

May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 ECS Swim 9-10	3 Pizza day	4 First Communion Class @ the church 3:30 pm Hot Lunch grilled cheese Gr. 6 Trip to Nine Mile Point Confirmation class	5 Hot Lunch Soft Taco and cookie Class Photo Day	6	7
8 First Communion Mass @ 11:00	9 Gr 1-2 Swimming at 2:00 pm	10 Pizza Day	Native Awareness Week May 2 to May 5th			
15	16 ECS Swimming 9:00 am POWER DOWN LUNCH DAY	17 Pizza Day Gr 3-4 Swimming 2:00 pm GR. 3 LA Achievement Test	18 Hot Lunch Ham sandwich and chicken noodle soup Confirmation class Gr 6 LA Achievement Test	19 Hot Lunch - Hot Turkey sandwich and cookie K-6 Assembly Gr 9 LA Achievement Test ECS Cake Walk	20 NO SCHOOL	21
22	23 VICTORIA DAY NO SCHOOL	24 Pizza Day Gr. 5-6 Swimming 2:00 pm Mary Celebration 2:15	25 Gr 1-3 Trip to Devonshire Hot Lunch chicken nuggets and veggies Confirmation class	26 Gr 5 Trip to North Shore Last day for Pre-school Hot lunch baked spaghetti	27 Jump Rope for Heart Wrap Up	28 Grade 12 Graduation day
29	30	31 Subway Day	June 1st-Gr 4-6 Field Trip to Edmonton June 2-5-Senior High Trip to Edmonton			



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St. Mary's Messenger

News You Can Use!

MAY 2011

IMPORTANT DATES

- May 2 Native Awareness Week
ECS Swim 9:00 am
- May 3 Pizza Day
- May 4 Gr 6 Field trip to Nine Mile Point
First Communion Class at the church 3:30 pm
Hot Lunch—Grilled cheese
Confirmation class 3:30
- May 5 Hot Lunch—soft tacos
Class Photo Day
- May 8 First Communion Mass at 11:00 am @ the church
- May 9 Gr 1-2 Swimming 2:00 pm
- May 10 Pizza Day
- May 11 Hot Lunch—hot dogs
Confirmation class 3:30
- May 12 Gr 9 and 11 River watch trip
Hot Lunch—Sloppy Joes
- May 16 ECS Swim 9:00 am
"POWER DOWN LUNCH DAY"
- May 17 Pizza Day
Gr 3-4 Swimming 2:00 pm
Gr. 3 LA Achievement Test
- May 18 Hot Lunch—ham sandwich and chicken noodle soup
Confirmation class 3:30
Gr 6 LA Achievement Test
- May 19 Hot Lunch—Hot Turkey
ECS Cake Walk
K-6 Assembly
Gr 9 LA Achievement Test
- May 20/23 NO SCHOOL
- May 24 Pizza Day
Gr 5-6 Swimming 2:00 pm
Mary Celebration 2:15 pm
- May 25 Gr 1-3 Trip to Devonshire
Confirmation class 3:30
Hot Lunch Chicken Nuggets
- May 26 Gr 5 Trip to North shore
Last Day for Preschool
Hot Lunch—Baked Spaghetti
- May 27 Jump rope for Heart Wrap Up
- May 28 Grade 12 Graduation
- May 31 Subway Day

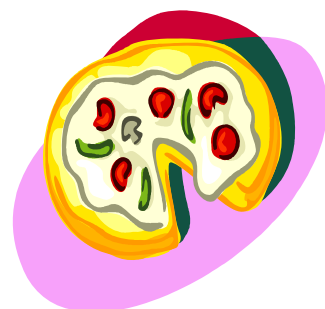
OPEN HOUSE & Registration Night . . .

Thank you to everyone for coming out and being a part of the great things happening at St. Mary's. Parents and guests were treated to some great songs sung by the primary grades 1-3 students, wonderful poetry and stories presented by elementary grades 4- 6 students, an exciting Magic Show and Carnival in the Library, and plenty more things to see and do. The senior high Humanities team showed off their programming options, Mr. Lu did some funky Science, Mrs. Zac offered up some fun Math games, everyone loved the homemade cookies made by our Foods Classes, and the young ones enjoyed center time in the preschool/kindergarten room. People stopped by the pit, browsed the booths and grabbed information about our school and programming. It was a great time!

We had record preschool and kindergarten registrations- thank you for spreading the word about the great things happening at St. Mary of the Lake. Registration to all our programs continues so please keep sharing stories about our students, our staff, and our school. There will Information/registration Nights for junior and senior high school the first week of June but we are accepting registrations anytime. If you, or anyone you know, have questions about our school or any of our school programs, have them call or drop- in to the school. We will be happy to provide them with information.

