



5302 48th Street Taber, Alberta T1G 1H3

Phone: (403) 223-3352 • Fax: (403) 223-3855 • spt.holyspirit.ab.ca

Michelle Nevil, Principal • Mary Tilleman, Associate Principal

September 2022

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			Aug. 31 • First Day of School (Grade 1-5) • ECS Orientation	1 • ECS Orientation • 1st School Council Meeting at 3:45 PM	2	3
4	5 Labour Day – No School	6 Pre-K Orientation	7 Pre-K Orientation	8	9	10
11	12 • 1st Day of ECS • 1st Day of Pre-K	13	14	15 Opening Mass at SPT @11:15 AM	16	17
18	19	20	21	22 • Busses Not Operating • Back to School BBQ (5-7PM)	23 School PD – No School	24
25	26 School Picture Day	27 School Council Bake Sale (Donations by Grade 4/5 Families)	28 CEC Board Mtgs @ 6PM	29 • Orange Shirt Day • 9AM Prayer Service	30 Truth & Reconciliation Day – No School	

SPT ROCKS

September
2022



We are Hospitable at SPT. Refer to pg. 8 in your agendas and you will see some cool challenges for welcoming others.



Don't forget the school agendas, it's an important source of communication.

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.

This month we will root ourselves in these Gospel readings at Rock Time. These are all the Sunday Gospel Readings for September.

Luke 14:25-30,33

Luke 15:1-7

Luke 16: 1-3a,4-6,8a

Luke 16:19-31



Mark your Calendars

- Sept. 15 @ 11:15 AM - Welcome Back Mass in our Gathering Space
- Sept. 22 @ 5-7 PM - Welcome Back BBQ
- Sept. 26 - School Picture Day
- Sept. 27 - School Council Bake Sale #1, 4/5 Parents Bake
- Sept. 29 - Orange Shirt Day
- Sept. 30 - No School



At SPT we are

- Starting a new Faith Plan called Arise!! Pilgrims of Hope; we put God first.
- A Kelso School where we learn about Kelso Character and Kelso Choices
- A Green School where we promote ways to take care of our Mother Earth. We have solar panels that generate power for us to track.
- A Multiage School where relationships are very important; Kind is Cool at St. Pat's School

All are welcome to our Family BBQ and Opening Mass.



NATURAL PLAYGROUND UPDATE



A big THANKS to those who made the first phase of our Natural Playground happen:

- Tom and Darla Machacek
- Doug Domolewski
- Russel Bowman
- Mike Cudrak
- Laidlaw Rock
- Jon Ohler
- Chase Deschover with Techno Trash
- Riana Deschover, SPT School Council Chair
- Pat Whalen
- MD of Taber
- Cooper Equipment Rentals
- Pinnacle Plants and Contracting



What's next???

This fall we would like to install our bridge between the hills, build and install a dock and frame the area for a Mud Kitchen and Boulder Park.

If you are great at building stuff please let the office know. We'll supply the wood and you can build a dock or bridge. Thanks

Our wonderful helpful hands were:

Ellis, Harry and Sabrina Eliason
Shantel, Keira, Cole and Linden Payne
Pam, Mark and Linus deJong
Stephanie, Malcolm, Rowan, Dane and Liam Beckie
Riese Nevil
Mary Tilleman, Breanna Visscher

*Thank
You*

School Council News:

- Our School Council Annual General Meeting will be held on **Thursday, October 6th @ 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.
- Bake Sale Fundraiser # 1 – September 27, 2022 – Grade 4/5 Parents will be asked to bake for this event. Thank you!
- Hot Lunch # 1 – October 4th – Order Notices will be sent out in the next couple of days.

Save the Date

WELCOME BACK BBQ

September 22nd – 5:00 PM

At St. Patrick School

- All SPT Families are welcome to join us for our Welcome Back BBQ on Thursday, September 22nd @ 5 PM. There will be food (Burgers, chips, and cold treats) and door prizes
- This is a great time to meet our SPT staff and fellow SPT parents, as well as see your child's classroom.



