



February 2, 2024

Dear St. Francis Community,

I hope this message finds you well. As we embark on Semester 2, I am thrilled to share some exciting updates and important reminders with you.

New Courses and Options: We are delighted to offer a diverse range of new option classes and introduce new courses for our grade 9 students. This initiative aims to enhance their learning experience and provide valuable opportunities for exploration.

St. Francis was one of the Junior High Schools that piloted the Digital Platform for the Provincial Achievement Tests. The feedback from both students and teachers has been overwhelmingly positive, and our initial data indicates high achievement in all core subjects. A big thank you to our dedicated staff for their efforts in preparing students for these exams, and to parents for all of your support in this educational journey.

Throughout this month, we turn our attention to honoring Dulce Lopes Potes, the patron saint of Social and Health Care workers. Let us draw inspiration from her dedication and compassion as we navigate our academic and personal journeys.

Alberta Education Assurance Survey: For all grade 7 parents, please be reminded that the Alberta Education Assurance survey is underway. If you haven't already, kindly use the code provided in the mail to fill out the survey. Your input is invaluable as we analyze the data to inform our planning. Thank you for your active participation and continued support.

Our grade 9 students will be heading to Catholic Central High School on February 12th for their orientation and course selection. This event is a crucial step in their academic transition, and we appreciate your cooperation and involvement in this process.

In the realm of athletics, we are thrilled to host the Developmental Boys tournament this upcoming weekend. The competition promises to be excellent, and we encourage everyone to stop by and cheer on our teams. Your support makes a significant impact on our athletes.

Thank you for your ongoing commitment to St. Francis. Together, as a community, we strive to create a nurturing and enriching environment for our students. If you have any questions or concerns, please feel free to reach out.

Wishing everyone a successful and fulfilling Semester 2!

Blessings,

Jackie Kraemer, Acting Principal, St. Francis Junior High School

Aladdin Jr!



This year St. Francis is proud to present Aladdin Jr!

This magical spectacle follows the tale of Disney's critically acclaimed, and much beloved movie, Aladdin. This family classic is brought to life on stage this year, through the hard work, dedication and skill of our St. Francis Fine Arts Staff and Students.

Performances are at 7:00 March 12, 13, 14, 15 & 16 with a matinee performance at 2:00 on March 16. Tickets are available to purchase by clicking [HERE!](#)

School Fees

Please check [SchoolCash Online](#) to make sure your student's developmental and investigative option fees for the first semester have been paid. These payments are required to ensure there are funds to cover expenses for supplies and/or field trips that were incurred for these options. Cross country, volleyball and basketball fees are also due. Fees for Semester 2 options and Quarter 3 & 4 Investigative options and Musical Production (Aladdin) have now been added - please pay these fees promptly to ensure there are funds available for supplies and/or field trips for these options.

Office Hours

Teacher Office Hour times will be available throughout the year. The intention of Office Hours is that parents would be able to connect regularly, with their student's teachers, to discuss their progress and track with them through their school experience.

Parents need to contact teachers to book a time to meet with them during the posted Office Hours. Teachers can be contacted through their email; email addresses are available through the gray "[Teacher Contact](#)" button on the front page of the website. Alternatively, parents can call the School Office to book office hours at **403-327-3402**. Our Office Hours page can be found [here](#).



PowerSchool

St. Francis Junior High uses [PowerSchool](#) as its student information system. It provides parent and student portals which gives users access to real-time information including attendance, grades and assignment descriptions and report cards.

Be sure to log in to your Parent PowerSchool portal often to monitor your student's academic progress. If you are unsure of how to access PowerSchool please contact the school at 403-327-3402.

Canteen

The canteen offers regular menu items including hamburgers, chicken burgers & wraps, pizza subs, hot dogs, nachos, muffins, cookies, chips and various beverages. There are also exciting daily specials such as cheezy garlic fingers on Monday, mini pizza on Tuesday, etc. The daily special menus are posted on the daily announcements.

