



MAY2021 Principal's Message

Dear LSL Family,

Today was "Hats on for Mental Wellness Day" and we enjoyed the many students and staff who wore hats during this day. Mental wellness is very real especially during this pandemic. We have many supports at Louis St. Laurent who are very involved in supporting our students, and families. At any time, students and families are encouraged to 'talk' to whomever they feel comfortable to approach which could be their teachers or any member of our Students Services Team.

- Lori Arskey (Dept Head of Student Services and Learning Coach] lori.arskey@ecsd.net
- Shauna Seitz (FSLW—Family School Liaison Worker)
- Angela Costanzo (Counsellor)
- Greg Robson (Counsellor)
- Julie D'Astous (Psychologist)
- Kylee Nixon (AHS Mental Health Therapist)
- Michael Mauro (Assistant Principal—Grade 9 and 12 Coordinator)
- Patrice Teveniuk (Assistant Principal—Grade 8 and 11 Coordinator)
- Bobby Szewczuk (Assistant Principal—Grade 7 and 10 Coordinator)
- Michelle Dupuis (Principal)

With heartfelt gratitude, we were able to provide many LSL families with Sobey's gift certificates to help with food purchases for their families this week. With the generous donations of many of our LSL Families and staff, \$4500 of gift certificates were purchased to help provide food to many tables! Many deliveries were made to various homes by our Student Services team. May God continue to bless the generosity and kindness shared to help us look after each other at LSL!

It has been a long haul for parents, students and educators during this pandemic. We are undeniably proud of the resiliency, and continued focus on doing everything possible so that our students continue to have access to quality education. We must continue to work together for the continued learning of all students at Louis St. Laurent.

The Health Ministry today announced that children 12 years and older will have access to the Pfizer vaccination. We are on the right path as we patiently wait for our turn to receive the vaccinations needed to keep everyone safe. Equally as important is that we must care for each other by ensuring we all follow the protocols to bring the current level of infections down in our province. We have much to be grateful with our scientists, researchers, healthcare workers and system. We cannot lose sight of the magnitude of a global pandemic. By the world working together, we are turning a corner in a positive direction.

We look forward to the Celebration of the Arts showcasing many of our talented students at LSL on Wednesday, May 5th. The LSL staff and students shared a wonderful morning as we participated and were inspired during the Young Leaders World Conference last week.

We pray for the safety and health of all our families at Louis St. Laurent . May we all keep the faith... be grateful... and generously share smiles to brighten each others days!

Sincerely,

Michelle Dupuis
Michael Mauro
Patrice Teveniuk
Bobby Szewczuk



CALENDAR MAY & JUNE 2021

MAY 3-9	Mental Health Week
MAY 5	Hats on for Mental Health — Wear a hat to raise awareness Celebration of the Arts
MAY 6	PD Day - NO SCHOOL
MAY 10-14	Catholic Education Week
MAY 13	World Catholic Education Day
MAY 24	Victoria Day - NO SCHOOL
MAY 25	Return to In Person School

JUNE 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Junior High Final Weeks	15 JH ELA Finals Week	16 JH Spanish/French Final Exams	17	18 JH Social Studies Final **Last day of options**
21 National Indigenous People's Day (Online Activities)	22 Math Part A Final Exam Math Part B Final Exam	23 JH Science Final Exam <i>Book return / classroom cleanup</i>	24 <i>Year End Celebraiton JH Awards Grade 9 Farewell</i> Full Day dismissal 3 PM	25 <i>Classroom Activities</i> Last Day of Classes Early Dismissal 11:30 AM Report Cards live at 12 PM

Monday	Tuesday	Wednesday	Thursday	Friday
High School Final Weeks	15	16 Last Day of Classes <i>Book return</i>	17 Math 30-1/30-2 Diploma Exam @ 9 AM	18 ELA 30-1/30-2 Part B Diploma Exam @ 9 AM
21 National Indigenous People's Day (Online Activities)	22 Social 30-1/30-2 Part B Diploma Exam @ 9 AM	23 Biology 30 Diploma Exam @ 9 AM	24 Chemistry 30 Diploma Exam @ 9 AM	25 Physics 30 Diploma Exam @ 9 AM <i>Grade 12 Graduation Commencement Ceremony</i> (Throughout the Day)



SCHOOL FUNDRAISERS



 **ROYAL PIZZA**

LSL Family Pizza Nights!!
2 More LSL Evenings
Monday & Tuesday
June 7th and 8th

Save 10% on your pick-up orders! No deliveries.

10% of total purchases is returned to school.

Orders can be done ONLINE with payment at Location

Royal Pizza Blue Quill
290 Saddleback Road
780-433-0166

Link in description

Sp Adobe Spark

Salisbury



GREENHOUSE

Dear Parents/Guardians:

Spring is here and as the weather gets nicer, we are sure you are dreaming and planning for the most beautiful gardens and flower beds! Or you know someone who is! So why not support our next fundraiser and purchase gift cards from Salisbury Green House? 20% of the sales will be returned to the school and help towards the purchase of a new school bus!

Gift Cards are available for **\$25, \$50, \$100** and **\$250** denominations. They may be purchased as gifts.

**They do not expire

**Can be used for: All bedding plants, baskets, annuals, seeds, garden tools, fountains, bird baths, pots, garden furniture, soils, composts, bulk, etc.

