



# St. Mary's School

*Companions with Christ on a journey toward excellence ... Providing a learning environment permeated by Catholic Values*

Mike Kukurudza (Principal)

Pat Weisgerber (Vice Principal)

155 11<sup>th</sup> St. S.W. Medicine Hat AB Canada T1A 4S2 - [www.stmarymh.ca](http://www.stmarymh.ca) - Telephone: (403) 527-7616 FAX: (403) 527-7212

## October, 2011 Newsletter



### Thanksgiving Prayer

Thank you God for all the wonderful blessings,  
For our daily meals, for clean drinking water,  
For sunlight and for the cool breeze.

I'm thankful for my family, my husband, my friends, and my health.

I'm thankful for my friends, to love and be loved and for freedom.

I'm thankful to be employed;

I'm thankful to be alive and praise you for all these wonders.

I'm thankful that you have been so gracious

To give your only Son to us

Who gave his life and bore the Unbearable for us sinners.

On this Thanksgiving Day, I take the opportunity to  
say thanks for countless other things you provide us with on a daily basis.

**Amen**



### Principal's Message

Dear Parents and Guardians,

With the onset of fall comes the season of Thanksgiving. As the crops are being harvested, we take this time to give thanks for the bounties bestowed upon us, and the friends and families we share them with. During our time together throughout the month of October, we will encourage students to build trust and respect in their relationships, both here and at home. Building trust and respect with our family, friends and the people we work with is essential to foster positive relationships. I would like to let parents know that we will be having parent/teacher interviews on Thursday, October 27<sup>th</sup> from 4:00 p.m. to 7:00 p.m. This will be taking place before the first report cards which are going out on Friday, November 14<sup>th</sup>. Although parent/teacher interviews have been traditionally after report cards, it is our hopes that connecting with parents before the reporting period, we can work with parents to make the required improvements so that our students can achieve success.

If you ever have any questions or concerns, please join us at our next parent council meeting on Wednesday, October 5<sup>th</sup> at 7:00 p.m. in the school library, or contact me at the school anytime.

Sincerely,

Mike Kukurudza

St. Mary's School newsletter is paperless. If you would like to receive the monthly newsletter, please log onto our website at [www.stmarymh.ca](http://www.stmarymh.ca). Scroll down to the left hand side to newsletter subscription and press subscribe. Hard copies are available at the office and can be picked up at the beginning of each month.

If your child is ill or away from school for any reason, please contact the office first thing in the morning. Homework will not be issued by the school if a child is ill or gone for just one day.

Students are encouraged to ask fellow classmates regarding assignments for the day.

### Visitors to the School

In order to help secure school/students safety protocol, **ALL visitors MUST** report to the main office upon arrival.

**School Fee invoices were distributed this week to all students of St. Mary's School. Cash (please provide exact change), cheques, Visa and MasterCard are accepted. Cheques are to be made payable to St. Mary's School. All school fees are due by October 15, 2011. Fine Arts Students that have not paid or made arrangements will be removed and placed in regular classes.**

If you have any concerns, please contact St. Mary's School Administration at 527-7616.

If your school fees have been paid, **thank you** and your child's name has been entered to win an IPOD Touch!



### **Parking**

The parking lot behind the school are designated paid stalls for **STAFF ONLY**.



In addition, there are bus zones in front of the school and on the west side. These are no parking zones. Please do not park in the loading/unloading zones. Please support us to ensure safety for students. We thank you for

### **Terry Fox Run**

**Congratulations to all students who donated money and participated in the Terry Fox Run/Walk on Friday, September 23. A total of \$530.00 was raised!!**



**A big THANK YOU to Icy Mountain Water for donating water for this event.**

**St. Mary's School Council would like to invite parents/guardians to:**

**Alvin Law  
Motivational Speaker**



**Wednesday, October 5, 2011  
1:10 p.m.  
School Gym**

**St. Mary's School Council and Fundraising Society Meeting  
Wednesday, October 5, 2011**

**7:00 p.m.**

**School Library**

The following parents will comprise the school council and society for this school year.