Payment can be by cash, debit tap or, but the easiest method is to buy prepaid canteen cards through [School Cash Online](#). Canteen cards can be purchased in increments of \$20.00. Your student can then purchase items at the canteen by just telling the canteen staff their name and that they have a card. The staff will keep track of your student's spending and will let them know when funds are getting low.

CANTEEN
news

Canteen Specials

Monday: Cheesy Garlic Fingers - \$5.00

Tuesday: Mini pepperoni pizza - \$5.50

Wednesday: Weekly Special

Thursday: Beef and cheese tacos - \$5.00

Upcoming Weekly Specials

February 7: **Taco in a bag** - \$6.00 - Pre Order on SchoolCash Online is available Jan 22 through to Feb 4. If you order a Taco in a Bag for your student, please tell them so that they know to pick up their order on that day!

February 14: Kraft Dinner - \$2.50 and Smoothies \$3.00

February 28: Chicken Burgers - \$5.00

March 6: Baked Spaghetti - \$4.50

March 13: Loaded Nachos - \$5.00

March 20: Taco in a bag - \$6.00

March 27: Chicken Nuggets - \$5.00

April 10: Poutine - \$5.00

April 17: French Toast - \$5.00

St. Francis School Merchandise!

If you would like to purchase St. Francis Junior High Merchandise, for yourself or your students, we have an online store where you can buy a wide variety of items! We sell hats, shirts, sweaters, jackets and more. To access our online store, [click here!](#)

Wildcat Athletics News

All practices and games are on the [St. Francis Athletic Calendar](#) (clickable link). Refer to it often for up to date changes.



BASKETBALL: Basketball season is well under way! All teams are now involved in league play. **Please pay your athlete's basketball fee promptly.**

BADMINTON: Badminton Tryouts will be starting soon, please keep an eye on our Athletic Calendar for more details!



UPCOMING EVENTS

January 24 - January 30: Exam week - Gr 9 PAT Finals,
Gr 7 & 8 - Midterms

January 31: Semester 2/Quarter 3 starts

February 2: School PD Day - No School for students

February 14: Ash Wednesday Mass - 1:30 pm

February 19: Family Day - No School for students

February 20 - February 23: February Break - No School for students

March 11: Division Collaboration Day - No School for students

March 12 - March 16: Aladdin Jr. Performances!

March 21: Parent Teacher Interviews

March 29th - April 5th: Easter Break - No School for students

February

Build! Pilgrims of Hope



"Jesus went throughout Galilee, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness among the people."

Matthew 4:23

St. Dulce Lopes Pontes 1914-1992 (Feast Day: August 13)

When Maria de Souza Pontes was 13, her aunt took her on a trip to the poor area of her hometown. She was struck by the poverty and need that she encountered, and began to start to care for the homeless in her own neighbourhood. At 18, she joined a missionary order and became known as Dulce. Immediately, she began to serve the neediest in Salvador, supporting workers and housing those in need. Initially, this was done in abandoned homes and buildings, but each time they were evicted. Finally, she asked the permission of the convent to convert their chicken coop - which over time became a hospital. That hospital today serves more than 3,000 patients per day and is the largest free hospital in Brazil.

In 1959, she created a foundation known as OSID, which oversees the hospital, as well as other welfare and education services, and is a well known and respected organization in Brazil. It serves the homeless, elderly, children, those with addictions and disabilities and other marginalized groups. Dulce was nominated for the Nobel Peace Prize in 1988, and lived the last years of her life with respiratory problems prior to her death in 1992. St. Dulce Lopes Pontes was canonized by Pope Francis in 2019, becoming the first Brazilian female saint.

"Building" In Our Schools

At St. Joseph School in Coaldale, their Leadership class is spearheading a fundraising campaign for our divisional Chalice campaign. As they raise funds, through ice cream float and hot chocolate sales, they are visually tracking their contributions by adding bricks to their school diagram - building a school of kindness. What a great way to show solidarity with St. Odilia!



