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 Michelle Nevil, Principal • Mary Tilleman, Associate Principal

February 2023

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1	2	3	4
			Taco Time Hot Lunch Winter Walk Day SPT Choir (3:20-4:00 PM)	Global Play Day School Council Meeting @ 3:45 PM		
5	6	7 Thunder Athletics – Dance (3:15-4:15 PM)	8 SPT Choir (3:20-4:00 PM)	9 Grade 2/3M & 1C Mass at St. Augustine Church Thunder Athletics – Dance (3:15-4:15 PM)	10	11
12	13	14 Valentine's Day Wear Red/Pink Thunder Athletics – Dance (3:15-4:15 PM)	15 Pink Shirt Day SPT Choir (3:20-4:00 PM) CEC Board Meeting @ 6 PM	16 Grade 4/5G & 1F Mass at St. Augustine Church Thunder Athletics – Dance (3:15-4:15 PM)	17	18
19	20 Family Day – No School	21	22	23	24	25
				Reading Week – No School		
26	27 Lent Introduction Prayer Service at 8:45 AM	28 IGA Subs – Hot Lunch	Mar. 1 March Hot Lunch Orders Due SPT Choir (3:20-4:00 PM)	Mar. 2 Grade 2/3V & T/Th ECS Mass at St. Augustine Church School Council Meeting @ 3:45 PM	Mar. 3 School PD Day – No School	Mar. 4

SPT ROCKS



our Faith Action this month is love. We will be cooperating with God's grace to be blessings to others.



Energy Challenge for February

Walk more than you drive.



THANK
YOU!

Thank you to all the parents who helped with skating, we really appreciate you!

Mark your Calendars



- Feb 1 Hot Lunch Day
- Feb 2 Groundhog Day - Dress Up Day
- Feb 2 School Council Meeting @ 3:45 in our Gathering Space
- Feb 5 SPT Choir Sings at 9:00 Mass ☀
- Feb 14 Valentine's Day - Classroom party day ☀
- Feb 15 Pink Shirt Day
- February 20-24 No School
- Feb 22 - Ash Wednesday → Lent begins
- Mar 1 March Hot Lunch Orders are Due

Some of our classes are going to 9:00 Mass at St. Augustine's this month.

Please join us. It would be great to have you:

- Feb 9 2/3M and 1C ☀
- Feb 16 4/5G and 1F ☀



= Please come and join us.



This month the Thunder Athletes will learn dance from Mrs. Visscher. Feb 7, 9, 14 and 16 3:15-4:15

HAPPY
VALENTINE'S
DAY



Valentine Parties at SPT
Teachers will be reaching out and notifying you of the classroom parties that are taking place on the 14th.

School Council News:

Our next School Council Meeting is scheduled for:

- **Thursday, February 2nd @ 3:45 PM**
- **Thursday, March 2nd @ 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:

February 1st – Taco Time Hot Lunch

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

February 28th – IGA Subs Hot Lunch

March 1st – March Hot Lunch Orders Due

March 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

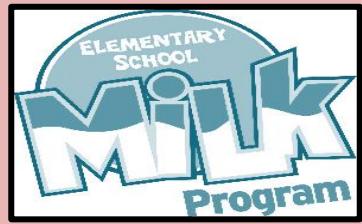
Milk and Juice Program: We are excited to be offering our milk and juice program again this year. The program will be run by our Grade 5 students with the help of Mrs. Gross and Mrs. Wickson. Milk and juice will be available for purchase during the 1st Nutrition Break. Milk cards can be purchased at 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:



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

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.

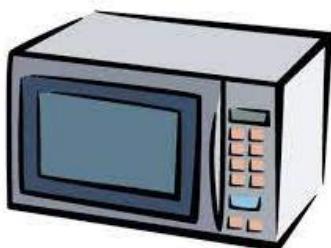
Agenda Notes – The agenda is an important communication tool between home and the school. If there are any changes in your child's schedule, a change in bus/kidzone schedule, or a change in who is picking up your child, please make note in your child's agenda. If the change occurs during the day, give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