### **SCHOOL COUNCIL EXECUTIVE**

Chair - Laureen Getz

Vice Chair - Michelle Lutz

Secretary - Barb Dolter

Fine Arts Rep - Barb Dolter

Parent Association Rep. - Candace Lambert/Laureen Getz

French Immersion Rep. - Ang Smith

### **FUNDRAISING SOCIETY EXECUTIVE**

Chair - Laureen Getz

Vice Chair - Michelle Lutz

Secretary - Barb Dolter

Treasurer - Jona Hanna





**Feast of Our  
Lady  
of the  
Rosary**

**Friday,  
October 7,  
2011**

**Friday, October 7 &  
Friday, October 21**

Professional  
Development/Staff Meeting Day

**\*\* no school for students \*\***

**Monday, October 10**



**Thanksgiving Day**

**\*\* School will be closed \*\***

**Friday, October 14  
Jersey Day**

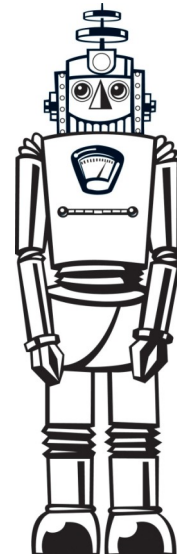
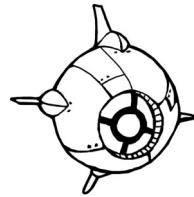
**October Spirit Days**

**Friday, October 28  
Fake An Injury Day**

**Monday, October 31  
Halloween Masquerade**



**The Scholastic Book Fair is Coming to  
St. Mary's School Library!**



**Monday, October 24 to Thursday, October 27  
8:30 a.m. to 3:30 p.m.**

**Thursday, October 27 - Family Night  
During Parent-Teacher Interviews - 4:00 p.m. to 7:00 p.m.**

*A chance to win daily draws & a family draw!*

**Please contact Mrs. Wright, to volunteer and help out during the fair!**

**Parent-Teacher Interviews**

**All Parents/Guardians are  
invited to attend**

**Parent-Teacher interviews  
on Thursday, October 27  
from 4:00 p.m. to 7:00 p.m.**



# Counsellors' Corner:



Did you know...  
October is National Positive Attitude Month!

The Power of Positive Thinking  
Taken from Donald Martin's "How to be a Successful Student"  
*October is National Positive Attitude Month – but can having a positive attitude and thinking positively really help students in school? Donald Martin has some ideas about it!*

## Why Think Positively?

All of our feelings, beliefs and knowledge are based on our internal thoughts, both conscious and subconscious. We are in control, whether we know it or not. We can be positive or negative, enthusiastic or dull, active or passive. The biggest difference between people is their attitudes. For some, learning is enjoyable and exciting. For others, learning is a drudgery. For many, learning is just okay, something required on the road to a job. Our present attitudes are habits, built from the feedback of parents, friends, society and self, that form our self-image and our world-image. These attitudes are maintained by the inner conversations we constantly have with ourselves, both consciously and subconsciously. The first step in changing our attitudes is to change our inner conversations.

**Here are 6 Good Things to Do for Yourself to help you start feeling good and thinking positively:**

Find adults you can trust and talk to.

**CANTEEN MENU AND PRICES**

<b>Sandwiches</b>	<b>\$4.00</b>	
<b>Subs (pizza and ham)</b>	<b>\$4.00</b>	
<b>Cheese Stick</b>	<b>\$2.00</b>	
<b>Muffin</b>	<b>\$1.25</b>	
<b>Cookie</b>	<b>\$0.50</b>	




***Olé, Olé, Olé!***

**.... it's Taco In A Bag Time!!!**

**The St. Mary's Cheerleading Squad will be hosting a *Taco in a Bag* Sale on Thursday, October 27**

**Cost is \$5.00 a bag and must be prepaid by no later than Thursday, October 20 to home room teachers.**

**Tacos are served buffet style and students may choose which toppings they want . . . *¡buen provecho***



**Order Forms will be distributed to**

**all students on Monday, October 17**



### **St. Mary's Cheerleading Squad Epicure Fundraiser**

**We are pleased to offer two options:**

**The Dip Mix Collection includes Onion, Lemon Dilly, and Cheese/Chives/Bacon and is accompanied by a Recipe Brochure, available for \$20.00.**

**The Cheese Ball Mix Collection contains Tomato & Parmesan, Onion & Bacon and Cran & Apple Cinnamon and is accompanied by a Recipe Brochure, available for \$30.00.**

**Both collections come in cloth bags and would be excellent for gift giving, thank you gift, hostess gift, and dare we say (is it too early?) Christmas.**

**Deadline to order is Thursday, October 20.**

**If you are interested in purchasing, please email [louisereimer@yahoo.ca](mailto:louisereimer@yahoo.ca) or call (403) 502-4025.**

St. Patrick's school needs your support. We have been chosen as a finalist in a nation wide contest to win \$20,000 towards building an outdoor classroom at the school. The project would allow students to have the opportunity to do science, religion, art, sensory-motor, projects, presentations, and experiments outside, using the environment as the foundation. The school has one of the highest utilization rates in the city, and an outdoor classroom would provide teachers with more options for creativity in their programs.