Corporal Works of Mercy

— Visit the Sick —

Those who are sick are often forgotten or avoided. In spite of their illness, these individuals still have much to offer to those who take the time to visit and comfort them. Consider one or more of these practical ways to show this work:

- Give blood.
- Take time on a Saturday to stop and visit with an elderly neighbour.
- Next time you make a meal that can be easily frozen, make a double batch and give it to a family in your parish who has a sick loved one.
- Spend quality time with those who are sick or homebound.
- Take the time to call, send a card or an e-mail to someone who is sick.

Pope's Prayer Intentions - For the Terminally Ill

Let us pray that the sick who are in the final stages of life, and their families, receive the necessary medical and human care and accompaniment.



"We are like a pencil with which God writes the texts He wants said in the hearts of men."

(St. Dulce Lopes Pontes)

Catholic Social Teaching

— Solidarity —

Through the course of this year, we will look each month at one of the Catholic Social Teachings. The aim of Catholic Social Teaching is to shine the light of the Gospel on our contemporary world, allowing us as disciples of Christ to look at the world around us with new eyes, and to take action.

Last month, we looked at the preferential option for the poor and vulnerable. We saw how keenly interested God is in those at the margins. When we act in ways that align with this, recognizing our interdependence, seeing ourselves in others and seeking to secure the good of others, we are showing solidarity. As St. Pope John Paul II wrote,

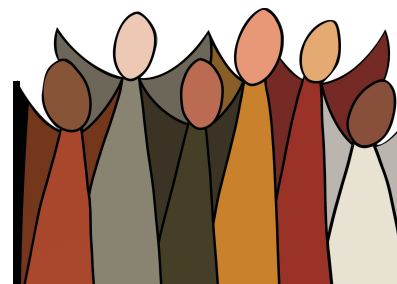
"[Solidarity] is not a feeling of vague compassion or shallow distress at the misfortunes of so many people, both near and far. On the contrary, it is a firm and persevering determination to commit oneself to the common good; that is to say, to the good of all and of each individual, because we are all really responsible for all."

Learn more about Solidarity with one of these resources:

CST 101 - [Solidarity](#)

Development and Peace - [Solidarity](#)

USCCB - [Solidarity](#)





Stay Up-To-Date with Our Schools' Communication!

Holy Spirit Catholic School Division is reminding families to ensure you are set up to receive text (SMS) messages from our schools and division. This is one of multiple ways that we send out important messaging to both our families and staff. Please take some time to follow the steps below to ensure you're receiving our text (SMS) messaging.

In addition, for those who have not signed up or utilized our SchoolMessenger App, we've included step-by-step instructions on how to do so. SchoolMessenger helps our parents and families to access important notifications, receive school messages and set your communication preferences.

Text (SMS) Messaging

1) Did you receive a text from us?

When a new mobile number is entered by the school, within 24 hours, a text should be sent to that number asking if you would like to subscribe.

Simply respond with your preference:

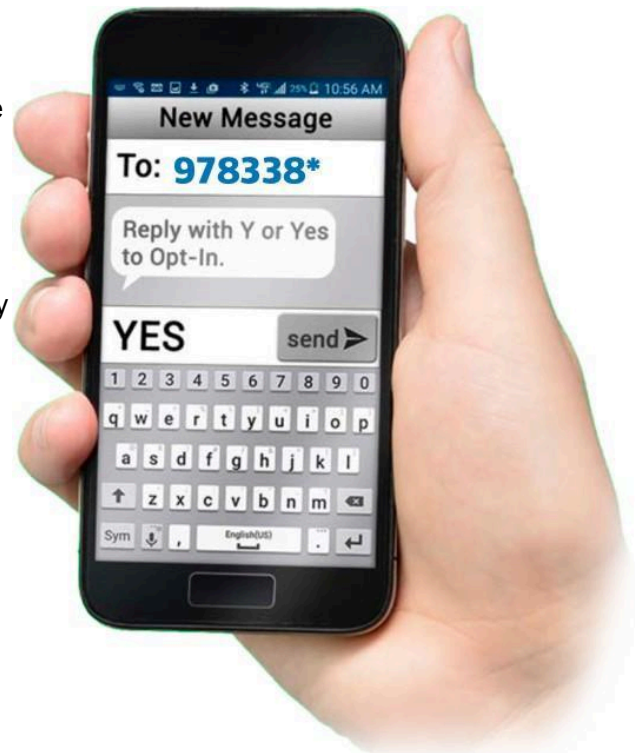
- Type "Y" or "Yes" to receive messages by text.
- Type "N" or "Stop" if you'd prefer not to receive messages by text. You can do this to unsubscribe at any time.