**All shrubs, trees & perennials

**All items in our Gift Shop – home décor, furniture, clothing, jewelry

**Can be used year-round

Gift cards are not eligible for Landscaping Services.

Valid at SHERWOOD PARK SALISBURY GREENHOUSE location only.

[Salisbury Greenhouse Gift Card Order Form](#) (Click on this link)

- 1) Complete this order form.
- 2) Payments will be by e-transfer only.
- 3) The e-transfer address will be sent to you by email once you complete this order form.
- 4) The deadline for orders and payments is **Wednesday, May 12th.**
- 5) The Gift Cards will be ready for pickup on Wednesday, May 19, at Louis St. Laurent School. (Monday to Friday, between 8 AM and 4 PM) Please park in south visitor parking and use the main South Louis entrance.

Please contact Melanie at melanie.eriksen@telus.net if you have any questions.

Thank-you for your support!

Your School Parent Council



BUSINESS OFFICE

Due to the ever-changing times of COVID 19, the business office will no longer be accepting cash, or in-person debit/credit payments for the following.

Bus Passes – May bus passes are on sale until Wednesday, May 12th end-of-the-day

All bus passes are to be purchased through Parent PowerSchool account only.

School Fees and Purchases

All school fees and purchases are to be paid through Parent Power School only. Students and parents are not able to visit the business office to make these purchases.

On-line Learners

All on-line learners must contact the business office to set up a time during after-school hours to pick up bus passes, textbooks and any purchased items. The number is 780-435-3964 ext 161 or 550.

Student ID's/Replacement ID's

Student ID's must be presented when picking up bus passes or borrowing of textbooks and library books. It is essential for this to ensure the correct individual is receiving these items. If necessary, students may keep a picture of their school ID on their phone. Another suggestion might be, to keep their student ID inside their phone case.

Students requiring a replacement ID card, please advise homeroom teacher. A \$5 fee will be added to the school fee account, please pay this amount via Parent PowerSchool. Once payment received, ID card will be issued and student will be called to the business office to pick up.

PowerSchool (parent account)

If you have not set up a Parent PowerSchool account, please contact the office and they will assist you in setting one up.

Yearbooks 2019/2020

Students who have not picked up their purchased 2019/2020 yearbooks from the business office. Please arrange a time with your teacher to do so. If you have not purchased a 2019/2020 yearbook and would like to do so, you may purchase through your Parent PowerSchool Account. The cost is \$45.00.

If you have any questions regarding the account information of your child(ren), please do not hesitate to email our Business Manager, Mr. Burt Schoepp at burt.schoepp@ecsd.net or Mrs. Nancy Trabysch at nancy-ann.trabysh@ecsd.net .

LIBRARY NEWS

Quote of the Month:

"He knows the way because He is the way" J. R. Holland

The library is open for students to borrow books. Students may visit the library during class times, with the permission of their teacher. The librarian will assist students in locating and signing out books. Students may borrow 2 books for 2 weeks. Please remember to return your borrowed library books on time.

A great way to start a new title is borrowing a selection from the Young Readers Choice Award. The library has all the selections from the Junior and Senior Division.

If you aren't sure the genre to peek your reading interest, think of your choice of movie or movies you enjoy watching.

BRAIDED JOURNEY

Braided Journeys:

- Mondays @ Lunch: Smudge & Snack (Microsoft Teams: Braided Journeys @LSL)
- Tuesdays @ 4pm: High School Tutoring (Microsoft Teams: Braided Journeys HS Tutoring)
- Wednesdays @ Lunch: Wellness Wednesday (Braided Journeys Room: Braided Journeys @LSL)
- Thursdays @ 4pm: Junior High Tutoring (Microsoft Teams: Braided Journeys Tutoring Jr. High)

If you are not part of the Team for the activity you would like to join, please contact Shannon (shannon.loutitt@ecsd.net) and she will add you!

STUDENT SERVICES

**Are you worried about
your teen's lack of energy
and motivation?**

Student
Services

The article below explains behavioural activation and how engaging in activities can boost mood and combat depression. Signs of clinical depression in teens are also discussed.

<https://nyulangone.org/news/using-behavior-activation-fight-covid-19-blues>



JUNIOR HIGH LEADERSHIP

Junior High Leadership News!!!

March was a busy month for Leadership! The leadership team celebrated International Women's Day by writing positive messages for the girls' washrooms. Next, we celebrated St. Patrick's Day by wearing green and students participated in a leprechaun decorating contest. Both activities were a great success! The winning leprechaun door was homeroom 8C – Ms. Contanzo. The winning class enjoyed chocolate gold coins and a St. Patrick's Day sugar cookie.



Next, students got to wear their favourite hat for "Hat Day" and will have the opportunity to wear one again for Hats on for Mental Health on **Wednesday, May 5th** to show their support towards mental health awareness! Students can send their hat day selfies to their teachers for a chance to be featured on our LSL instagram page and in the yearbook.



Finally, since Easter was connected to Spring break this year, the leadership team wanted to include the activity before break. Students got to guess the number of easter candies in a jar.
The winner was Bryan Nwaka in 8D!