In order to win the \$20,000, we need the public's support in an on-line vote. The voting begins on September 21st, and each person can vote every day for six weeks. We are competing against other schools from across the country. You can support the school's bid by voting at [www.majesta.com](http://www.majesta.com) each day until November 4th. Pass along the information to your friends, co-workers, and family, because we all share the same vision for improving education for the betterment of our entire community.

Thanks you so much in advance! Join the facebook page "Win \$20,000 for St. Patrick's School" for updates. <https://www.facebook.com#!/pages/Win-20000-for-St-Patricks-school/167759656638287>

## The National Evangelization Team (NET) will be arriving on October 2nd and will be in Medicine Hat for 1 year.

They will need accommodations for the time that they are here. Request for Host families with children preferably between the ages of 9-18 years of age, to provide room and board for 2 persons for a 2 week period. Please contact Diana Frey at [\(403\) 527-4338](tel:4035274338) or [hdfrey@shaw.ca](mailto:hdfrey@shaw.ca).

Also we are looking for volunteers who would be able to assist the National Evangelization Team (NET) during their ministry in Medicine Hat.

We are looking for both parent and student volunteers. They will be assisting the NET with sacramental preparation, as well as other activities as needed. Please contact our Volunteer Coordinators for St. Patrick's Church Trish Carr at [\(403\) 529-6824](tel:4035296824) or [btcarr@shaw.ca](mailto:btcarr@shaw.ca) and for Holy Family Church, Gaston Dostie at [\(403\) 580-6740](tel:4035806740) or [gastond@telus.net](mailto:gastond@telus.net) if you are interested in volunteering. Your time, regardless of how much you are able to give, will be greatly appreciated.



This month's newsletter is coming to you from MR. FILLUP (Phillip) .....  
**CONGRATULATIONS TO JOSHUA THUNBERG, A GRADE 4 STUDENT AT VINCENT MASSEY SCHOOL!!**

He was the lucky one chosen that came up with our logo name for our Sept contest. Joshua will enjoy a gift certificate for free lunches. Thank you to all of the children who emailed us your ideas, we enjoyed reading all entries, they were creative and playful.

### Octobers Contest: "Name that Lunch"

We're always looking for new healthy fun lunch ideas. Email us your entrée idea(s) and the winner will have that entrée named after him/her for the month of December, as well as a great KP prize! Good Luck! Email: [info@kidsplate.ca](mailto:info@kidsplate.ca)

We invite ALL children to enter this contest. We ask you email us your children's entry along with their name, grade and school. In the next month's newsletter we will announce the winner, what school they go to and what they have won!

**Community Coming Together:  
Working together today for a better tomorrow: A mental health Capacity building project**

This month has been extremely exciting for the Community Coming Together Program. With the beginning of the school year, we had many welcome back activities in our after school group. We did many fun activities such as visiting the SPCA, painting picture frames and a family potluck for both groups! We had many returning after school group members and also had the addition of a few new faces who we are very pleased to welcome. In addition to our after school group, we have been lucky enough to expand our universal programming throughout the school. We saw many different sucker challenges, involvement in the student council, helping out with the canteen, involvement in blue day and bulletin boards.

For October, the Community Coming Together project is going to continue to expand its universal programming. We are going to be running lunchtime intramurals throughout the year with many different sports for students to play! Community Coming Together will have a focus on mental health in October as it is mental health month. This will see a fact of the day being included on the announcements and many other activities promoting mental health.

**Meet the Staff of Community Coming Together!**

Jenesse Chamberlin: Mental Health Consultant  
 Meagan Freeman: Spirit Coach-St Mary's  
 Ashley Day: Spirit Coach-Notre Dame  
 Vi Sheridan: Public Health Nurse  
 Melony Mwaura: Addictions Counselor (AADAC)  
 Nick Gale: CCT coordinator

**Helpful Hint for good Mental Health!**

Connect with others-talking to a trusted friend, family member, support group or counselor can make you feel better.

