



Principal: Anthea Boras
Associate Principal: Lyle Parr

235 Mildred Dobbs Boulevard North
Lethbridge, Alberta
T1H 5R4
Phone: (587) 787-1490 - Fax: (587) 787-1491

February 2020 Principal's Message

Dear Friends,

I hope that the first month of this new decade has provided a positive, hopeful beginning to a new year. As we continue year one “*Beginning the Journey*” of our Three Year Faith Plan “*Making Our Mark: Journey of an Intentional Disciple*”, we are finding many ways to be mindful of God’s presence and to be prayerful on a daily basis. Our school motto is “Lead With Love” and, with February being the month of love, we are having a special leadership week of spirit celebrations on February 10 – 14. Below are some of the school-wide activities that we have planned.

| Day/Theme | Activities |
|--|---|
| <u>Monday, February 10th:</u> <i>Everyone has genius</i> <i>Filling emotional bank accounts</i> | All students will Synergize to complete a collaborative art activity to be completed by all students. Invite students to bring chocolates for Legacy Lodge – a bar, a box or some sweet treat. These will be delivered later in the week, as a Valentine’s gift, by the class that is visiting. Scholastic Book Fair Begins |
| <u>Tuesday, Feb.11</u> <i>Change Starts With Me</i> | Fill Emotional Bank Accounts - Love Notes - Encourage students to write words of encouragement and appreciation to Legacy Lodge residents, school staff, friends or family. Scholastic Book Fair Continues |
| <u>Wednesday, Feb 12</u> <i>We lead our learning.</i> <i>We set goals.</i> | WIG Wednesday - Celebrate the success of Wildly Important Goals Every student will make a wig and share their current goal or goals with classmates. Check out the pictures which will be posted on Fresh Grade! |
| <u>Thursday, Feb. 13</u> <i>Sharpen the Saw</i> <i>Time to Synergize</i> | Flash Mob Dance - Good Old Hockey Game. Wear Canadian theme clothes in celebration of our country and traditions Family Night – wrap-up of One School One Book with special performance by the Taiko Drumming Group from 5:20 – 6:00pm. Book Fair will be open until 7:00. Last chapter of the book will be read aloud at 6:10 in the gym. |
| <u>Friday, Feb. 14</u> <i>Valentine’s Day</i> <i>Bucket Filling</i> | Students distribute love notes they have written throughout the week. Wear RED, PINK or White. |

Our school will be recognizing **Global School Play Day** on Wednesday, February 5th. “*You can discover more about a person in an hour of play than in a year of conversation*” ~ Plato. This day is about empowering, self-directed, unstructured student play. Research is showing that today’s kids do not grow up playing and this has negatively impacted them in many ways. The goal of this “Play Day” is to dedicate a portion of the day to providing students with the gift of unstructured play. Learn more at globalschoolplayday.com

Earlier this month, a letter was sent home with information about **One School One Book**. This is a special project with a goal of encouraging a culture of literacy in every home. A growing body of research shows that children who are read aloud to, find learning easier and are often better readers. The book reveal will be at the January Spirit Assembly on Thursday at 2:30 with one book going home to each family on Monday. The books are FREE to families thanks to the School Council and your generous support of fundraising efforts. We will wrap up our **One School One Book** on Thursday, February 13th with a family evening beginning at 5pm. The **Scholastic Book Fair** will be open between 5:00 – 7:00pm that night with a special performance by the Taiko Drumming Group between 5:20 – 6:00pm in the Gathering Space. The last chapter of the book will be read aloud to any interested families beginning at 6:10pm.

We have a started a 6-week exploratory option learning session for all students in grades 1 – 6. You would have paid the \$5 option fee with your school fees at the beginning of the year. These multiage options allow students the opportunity to explore special areas of interest. Learn along with your child! Have them share their learning with you! Here is the list of options that the students were able to choose from:

| Staff Leaders | Name of Option and short description. | Grades |
|----------------------------------|---|-----------------|
| Mrs. Romeril and Mrs. Boras | Learning Sign Language Through Song Students will learn the alphabet in sign language as well as some songs and prayers we use at school. | Grades 4-6 only |
| Mrs. Alexander and Mrs. Picton | STEM Exercise your Brain! Come build imaginative structures with fun materials. Bring all your creative ideas with you! | Grades 1-3 only |
| Miss Besplug and Ms. Ford | BYOB - Bring Your Own Book A reading and book sharing option. Students will have time to read, share, preview books. Tamara and I will be sharing some book talks with the students. | Grades 4-6 only |
| Mr. Parr | Floor Curling - Curlers will learn the basic techniques of delivering curling rocks and sweeping a rock toward the rings. They will learn the scoring system, the history of the game, curling etiquette, terminology and some game strategy. Each session will focus on participation and playing a game. | Grades 4-6 only |
| Mrs. Alvarez and Miss Chief Moon | Origami: the art of paper folding. Origami is a Japanese art of folding paper. It is a fun, easy and inexpensive activity that has been passed on from one generation to another, despite huge technological advances. Learn the history of Origami. It offers joy and a sense of accomplishment of transforming a plain square piece of paper into many kinds of neat and ingenious projects | Grades 1-6 |
| Miss Gauchier | Mighty Movers - Mini Games Physical activities and challenges for students who love to play and move. | Grades 1-3 only |
| Miss Sarmiento Ms Julie | Mini Mad Scientists! A series of fun, hands-on science experiments and activities. Each Friday, students will participate in a different science activity and start thinking like scientists! | Grades 1-3 only |
| Mrs. Schori and Mr. Wyton | Wild Wool - Making Sculptures with Wool - Creating small sculptures using wool and needles. Students will need to be patient, mindful and be able to stay focused and on task. | Grades 1-6 |
| Mrs. Greeno and Miss Groten | Fascinating Films Come watch some amazing short animation features! What short film would you make? | Grades 1-6 |
| Miss Mouly and Mrs. Maneschyn | Harry Potter Option! Each Friday we will do a different themed Harry Potter activity- making troll bogey slime, playing quidditch, marauders map scavenger hunt, and we will finish with butterbeer and a movie! | Grades 1-6 |

We end this month with the start of the liturgical season of Lent. Please consider joining us weekly for our Lenten services which will begin on Ash Wednesday, February 27th, with mass in our gym beginning at 2:00pm. Blessings to all of you during this solemn time of prayer and penance. ~ Anthea

Making Our Mark - Journey of an Intentional Disciple

Beginning the Journey: Putting Our Faith Into Action

Our students continue to share their talents and be stewards within our community by visiting Legacy Lodge residents. I know the residents always look forward to our visits. It truly is a “Win-Win” situation. Our children reap so many rewards through their interactions with our neighbors. Mrs. Davey’s 3/4 class was our last group to spend time with the seniors, January 15th, and they plan to go again soon.

Bread For The Journey:

Our school continues to be blessed with lessons offered by Amy Gruninger, our parish Youth Minister. January 23rd, Amy visited our school and spoke about the baptism of Jesus to the following classes: Mrs. Alvarez, Miss Chief Moon, Mrs. Maneschyn, Miss Groten, and Mr. Wyton. Amy will again be visiting several classes February 6!

Preparatory sessions for the sacrament of First Eucharist began January 30th. You are not too late to register. Please contact Cyndi Lilienthal at All Saints Parish for more information. Cyndi is our parish Religious Education Coordinator and is happy to chat with you about registration. Please remember that candidates must complete the sacrament of First Reconciliation before they are eligible to complete First Eucharist. Cyndi can help your child achieve both this Spring! Her phone number is: 403.327.8931 or you can email her at: educationallsaints@shaw.ca

Supporting Our Lenten Prayer Journey:

Students and staff will continue to start their day with prayer however as we begin Lent February 26, our prayers over the morning announcements will take on a lenten focus. If you are around in the morning, feel free to stop and pray with us!

Father Tumback will be leading a spiritual retreat for our grade 3 students, February 10. The retreat will be held at the St. Basil’s church! We are blessed to have Father’s guidance as we journey together.

February 26 is Ash Wednesday. You are invited to join us for mass in our gymnasium. This mass is being organized by the following classes: Mrs. Alvarez, Miss Chief Moon, and Mrs. Picton. Father Tumback will preside.

February 3rd is the Feast Day of St. Blaise

Two white candles have been placed on our prayer table in the Gathering Space of our school to draw attention to this important saint.

Saint Blaise was the bishop of Sebastea and a doctor. The first known record of the saint's life comes from the medical writings of Aëtius Amidenus, where he is recorded as helping with patients suffering from objects stuck in their throat. Saint Blaise is believed to begin as a healer then, and eventually became a "physician of souls." He then retired to a cave, where he remained in prayer. People often turned to Saint Blaise for healing miracles.