2) You haven't received a text and you'd like to?

You can always subscribe to receive texts from the school by sending a "Y" to **978338**. You will receive a notification that your opt-in is complete if successful.

3) Do you have a new or different device you'd like to receive texts to?

First, make sure your child's school has this new number in their system! You should receive a message in 24 hours asking you to respond with a "Y." If you don't, send a "Y" directly to **978338**. You will receive a notification that your opt-in is complete if successful.



**While this service is free, standard message and data rates may apply. Please check with your device's data provider if you have any questions related to charges.*



SchoolMessenger App

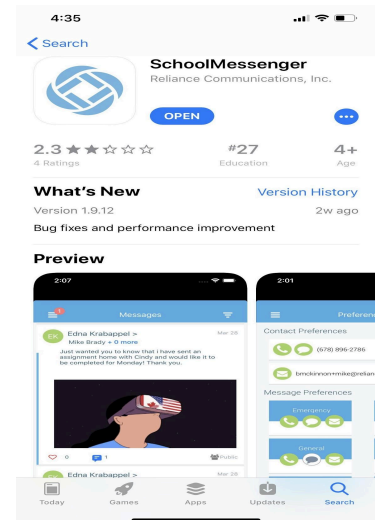
The School Messenger App allows parents to:

- Access important school notifications 24/7/365
- Set your communications preferences for calls, emails, texts, and more
- Receive all kinds of school messages in one single app (classroom and group updates, activity alerts, school and division notifications)
- Review your messages on any device (smartphone, laptop, etc...)

1) Download the School Messenger App:

Go to the GooglePlay or Apple Stores to download "SchoolMessenger" (the version with the blue logo).

You can also download the app, or set up your account, from <http://go.schoolmessenger.com>.




2) Sign up for an account:

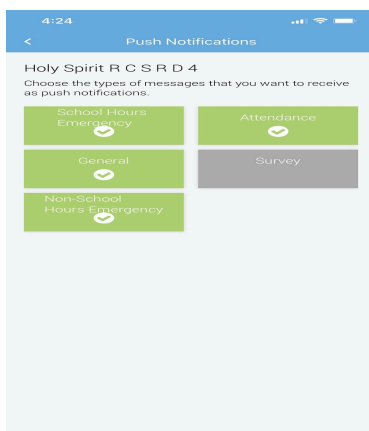
Make sure you enter the email address that the school has on file for you. This will allow the app to find all of the students associated with you. Also, make sure you select "Canada" as your location.



3) Set your preferences:


When you first log in, click on the  icon in the upper left corner of your screen and select "Preferences." For each category, you can select how you would like to be notified:

- *School Hours Emergency* –For urgent messaging during school hours
- *Non-School Hours Emergency* - For urgent messaging before and after school hours
- *Attendance* – For calls regarding your child's attendance.
- *General* – Day to day information from the school.



4) Enable push notifications:

Even if you turn off most types of notifications (phone, text, email), you can still receive those messages through push notifications on your phone.

To set your push notifications, click on the  icon in the upper left corner of your screen. Select "Settings," then "Push Notifications."

Click on all of those boxes for which you would like to receive push notifications on your device.



Holy Spirit Catholic School Division

...where students are cherished and achieve their potential

Dear Holy Spirit Catholic School Division Parents/Guardians,

The Holy Spirit Catholic School Division understands the importance of keeping our school community informed and connected, and wants to ensure that everyone receives the necessary information from both your school and the division in a timely manner. Recently, there have been concerns from some schools and families regarding our messaging, with reports of some families not receiving important emails or texts.