**Community Coming Together Universal Planning for October**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
3.	4. Sucker Challenge	5. CCT in Edmonton	6. CCT in Edmonton	7. No School
10. No School	11. Sucker Challenge	12.	13. Mental Health Buzzer Board	14.
17.	18. Sucker Challenge	19.	20. Youth Center Table	21. No School
24.	25. Sucker Challenge	26.	27. Mental Health BINGO	28.
31.				

All Sucker Challenges would be done at lunch time.  
 Each Additional Activity would be done before school started when students could come and visit the table or game as desired  
 A fact about Mental Health would be in the announcements every day.  
 Intramurals will also be running at lunch time in the gym.

## Student's October 2011 Calendar: St. Mary's

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3.	4. Thanksgiving Fun 3:45-5:30	5. No Group @NDA	6. NO GROUP	7. No School
10. No School Thanksgiving! 	11. Bottle Drive  3:45-5:30	12.	13. Youth Center  3:45-5:30	14.
17.	18. Walk Through Kin Coulee 3:45-5:30	19.	20. Guest Speaker Resiliency with Jenesse 3:45-5:30	21. No School
24.	25. Halloween Movie 3:45-5:30	26.	27. Halloween Party 3:45-5:30 Parent Teacher Interviews	28.  Joint Family Group@ STM Pumpkin Carving 5:30-7:00

**\*Calendar is subject to change**

**\*Feel free to call Meagan with any questions or concerns at  
403-580-0415**



## *Medicine Hat Catholic Board of Education*

1251 – 1<sup>st</sup> Avenue SW, Medicine Hat, Alberta T1A 8B4

Toll Free 1.866.864.0013

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Phone 403.527.2292

[www.mhcbe.ab.ca](http://www.mhcbe.ab.ca)

Fax 403.529.0917

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September 23, 2011

Dear Parents and Guardians;

Once again we will be testing students' reading ability with the Gates-MacGinitie Reading Tests (**GMRT**) for students in grades one to eight. The goal is to garner valuable information regarding individual student strengths and challenges.

The objective information obtained from the **GMRT** will complement other evaluation methods and provide a solid basis for:

- Selecting students for further individual diagnosis and special instruction
- Planning instructional emphasis
- Identifying at-risk students prior to provincial assessments
- Locating students who are ready to work with more advanced materials
- Deciding which levels of instructional materials to use with new students
- Measuring growth of learning
- Evaluating effectiveness of instructional programs
- Reporting back to parents on student progress

The **GMRT** only requires 55 minutes of testing time for each group testing session. Students can perform a pre-test in the fall and a post-test in the spring. The fall administration of the GMRT will be completed by the end of October, 2011. French Immersion students will now start writing the **GMRT** in grade 1. If your child is absent, it may be possible for them to write the test another time.

Individual student and class reports will be created to assist teachers with program planning and program provision. At the schools' parent-teacher interviews, a parent report will be available for parents to take home so that you have information on the performance of your child. Should you have any questions please do not hesitate to contact the Student Services Office at (403) 502-8365.

Sincerely,

A handwritten signature in black ink, appearing to read "Hugh Lehr".

Hugh Lehr  
Director of Student Services

*"Showing the Face of Christ to All"*

Celebrating 100 Years of Catholic Education 1911—2011

# CENTENNIAL NEWS

## MEDICINE HAT CATHOLIC BOARD OF EDUCATION

### **“Celebrating a Century of Catholic Education and Service”**

#### **HISTORY BOOK—LEGACY PROJECT**

- The rich history of the Medicine Hat Catholic Board of Education will be profiled in a History Book. We hope to encapsulate the stories, the facts and the progression from our humble beginnings in 1911 to today.

We are offering an exciting opportunity for you to **“Sponsor a Page” in the History Book**. Be part of this Legacy Project, help us tell our story and have your name and dedication appear in the History Book. As a \$100 **page sponsor** you have the option to personalize your **dedication** in any number of ways including:

- In memory of one’s family;
- Thank you;
- Your personal faith message;
- Scripture;
- On behalf of your family;
- If no dedication is submitted your name is displayed in sponsorship.



History Books published and available for purchase by Christmas 2011. History Books are \$40 each and would make wonderful gifts for family and friends. Dedications can be up to a maximum of 100 characters including spaces. To secure your history book page please contact: **Mr. Stan Aberle, Board Member & Centennial Committee Representative @ 403.878.7422.**

**Call Today-History Book Page Sponsorship closes on Oct. 10, 2011.**

More Information @ [www.mhcbe.ab.ca](http://www.mhcbe.ab.ca) or by calling the  
Centennial Office @ 403-502-8347

Tax Receipts issued.