A Blessing of the Throats ceremony is held every February 3 at Saint Etheldreda's Church in London. Saint Blaise is often depicted holding two crossed candles in his hand. In church this weekend, our parish priest will invite parishioners to come forward and receive a healing blessing for people who are sick. Father will lead us to pray for St. Blaise’s intercession.

Epi-pens and the Protection of Students with Life-Threatening Allergies

On January 1, 2020, *Bill 201: [Protection of Students with Life-Threatening Allergies Act](#)* came into force.

As a result, all schools within the Holy Spirit Catholic School Division are now equipped with an epinephrine pen to be used in emergency situations for students with undiagnosed allergies who present with an unexpected and severe allergic reaction. We are happy to have this life-saving tool within our schools.

Please know that this legislation does not impact students diagnosed with severe allergies for whom parents and caregivers provide a prescribed epinephrine pen to the school.

STUDENT TRAFFIC AND PEDESTRIAN SAFETY:

The safety of our students is very important to us. At morning drop-off, you won't find any supervisors at the front of the school. This is because we are supervising the students in the field and playground where they are instructed to go when they arrive at school. We trust that when parents drop their children off, they do so safely. We have received complaints that unsafe drop-offs are happening. Parents are stopping in the traffic circle or are double parking and letting their kids out on the traffic side of the street. We are also hearing concerns about the high speed of cars entering our parking lot. PLEASE be safe when dropping your children off. You are more than welcome to drop your children off by safely entering the parking lot and dropping them off by the field. Students can also be dropped off on Mildred Dobbs and then make their way to the playground that way. We would like to remind you to PLEASE USE THE CROSSWALK. Our School Patrol Leaders are out there providing a safe way for students to cross the street. Please be good role models of pedestrian safety for our students.

Please take the time to read this newsletter in its entirety as it is full of vital information about happenings in our school and community.



Supervision Awareness

Please be aware the school front doors open at 8:00 am and students are allowed in the entrance at this time. No supervision is provided for students arriving before 8:20 am. **Supervision will be outside from 8:20 a.m. to 8:36 a.m.**

St. Teresa of Calcutta is preparing to celebrate awesomeness with our 2nd yearbook! Our yearbook club is working diligently to present an exciting keepsake. You will see a notice come home in the near future and books will be available to order from the Lifetouch website, with delivery scheduled for the first week of school in September. Please keep your eyes open for contest coming up to design our front and back cover! We are excited to see what creative ideas the students will come up this year.

Yearbook cost is \$25. All money raised will go toward continued funding of yearbooks.

Picking up Students During School Time

For continued safety of our children, we require parents to come and sign their children out at the office when they are picking up their child during school time. Parents, please continue to send, in advance, a note in your child's agenda informing the school that you will be picking up your child during school hours.

When parents arrive at school, please come to the office and sign out your child. While signing out your child, the office will contact the homeroom teacher and have your child sent to the office. Thank you for your cooperation by helping us to continue creating a safe and supportive learning environment for all our students.

If you have any questions, please feel free to contact the office at 587-787-1490.

Grade Five/Six Basketball

The grade five/six after-school basketball season officially began in January. We look forward to a successful basketball season. Game schedule is posted on our school calendar. Please pray for our students and come out to cheer them on.

South Western Alberta's Teachers' Convention – 2020 Teaching with Sharpness & Clarity

Teachers' Convention, February 20&21, is two days of professional development organized for teachers, by teachers and paid for by teacher contributions through their ATA dues. Alberta educators have organized and sponsored these professional development events for 117 years. Convention is a time for teachers to learn, try new concepts, review materials available, and connect with colleagues from across Southern Alberta.

Science Fair Club

For the months of February and March, students from Grade 2-6 can take part in the St. Teresa of Calcutta School Science Fair. Interested students will meet during Wednesday lunch breaks with Mrs. Greeno and discuss Science Fair related topics such as how to pick an appropriate science fair project, setting up an experiment, creating a display board and presentation practice.



All science project preparation and experimentation are expected to be completed at home, and guidance given during our lunch meetings.