To address this issue, we have compiled a list of tips and potential fixes to ensure that you stay up-to-date with all the information being sent out:

Email:

1. Regularly check your junk/spam folder to ensure emails have not been filtered there.
2. If you are not receiving emails in your regular inbox or spam/junk folders, please contact your school to verify that you have not declined to receive emails by unsubscribing or have been blocked.
3. Ensure your email address is up-to-date and has been provided to the Holy Spirit Catholic School Division.

Text Messaging:

1. When filling out registration forms, ensure that a valid mobile phone number is entered in the mobile phone field on the parent contact form.
2. If you are unsure whether your mobile phone number has been added, please contact your child(s) school(s) to double check and update as necessary.
3. Confirm you have opted in to receive text messages from the schools/division. Please see insert on how to opt in for text messages for your convenience.

In addition, we would like to remind you that all important messages sent out to our Holy Spirit families are normally included on our social media channels (FaceBook, Instagram, Twitter) as well as on the Holy Spirit Catholic School Division website (www.holyspirit.ab.ca).

We hope that these steps provided above help maintain consistent and effective communication between our school community and our families. If you still experience issues after following the tips and information above, please do not hesitate to reach out to your school(s).

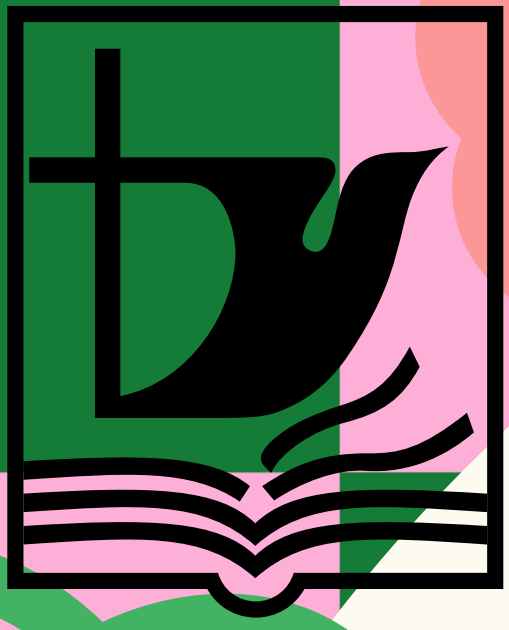
Your collaboration is paramount in fostering strong and seamless connections within our schools and division. Thank you.

Sincerely,

Sean Marks, Communications Coordinator
Holy Spirit Catholic School Division

The Holy Spirit Roman Catholic Separate School Division

St. Basil Catholic Education Centre, 620 12B Street North, Lethbridge, AB T1H 2L7
Phone: 403-327-9555 • Fax: 403-327-9595 • www.holyspirit.ab.ca



(I)SWAG Presents:

HEALTHY RELATIONSHIPS

Join us as Lethbridge Family Services presents while
you enjoy a complimentary dinner at a night of
exciting learning

Location
Anton's Ballroom

Sandman Signature, 320
Scenic Drive S, Lethbridge AB

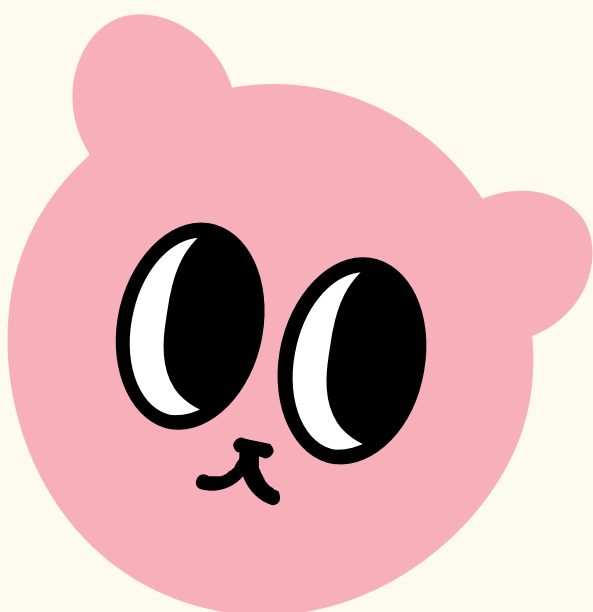
February

15

5:30 - 8:00pm

Please RSVP at:

