

April 2024 Newsletter

Christensen's Corner

April 2024

As you walk through store aisles lately, you've seen many reminders that Easter is coming. What isn't so obvious is that, for Christians, Easter is truly the most significant day of the year.

At the store we find:

- baskets and eggs as the symbols of Easter; instead of a cross and an empty tomb
- a bunny that brings candy; instead of a Savior who brings eternal life

St. Joseph staff, students, and extended community send Easter greetings to everyone. During this joyful season of new life and renewal, Christians around the world celebrate the central event of our faith -- the Resurrection of Jesus Christ, the Messiah, the Son of God. A walk outdoors will reveal budding trees, blooming crocuses, greening grass, and warming temperatures. The earth is renewing itself. Nature exhibits various renewals, from the rebirth of spring, to the sunrise, signifying the birth of a new day.

The life and teachings of Jesus have inspired people throughout the ages to strive for a better world and a more meaningful life. Jesus' death stands out in history as the perfect example of unconditional love. The four Gospels of the Bible recount Jesus' amazing life, his miraculous death, resurrection, and ascension, and his unending offer of salvation to all. The story of Jesus' resurrection comes alive again each year at Easter.

Easter Sunday commemorates in song and celebration the joy and promise of Christ's triumph over evil and death. Christians around the world gather together to sing well-loved hymns to God's glory, remembering the signs and wonders of God's grace revealed in Jesus. And they again will hear Gospel readings such as Saint Luke's rendering of that first Easter morning when the Angel asked: "Why do you look for the living among the dead? He is not here; He has risen!"

Best wishes for a wonderful Easter in which you are renewed.

Brent Christensen



Principal - Mr. Brent Christensen

Associate Principal - Mr. Bruce Gal

1413 23 Avenue Coaldale, AB T1M 1M6

Parents/Guardian our monthly newsletters are availbale on our website: sjs.holyspirit.ab.ca

Phone: 403-345-3373 Fax: 403-345-3789

April 2024

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Easter Monday	2	3	4	5	6
	NO SCHOOL for Staff and Students – March 29th to April 7th, 2024					
7 Divine Mercy Sunday	8 Back to School GREEN SHIRT DAY for ORGAN DONOR Grade 7 & 8 Badminton	9 Grade 9 Badminton	Big Brothers and Big Sisters Lunch Session HOT LUNCH Pizza by the Slice	11 Grades1-3 Mass 8:45am-9:45am	SJS Young Drums 1:00pm-3:00pm Grade 4-5 Girls Basketball Clinic 12:30pm-3:00pm	13
14	15 NET Ministries Team School Visit Grade 7 & 8 Badminton	16 Grade 9 Badminton	Grade 9 EPIC Field Trip Spirit Day Wacky Wednesday	18 Grades 4-5 Mass 8:45am-9:45am COLJHAA Badminton League Tournament	SJS Young Drums 1:00pm-3:00pm Grade 4-5 Girls Basketball Clinic 12:30pm-3:00pm	20
21	22 Earth Day Wear Blue	23	24 Big Brothers and Big Sisters Lunch Session Board Meeting	25	26 SJS Young Drums 1:00pm-3:00pm	27 Badminton Zones
28 YOUTH LED MASS 4:00pm Mass at St. Ambrose Church	29 First Nations, Metis, and Inuit Day CANTEEN CLOSED Indian Taco Lunch	30				

A BIG THANK YOU to the students and staff who participated in the, March 17th, Youth led Mass at St. Ambrose Church. The choir loft was overflowing with your beautiful voices and enthusiastic spirits which are such a Blessing for our community. You are welcome to join us for the Triduum and Easter celebrations at St. Ambrose Church:

Holy Thursday Mass – 6:00 p.m. followed by Adoration until midnight
Good Friday Service – 6:00 p.m.
Holy Saturday – 10:00 a.m. Blessing of your Easter food
Easter Vigil 8:00 p.m.
Easter Sunday Mass- 9:00 a.m.

April Athletic Report

With the warmer weather and longer days upon us, we have welcomed the badminton season at St. Joseph School. The grades 7, 8 and 9 athletes have completed tryouts and are now preparing for the league tournament, which will be held on Thursday, April 18th. The grade 7's will be competing at RI Baker, the grade 8's at Coaldale Christian and the grade 9's at St. Joseph School. The top two teams from each category at our COLJHAA Tournament will have the opportunity to compete at Zones, to be held in Medicine Hat on Saturday, April 27th. Athletes will need to declare if they are competing at Zones immediately following the COLJHAA Tournament on April 18th. I would like to thank Ms. Schafer for volunteering to coach all of our junior high teams.