In our next newsletter, stay tuned for information about next year; change in teacher assignments, new programs, year end events and other information.

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high quality education
values spiritual leadership
God



PIZZA WITH THE PRINCIPAL QUIZ

Answer the following question correctly and you will be entered into the monthly draw for Pizza with the Principal.

Question:
Who will be teaching the Native Sports for Aboriginal Awareness Week?

Student's Answer

Name: _____

Grade: _____

Parent Signature:

Native Awareness Week Activities

Monday - May 2	Bannock on a stick	All grades
Tuesday—May 3	Traditional food and storytelling	All grades
Wednesday—May 4	Fish Scale Art	Grades 7–12
Thursday—May 5	Fish Scale Art Native Entertainment Includes: Round Dance Hoop Dance Native Dance	Grades K-6 All grades
Friday—May 6	History of Native Way of Life	All grades

If you require any further information please contact Ms. Karen Potskin at 780-849-5244

Great Achievement for one of our students

Jackosn Huber has been taking the Welding RAP program and was asked by his instructor to participate in the Skills Canada Competition in Lac Le Biche. Jackson competed against 21 other students in the province. All students we asked to weld a rectangular planter.

We are all so proud of Jackson, and wish him all the best in the future as a Welder.

If you would like further information regarding the RAP (Registered Apprentice Program) please contact Mrs. Block at 780-849-5244



Spirit Week

May 9th to May 13th

Monday May 9th	PJ Day
Tuesday May 10th	Disney Character Day
Wednesday May 11th	Western Day
Thursday May 12th	Animal Day—dress like your favorite animal
Friday May 13th	Retro Day—blast from the past

Lost Textbooks

Now that Spring has arrived, we are sure that there will be some spring cleaning happening at most homes. If you come across any textbooks or Library books please return them to the school. Even one book can make a difference.

Badminton Highlights

April marks the end of the Badminton Season. Watch June's newsletter for highlights from the tournament on April 30th.

All the players have been working very hard and have shown great improvement. Good job players!!

Remember drop in Badminton is still happening on Friday's from 5:00 to 7:00 pm

MRS. CARA BLOCK

May: The Month of Mary

*When Jesus saw his mother,
and the disciple whom he loved standing near,
he said to his mother, "Woman, behold, your son!"
Then he said to the disciple, "Behold, your mother!"
And from that hour the disciple took her to his own home.
Gospel of John 19:26-27*



In this passage from John's Gospel, **Jesus Christ** dying on the Cross tells "the disciple" to behold his Mother, the **Blessed Virgin Mary**. It seems that Jesus is referring to John, but the actual words are "the disciple."

And so, in that moment, Mary becomes Mother of all disciples of Jesus, including those in our own time who follow Jesus. To quote Pope John Paul II in his 1987 encyclical *Redemptoris Mater*, "This is true not only of John, who at that hour stood at the foot of the Cross together with the Mother (of Jesus), but it is also true of every disciple of Christ, of every Christian (45.3)."

Jesus Christ is the heart of Catholic Tradition and Christian life. Catholics celebrate the Mass, read the Bible, and receive the Seven Sacraments. In the Mass we share in the one Sacrifice on the Cross of our Lord Jesus Christ, as we await his Second Coming. In the Eucharist the Church is as it were at the foot of the Cross with Mary. Receiving Holy Communion with others during the Sacrifice of the Mass brings unity of the Church, the Body of Christ.

Three of our favorite prayers are the Lord's Prayer, the Our Father, the Hail Mary (or Ave Maria), and the Rosary. The Our Father is the prayer of hope given to us by Jesus himself in the Sermon on the Mount, recorded in the Gospel of Matthew (6:9-13). The Scriptural basis for the Hail Mary is from the Gospel of Luke (1:26-42). The Blessed Virgin Mary is the Mother of Jesus Christ, the Son of God (Mark 1:1, Acts 9:20, Romans 1:4). As Jesus is both God and man, Mary is the Mother of God (Luke 1:43). Her intercessory role in the second part of the prayer is based on her mediation at the wedding feast of Cana, recorded in the Gospel of John (2:1-12). The Rosary is a Biblical account of the life of Jesus.

The Blessed Virgin Mary is our model of Love and Mercy, who intercedes with her Son Jesus for us, her children on earth.

Mary serves as the perfect example of motherhood for our modern world.

<http://www.maryourmother.net/Mary.html>

Counselling Corner

It is finally Spring and love is definitely in the air at St. Mary of the Lake School! In talking to many students over the past few years, I have realized that many of our junior high and high school students are unaware of what makes a healthy relationship.