<https://www.surveymonkey.com/r/7R9L8CC>



Emily Williston



SWAG
Student Wellness Access Guide
Holy Spirit Catholic School Division
willistone@holyspirit.ab.ca
(403)308-2445

Billy Woitte



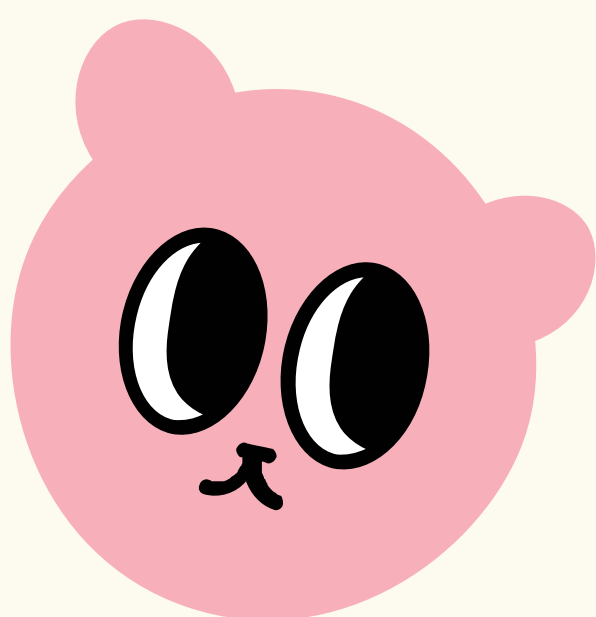
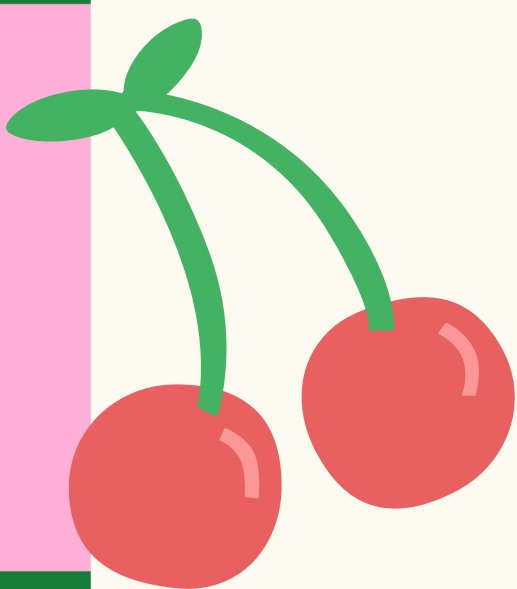
ISWAG
Indigenous Student Wellness Access Guide
Holy Spirit Catholic School Division
woitteb@holyspirit.ab.ca
(403)635-2415

LETHBRIDGE FAMILY SERVICES

Lethbridge Family Services provides highly-accredited health and social services to over 9,000 individuals and families in more than 30 communities in southwestern Alberta. The Outreach and Education team works with individuals, caregivers and professional to facilitate insight, awareness and enhance skills.

This is a **FREE** event

Intended audience: parents, guardians, caregivers, aunts, uncles, grandparents, childcare providers, all school staff, bus drivers, parishoner's



Parent ADHD Information Sessions

These are educational sessions for parents and caregivers who want to learn about ADHD. The purpose of these sessions is to provide current introductory information around ADHD. The Zoom link below is the same for all ADHD parent sessions. Participants can choose to attend any of the sessions as many times as they like.