Best of luck to all of our athletes!

Sincerely,

Bruce Gal

A Special thank you goes out to the **Coadale United Church Thrift Shop** for their generous donation towards are n**urtrition program** here at St. Joseph School. Your support will allow us to provide healthy snacks for our students for months to come.

A special note about the **Coaldale United Church Thrift Shop** it is located at 2022, 18th Street in Coaldale.

Open Thursdays from 9:00am-1:00pm.

We are non-profit and run by volunteers as a service to the community.

If anyone wishes to share their items,

donations are gratefully received Tuesday – Friday mornings.





Youth Led Mass Sunday, April 28, 2024



St. Joseph School will be coordinating the 4:00 p.m. Mass at St. Ambrose Church for Sunday, April 28, 2024!

We need readers, greeters, gift bearers, ushers, altar servers, singers, and musicians!

If YOU would like to participate, please complete the attached volunteer form, or pick one up at the school office, then email it to Mrs. Pat Mastel, mastelp5657@gmail.com or snap a picture and text it to her at 403-892-4207, or drop it off at the school office by Thursday, April 11, 2024.

If you have any questions, please contact Mrs. Mastel at 403-892-4207.

We will only have 2 practices in preparation for this special Mass.

Thursday, April 18, 11:36 a.m.-12:15 p.m. in the SJS Music Room.

Thursday, April 25, 3:27-4:15 p.m. at St. Ambrose Church.

We will meet in the Gathering Space after school & walk to the church together

Student's Name:	Gra	Grade:	
	Please PRINT First and Last Name	Homeroom	
Parent's Phone/Cell	Numbers:		
Parent's Email Addr	ress:		
Parent's Email Addr I would like to share			
would like to share	my talent as a:		

Give your hands to serve and your hearts to love.

Saint Mother Teresa of Calcutta

"He stretched out his hand and touched him, saying, 'I do choose.

Be made clean!' Immediately his leprosy was cleansed."

- Matthew 8:3

St. Damien of Molokai 1840-1889 (Feast Day: May 10)

Joseph de Veuser was born into a farming family in Belgium in 1840. His family was very religious; he had an older brother who was also a priest and two sisters who entered religious life. He left school at the age of 13 in order to work on the family farm, but eventually joined the Congregation of the Sacred Hearts of Jesus and Mary at the age of 20. This order was a missionary society that served the Pacific Islands, including Hawaii (which was not a part of the United States at this time). Taking the religious name of Damien, he took the place of his older brother on a mission to Hawaii in 1864.

At this time, Hawaii was struggling with a major health crisis, as newcomers to the islands had brought with them many diseases for which the people had no natural immunity. These included smallpox, cholera, and leprosy. In 1865, the Hawaiian King passed a law which mandated that those with leprosy were to be sent to the island of Molokai. About 8,000 people were eventually sent there over the next five years, but their lives were very challenging there.

It was during this period that Father Damien volunteered to attend to the people who had been sent to Molokai. He worked to build a church, and to improve the state and standard of living for the people there. He saw in each of the people their own human dignity, and served their spiritual needs as well. It was inevitable that by spending so much time in contact with leprosy, that Fr. Damien would also contract the disease. In 1889, after 16 years of service, he died amongst the people for whom he cared so deeply.

"Building" In Our Schools

At St. Patrick School in Taber, students raised funds during their Lenten Dollar Days. Students donated a dollar to participate in dress-up days, like Crazy Hair Day seen here, with the proceeds going to the Chalice/St. Odilia project.



Corporal Works of Mercy Visit the Imprisoned —

Build!

Pilgrims of

Hope

Each year on Holy Thursday, as we begin the Triduum, one moving moment in the Mass of the Lord's Supper is where members of the congregation have their feet washed by the parish priest. This recalls Christ washing the feet of his disciples in John 13. In Pope Francis' tenure, he has each year done this as part of celebrating Mass at a local prison. In this, he is demonstrating to them that they are not forgotten, and that they are loved by God. To us, he is showing the importance of visiting those who are imprisoned. People may be imprisoned for many reasons, and without dismissing the suffering caused by those who commit crimes, all people retain their dignity as created in the image and likeness of God.