FEBRUARY 2023

Breakfast Program Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Crackers Cheese Vegetable	Cereal Milk Fruit	Cookie Yogurt Vegetable	Toast Fruit Cheese	Granola Bar Apple sauce	
	Granola Bar Fruit	Yogurt Parfait	Egg wrap Fruit	Cereal Milk Fruit	Smoothie Day!	
	Crackers Cheese Vegetable	Pink Muffin + Vegetable Valentine's Day	Granola Bar Apple sauce	Cereal milk Fruit	Granola Bar Vegetable	
	No Family Day	School	this	week	↓	
	Granola Bar Apple sauce	Yogurt Berries Granola	Crackers Cheese Fruit	Cereal Milk Fruit	Granola Bar Apple sauce	
		Notes:				

Alberta Education Assurance (AEA) survey

Annual survey that gathers feedback on behalf of schools and school authorities to understand what works well and what needs improvement.

The Alberta Education Assurance (AEA) survey gathers feedback on the quality of education provided by school authorities and their schools. Schools and school authorities use this information to understand how they are doing and plan for the future.

CSM Parents of students in grades 4-6 will receive information and a random access code directly from The Alberta Government.

Parents have two options: complete the survey online at <https://public.education.alberta.ca/APOS/> using the 8-digit random access code included in the information from Alberta Education, or mail the paper survey back to Alberta Education.

Please take the time to review the information and complete the survey. We value the feedback we receive from parents and use the survey results to help us develop our school plans as well as the division's Annual Education Results Report and Three-Year Education Plan.

For more information about the survey and the Assurance Framework, <https://www.alberta.ca/alberta-education-assurance-survey.aspx>

February

Arise!

Pilgrims of Hope



“Whenever you stand praying, forgive, if you have anything against anyone; so that your Father in heaven may also forgive you your trespasses..”

Mark 11:25

St. Josephine Bakhita 1869-1947 (Feast Day: February 8)

Born in the Darfur region of southern Sudan, Josephine was kidnapped at the age of 7, sold into slavery and given the name Bakhita, which ironically means 'fortunate'. During this time, she was treated with inhumane cruelty, being beaten and forcibly scarred. She was resold several times, finally in 1883 to Callisto Legnani, an Italian official in Khartoum, Sudan. Two years later, he took Josephine to Italy and gave her to his friend Augusto Michieli.

Bakhita became the nanny to their young daughter. During this time, they went to stay in Venice with the Canossian Sisters. This was Bakhita's first encounter with Christianity, and she felt drawn to the Catholic Church. She was baptized and confirmed in 1890, taking the name Josephine.

When the Michielis returned from Africa and wanted to take Josephine back with them, the future saint refused to go. During the ensuing court case, the Canossian Sisters and the patriarch of Venice intervened on Josephine's behalf. The judge concluded that since slavery was illegal in Italy, she had actually been free since 1885. Josephine entered the Institute of St. Magdalene of Canossa in 1893. In 1902, she was transferred to the city of Schio, where she assisted her religious community through cooking, sewing, embroidery, and welcoming visitors at the door. She soon became well loved by the children attending the sisters' school and the local citizens. She once said, "Be good, love the Lord, pray for those who do not know Him. What a great grace it is to know God!"



Holy Moments In Our Schools

On Tuesday, January 17, 2023, we were fortunate to host our annual Retired Staff Mass at St. Basil Catholic Education Centre. This was rescheduled from November due to inclement weather conditions. We were blessed to have so many retired staff in attendance (approx. 40) and to recognize their service to Catholic Education in southern Alberta. Their witness is a model to us as we "Arise" this year, and seek to live in community, spiritual unity and relationship with one another.



The Spiritual Works of Mercy – Forgive Offenses

To forgive offenses is one of the seven spiritual works of mercy. It is also variously known as to "forgive all injuries" and to "forgive sins." There are at least three major spiritual benefits: the one who forgives is liberated from bitterness and resentment, the one who is forgiven receives mercy and a new beginning, and the community experiences conflict resolution and the restoration of harmony.

Jesus gave the great commandment: Love God and love your neighbor. Because of our flawed human nature and our propensity to sin, everyone who offends against love and relationships is harmed or broken. The way to return to love, mend relationships and heal offenses is to forgive. Forgiveness is the flip side of the love coin.