*Proceeds to the Medicine Hat Catholic Schools' Education Foundation*

**Thank you/Merci for your gracious support**

# Medicine Hat Catholic Board of Education

## "Celebrating 100 years of Catholic Education and Service"

### Centennial T-Shirt Order Form \$10.00 each



We are excited to offer you an opportunity to purchase your very own Centennial T-shirt and help support community events during the Centennial Homecoming Celebration Weekend June 8 to 10, 2012.

The T-shirts feature the Centennial logo designed by Michael Fritzler, the Centennial Logo Student Contest winner from Notre Dame Academy.

Student's Name:

School:

Parents/  
Guardian Name:

Home Phone:  Cell:

Email:

Please indicate quantity of each size						Price each	Total				
Youth:	S	<input type="checkbox"/>	M	<input type="checkbox"/>	L	<input type="checkbox"/>	\$10.00	\$ <input type="text"/>			
Adult:	S	<input type="checkbox"/>	M	<input type="checkbox"/>	L	<input type="checkbox"/>	XL <input type="checkbox"/>	XXL <input type="checkbox"/>	XXXL <input type="checkbox"/>	\$10.00	\$ <input type="text"/>
<b>TOTAL DUE</b>									\$ <input type="text"/>		

Please submit order form with payment by Monday, October 17 to your child's school or directly to:

Centennial Office  
Medicine Hat Catholic Board of Education  
1251 - 1st Avenue SW  
Medicine Hat, AB T1A 8B4

The Centennial Office will contact you once T-Shirt orders are ready. T-Shirts can either be picked up at your child's school or at the Centennial Office.

Thank you for supporting Catholic Education.

#### Method of Payment

VISA     MASTERCARD

\_\_\_\_\_  
Credit Card #

\_\_\_\_\_  
Expiry Date

\_\_\_\_\_  
Name on Credit Card

\_\_\_\_\_  
Signature

Cash (please do not send cash in mail)

Cheque (payable to Medicine Catholic Schools' Education Foundation)

Centennial Events and Sponsorship information at:  
[www.centennial@mhcbce.ab.ca](mailto:www.centennial@mhcbce.ab.ca) or by calling (403) 502-8347

# BOARD BULLETIN

September 13, 2011 – MEDICINE HAT CATHOLIC BOARD OF EDUCATION

## CORPORATE COMMUNICATIONS



The Board of Trustees for the Medicine Hat Catholic Board of Education endorsed the nomination of Board Chair, Mr. Peter Grad for Vice-President of the Alberta Catholic Schools Trustee's Association. Catholic School Board Trustees in the Province will vote at the Annual General Meeting in November in Edmonton. The Board fully supports Mr. Grad and wishes him well. The full Media Release is posted on the Division's website @ [www.mhcbe.ab.ca](http://www.mhcbe.ab.ca)

**Excellence in Teaching Award** - Nominations are now being accepted. Do you know a deserving Teacher or Principal nominate them for this Provincial Award? Nominations are open until February 2012 and forms are available online @ [www.education.alberta.ca/teachers/excellence.aspx](http://www.education.alberta.ca/teachers/excellence.aspx)

**Mission Mexico Retreat** – Father Fred Monk from St. Michael's Parish in Bow Island has created the opportunity for 4 staff members to travel to *Cuernavaca, Mexico* to participate in a donor sponsored Immersion Retreat. The Board is grateful to Father Monk and those travelling to Mexico to continue to bring light to the struggle against poverty and for social justice in Latin America.

**BOARD SELF-EVALUATION** – The Board is engaged in their self-evaluation process in accordance with Board Policy. This item is deferred to the regularly scheduled Board Meeting in October 2011.

**INSPIRING ACTION ON EDUCATION** – The Province of Alberta is engaging School Divisions' to determine the future of Education in Alberta. Initiatives include: *Changes to the Education Act, Action on Inclusion; Speak Out; High School Completion and Action on Curriculum*. Overall, the Province is rethinking student needs and examining what they are teaching in the 21<sup>st</sup> Century. Their goals are success for every student and transformation of ECS-Grade12 through collaboration. As we move forward on these initiatives we will continue with our community engagement process through our Town Hall Meetings. The Province invites you to have "your say" @ <http://ideas.education.alberta.ca/engage>

**ST. MICHAEL'S SCHOOL (BOW ISLAND) HIGH SCHOOL PROGRAMMING REVIEW** – The Board circulated the parameters of the *St. Michael's School BI High School Program Review* to be conducted by an ASBA consultant. The consultant, Mr. Jim McLellan will be meeting with students, staff and parents to gather information to include in the report due to the Board in November.