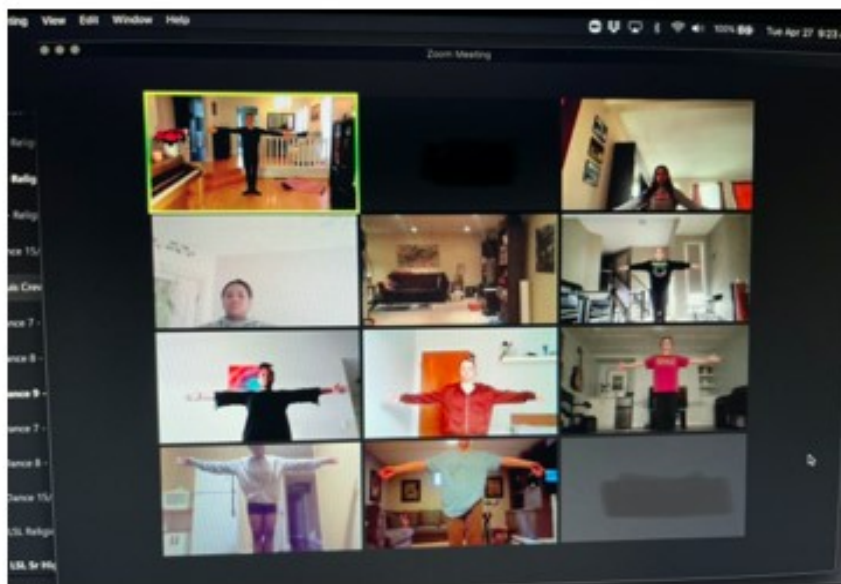


NEWS FROM THE LSL DANCE STUDIO

News from the LSL Dance Studio

Over the past two months, Q3 has wrapped up in High School Dance and we have now welcomed back our Dance Intensive class to continue our work from Q2. The Dance 15/25/35 students presented their projects and recorded choreography to showcase. We thank the Q3 dancers for all their hard work! In Junior High Dance, we said goodbye to our session 4 groups and welcomed our last option classes in all grades. We continue to explore different Eras of Dance, technique, choreography and different dance elements.

Although we have returned to remote learning for a short time, we look forward to challenging our dancers to find creative ways to move in their individual home spaces.



Dance Intensive students participate in a virtual workshop with Steph Lilley.

Louis Crew filmed their first performance routine. We hope to share it on social media soon!! Make sure to watch out for the new 20/21 Louis Crew merch!



In Musical Theatre, the students spent a class designing and creating props for "School

Song" and the students have been working hard in vocal training and learning/creating choreography. The performers are halfway through filming and we can't wait to share the final project!

Selected Dance students are dancing in this year's Virtual Celebration of the Arts Finale. We are excited to be a part of this project.

*Please Join us for the 31st annual Celebration of the Arts, a **ONE-TIME** livestreamed event!*

Tune in on Wednesday, May 5th at 6:30 p.m. (MST) for the livestream show (don't miss the livestream – it only airs once!)

We hope you can join us for this exciting event celebrating music, art, drama, and dance in Edmonton Catholic Schools!



Congratulations to Kyle, Yuzuki and Juwana who you will see virtually performing in the Celebration of the Arts.



We have been blessed with the opportunity to create relationships with many of our elementary feeder school students. While we cannot visit the schools this year, our students will be sharing their "Dance Challenges" with the younger students and will also be creating virtual workshops that they will teach via Teams to the elementary grades. This is excellent training for those students wishing to pursue careers as Dance Instructors and these workshops are always a fun and interactive experience!

Registration has begun for all Dance classes. Please be sure to register for the course you want to ensure you get a spot! If you have any questions, please ask your teacher. Any grade 10 students wishing to take IB Dance in grades 11 and 12 are asked to speak to Mrs. Bawol or Mrs. Timtim-Ramirez.



Students in Dance 15/25/35 use chess boards and chess pieces to explore different formations and transitions in choreography.

INTERNATIONAL BACCALAUREATE PROGRAMME NEWS

International Baccalaureate Programme News



What are the approaches to learning (ATL)?

- ATL are deliberate strategies, skills and attitudes that permeate the teaching and learning environment.
- ATL supports the IB belief that a large influence on a student's education is not only what you learn but also how you learn.
- ATL are intrinsically linked with the IB learner profile attributes to enhance student learning and assist student preparation for life after high school.

Approaches to Learning (5 elements)

- thinking skills
- communication skills
- social skills
- self-management skills
- research skills



What is happening at LSL?

- ATL skills are very important!
- Throughout the year we are going to focus on different ATL skills during various subject areas

In April, our junior high Mathematics teachers delivered an Approaches to Learning Session on **Information Literacy** focusing on memory techniques to improve long-term memory. Students participated in a variety of memory challenges including pictures, numbers, and comparisons, such as spot the difference. They engaged in classroom discussions and learned some new memory techniques, such as, memory palace, mnemonics/acronyms, chunking and story, and spaced repetition. Students then reflected upon which techniques worked best for them. Last, the classes discussed lifestyle changes that students could make to improve their memory including: sleep, exercise, and an improved diet.