While it may not always be possible for us to visit actual prisons, we can ensure that we support the prison ministries of our own parishes, to pray for those who are imprisoned, or to write cards or letters that could be sent along to them. We might also stretch our own thinking, and ponder how we can support those who might be imprisoned by isolation, loneliness, fear, anxiety, depression, or hopelessness.

Pope's Prayer Intentions - For the Role of Women

Let us pray that the dignity and worth of women be recognized in every culture, and for an end to the discrimination they face in various parts of the world.

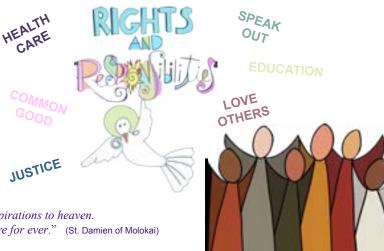
For more Information: Works of Mercy
6th Corporal Works of Mercy: Visit the Imprisoned

Catholic Social Teaching Rights and Responsibilities —

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.

The Catholic tradition teaches that human dignity can be protected and a healthy community can be achieved only if human rights are protected and responsibilities are met. Therefore, every person has a fundamental right to life and a right to those things required for human decency. Corresponding to these rights are duties and responsibilities—to one another, to our families, and to the larger society.

Learn more by watching this video.



Gospel Readings

April 7, 2024

2nd Sunday of Easter/Divine Mercy Sunday

Gospel Reading: John 20:19-31

"Jesus came and stood in their midst and said to them, 'Peace be with you." — John 20:19

Today in the Church we celebrate Divine Mercy Sunday. It is a day to remember that God is constantly pouring out his mercy to us at every moment of our lives. He isn't always happy with some of the choices we make, or the ways we turn away from him. But he keeps showering us with his love, forgiveness, and mercy, all the time. Today's Gospel reminds us of that mercy. Jesus could have been very upset with the apostles for abandoning and denying him. Instead, he gives them peace. He showers them with love and forgiveness...mercy. We are blessed to have a God who loves us so much!

What are some ways we can show mercy to others?



Prayer:

Dear Lord, thank you for loving us more than we can ever understand. Please give us the grace we need to live a life worthy of your gift of mercy.

April 14, 2024 3rd Sunday of Easter

Gospel Reading: Luke 24:35-48

"Why are you troubled? And why do questions arise in your hearts? Look at my hands and my feet, that it is I myself. Touch me and see, because a ghost does not have flesh and bones as you can see I have." — Luke 24:38-39

When we feel alone or unable to handle problems, we often rely on our own strength. But Jesus wants us to return to him with all our heart and find the strength we need in HIM. The wounds he shows us in today's gospel remind us that he would do anything to help us. It's hard to let go because we want to be in control and do things our way. Sometimes we must be quiet to hear Jesus answer us and give us the love that will build our trust in him.

Are there times when you've turned to God and found comfort? Share these times with your family.



Praver:

Dear Lord, sometimes when I am troubled, it is easier to feel sorry for myself and turn to comforts instead of you. Please give me the desire I need to turn to you in those times to receive your great love and compassion.

Download this month's <u>Saint Prayer Card</u> - St. Damien of Molokai <u>Saint Prayer Card</u> (black and white version for colouring)



Gospel Readings

April 21, 2024 4th Sunday of Easter

Gospel Reading: John 10:11-18

"He is the stone rejected by you, the builders, which has become the cornerstone." — Acts 4:11

Life has a way of throwing us many curve balls. We think one thing is going to happen, and in the next moment it has gone exactly the opposite way. When we walk with the Lord these things can happen, too. Things look one way on the surface, but underneath God's plan is bigger than what our own eyes can see. He often takes bad things and makes good out of them, if we allow him to. Jesus was a great example of this. His life looked like a failure. He came to spread love and forgiveness and was killed for it. But his death and resurrection became the foundation of the Church we are a part of over 2000 years later. Our God is amazing!

Can you remember a time when something seemed to turn out wrong, but later you realized that God's plan was even better than what you had in mind?

We know that all things work together for good for those who love God, who are called according to his purpose.

Romans 8:28

Prayer:

Lord, thank you for always having the "big picture," beyond what our eyes can see. Give us the faith

April 28, 2024 5th Sunday of Easter

Gospel Reading: John 15:1-8

to always trust in your plan for our lives.