Sadly, in Canada, studies have shown that 1 in 3 teenagers will be abused by their partner. Knowing as much about this as possible, and talking to your child about it, may prevent them from becoming involved in an abusive or controlling relationship. Abusive relationships can take several forms:

Controlling Behaviour:

- One partner does not allow the other to hang out with friends, or talk to members of the opposite sex;
- One partner constantly phones and/or texts the other, needing to know who they are with, where they are, what they are doing;
- One partner tells the other what they are and are not allowed to wear and look like.

Verbal and Emotional Abuse:

- Jealous;
- Name calling/ belittling;
- One partner threatens to hurt the other partner, their family, or themselves if they do not do what they are told.

Physical Abuse:

- Shoving;
- Punching/ slapping;
- Hitting/ kicking;
- Hair pulling/ pinching;
- Strangling.

Sexual Abuse:

- Unwanted touching or kissing;
- One partner forcing themselves on the other partner;
- One partner controls the birth control methods of the couple.

Teen relationship abuse is not evident from the start of the relationship. Most relationships that become violent, start out very normal, and typical of teen romance. It is not until later in the relationship, that controlling or violent behaviour occurs. Please talk to your children about the difference between healthy and unhealthy relationships. If you see any warning signs that your child may be involved in a controlling or abusive relationship, seek help. As always, please contact me if you have any questions or concerns about this topic!

Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.

[St. Francis of Assisi](#)





Confirmation Classes

Confirmation classes will be held every Wednesday, starting April 27 and finishing up on June 15th.

Classes will be held at the school from 3:30 to 4:20 pm

If you need any further information please contact Mrs. Belbin at the school.

Basketball Update—Coach Mellisen

Basketball season is over, but basketball players are active. To continue developing the bodies and team unity, several of the boys on the basketball team (and their coach) have begun a Vertical program, dedicating their time and bodies to an activity that helps in all sports. The goal of this program is to increase their vertical (how high they jump) by 8-14 inch's. The team's goal is to have at least 2 people dunking by the start of next season.

ELEMENTARY NEWS— MRS. URETA-PABLO

Exciting News..... The grade 3 class will be taking swimming lessons. All the students are very excited to take these lessons as a group. Below are the dates the lessons will be offered. Each class runs from 9:00 am to 10:00 am.

Tuesday	May 24	Thursday	May 26
Monday	May 30	Tuesday	May 31
Wednesday	June 1	Thursday	June 2
Monday	June 6	Tuesday	June 7
Thursday	June 9	Wednesday	June 15

If you have any questions please contact Mrs. Ureta-Pablo at the school.

Native Awareness Week

Tanisi Everyone! As in each and every year, the time has come to celebrate our Native culture. Spring is here and we celebrate the start of Spring with a cultural celebration. This year we are fortunate to have many presenters come into our School to share their talents and gifts. We have many activities planned such as: Native Sports & hand games, mask-making, bannock On A Stick, traditional food sampling, fish scale art, storytelling, native dancing and traditional way of life presentation. The activities will be taught throughout the week with numerous presenters coming into our school. The presenters are as follows:

Native Sports and Hand Games-Mr. Shaun Peters is the P.E. Teacher at St. Mary of the Lake School and has taking extensive training and is qualified to teach the native sports and hand games to our students.

Mask-making-Mrs. Cathy Schultz teaches art to the grades 4-6 and will be introducing the art of mask making to our students.

Bannock On A Stick-Mrs. Shawn Auger is the E.C.S Teacher at St. Mary of the Lake School and will be facilitating the bannock on a stick with all the grades.

Ms. Violet Gambler is a Parent volunteer and has volunteered with many events at St. Mary of the Lake school for many years. Ms. Gambler will be assisting Mrs. Auger with the activity.

Fish Scale art and Hoop dancing-Maria Livingston is a former student of St. Mary of the Lake School and resides in Lethbridge, Alberta and presently attends the University of Lethbridge. Maria will be facilitating the Fish scale art and she will be performing the Hoop dance on Thursday afternoon.

Storytelling-The Slave Lake Native Friendship Center Elders Wisdom Circle group will storytelling with grades k-3.

Traditional way of Life-Mr. Albert Yellowknee comes from the Wabasca Educational Center and he will talk about the native traditional way of life of our people. Mr. Yellowknee will be bringing native artifacts for show and tell. He will also share the experiences of students that attend their cultural camp and what they offer.

Dance performances-St. Mary's dance group the grade four students will be performing the Girls fancy and Jingle dances. We have just recently formed a dance group and the students want to show their talent.

We have a fantastic line of entertainment planned for Thursday, May 5, 2011 from 1:15 - 3:00 . We are excited to have O'Canada sung in Cree, French and English to open our afternoon. We promise to have a great time. We invite all parents and guests to please join us. See you there!

Ekosi pita. (That's all for now)

Ms. Karen Potskin