In addition, the grade 9 students will be introduced to the personal project. We encourage all of our Grade 10 MYP Students to complete a personal project. This can take various forms, for example:

- an essay
- a piece of creative writing
- an original science experiment
- the organization of an event.
- coaching a team
- choreographing a dance or composing a song
- creating their own cook book

The work must:

- be completely independent
- focus on at least one global context in addition to approaches to learning
- focus on the process of completing the project as well as the finished product.

For more information, students can join the MYP Personal Project google classroom (classroom code: 5zglx65) or email Mrs. Johnston at Jocelyn.Johnston@ecsd.net



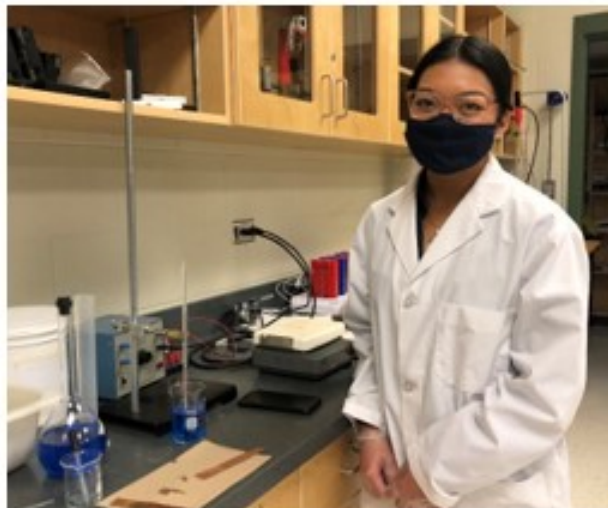
International Baccalaureate Programme IB DP



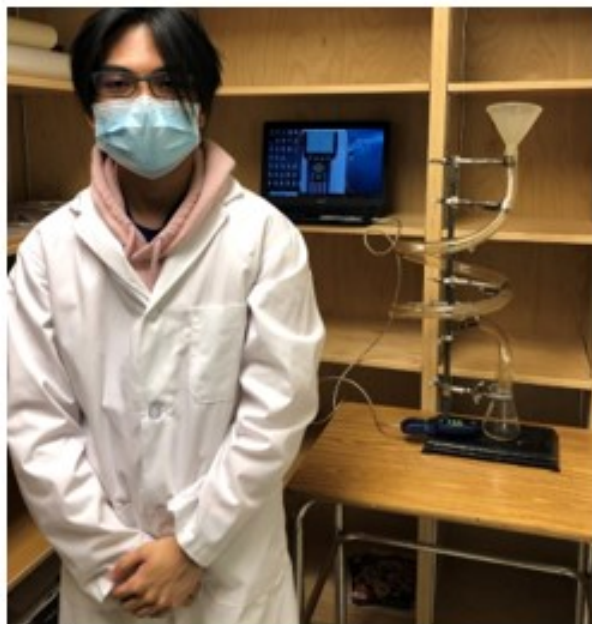
IB DP Chemistry Students Perform Experiments!



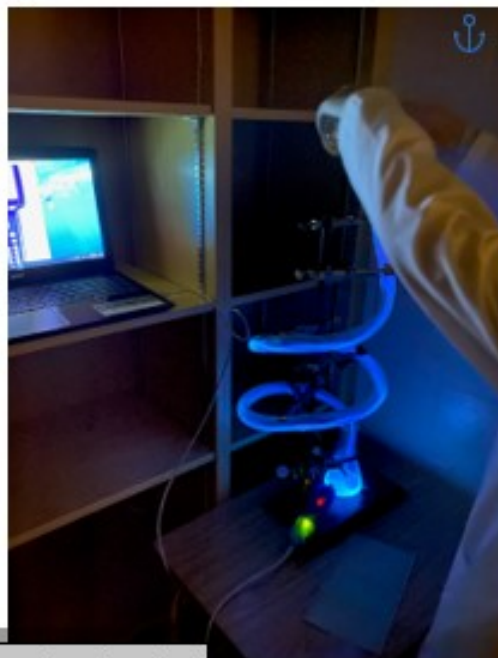
Analysis of caffeine in different coffees
(using iodometric back titration)



Electrolysis of copper (as a function of
electrolyte temperature)



Color analysis of luminol (as a function of
NaOH and H₂O₂ concentration)



Isabella MacLean, Alternative Education, Grade 12

The Students of
Edmonton Catholic Schools
invite you to join them in a celebration of
Music • Art • Drama • Dance
at the 31st annual Celebration of the Arts!
Tune in for the ONE-TIME Livestream Event
Wednesday, May 5th at 6:30 pm (MST)
(Don't miss the livestream - it only airs once!)