Lifetouch.

PICTURE DAY IS COMING!

Monday, September 26, 2022

St. Patrick School



What to Expect:



Students are
photographed on
Picture Day



Pictures are
sent home with
your child



Review pictures
& purchase on
mylifetouch.ca

2021-2022

Yearbook Update

Thank you to all of you who purchased a yearbook last year. The yearbooks will be sent home with the students during the week of September 26th. Thank you for your patience! We hope you will enjoy them.

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 – Starting Thursday, September 15th, 2022

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 breakfast program and 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

2022-2023 SPT Staff

Principal	Mrs. Nevil	Education Assistant	Mrs. Appleton
Associate Principal	Mrs. Tilleman	Education Assistant	Mrs. Baier
Admin Assistant	Mrs. Mankow	Education Assistant	Mrs. Hart
Admin Support	Miss Rosella	Education Assistant	Mrs. Kerner
Counsellor	Mr. Adkins	Education Assistant	Ms. Langhofer
Pre-K Leader	Mrs. Utke	Education Assistant	Mrs. Machacek
Kindergarten	Mrs. Ausmus	Education Assistant	Mrs. Maruyama
Grade 1D	Mrs. deJong	Education Assistant	Mrs. Stock
Grade 1F	Mrs. French	Librarian	Mrs. Firth
Grade 2/3D	Miss Duncan	Head Caretaker	Mr. Gillespie
Grade 2/3M	Miss MacRae	Custodian	Ms. Hitchcock
Grade 2/3V	Mrs. Visscher		
Grade 4/5G	Ms. Gross		
Grade 4/5W	Mrs. Wickson		

ST. PATRICK SCHOOL

2022 - 2023 Bell Times

Monday - Thursday	
Outdoor Supervision	8:20 AM
Entrance Bell	8:28 AM
Class Begins	8:30 AM
ECS & Grade 1 & 4/5 Nutrition Break Grade 2/3 Morning Recess	10:30 – 10:45 AM
Grade 2/3 Nutrition Break ECS & Grade 1 & 4/5 Morning Recess	10:45 – 11:00 AM
ECS & Grade 1 & 4/5 Nutrition Break Grade 2/3 Morning Recess	1:00 - 1:15 PM
Grade 2/3 Nutrition Break ECS & Grade 1 & 4/5 Morning Recess	1:15 - 1:30 PM
Bus Students Dismissed	3:10 PM
Town Students Dismissed	3:15 PM

Friday	
Outdoor Supervision	8:20 AM
Entrance Bell	8:28 AM
Class Begins	8:30 AM
ECS & Grade 1 & 4/5 Nutrition Break Grade 2/3 Morning Recess	10:00 – 10:15 AM
Grade 2/3 Nutrition Break ECS & Grade 1 & 4/5 Morning Recess	10:15 – 10:30 AM
Students Dismissed	12:00 PM

HOLY SPIRIT SMT & SPT 2022-2023 SCHOOL YEAR CALENDAR

Aug 24 First day for staff
Aug 25 Opening Mass
Aug 31 First day for students

O – 6
I – 1

AUGUST '22						
S	M	T	W	Th	F	S
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28	29	30	31			

SEPTEMBER '22						
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25	26	27	28	29	30	

Sept 5 Labour Day
Sept 12 First day Kindergarten
Sept 22 No busses
Sept 23 School PD Day
Sept 28 Div. Board Meeting
Sept 30 National Day for Truth and Reconciliation

O – 20 (26)
I – 19 (20)

Oct 10 Thanksgiving Day
Oct 21 School PD Day
Oct 24 Div. PD Day
Oct 26 Div. Board Meeting

O – 20 (46)
I – 18 (38)

OCTOBER '22						
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30	31					

NOVEMBER '22						
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20	21	22	23	24	25	26
27	28	29	30			