Forgiving others is difficult at times because we do not have God's limitless mercy and compassion. But Jesus teaches us that we should forgive as God forgives, relying on him to help us show others the mercy of God by:

- Letting go of grudges
- Saying sorry is something we learn as kids, but how often do we really mean it? Forgiveness transforms hearts and lives
- Participate in the Sacrament of Penance
- Pray the Divine Mercy Chaplet

Sources:

[Saint Josephine Bakhita](#)

[ISt. Josephine Bakhita](#)

[Fifth spiritual work of mercy: To forgive offenses willingly](#)

[The Spiritual Works of Mercy](#)

Adapted from: [Weekly Devotional: Fruit of the Spirit – Self-Control](#)

[Home Page](#)

The Fruit of the Spirit – Self-Control

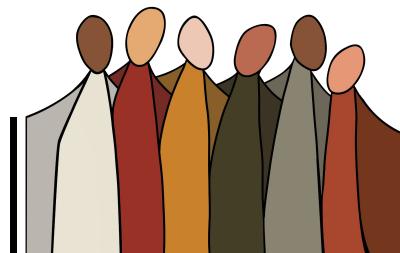
What exactly is self-control? The Greek word translated as 'self-control,' *egkrateia*, is derived from two other Greek words—*en* and *kratos*. *En* means 'in' and *kratos* means 'strength' or 'power.' The Bible typically refers to self-control as 'temperance,' meaning self-restraint or moderation.

Displaying self-control is often a matter of responding rather than reacting. When we react to a situation, we let our emotions take control. We are more likely to become defensive and say hurtful things. Responding, however, involves developing a thoughtful response that is guided by reason more than emotions.

Self-control also relates to the temptation to sin in our lives. We may at times lack the self-restraint to stop when we should, finding ourselves tempted to overindulge. Many worldly temptations can be strong, but our spiritual self-control can be stronger with the help of our faith.

There are two proverbs that explain the difference of not having self-control versus the value of having it. In Proverbs 25:28 we are told, "Like a city whose walls are broken down is a man who lacks self-control." But, in Proverbs 16:32 we learn, "It is better to be patient than powerful. It is better to win control over yourself than over whole cities."

With God's help, you can increasingly conquer your temptations and learn to embrace the fruit of self-control. The more we pray, study the Bible and draw closer to God, the more we will have the ability to demonstrate our own self-control.



"If we had no hope in the Lord, what would we do in this world?"

- St. Josephine Bakhita

Reflecting on the life of St. Josephine Bakhita...

Forgive Offenses

Josephine endured unimaginable hardships in her life, but she showed mercy. "If I were to meet the slave traders who kidnapped me and even those who tortured me," she once said, "I would kneel and kiss their hands, for if that did not happen, I would not be a Christian and religious today. The Lord has loved me so much. We must love everyone." In the face of inhuman trials, she only saw the face of Christ.

Pope John Paul II, speaking in Sudan after her beatification:

"She thus became a model of virtue and holiness of life for Christians. To religious believers everywhere she speaks of the value of reconciliation and love, for in her heart she overcame any feelings of hatred for those who had harmed her. She learned from the tragic events of her life to have complete trust in the Almighty who is always and everywhere present, and therefore she learned to be constantly good and generous to everyone."



Self-Control

The circumstances of St. Josephine's life were marked with trauma, so much so that she forgot her birth name. The name that was ironically given to her, Bakhita (fortunate), became over time a marker of her identity as a child of God. St. Josephine, in her extraordinary love and forgiveness, was known to have said:

"If I were to meet those who kidnapped me, and even those who tortured me, I would kneel and kiss their hands. For, if these things had not happened, I would not have been a Christian and a religious today."

The people of her town in Italy loved her, and thought of her as a mother. She exuded grace to those around her, and despite the scars that she carried, never lost faith. She is a model for us of self-control and forgiveness, and a witness of hope and trust in God.

Gospel Readings

February 5, 2023

5th Sunday in Ordinary Time

Gospel Reading: Matthew 5:16

"...your light must shine before others, that they may see your good deeds and glorify your heavenly Father." — Matthew 5:16

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!

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.

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?

February 12, 2023

6th Sunday in Ordinary time

Gospel Reading: Matthew 5:17-37

"...he has set before you fire and water to whichever you choose, stretch out your hand." — Sirach 15:16

Did anyone ever warn you "Don't touch the stove; it's hot!" or "Don't go in the deep end of the pool without your life jacket"? If so, it was probably someone who loved you very much. And wanted to make sure you stayed safe. Did you obey?