Visit www.ecsdcoa.net



31st Annual
**CELEBRATION
OF THE ARTS**

Wednesday, May 5, 2021 • 6:30 pm

God Calls Us Each By Name

GRADUATION LITURGY & COMMENCEMENT CEREMONY



LSL Graduation Liturgy and Commencement Ceremony Friday June 25, 2021

Registration

All Grade 12 Graduates must register. Registration cost is \$75.00 (Must be paid previous to registration on PowerSchool-proof of payment needed to register)
Registration begins on Monday, Dec 8 th , 2020 and must be completed by Friday, Feb. 5 th , 2021
To register: See Mr. Salik in Room 257 or Ms. Yamuch in Room 236 at lunch
Registration cost includes: Grad Photo Cost and Graduation Requirements (Graduation Cap and Tassel, Rental of Graduation Gown and V-Stole, and Graduation Portfolio with a Composite Class Photo, and Graduation Certificate.) Ticket to Graduation Commencement Ceremony. (Each graduate will receive 1 ticket to the ceremony) (Extra Tickets must be purchased at a cost of \$5.00 each at the business office. Tickets will be collected at the doors in June, if no ticket is presented there will be a \$5.00 charge to enter)

Grad Photos

Grad photos to be taken Mon. Feb 8th to Friday Feb 12th, 2021, in the LSL Ancillary Room, by appointment only. (Any and all props must be cleared by Mr. Salik-Due to COVID-19 no pets or other people are allowed in your photo session)

Grad handshake Photos: Due to COVID-19 Handshake Photos are unlikely. If more information becomes available we will communicate with Grade 12's directly

Grad Retake Photos (Date TBA)

If you require a retake graduation photo, please see Mr. Salik for an appointment.

This information will also be posted on-line on the LSL website! ** bit.ly/gradcoachls



BARONS ATHLETIC APPAREL

Description	Cost Per Item	Quantity	Size	Amount
Hoodie – Black	\$30.00			
Sweat Pants – Grey	\$30.00			
Sweat Pants – Green	\$20.00			
Mesh Shorts – Green	\$25.00			
T-shirt – White, Grey, Green, Yellow, Grey, Black, EST. 1966	\$10.00			
Gym Strip Combination – Green mesh shorts, Grey EST. T-shirt	\$30.00			
Old Adidas – Track Jacket	\$50.00			
Old Adidas – Track Pants	\$50.00			
NEW TRACK JACKET (ADIDAS)	\$75.00			
NEW TRACK PANTS (ADIDIAS)	\$75.00			
Embroidery (NAME)	\$8.00			
Adidas Soccer Socks - Black	\$12.00			



REMITTANCE	
Student Name	
Date	
Amount Due	
Amount Enclosed	

You may pay at the business office with cash
or credit card.

THANK YOU FOR YOUR BUSINESS

REVISED CALENDAR FOR 2021-2022

ECSD SCHOOL CALENDAR 2021-2022



July 2021							August 2021							September 2021						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7				1	2	3	4
4	5	6	7	8	9	10	8	9	10	11	12	13	14	5	6	7	8	9	10	11
11	12	13	14	15	16	17	15	16	17	18	19	20	21	12	13	14	15	16	17	18
18	19	20	21	22	23	24	22	23	24	25	26	27	28	19	20	21	22	23	24	25
25	26	27	28	29	30	31	29	30	31					26	27	28	29	30		

October 2021							November 2021							December 2021						
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					1	2		1	2	3	4	5	6				1	2	3	4
3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11
10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18
17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25
24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31	
31																				

January 2022							February 2022							March 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28						27	28	29	30	31		
30	31																			

April 2022							May 2022							June 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	7				1	2	3	4
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30		

First Day of Operation
August 30, 2021
 First Day of Instruction
September 1, 2021
 Last Day of Instruction
June 28, 2022
 Last Day of Operation
June 29, 2022

Labour Day	Sept 6
Thanksgiving Day	Oct 11
Faith Formation Day/PD	Oct 18
Remembrance Day Wknd	Nov 11-15
Christmas Vacation	Dec 20 to 31
New Year's Day observed	Jan 3
Family Day	Feb 21
Teachers' Convention	Mar 3-4
Spring Break	Mar 28 to Apr 1
Good Friday	Apr 15
Easter Monday	Apr 18
Victoria Day	May 23

MONTH	Operational Days	Instructional Days
August	2	0
September	21	21
October	20	19
November	19	19
December	13	13
January	20	20
February	19	19
March	19	17
April	18	18
May	21	21
June	21	20
Total	193	187

- Non-instructional days
- Cancellation of early dismissal
- Non-operational days
- Early dismissal

God Calls Us



EACH BY NAME

May 2021

“Education is a dynamic reality, it is a movement that brings people to the light. It is a peculiar kind of movement, with characteristics that make it a dynamism of growth, aimed at the full development of the person...” (Pope Francis, Address to Participants in the Plenary Assembly of the Congregation for Catholic Education, 02/20/20)

The month of May is one which is very special for Catholic schools in Alberta. This month, beginning May 10, we celebrate Catholic Education Week. The pinnacle of this week is the celebration of World Catholic Education Day on May 13. Our students will have ample opportunity over the course of this week to explore the richness to be found in our Catholic schools. It is a time for families to reflect on the gift of publicly funded Catholic education in Alberta. We encourage everyone to wear blue in support of Catholic education over the course of the week. Please also keep your eyes on our social media accounts for our annual Humans of ECSD campaign; we are so proud to share some exceptional stories of the students of Edmonton Catholic Schools!