Science Fair Club is to help guide and prepare students as they research and conduct experiments for our school's science fair on March 20th. **All** students are encouraged to enter in the Lethbridge Regional Science Fair - SciFusion! You don't have to "win" our school science fair to enter - everyone is welcome. Please see their website <http://www.satclethbridge.ca/content.asp?NavID=34>

The SciFusion event is FREE and a wonderful opportunity for any student. There are games, activities...and prizes to be won! _

Welcome to our PS III Students



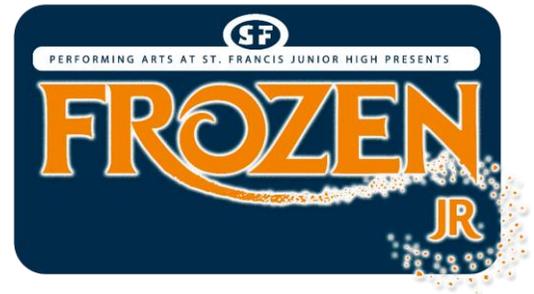
Hello! My name is Bryn Gauchier and I am enrolled in a Bachelor of Arts / Bachelor of Education combined degree at the University of Lethbridge. I am majoring in General Social Sciences / Physical Education. In my free time you'll find me doing as much as I can outdoors or reading a good book. I am looking forward to completing my final practicum with the students of St. Teresa of Calcutta.

Hello, my name is Jeylyn Sarmiento and I currently attend the University of Lethbridge, pursuing a combined Science and Education degree. I was born and raised in Winnipeg, Manitoba and moved to Lethbridge to start university 5 years ago. I am a General Science major (Biology, Chemistry, Psychology) and love being in the lab and doing experiments! I also have a passion for sports and enjoy exploring the outdoors, whether it be in the sun or snow! I am very excited to be joining St. Teresa of Calcutta School intern teaching grade 3/4 for my final practicum placement!



St. Francis Junior High School is presenting 'Frozen Jr.' the musical

Performing Arts at St. Francis Junior High presents 'Frozen Jr.' the musical, March 5-15, 2020. Tickets are \$15, with weekday shows at 7:00 p.m. March 5, 6, 10-13, 2020 with Saturday performances on March 7 and March 14, 2020 at 2:00 p.m. and 7:00 p.m. and Sunday performances on March 8 and March 15, 2020 at 2:00 p.m. For more information, please call 403-327-3402. Tickets are available through Eventbrite on the St. Francis Junior High website...Don't *'let it go'* waiting for a *'whiteout'* or until *'the great thaw'* to get your tickets because this show *'is worth melting for'*.



Health & Wellness News from our Nursing Students

Hello, parents and students! We are the Hustle and Muscle committee! We are nursing students from the University of Lethbridge, working with the school community to promote health and wellness through play and physical activity. Our committee will be working with the staff and students in the St. Teresa of Calcutta school to improve available games for recess (indoor and outdoor), as well as integrating fun ways to play at home or in the school community. We look forward to working with everyone in this community! Thank you!

Parent 'cheat sheet' for Freshgrade

Rule 1: Save the praise for home!

Research shows that praise is most impactful when it's given face-to-face

Rule 2: Ask questions to guide the learning forward

Your child is being encouraged to reflect on WHY they chose to post a particular learning artifact- photo, video, voice recording, and/or text. To deepen this reflection, consider asking questions to support them in thinking and reflecting in a deeper way.

Who, what, where, when, why, and how

- What competency does this show? (communication, thinking, personal, social)
- How is this evidence (proof) of your communication skills?
- How is this evidence (proof) of your thinking skills? Creative or critical thinking?
- How is this evidence (proof) of your personal awareness?
- How is this evidence (proof) of your social responsibility?
- What did this job teach you (Hint: don't accept the first answer- challenge them to think deeper and beyond content- what did it teach you about yourself?)
- How did you FEEL while you worked on this? What was your heart saying?
- What were the steps of this job?
- Could you teach me how to do this job? Why/why not?
- Who did you work with? How did they help you?
- What was the most challenging part of the job? Why was it difficult?
- What would you do differently if you could do this job again?
- If you were the teacher, what would you change about this job?
- Why did you choose to...?
- What were the expectations for this job?
- What feedback do you think Mrs. Parrotta will give you?
- Where did you work on this? Why did you choose this workspace?
- What parts were easy? What made it easy?
- What tools did you use to do this job?
- Did you ask for help? Who did you ask? How did it help?
- What would happen if...
- What are two things that you want me to notice about your work?
- Does this represent the best of your abilities? In what ways?