"By this is my Father glorified, that you bear much fruit and become my disciples." — John 15:8

Grapes grew all over Israel, so the people around Jesus knew all about grapevines. But for us, it may need a little explanation. When Jesus calls himself a vine, he is telling us that we are connected to him. Sometimes, vines need to be pruned so they will bear fruit. In the same way, Jesus needs to help us so we will grow and be able to produce more fruit. The kinds of "Holy Spirit" fruit Jesus helps us grow include love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. Jesus shows us through our parents and teachers how to stay close to him and grow.

Pick one of the "Holy Spirit" fruits in the list above to work on this week.

How can you grow some of that kind of fruit?

PEACE

PATIENCE

FAITHFULNESS

FAITHFULNESS

FAITHFULNESS

Joy, and peace. Help me to accept the guidance you give me.

Sources:

Saint Damien of Molokai
Stories of Saints: Leper Priest |
St. Damien of Molokai
St. Damien of Molokai | Catholic Saints (FORMED)

The Fruit of the Spirit Poster (Children)
The Fruit of the Spirit Poster
Growing Up Catholic Mass Transit Cards
2023-2024



(I)SWAG Presents

Ft. Allie and Lisa from True

Balance Counselling

Emotional Regulation

How to help our kids when they have big feelings

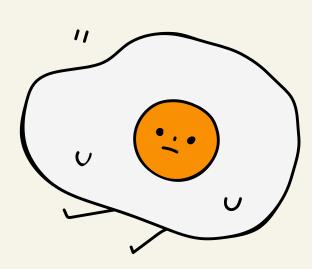
APRIL 18TH, 2024 @ THE ESSIES BALLROOM

5:30PM-8:00AM

Sandman Signature, 320 Scenic

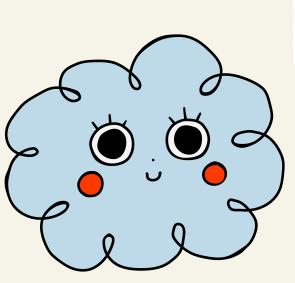
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Join us as we enjoy a complimentary dinner while learning from the Registered Psychologists from True Balance Counselling about Kids and their Big Feelings.

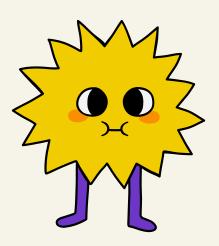


Please RSVP at:

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









Emily Williston

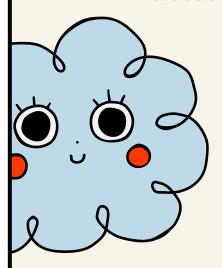




Allie & Lisa True Balance Counselling

Lisa is a genuine, empathetic, and caring therapist who places a high value on building a strong therapeutic relationship with her clients. She strives to create a safe, supportive, and non-judgemental space where individuals can freely discuss their concerns..

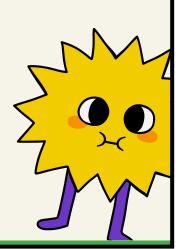
Allie is a Registered Psychologist who values creating a warm and welcoming environment. She is passionate about working collaboratively with children, youth, and adults, to assist them in achieving their goals



This is a FREE event that is open to all parents, guardians, and caregivers

Please RSVP at: https://www.surveymonkey.com/r/7R9L8CC





Tips for Service Providers: Child and Youth Problematic Use of Digital Technology

What is Problematic Use of Digital Technology?

Problematic use of digital technology is defined as any digital activity which causes significant distress and negatively impacts physical, social and mental well-being. Individuals who struggle with problem use of technology may experience a variety of difficulties including: family and social relationship problems, financial stressors, legal issues, educational challenges and employment difficulties. Some mental health concerns have been linked to problematic use of digital technology such as: depression, attention deficit hyperactivity disorder, anxiety, personality disorders and substance use problems (particularly cannabis and alcohol).

Examples of Digital Technology Use

Gaming, social networking sites, chatting/texting/sexting, online gambling, browsing internet sites, cybersex/pornography, shopping or reading online, streaming videos.

What approach may be helpful?