On March 15 and 16, 2021, the Board of Trustees engaged with the executive members of our School Councils and the administration teams of our schools to gather insights on the four Board Priorities for our various planning endeavors. This rich opportunity for stakeholder engagement was the first of its kind for our Division and provided invaluable feedback on the practices and supports that our families feel are of greatest value in the education of their children. The four priorities are *Growing in Faith, Student Success, An Excellent Place to Work and Learn, and Building our Future Together*. The report for the Community of School Councils (COSC) was presented at the Public Board Meeting on April 28 and can be found in the Board Agenda Package by [clicking here](#) and scrolling to the report. The overarching themes from this engagement were used at the Division level to inform the [Division Plan for Continuous Growth](#) and the Division Budget. Individual schools will use their specific results to inform their School Plan for Continuous Growth and their School Budget.

The April 28 Public Meeting of the Board also saw our Board of Trustees naming our new schools which were announced by the provincial government last year. In January, we asked our students, staff, and the greater community for help naming them. We received more than 300 submissions. We are delighted to share that these schools will bear the names of two lifelong advocates for Catholic education: Joan Carr Catholic Elementary/Junior High School (Keswick) and Father Michael McCaffery Catholic High School (Heritage Valley).

We are looking forward to welcoming our junior and senior high school students back to in-person learning after another hiatus from the classroom. It is never an easy decision to move to a virtual learning environment. Like our students, we all long for normalcy, certainty, and routines to return to our educational system and look forward to being together again.

May is a time to celebrate and give thanks for the mothers and maternal figures in our lives, and it also a time where we turn our eyes to our Holy Mother. Mary, Mother of God is the benefactor of Edmonton Catholic Schools. "(She) reminds us to be constantly attentive to the Christ-centeredness of Catholic education. She also reminds us to give ultimate respect to all persons in recognition of their dignity as daughters and sons of God, made in the image and likeness of the Creator and Giver of all good gifts." (Edmonton Catholic Schools, *Holy is Thy Name*, 2017)

Have a glorious May!

Sincerely,

Robert Martin
Chief Superintendent

CATHOLIC EDUCATION WEEK – THOSE WHO HOPE IN THE LORD SHALL RENEW THEIR STRENGTH



Friends of Jesus,

Every year, on the Feast of the Ascension of Our Lord (40 days after Easter), Catholics across the globe give thanks for the gift of Catholic Education through the celebration of the World Catholic Education Day. This year, the theme of Catholic Education Week in the province of Alberta is *Those Who Hope in the Lord Shall Renew Their Strength*. The theme for this year's Catholic Education Week is taken from the book of Isaiah 40:31. It offers us the prophet's words of hope and prophetic fulfillment in the face of challenges that we have experienced throughout this school year. "Today too, amid so much darkness, we need to see the light of hope and to be men and women who bring hope to others. To protect creation, to protect every man and every woman, to look upon them with tenderness and love, is to open up a horizon of hope; it is to let a shaft of light break through the heavy clouds; it is to bring the warmth of hope!" – *Pope Francis' Homily for Inaugural Mass of Petrine Ministry, March 19, 2013.*

How wonderful it is to celebrate Catholic Education Week in the month of May that in the Catholic Liturgical Calendar is dedicated, in a special way, to Mary! Mary, the Mother of God, is also the patron saint of our Edmonton Catholic Schools.

Today, I invite you to reflect and learn more about Mary, who was the first evangelizer and the first disciple of her own Son, Saviour, and Lord, Jesus Christ. Mary gave the first Gospel testimony to her cousin, Elizabeth, without

words. She understood the work of the Holy Spirit unlike anyone else in the history, other than her beloved Son, Jesus Christ. There are very few records of Mary's obvious words in the texts of the New Testament. However, there is no lack of her presence at the most important events in the life, ministry, death, and resurrection of her Son. Mary always encountered God in profound ways from the beginning to the end of her earthly life. In every encounter, she surrendered to love and was changed.

From antiquity, Mary has been called the Mother of God – *Theotokos* – the Greek word that means God-Bearer. The word *Theotokos* is used throughout the Eastern Catholic Church's Liturgy. It is also at the heart of the Latin Rite's deep Marian piety and devotion. An insistence of the Early Church Council on the use of the title, *Theotokos* – the Mother of God, reflected an effort to preserve the teaching of the Church that Jesus Christ is both divine and human and that these two natures are always united in His One Person (The Third Ecumenical Council of Ephesus, 431 A.D.).

On May 13, in honour of World Catholic Education Day, we are encouraged to wear blue, and that way be united in faith and prayer for Catholic Education. As Mary, the Mother of God, is traditionally portrayed in blue in many of the paintings and icons, we stand united in prayer with her and grateful for the Catholic Schools as we offer our prayer to God. As we celebrate Catholic Education Week, from May 10th to 14th this year, I invite you to join all the faithful in praying for Catholic Education, the students whom we serve, their parents and families, and our trustees, administrators, teachers, and staff who make it all possible.

Fr. Julian Bilyj
ECSD Chaplain



EDMONTON POLICE SERVICE | YOUTH RECRUIT ACADEMY

July 6th – 9th, 2021
St. Joseph Catholic High School
10830 109 Street
Apply Online: www.edmontonpolice.ca/JoinEPS/YRA

The image features a large banner at the top with the Edmonton Police Service logo and the text 'YOUTH RECRUIT ACADEMY'. Below the banner are several photographs: a group of youth participants in black uniforms on a gymnasium floor; a close-up of a participant wearing a tactical vest and helmet; a participant sitting on a small robot in a hallway; and a police officer in uniform interacting with a participant in a hallway.