Adapted From Kelsey Keller's "Parent Cheat Sheet For Freshgrade"

St. Teresa of Calcutta Elementary School
Community Nursing Team, Spr 2020

Emerald Committee (Mental Health)



Sapphire Committee (Nutrition)

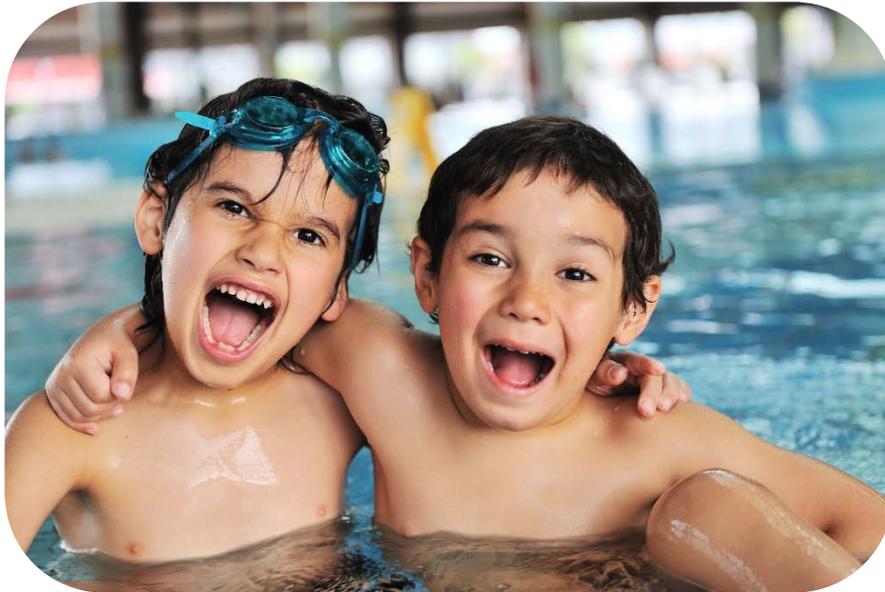


Ruby Committee (Free Play)



Healthy Children

February 2020 Parent Newsletter



Early Specialization in Sport

Enrolling your child in sport is one of the best gifts you can give to them. The benefits of being active and participating on a team, or as an individual, are widespread. From increased positive mental and physical health, to greater social skills, children can gain a lot from participating in sport. However, even with so many benefits, there can be too much of a good thing. If a child spends too much time and energy in one sport, isolating them from friends and other opportunities, it can decrease their social and psychological growth.

In regards to physical health, specializing in one sport too early can limit the range of skills a child possesses as well as their overall motor skill development.

This lack of skills and, often, a lack of confidence, can potentially affect lifelong involvement in physical activity by discouraging the child from participating in other activities. Lastly, early specialization in sport can actually change the way your child's body grows and develops due to increased stress on the body and repetitive injuries.

If you do choose to specialize your child early, pay attention to signs of burnout and isolation and talk to the coach about opportunities for cross training. Remember that having fun is an important factor to being active for life!

➤ **For more information visit** <http://canadiansportforlife.ca/parents>

Articles

Early Specialization in Sport

Developmental Assets

One of the most common things that people identify as a benefit of smoking is stress relief. But did you know that many studies show that smoking can actually increase stress? What smoking does is relieve nicotine withdrawal symptoms, which can be stressful, but this is only short term.

Quitting is hard, but it is easier with help. You can call AlbertaQuits at 1-866-710-QUIT or visit www.AlbertaQuits.ca



Developmental Assets

Parents and caregivers are a major influence in a child's life and it's normal to feel uncertain at times when it comes to raising your children. The Search Institute has identified a list of 40 research-based, positive experiences and qualities that influence young people's development, helping them become caring, responsible, and productive adults. Below are a few examples of developmental assets for you as a parent to consider discussing with your child.



- Supporting and loving your child – Do you and your child communicate openly, respectfully and frequently? Does your child receive support from other non-parent adults?
- Empowering your child - Does your child contribute to family decisions? Is your child given useful roles in the community?
- Setting clear and realistic boundaries – Does your family have clear rules and consequences? Do you monitor your child's whereabouts?
- Helping your child use her or

his time in meaningful, constructive ways – Is your child involved in weekly extra-curricular activities?