**DIVISION PROGRAM INITIATIVES** – The Board unanimously approved the motion to support the exploration of new programming initiatives in the Division including extending the Sports Academy programming into High School. Some initial ideas are Baseball, Girls Hockey, Swimming and "Fitcademy". Our initial goal is to offer Sports Performance at the High School. Other ideas include expansion of CTS Programming in the middle schools.

**ADVANCED PLACEMENT** – The Board also supported the exploration of Advanced Placement (AP) and Pre-Advanced Placement programming. These programs are for high achieving students who like a challenge and are interested in receive advanced credit for University. Monsignor McCoy currently offers Advanced Placement in Art. The Division is now exploring AP in Calculus and English Literature. Pre-AP is targeted for the Middle School student. How does AP work? Find out at Advanced Placement Canada [www.ap.ca](http://www.ap.ca)

**"STOP THE CUTS" CAMPAIGN** – The Board approved the *Stop the Cuts* campaign link placed on the Division website. The campaign is supported by *Alberta School Councils Association, Alberta Teachers Association and Alberta School Boards*

## Our Motto:

"Showing the face of Christ to all."



Association. The messaging to government is: Stop the Cuts to education funding. Read more @ <http://www.myalbertaschool.ca/index.php>

## EVALUATION OF LANDS & BUILDINGS SURPLUS TO THE BOARD

The Board has determined, in accordance with Policy 19, that none of its School Buildings, Non-School Buildings or Reserve Lands are surplus to its need at this time. This information will be communicated to the Province.

## STAFF PROFESSIONAL DEVELOPMENT SEPT 19<sup>th</sup>

In the Board's continuing effort to meet its goal of increasing Catholicity, the Division offered a full-day of faith-based professional development. The day began with Mass at St. Patrick's Parish then moved to Monsignor McCoy High School where staff chose from a multitude of sessions to attend. Sessions included everything from Understanding the Sacraments; the telling of personal faith journeys; Consumerism & Youth; Forgiveness; Theology of the Body; Social Justice and Grief & Loss. Facilitators ranged from Division staff, representatives from St. Mary's University, Authors and Consultants. Father Fred Monk's session titled *Called to Make a Difference* explored the many outreach projects of Catholics in Southern Alberta in an effort to address the intense poverty and marginalization of mountain villagers in Southern Mexico. This was an exceptional PD opportunity for staff.

## CENTENNIAL CELEBRATIONS

September 2011 –

- ★ The Board of Trustees was presented with the Official Centennial T-Shirt. Each student and staff member in the entire school division received a T-Shirt to kick-off the celebrations. Earlier this year, the Board acknowledged Notre Dame Academy Student Michael Fritzel as the centennial logo content winner; this logo is proudly display on the front of the T-shirt. This was an exciting event for our students and staff with more than 3,000 T-shirts distributed to our school communities in Medicine Hat and Bow Island.
- ★ The Centennial Sponsorship brochures were circulated to parents, staff and parish community members. The Brochure outlines:
  - Details of the Sponsorship Levels available
  - History Book "page" Sponsorship
  - Centennial Bishop's Dinner Tickets
- ★ For a copy of the Events & Sponsorship Brochure call the Centennial Office at 403.502.8347 or log onto [www.mhcbe.ab.ca](http://www.mhcbe.ab.ca)



**October 2011** – T-Shirt order forms will be sent home in October Newsletters to allow family and friends the opportunity to purchase. Order deadline is October 17<sup>th</sup>. Interested? Call 403.502.8347 or email [centennial@mhcbe.ab.ca](mailto:centennial@mhcbe.ab.ca)

Thank you for supporting your Catholic Schools.

The next regular Catholic School Board Meeting is Tuesday, October 11, 2011 @ 6:00 pm @ the Catholic School Board Office, 1251 – 1<sup>st</sup> Avenue SW., Medicine Hat.

Everyone is welcome to attend.



### What is Influenza?

- Influenza is an infection of the lungs and airways caused by various strains of influenza virus that circulate throughout the world each year. In North America, influenza virus usually affects people between November and April - our "flu season."
- Symptoms appear quickly: fever, chills, aches, cough and fatigue.
- Complications can include pneumonia, bronchitis, and croup.
- Influenza is highly contagious and spreads through coughing, sneezing and talking.
- Influenza can enter the body through the eyes, nose or mouth after touching contaminated objects such as door knobs and used tissues.