Every year the Edmonton Police Service hosts a Youth Recruit Academy (YRA) for Edmonton area high school students to participate in mock police training. This academy gets high school youth actively involved in presentations from police units including Canine, Air One, Traffic, and Public Safety Unit (riot police). This year, the YRA is being hosted at **St. Joseph Catholic High School from July 6th to 9th, 2021**. Students will also participate in police style fitness training, foot drill, and get a behind the scenes tour of Police Headquarters. If you are considering a career in law enforcement, then the YRA is for you.

Check out the website <https://www.edmontonpolice.ca/JoinEPS/YRA> and send in your application by May, 30th. If you have any questions, please email youthrecruitacademy@edmontonpolice.ca.

Also, the Edmonton Police Cadets program is now accepting applications for their class starting in October. Information and application process can be found on their website or you may email them at cadets@edmontonpolice.ca. You can also email me if you have questions. Thank you!

Sincerely,

Cst. Jody Coughlan (Reg. #2270)
Edmonton Police Service
School Resource Officer Unit
Louis St. Laurent Junior/ Senior High School
Jody.coughlan@edmontonpolice.ca



Caregiver Education Team Newsletter

May 2021



AHS, in collaboration with [The Mental Health Foundation](#), is proud to offer **FREE** online programming for parents and caregivers of children and youth.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Sessions at a Glance

Drop-In Series

SEEDS: Growing Parenting Skills

Creating Positive Experiences Through Presence & Play
Wednesday, May 5
6:00 – 7:30 pm

Supporting Emotional Growth in Children
Wednesday, May 12
6:00 – 7:30 pm

Motivating Your Child Through Praise and Rewards
Wednesday, May 19
6:00 – 7:30 pm

Supporting Your Child With Structure and Routine
Wednesday, May 26
6:00 – 7:30 pm

Mental Health and Resiliency

Calming our Bodies and our Minds
Thursday, May 6
6:00 – 7:30 pm

Resilient Mindsets
Thursday, May 13
6:00 – 7:30 pm

Collaborative Problem Solving
Thursday, May 20
6:00 – 7:30 pm

Lunch & Learn Webinars

Building Executive Functioning Skills

Part 1: Monday, May 3
12:00 – 1:00 pm

Part 2: Monday, May 10
12:00 – 1:00 pm

Keeping Scattered Kids on Track: Supporting ADHD

Part 1: Wednesday, May 5
12:00 – 1:00 pm

Part 2: Wednesday, May 12
12:00 – 1:00 pm

More than Just a Bad Day: Understanding Depression
Monday, May 17
12:00 – 1:00 pm

Parenting Strategies for Positive Mental Health

Part 1: Wednesday, May 19
12:00 – 1:00 pm

Part 2: Wednesday, May 26
12:00 – 1:00 pm

Caregiver Education Sessions

Parenting Strategies that Promote Positive Mental Health
Tuesday, May 4
6:00 – 7:30 pm

Test Anxiety: Strategies for Success
Tuesday, May 11
6:00 – 7:30 pm

Substance Use: A Harm Reduction Approach
Tuesday, May 18
6:00 – 7:30 pm

Sleep and Your Family's Mental Health
Tuesday, May 25
6:00 – 7:30 pm

Junior-High Jitters: Transitioning to the Teenage Years
Thursday, May 27
6:00 – 7:30 pm



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

May 2021



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Date: Tuesday, May 4, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

Test Anxiety

Strategies for Success

Does your teen prepare for exams only to freeze up during the test? Test and performance anxiety are very common among students. This session will help teens learn how to succeed despite their anxiety and help caregivers support their teens to reduce test anxiety.

Date: Tuesday, May 11, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers and teens (grades 7-12) to attend together.

(Continued on next page...)

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"I love that these sessions are available virtually...what a great option this is for busy families."

"Very well presented. Great material."

"I enjoy the facilitators, they all do a fantastic job and I feel like a lot of people/parents can benefit from these sessions as I do!"



Mental Health Foundation



Alberta Health Services
1-800-255-8888
Part of Alberta's
Mental Health

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

May 2021



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

Substance Use

A Harm Reduction Approach

The experience of substance use is different for each person. Learn about some common substances used by youth, the spectrum of use, and the science behind addiction. Discover the basic principles of harm reduction and why it is beneficial for those who use substances. Learn strategies to support youth who may be using substances through courageous conversations and harm reduction strategies.

Date: Tuesday, May 18, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades 7-12; for adults only.

Sleep and Your Family's Mental Health

Develop an understanding on how sleep can impact mental and physical health. Review common sleep concerns and strategies to promote healthier sleep habits for your whole family.

Date: Tuesday, May 25, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

Junior-High Jitters

Transitioning to the Teenage Years

Is your child going into grade 7 and feeling nervous about it? This session will provide information about developmental changes teens experience, as well as the challenges they may face in this school transition. Strategies for managing these changes and boosting wellness will be discussed.

Date: Thursday, May 27, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers and pre-teens (grades 6-8) to attend together.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"Clear and well thought out."

"I found this session very informative and looking forward to using strategies."

"This is a wonderful resource for all people in our communities. Thank you for offering it for free to the general public."