Nov 11 Remembrance Day
Nov 14 Wellness Day
Nov 23 Div. Board Meeting

O – 20 (66)
I – 20 (58)

Dec 21 Div. Board Meeting
Dec 23 Last day before break
Dec 24-31 Christmas break
Dec 25 Christmas Day
Dec 26 Boxing Day

O – 17 (83)
I – 17 (75)

DECEMBER '22						
S	M	T	W	Th	F	S
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JANUARY '23						
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22	23	24	25	26	27	28
29	30	31				

Jan 1 New Year's Day
Jan 2-8 Christmas break
Jan 9 First day after break
Jan 25 Div. Board Meeting

O – 17 (100)
I – 17 (92)

Feb 15 Div. Board Meeting
Feb 20 Family Day
Feb 21 & 22 Unassigned time for teachers
Feb 23 & 24 SWATCA

O – 17 (117)
I – 15 (107)

FEBRUARY '23						
S	M	T	W	Th	F	S
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MARCH '23						
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Mar 3 School PD Day
Mar 6 No busses
Mar 13 Spiritual Dev. Day
Mar 14 Div. Collab. Day
Mar 29 Div. Board Meeting

O – 23 (140)
I – 20 (127)

Apr 6 Last day before break
Apr 7 Good Friday
Apr 9 Easter Sunday
Apr 10-14 Easter break
Apr 17 First day after break
Apr 26 Div. Board Meeting

O – 14 (154)
I – 14 (141)

APRIL '23						
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30						

MAY '23						
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21	22	23	24	25	26	27
28	29	30	31			

May 19 School PD Day
May 22 Victoria Day
May 24 Div. Board Meeting

O – 22 (176)
I – 21 (162)

Jun 15 Last day Kindergarten
Jun 21 Div. Board Meeting
Jun 27 Last day students
Jun 28 Last day for teachers

O – 20 (196)
I – 19 (181)

JUNE '23						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY '23						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

No students
Stat Holidays
School PD Days
Div. PD/Spiritual Dev./Collab. Days
Div. Board Meetings
First and last days for students
First and last days for teachers

St Augustine's & St Joseph's Church

Annual Parish Picnic

**Sunday,
September 11, 2022
2:00 pm
Taber Legion Park**



**Come and enjoy
the food, fun
and fellowship!**

**Don't forget your
lawn chair!**

**Check out the
Kid's Carnival!!**

- Games and Activities**
- Food and Prizes!!**



Everyone is Welcome!



Taming Worry Dragons

A group for children, ages 8-12 yrs of age who are affected by worry and anxiety, and their parents.

*No
Charge*

Using child friendly language and fun activities, participants learn to recognize how anxiety affects their body, thoughts and behaviours.

Parents also attend their own sessions, so they are able to understand anxiety and support their child outside of the group.

TUESDAYS

September 13th - November 15th

6:30-8:00 pm

Taber FCSS

5404 50th Ave



To register or for more
information contact:
(587) 370-3728 or email
counsellingservices@fcss.ca





NOTICE TO PARENT OR GUARDIAN OF RELIGIOUS PERMEATION

Section 58.1 of the *Education Act* requires a school board to give notice to a parent or guardian when courses of study, education programs, institutional materials, instruction or exercises include subject matter that deals primarily and explicitly with religion. All of the schools in this division are Catholic Separate Schools, the essential purpose of which is to fully permeate Catholic theology, philosophy, practices and beliefs, the principles of the Gospel and teachings of the Catholic Church, in all aspects of school life, including in the curriculum of every subject taught, both in and outside of formal religion classes, celebrations and exercises. Every course of study and educational program, all institutional materials, instruction and exercises will at all times include subject matter that deals primarily and explicitly with religion.