- Encouraging your child to develop a lifetime commitment to learning – Does your child want to do well in school?
- Instilling in your child positive values – Do you encourage your child's development in recognizing and telling the truth?
- Developing social competencies in your child – Does your child recognize

risky or dangerous situations and are they able to seek help from trusted adults?

- Encouraging your child to form a positive identity – Does your child feel good about themselves? Does your child seem curious about the world?

➤ **For the full list of developmental assets and to learn more visit www.search-institute.org**

Healthy Teens

February 2020 Parent Newsletter



Articles

Early Specialization
in Sport

Developmental Assets

Early Specialization in Sport

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In regards to physical health, specializing in one sport too early can limit the range of skills an athlete possesses and their overall motor skill development. This lack of skills and, often, a

lack of confidence, can potentially affect lifelong involvement in physical activity by discouraging the athlete from participating in other activities.

Lastly, early specialization in sport can actually change the way an athlete's body grows and develops because of increased stress on the body and repetitive injuries.

If your teen chooses to specialize early, pay attention to signs of burnout and isolation and talk with your teen and their coach about opportunities for cross training. Remember that having fun is an important factor to being active for life!



For more information visit
<http://canadiansportforlife.ca/parents>

One of the most common things that people identify as a benefit of smoking is stress relief. But did you know that many studies show that smoking can actually increase stress? What smoking does is relieve nicotine withdrawal symptoms, which can be stressful, but this is only short term.

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Developmental Assets

Given the enormous responsibility that parents and caregivers have as major influences in a child's life it's normal to sometimes feel uncertain when it comes to raising your teens. The Search Institute has identified a list of 40 research-based, positive experiences and qualities that influence young people's development, helping them become caring, responsible, and productive adults. Below are examples of some developmental assets for you as a parent to consider and discuss with your teen.



- Supporting and loving your child – Do you and your teen communicate positively? Does your teen receive support from other non-parent adults?
- Empowering your child – Is your teen given useful roles in the community?
- Setting clear and realistic boundaries – Does your family have clear rules and consequences?
- Helping your teen use her or his time in meaningful, constructive ways – Does

your teen spend 3 or more hours per week in extra-curricular activities?

- Encouraging your teen to develop a lifetime commitment to learning – Does your teen want to do well in school?
- Instilling positive values in your teen – Does your teen place high value on helping other people? Does your teen tell the truth even when it's not easy?
- Developing social competencies in your teen – Does your teen know how

to plan ahead and make choices? Can they resist negative peer pressure and dangerous situations?

- Encouraging your teen to form a positive identity– Does your teen feel good about themselves?

➤ For the full list of developmental assets and to learn more visit www.search-institute.org

"Be still and know that I am God..."

Psalm 46:10



February



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------------------------------|---|---|--|---|---|-----|
| | | | | | | 1 |
| 2 <i>Luke 2: 22-40</i> | 3 | 4 <i>5/6 to Waste Water Treatment</i> <i>Boys BBall @ ESM</i> | 5 <i>Greeno/Besplug to Galt</i> <i>Girls BBall @ STC</i> | 6 Youth Ministry visit | 7 | 8 |
| 9 <i>Matthew 5:13-16</i> | 10 Grade 3 Retreat at St. Basil's Homework Club | 11 Leadership Week @ St. Teresa Scholastic Book Fair <i>Boys BBall @ STC</i> | 12 St. Teresa <i>Go Girls Program begins</i> <i>Alexander/Davey to Galt</i> | 13 DQ Hot Lunch Dress like a proud Canadian Book Fair 4-7 Taiko Drumming Group 5:20 | 14  Red, White, and Pink Day | 15 |
| 16 <i>Matthew 5: 17-37</i> | 17 Family Day NO SCHOOL | 18 NO SCHOOL | 19 NO SCHOOL | 20 Teacher Convention No School | 21 Teacher Convention No School | 22 |
| 23 <i>Matthew 5: 38-48</i> | 24 <i>Girls BBall @ SPFA</i> | 25 Shrove Tuesday Pancakes & Sausage Lunch Disney Day <i>Boys BBall @ STC</i> | 26 Div. Board Meeting <i>Go Girls</i>  Mass in Gym 2:00 All welcome | 27 <i>Spirit Assembly 10:45</i> | 28 | 29 |