- Digital technology is embedded in our lives. An all or nothing approach like abstinence is less likely to work.
- Find out what benefits the client may feel they are getting from their digital technology use.
 Try to remain curious, open and non-judgmental when learning more about their technology use.
- Consider focusing on what the person misses about their life before their use of digital technology became problematic.
- Help the client and their family establish new priorities: incorporating daily exercise, improving self-care, spending time with loved ones, eating a family meal together, initiating and completing a task, meeting an important deadline; these are all examples of ways in which a person can improve their functioning in major life areas.
- Although more research is needed, some formal interventions have been helpful and include: cognitive behavioural therapy, motivational interviewing, narrative therapy, mindfulness practices, and psychotropic medications. Consider arranging a referral for counselling: Alberta Health Services Youth Addiction Services at 1-866-332-2322 (toll free within Alberta).

What questions might be helpful to my client or their family?

- Are things out of balance because of digital technology use in your major life areas such as family and peer relationships, school, employment, finances and health (sleep/exercise/diet)?
- Have you experienced increased conflict in relationships because of problematic digital technology use?
- Have you ever felt you or your family member needed to cut down on digital technology use?
- What have you done in the past that has helped your family to be healthier?



COALDALE FAMILY FUN RUN	ENTRY FORM	
Last Name:	First Name:	
· · · · · · · ·	ndividual	
Corporate or School:	·	
City:	Province:	
Postal Code:	Phone:	
Age on Race Day:	Birth Date:	
☐ Female ☐ Male	Total Entry Fee Enclosed: Cash \$ Cheque	
Individual Age Category: 6 & under 30-39 7-10 40-49 11-14 50-59 15-19 60-69 20-29 70+	• \$11 Youth 15 and Under • \$22 Adult 16+ • T-shirts \$15 Each (Sorry No Shirts After April 1) Select shirt size (if applicable): Sizing chart available on our website Men	APRIL 20, 20
Last Day for Paper Entries		GRAI
Acknowledgment, assumption or risk, ar accepting my entry in this running event to bound, for myself and anyone entitled to a all risk of personal injury, death, or proper the negligence, gross negligence, breach Family Fun Run, Coaldale Christian Sch contractors, associates, representatives, Family Fun Run shall not be liable for any in the Event and I release the Coaldale Sther will be no medical services provid regularly during the run, No support sending a color of the Event based on personal preference responsible for continuously monitoring is sought. I attest that I am physically fit and graft full permission to use my name and I may appear for any legitimate purpose agreement and I am aware that by signir the right to sue. I sign this agreement volutions.	d release of liability: In consideration of Coaldale 5K Family Fun Run hereinafter "the Event"), I, the below undersigned, intending to be legally ict on my behalf. As a condition of my participation in the Event, I assume ty loss resulting from any cause whatsoever, including, but not limited to, of contract or breach of statutory duty of care on the part of Coaldale 5K osponsors, successors and assigns. I acknowledge that the Coaldale 5K such personal injury, death or property loss as a fesult of my participation (Family Fun Run and waive all my rights and claims with respect thereto, ed to any runner; I will hydrate sufficiently prior to the run and hydrate inces, namely, hydration/electrolyte replacement/energy supplements and g stations) will be provided in any fashion; Each participant will complete and capability (pace, cadence, aerobic threshold); and each participant exertion during the Event and the manner in which medical attention is sufficiently trained for the completion of the Event. Furthermore, I hereby ilkeness, as well as any photographs and any record of the Event in which, including advertising and promotion. I have read and understand this g this agreement! am giving up certain substantial legal rights including notarily and without inducement.	COULEE VIEW WINDOWS & DOORS THIEFTERTH ANNUAL SETHEL WINDOWS & DOORS THIEFTERTH ANNUAL SK VO

Signature of entrant (parent or guardian if entrant is under 18 years)

DISCLOSURE STATEMENT. Couldate Canadian Reformed School Society (incorporated in Alberta) operating Couldate Christian School will be hosting the Couldate SK Family Fan Plun. The event estimates to raise a gross point of \$30,000 which includes operated furthersien operated from this event up but traverts Community enhancement projects. For further information regarding this event, please contact Eisher Wiebe at 405-982-0534. Our address is: Coaddate Christian School. 2008—8 Street, Coaddate, AB. T.I.M 1.1. Phone: 403-345-4055. Website: coaddate(hristian-school.com. For more information regarding our organization, please contact 403-345-4055.



YOUTH **ADULT** SHIRTS

10am

Kin Canada Kinsmen Club ol Coaldale

X-STREAM SCIENCE



It's lead by the questions:

- -What is the HEALTH of our local stream environment?
- -How are different LAND USES changing WATER QUALITY?
- -How do HABITAT variables affect aquatic LIFE SYSTEMS?
- -What CHANGES can we see OVER TIME?