FAIR NOTICE LETTER

Dear Parents / Guardians,

The Holy Spirit Catholic School Division is committed to providing safe learning environments for all students, staff, school visitors and community members. When a student behaves inappropriately, principals use progressive discipline to help a student take responsibility for their actions, change their behavior and learn from their mistakes.

When students' behaviors pose a potential threat to safety or serious harm, the Southwest Alberta Regional Violence Risk Threat Assessment Protocol (VTRA) helps principals take further steps to protect the well-being of students and staff. The protocol helps schools respond quickly to threatening incidents such as: possession of a weapon or a replica weapon, bomb threats or plans, verbal, written or electronic (internet, text) threats to kill or injure oneself or others or other threats of violence, fire setting.

The Southwest Alberta Regional VTRA Protocol outlines how a school responds immediately to threatening behavior. Principals may first bring together a School Threat Assessment Team, which ideally includes the principal / associate principal, a school based counsellor / jurisdictional lead and police of jurisdiction. If the situation is serious the principal may also consult the Superintendent of Schools and call in members of the Community Threat Assessment Team. This community team may include representatives of community agencies who work with us to keep our schools safer such as, but not limited to, local police, children's mental health organizations or Child and Family Services. Parents / guardians will be notified as soon as possible in the Stage I - VTRA Process. If parents / guardians cannot be reached, but a concern for safety still exists due to threatening behavior, the threat assessment may still proceed. Personal information shared throughout this process will respect and balance each individual's right to privacy with the need to ensure the safety of all.

This letter complies with procedure 2 of *Administrative Procedure 322: Violence Threat / Risk Assessment (V-TRA) Protocol*, which states that parents / guardians will be provided with "fair notice" that each threat will be taken seriously. Should you wish to further review this Administrative Procedure, please visit our website at www.holyspirit.ab.ca.

If you have any questions regarding the Holy Spirit Catholic School Division's use of the Southwest Alberta Regional V-TRA Protocol, please contact the Director of Support Services at the St. Basil Catholic Education Centre. We appreciate your support in ensuring our schools are safe environments for our students, staff and community partners.

Sincerely,
Ken Sampson, Superintendent of Schools



ALBERTA
EDUCATION

*Office of the Minister
MLA, Red Deer-North*

While some students participate in year-round schooling and have been in the classroom for a few weeks – the first day of school for many students and teachers is quickly approaching. I am pleased to welcome back all the students and teachers who are returning and give a warm welcome to those who will be joining us for the first time. I hope you had the chance to rest, relax and recharge over the summer and are ready for an exciting and productive school year.

I am truly thankful for everyone's collaborative efforts in providing a safe and healthy learning environment particularly over the last two years and look forward to a smooth return to in-person instruction. We remain committed to ensuring the health and safety of staff, and students. As we head into the school year, I encourage all students and staff to continue exercising regular personal hygiene and staying home when not feeling well. As I have said in the past it is important that individual family choices continue to be respected related to masking and vaccination. No student or staff member should be stigmatized for their choices.

While the last couple of years has taught us resilience and perseverance, we understand the impacts Covid-19 has had on our young learners' education and mental well-being. We are committed to ensuring our students feel connected and supported in their academic and mental-health needs. Alberta's Government is pleased to commit \$110 million over three years to improve mental health services, provide specialized assessments from qualified therapists and psychologists, and help students get their learning back on track after the pandemic. This is in addition to the over \$1.4 billion in Learning Supports Funding provided directly to school authorities each year. This funding envelope includes the Specialized Learning Supports (SLS) grant, the Nutrition grant, and Program Unit Funding (PUF), which support student mental health, specialized assessments and allow school authorities to provide supports to students and staff.

I sincerely appreciate all the teachers, support staff, school boards, administrators and parents who work tirelessly throughout the school year to prepare students for success and ensure they have the proper supports. Your efforts are both noticed and appreciated.

The school year ahead holds tremendous potential and opportunities for students and educators alike. I am proud of what we have accomplished, and what we continue to work towards – improving education and supporting young Albertans. I wish everyone a happy, healthy, and successful 2022-2023 school year!