Many people confuse the symptoms of influenza with those of a cold or gastroenteritis ("stomach flu") but they are different diseases.

Symptoms/ Description	Influenza	Common Cold	Stomach Flu
<b>Fever</b>	Usually high	Sometimes	Rare
<b>Chills, aches, pain</b>	Frequent	Slight	Common
<b>Loss of Appetite</b>	Sometimes	Sometimes	Common
<b>Cough</b>	Usual	Sometimes	Rare
<b>Sore throat</b>	Sometimes	Sometimes	Rare
<b>Sniffles or sneezes</b>	Sometimes	Common	Rare
<b>Involves whole body</b>	Often	Never	Stomach / bowel only
<b>Symptoms appear quickly</b>	Always	More gradual	Fairly quickly
<b>Extreme tiredness</b>	Common	Rare	Sometimes
<b>Complications</b>	Pneumonia (can be life threatening)	Sinus infection or Ear infection	Dehydration

### How to Prevent Influenza

- Seasonal influenza vaccine protects against the three most common strains of influenza virus identified by the World Health Organization (WHO).
- Seasonal influenza vaccine is available at no charge for all Alberta residents over six months of age (including pregnant women) during October and early November.
- The vaccine takes approximately two weeks to become effective and lasts for four to six months.
- Next to immunization, the most important way to prevent infection is by proper hand washing. Washing hands often with soapy water or sanitizer is the most effective way to control the spread of germs and diseases.
- Other strategies to prevent influenza include keeping hands away from the eyes, nose and mouth, disinfecting countertops, doorknobs, telephones, etc.
- Strengthen your immune system by being physically active, eating healthy and decreasing stress in your life.

**Influenza Clinics start October 17. Please check your local newspaper for dates, times and locations or go to the Alberta Health Services website at [www.albertahealthservices.ca](http://www.albertahealthservices.ca) or call Health LINK Alberta at 1-866-408-5465 for information on influenza immunization clinics in your area.**



### VISION FOR CHILDREN

October is eye health month. Your child's vision health is an important component to learning. Vision examinations help develop a baseline for your child's future vision needs. Alberta children under 19 years of age get one free annual vision exam.

Here are a few symptoms you should watch for that may indicate a vision problem:

- if your child loses their place while reading,
- avoids close work,
- holds reading material closer than normal,
- tends to rub their eyes,
- has headaches,
- turns or tilts their head to use one eye only,
- omits or confuses small words when reading.

Children need to be encouraged to take rest breaks during periods of close concentration as well as when computer or playing video games. For further information go to [www.opto.ca](http://www.opto.ca).

### SIMPLE SNACKS

Give your child energy and nutrients throughout the day, by encouraging them to eat a meal or snack every 3-4 hours. Snacks can be very simple and healthy too.

When making a snack, choose foods from at least two of the four food groups from Canada's Food Guide. Some easy snack ideas include:

- berries and yogurt
- whole grain crackers and cheese
- red and green peppers with hummus
- fruit salad and almonds

To make a healthy snack the easy choice keep cut up veggies and fruit in the fridge!

For more information and snack ideas please visit <http://bit.ly/ohAllm>.

### INTERNATIONAL WALK TO SCHOOL WEEK October 3-7, 2011

International Walk to School Week gives children, parents, school teachers and community leaders an opportunity to be part of a global event as they celebrate the many benefits of walking. Every year, millions of walkers from around the world walked to school together for various reasons — all hoping to create communities that are safe places to walk.

Walking:

- encourages physical activity by teaching children the skills to walk safely, how to identify safe routes to school, and the benefits of walking
- raises awareness of how walkable a community is and where improvements can be made
- raises awareness about concern for the environment
- reduces traffic congestion and pollution near schools

For more information: [www.iwalktoschool.org](http://www.iwalktoschool.org)



## WELCOME TO HOLY FAMILY PARISH

1451 Strachan Road SE, Medicine Hat, AB T1B 4V3  
Phone: 403-527-6933 Fax: 403-526-2482  
e-mail: [contact@holyfamilymh.ca](mailto:contact@holyfamilymh.ca)  
website: [www.holyfamilymh.ca](http://www.holyfamilymh.ca)