X-Stream Science has 3 parts:

1. In-class preparation presentation

Watershed experts will provide an overview of the reasons for monitoring, the parameters we will study and the scientific protocols students are expected to follow.

2. Stream-side **Experiential Learning**

All equipment, materials and guidance will be provided for this half or full-day outdoor experience. Students collect benthic macro invertebrate samples, as well as physical and chemical water and land data.

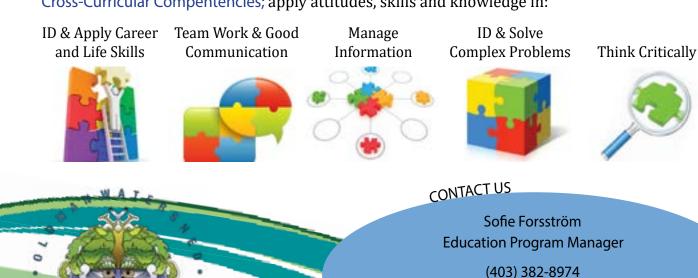
3. In-class data analysis and debrief

sofie@oldmanwatershed.ca

What is affecting the stream? How does this affect our environment and community? Students will analyze and reflect on the data, then upload it to the website. This could be a starting point for additional activities.

Additional components are possible as add-on activities for longer-term inquiry projects.

Cross-Curricular Compentencies; apply attitudes, skills and knowledge in:





The Coaldale Spartans annual Spring Training for new players to try

Football Club is hosting their Camp. This is a great opportunity out the sport.

Saturday, May 25, 2024 from 930am-3:30pm

Kate Andrews-South Field

Lunch Provided. Free of Cost

ATOM 8-10 yrs. PEEWEE 11-12 yrs. BANTAM 13-14 yrs.



Check out our Facebook page for updates- Spartans Football-Coaldale Call or text Alana Wheeler to register: 403 634 9953

Coaldale Clothing Fest

clear out Your closet!

Coaldale Mennonite Church is holding a Spring Clothing Fest ...

when? April 13, 2024 (10:00am - 1pm)

Where? Coaldale Mennonite Church Gym (2316 – 17 Street)

Why? To help support our community



How? From the generous donations and support of our community

The clothing fest is a recycling program, which benefits many families in our community.

Pick out clothes at NO CHARGE.

Donations of clean clothing/shoes (of all sizes), toys & books in good condition

are greatly appreciated.

Donations can be dropped off at the Coaldale Mennonite Church weekdays from 9am-12pm, starting March 25th – April 10th.

Remaining items will be donated to local charities.

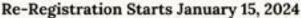
For more information or special arrangements or if you would like to help, contact Jodi Reed at (403) 345-5956



Take the next step with...

Holy Spirit Catholic School Division

2024/2025 REGISTRATION



Families with students currently enrolled in our system should expect an email during the week of January 15-19, 2024 asking that the online "Registration Update Form" be completed for each child attending one of our schools in the 2024/2025 school year.

Parents/guardians who are hoping to register younger siblings new to the division will also have the opportunity to do this at the same time that they re-register older students.

New Student Registration Starts February 1, 2024

All Early Learning to Grade 12 students who are new to the division and wish to enroll for the 2024/2025 school year are invited to register online starting on Thursday, February 1, 2024.

- Through play, our Early Learning Program is designed to stimulate the growing curiosity of children 3 and 4 years of age.
- Kindergarten is designed for children 5 years of age on, or before, December 31, 2024.
- Grade 1 registrants must be 6 years of age on, or before, December 31, 2024.
- French Immersion is also available. Enrollment starts:
 - in Kindergarten/Grade 1 at École St. Mary in Lethbridge.
 - in Grade 1 at St. Michael's School in Pincher Creek.

For More Information

Contact our Early Learning Supervisor to discuss Early Learning or your child's specialized programming requirements by phone (403-381-8495) or email (earlylearning@holyspirit.ab.ca).

To inquire about Kindergarten, you can contact your local school.

Contact our French Language Consultant to discuss French Immersion programming by phone (403-331-4458) or email (urquhartw@holyspirit.ab.ca).

Contact your child's school, or visit the division's website (holyspirit.ab.ca), if you need assistance with the online registration process or have any questions.





Holy Spirit Catholic School Division

...where children are cherished and achieve their potential.