Session Date:	Topic of Session:
September 19, 2023, 6-7 p.m.	What is ADHD & How to Talk to Your Child/Teen About It
October 3, 2023, 6-7 p.m.	How Medication, Sleep, Exercise & Nutrition Impact ADHD
October 17, 2023, 6-7 p.m.	How ADHD Impacts Self-Regulation & The Importance of Coregulation
October 31, 2023	Halloween – NO SESSION
November 14, 2023, 6-7 p.m.	Tools for Effective Parenting a Child/Teen with ADHD
November 28, 2023, 6-7 p.m.	Navigating School Systems & Community Services
December 12, 2023, 6-7 p.m.	What is ADHD & How to Talk to Your Child/Teen About It
December 26, 2023	Christmas Break – NO SESSION
January 9, 2024, 6-7 p.m.	How Medication, Sleep, Exercise & Nutrition Impact ADHD
January 23, 2024, 6-7 p.m.	How ADHD Impacts Self-Regulation & The Importance of Coregulation
February 6, 2024, 6-7 p.m.	Tools for Effective Parenting a Child/Teen with ADHD
February 20, 2024, 6-7 p.m.	Navigating School Systems & Community Services

To Register: Please call Access Addiction & Mental Health at 1-888-594-0211 – Choose option #3 for the SOUTH ZONE.

Keep Calm and Parent On Information Sessions

These educational sessions are designed for parents/caregivers who want to understand the foundation in which to support their child/teen's self-regulation in conflict, while preserving/obtaining a healthy parent/child relationship. Coregulation will also be a focus providing opportunities for parents to reflect on their own ability to self-regulate when in conflict. The Zoom link below is the same for all sessions. Participants can choose to attend any of the sessions as many times as they like.

Session Date:	Topic of Session:
September 21, 2023, 6-7 p.m.	Ages & Stages – How Development Impacts Parenting Expectations
October 5, 2023, 6-7 p.m.	Building Communication Skills with Our Children/Teens
October 19, 2023, 6-7 p.m.	Examining How Boundaries Impact the Parent/Child/Teen Relationship
November 2, 2023, 6-7 p.m.	Understanding Anger and How to Manage Conflict
November 16, 2023, 6-7 p.m.	Examining How Family Roles Impact the Parent/Child/Teen Relationship
November 30, 2023, 6-7 p.m.	How to Balance Technology in Your Family
December 14, 2023, 6-7 p.m.	Ages & Stages – How Development Impacts Parenting Expectations
December 28, 2023	Christmas Break – NO SESSION
January 11, 2024, 6-7 p.m.	Building Communication Skills with Our Children/Teens
January 25, 2024, 6-7 p.m.	Examining How Boundaries Impact the Parent/Child/Teen Relationship
February 8, 2024, 6-7 p.m.	Understanding Anger and How to Manage Conflict
February 22, 2024, 6-7 p.m.	Examining How Family Roles Impact the Parent/Child/Teen Relationship

To Register: Please call Access Addiction & Mental Health at 1-888-594-0211 – Choose option #3 for the SOUTH ZONE.



(I)SWAG Mental Health Learning Sessions

Understanding Mental Health & taking away the stigma

Ft. Kim Clark from Elite Training Solutions

Oct
19
2023

Nov
16
2023

How do we support our children when they might not be okay

Ft. Kim Clark from Elite Training Solutions

Resiliency and Self-Care

Ft. Lethbridge Family Services

Jan
16
2024

Feb
15
2024

Healthy Relationships

Ft. Lethbridge Family Services

ADHD - Understanding the Diagnosis and Treatment Strategies

Ft. Aleigha and Ashley from True Balance
Counselling

Mar
20
2024

Apr
18
2024

Emotional Regulation - How to Help Our Kids When They Have Big Feelings

Ft. Allie and Bailee from True Balance Counselling

Digital Detox

Ft. Lethbridge Family Services

May
14
2024

LOCATION

All sessions will have dinner served at 5:30pm, with the presentations running from 6-8pm at the Sandman Signature Lethbridge Lodge at 320 Scenic Drive S, Lethbridge, AB

Please RSVP at

<https://www.surveymonkey.com/r/7R9L8CC>

