run. But it won't be easy day-to-day! It wasn't easy for Jesus either when he sacrificed his own life for us, but he thought we were worth it.

Dear Lord, help me to remember that though this life may bring pain at times, you have a wonderful place in heaven prepared for me.

Do you think it's worth it to be made fun of when you are following Jesus' example? Who can you forgive today, even if it seems like they don't deserve it?

Download this month's [Saint Prayer Card](#) - St. Ignatius of Loyola



January



Arise!
Pilgrims of Hope Journal

WEEK ONE

How is God trying to get your attention?

Additional Sources:

[The 5-Finger Daily Examen](#)

[Praying the Examen with Children](#)

[Examen for Children](#)

[What's a daily exercise to help me in my spiritual life?](#)

[Home Page](#)



January



WEEK TWO

Describe a teacher or mentor who has impacted your life?



WEEK THREE



What book are you most grateful for?



WEEK FOUR

What is God calling you to focus on in the next six months?



Dear Saint Ignatius,
you loved helping others to find Jesus in their hearts and souls.
You loved learning because as we learn more about God,
we are able to love Him more.
Please pray for all teachers to help their students
find God's truth and also His love. Amen.
St. Ignatius of Loyola, pray for us.



Prayer Source: *Lives of the Saints* by Bart Tesoriero

KARAOKE

dance party

FRI JAN 27

Party from 4-6 pm
Family Literacy Day event
Taber Public Library

DJ CHRIS

School Resource Officer

popcorn

PUNCH

TACKY
TOURIST
DRESS
CONTEST