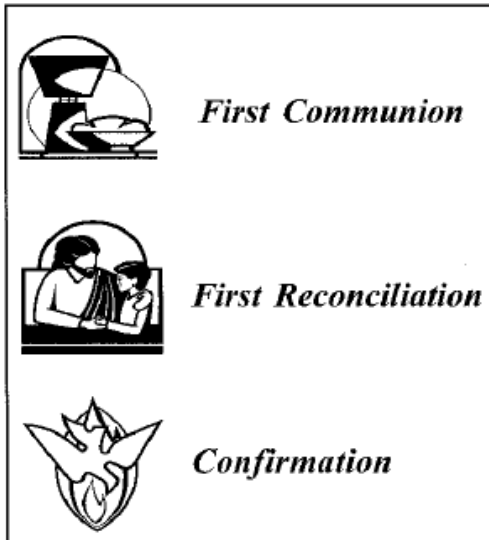
**MASS TIMES:** Saturday - 5:00 pm;  
Sunday - 8:30 am, 10:30 am & 6:00 pm  
**Reconciliation:** Saturday 3:00 - 4:00 pm

or by appointment with priest

**Pastor** - Fr. Philip Le

**Associate Pastor** - Fr. Roque Pereira

**Parish Office** open Monday - Friday 8:30 am to 4:30 pm  
(closed Statutory Holidays)



### SACRAMENT PREPARATION

Classes for **First Communion/First Reconciliation** and **Confirmation** begin October 1/2.

Classes for **First Reconciliation only** (for those who have received First Communion)  
begin October 23/24.



### OCTOBER IS TRADITIONALLY A MONTH OF MARY

during which we are reminded to pray the Rosary  
as a prayerful reflection on the entire Paschal Mystery  
and the life of our Lord, Jesus Christ.

*Living Rosary on Tuesday, October 11 at 6:30 pm.*

**NET (National Evangelization Team)** arrives Sunday, October 2. Come to Mass and meet Kyle, Isaac, Joel, Rachel, Bernadette, Gloria, Tanya and Lauren. We are looking for **host families** to accommodate 2 or 3 members at a time for two weeks and **volunteers** to help with various aspects of the program.

**STREETFEET PROJECT:** During the month of October, the Catholic Women's League invites all parishioners to participate in this project. Help us to keep the homeless warm and clean by donating hygiene products such as soap, toothpaste, toothbrushes, hair combs and brushes, lotion, shampoo, toques, mitts and socks. Homelessness affects all ages - please remember this when donating items. All items should be new. Collection bins will be in the Greeting Area. Thank you for your generosity.

**CATHOLICS COMING HOME:** Confused Catholic? Inactive Catholic? Alienated Catholic? If you are away from the Church or are drifting away from it, if you've been hurt by the Church or are confused or angry, please consider this an invitation to come and talk to us. The program begins on **Tuesday, October 18** at 7:30 pm and continues for 5 more Tuesdays at Holy Family Parish. Please call Kathy (403-529-9731) or the parish office (403-527-6933).

**Mother Teresa and St. Michael's Schools** will attend Mass at Holy Family Church on **Wednesday, October 12** at 9:30 am.

**REDISCOVER CATHOLICISM** begins on **Thursday, October 20** in the parish hall at 7:00 pm. The first seven sessions will focus on the different aspects of the Eucharist, God's gift for the world.

*For more information, please check the weekly bulletin at the church or on our website.*



# October 2011



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 Alvin Law Presentation 1:10 p.m. School Gym  School Council and Fundraising Society Meeting 7:00 p.m. School Library	6	7 Feast of Our Lady of the Rosary  Staff Meeting/ Professional Development Day (no school for students)	8
9	10 Thanksgiving Day (no school for students and staff)	11	12	13	14 Jersey Day	15
16	17 Centennial T-Shirt Order Form and Payment due today  Taco In A Bag Order Forms distributed today	18	19	20 Taco In A Bag Order Forms are due today  Lasts day for St. Mary's Cheerleading Squad Epicure Fundraiser Orders	21 Professional Development/ Staff Meeting Day (no school for students)	22
23	24 Scholastic Book Fair begins today 8:30 a.m. to 3:30 p.m.	25 Scholastic Book Fair 8:30 a.m. to 3:30 p.m.	26 Scholastic Book Fair 8:30 a.m. to 3:30 p.m.	27 Scholastic Book Fair 8:30 a.m. to 3:30 p.m. and 4:00 p.m. to 7:00 p.m.  Taco In A Bag Day (pre-ordered)  Parent-Teacher interviews 4:00 p.m. to 7:00 p.m.	28 Fake An Injury Day	29
30	31 Halloween Masquerade					