The first reading today reminds us that if we choose to obey God's warnings, we can avoid a lot of trouble for ourselves and others. But if we choose to disobey, we can get hurt and sometimes even hurt others at the same time. God loves us more than anyone else in the world - after all, we are his precious creation!

When we have a decision to make, we can ask ourselves WWJD - What Would Jesus Do? Jesus obeyed his Father in all things, even the most difficult. He trusted that ultimately God wanted what was best for him and the world. God wants the same for us and we can trust him.

Dear Jesus, help us to choose to obey God in all we do.

What is one good decision I have made already today?

February 19, 2023

7th Sunday in Ordinary Time

Gospel Reading: Matthew 5:38-48

"When someone strikes you on your right cheek, turn the other one as well...Should anyone press you into service for one mile, go for two miles." — Matthew 5:39, 41

In today's Gospel, Jesus challenged the people to go beyond loving those who are kind to them, to loving their enemies as well. That is a hard teaching! Most times, we want to get back at people who hurt us, but this is not the way God wants us to respond. God sent Jesus to us as an example. Do you remember what Jesus said when he was being crucified? "Father, forgive them for they don't know what they are doing." Only with the help of the Holy spirit can we follow Jesus' example in returning love for violence.

Dear Lord, send your Holy Spirit to us so we can love even those who are hardest to love.

Has someone done something for me that was extra loving - more than I deserved or expected?

Gospel Readings

February 26, 2023

2nd Sunday in Ordinary Time

Gospel Reading: Matthew 4:10

“...Jesus said to him, ‘Get away, Satan! It is written: ‘The Lord, your God, shall you worship and him alone shall you serve.’” — Matthew 4:10

During the season of Lent, we try to make extra sacrifices to show God that we love and serve him above all other things in our life, like our possessions. This can really help us to grow closer to God, but Satan does not want us to be close to God. He will tempt us to take the easy road instead of the right road. We must guard our hearts and minds against these temptations so we don't start believing that money and power and identity are better than living like Jesus taught us. We can do that by talking with our family about what we will give up during Lent or what extra good things we want to do more of during Lent. That way we can help remind each other of what we promised to do or not do for these next 6 weeks. Lent can be a time of coming to understand God and the love he has for us and for everyone else, so, don't let Satan steal that away from you.

Dear Lord, you made the ultimate sacrifice for us by giving up your son and allowing him to die. Please give us the grace to embrace our sacrifices this Lent so that you may know and feel our gratitude.

How have you been tempted in your life? What can you do to resist temptation?

Download this month's [Saint Prayer Card](#) - St. Josephine Bakhita



Traditional Lenten Practices



PRAYER

The Catechism of the Catholic Church defines prayer as, "...the rising of one's mind and heart to God or the requesting of good things from God." (CCC 2559)

In short, prayer is how we communicate with God.



FASTING

Choose an item to “fast” from during Lent. For example, you may want to fast from a specific food or treat. Fasting is not limited to food. You may want to fast from unkind words as an opportunity to grow in charity, or from media to devote time to relationships.



ALMSGIVING

Like fasting, giving can be approached in several different ways. Money can be collected. Food, necessities, and toys can be bought or given to other children in need. We can also give of our time by helping others.

February

WEEK ONE

What are you learning about God?

Arise!
Pilgrims of Hope Journal



Additional Sources:

[Prayer to St. Josephine Bakhita](#)

February



Arise!

Pilgrims of Hope Journal

WEEK TWO

What experience do you treasure?



WEEK THREE

What do you need to mute in your life in order to hear God's voice?



WEEK FOUR

What negative thoughts were you able to release today?



St. Josephine Bakhita, you were sold into slavery as a child and endured untold hardship and suffering. Once liberated from your physical enslavement, you found true redemption in your encounter with Christ and his Church.

O St. Bakhita, assist all those who are trapped in a state of slavery; Intercede with God on their behalf so that they will be released from their chains of captivity.

Those whom man enslaves, let God set free. Provide comfort to survivors of slavery and let them look to you as an example of hope and faith.

Help all survivors find healing from their wounds. We ask for your prayers and intercessions for those enslaved among us. Amen.



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.