Sincerely,

Adriana LaGrange
Minister of Education



Super powers for super school lunches

With September upon us, making school lunches is back on the agenda. With a little planning and creativity, packing school lunches can be a lot less daunting and can even help your family save money. Lunches that include whole grain foods, vegetables and fruits, and protein foods provide the nutrients and energy needed for children to play and engage at school while also supporting healthy growth and development. Here are some ideas and tips to help make preparing lunches easier and more affordable.

Unleash your meal planning

Taking the time to plan meals for the week can

take the guesswork out of what to make for meals, including lunches. Here are some tips for successful meal planning:

- Make meal planning a family activity. For example, use dinner time to brainstorm meal ideas or to build a grocery list together. Involving kids in the meal planning process teaches them life skills such as budgeting, organizing, reading recipes, and writing a grocery list.
- Plan for leftovers. Increasing dinner servings so that there are leftovers for lunch is a great way to simplify school lunch prep the next day.

Healthy Children

September 2022 Family Newsletter

- Save your meal plan to use again. Once you have a few weeks of meal plans ready, you can use them in rotation or look back at them for ideas for future weeks.

Jump ahead with meal preparation

- If you can, make time to bake from scratch. Having healthy snacks on hand, such as wholegrain muffins, bannock or granola makes it easy to put a lunch together. Freezing large batches of baking can provide grab-and-go snacks for a few months at time. For recipe ideas go to [Inspiring Healthy Eating](#).
- Wash and cut fresh vegetables and fruit ahead of time. Having ready-to-eat produce on hand helps bring lunches together quickly.
- Repurpose food. If you have vegetables that need to be used up, bring them together to create soup, chili, or stir-fry that you can freeze and use for lunches in the future.
- Involve kids in lunch prep. For example, get them to chop cucumbers, portion out low-fat yogurt, or spread hummus on pita. Not only does this help them develop food literacy skills, it increases the chances that they will eat what they pack.

Using your meal plan to build your grocery list helps ensure that you don't forget anything you need and are less likely to buy things impulsively.

Become a grocery shopping champion

Once you have a meal plan and a grocery list, grocery shopping becomes a lot more efficient. Being prepared helps reduce the chance of buying food that doesn't get eaten.

Less food waste helps save money while also reducing the impact on the environment. Here are a few tips for grocery shopping:

- Shop the sales. Check out flyers, coupons and apps, then plan for lunches based on items that are priced well.
- Consider shopping for a mix of fresh, frozen and canned produce. Frozen or canned (packed in water or juice) vegetables and fruit are a great alternative, are equally nutritious, and often less expensive than fresh options.
- Try not to grocery shop when you're hungry. This can help you stick to your grocery list and avoid adding unneeded items to your cart.

Pack lunches like a pro

With meal planning and preparation under your belt, putting it all together is a breeze! Here are some tips to consider when packing up school lunches:

- Use reusable containers, like water bottles, containers, and food wraps. Using these items in place of single use alternatives is an environmentally friendly option that also reduces costs in the long term. Make sure you choose containers that your kids can open on their own. It helps them access their food and also builds their independence and confidence.
- Use an insulated lunch bag and containers. Keeping foods at the right temperature (hot or cold) is important to keep food safe to eat. For tips on

Healthy Children

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keeping hot food hot and cold food cold, check out [Keeping school lunches safe](#).

The power of community

If you don't have enough food for school lunches, it's okay to reach out for help. There are often programs and services available to ensure kids have access to breakfast, lunch and snacks at school. Schools may also have options to assist with other school related costs. You can call Alberta 211 or reach out to your school principal or teacher for information on programs and supports at school or in your local area.

For more tips, go to:

- [Create a healthy grocery list](#)
- [Meal planning template](#)
- [Tips for making lunch](#)
- [Tips to spend less money on food](#)