Mental Health Foundation

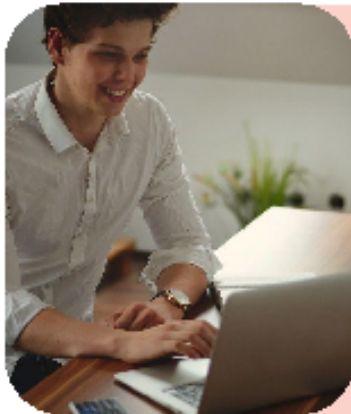


Alliant Health
Stay Less
1-800-368-5828
Part of Alliant
a Health Trust

For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

May 2021



These free 60 minute online sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented over two sessions, participants can attend one or both sessions.

Building Executive Functioning Skills Promoting Success in Learning

Review and discuss ways to support the development of your child's executive skills such as working memory, inhibition, and mental flexibility.

Part 1: Monday, May 3, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-6; for adults only.

Part 2: Monday, May 10, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-6; for adults only.

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

This session will discuss common signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and strategies for supporting success in children and youth with ADHD.

Part 1: Wednesday, May 5, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Part 2: Wednesday, May 12, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

(Continued on next page...)

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"I really love the virtual delivery format – it's so much more accessible for me."

"Your series are full of info and also entertaining. The [facilitators] are always so friendly and knowledgeable."

"Thank you so much for the presentation. Both presenters were excellent and explained the content in a nice way that is easy to follow."



For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

May 2021

These free 60 minute webinars are for parents/caregivers who are looking to strengthen their child's/adolescent's ability to thrive through life's challenges and discover strategies that can help build resiliency and overall family wellness. Participants are welcome to attend single sessions or the full series.

More than Just a Bad Day: Understanding Depression in Adolescents

This session will help caregivers increase awareness about adolescents who might be experiencing sadness and depression. Strategies for support will be discussed.

Date: Monday, May 17, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades 7-12; for adults only.

Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Part 1: Wednesday, May 19, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-6; for adults only.

Part 2: Wednesday, May 26, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-6; for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"The presenters were excellent! Very informative and easy to understand and relate to. Thank you."

"This helped me to understand more about what is happening with my teenager and some ways to help."

"Very engaging and straight forward."

"Session provided good overview of strategies and provided good info."



For more information, visit www.cyfcaregivereducation.ca

Drop-in Series

SEEDS Growing Parenting Skills

The Support, Education, and Engagement Drop-In Sessions (S.E.E.D.S) are 90-minute drop-in online interactive and educational workshops for parents and caregivers who are looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's healthy social and emotional development. Caregivers will receive practical information, share parenting tips, and participate in group discussion.

Creating Positive Experiences Through Presence & Play

Join us in a session on how we can develop positive relationships with our children. As one of the most foundational parenting strategies, other strategies are more effective when you discover the connection that can be built through child-directed play.

Date: Wednesday, May 5, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

Supporting Emotional Growth in Children

This session is designed to help parents learn ways they can support their child's development and relationships through social and emotional coaching.

Date: Wednesday, May 12, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

Motivating Your Child Through Praise and Rewards

This session will demonstrate how the offering of simple social rewards and tangible incentives can be effective in encouraging children to behave in helpful ways, build essential life skills, and reach goals.

Date: Wednesday, May 19, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

Supporting Your Child With Structure and Routine

Providing structure and routine is one of the most effective means of promoting healthy development in our children. Learn how to use these strategies in your home and how to assist your child in daily transitions.

Date: Wednesday, May 26, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

(Continued on next page...)

May 2021

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback

"This was great! Lots of ideas and will be using these in our family."

"I was really happy to learn this session existed. The information was helpful and clear. Thanks!"

"Well presented, informative, and positive. We can incorporate the strategies right away. Thank you."



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Drop-in Series

May 2021

Mental Health and Resiliency Series

This FREE parenting program is for parents and caregivers who are looking to strengthen their family's ability to 'bounce back' from life's challenges. In these 90-minute introductory-level information sessions, you will learn strategies that can help you and your children learn to be more resilient in the face of stress and anxiety. As part of a 7 session series, parents are welcome to attend one session or join us each week.

Calming Our Bodies and Minds

In this online session, we will discuss the ways that our bodies and minds respond to stress and learn strategies for equipping our children to regain a sense of calm and control in the midst of life's stressors.

Date: Thursday, May 6, 2021

Time: 6:00 -7:30 pm

Note: For caregivers of children grades K-9; for adults only.

Resilient Mindsets

In this online session, we will look at specific behaviours and habits that parents can encourage in the home to develop a more positive mindset in their child for reducing stress, increasing empathy, and equipping our child to tackle new challenges.

Date: Thursday, May 13, 2021

Time: 6:00 -7:30 pm

Note: For caregivers of children grades K-9; for adults only.

Collaborative Problem Solving

In this online session, we will explore ways that parents can foster effective problem solving in their child through empathy, clear communication, and collaboration in a way that reduce struggles when challenges arise.

Date: Thursday, May 20, 2021

Time: 6:00 -7:30 pm

Note: For caregivers of children grades K-9; for adults only.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cvfcaregivereducation.ca

Parent Feedback

"I think that what is provided is absolutely wonderful. I enjoy the sessions so much. Thank you."

"Loved it! Great information. Loved the videos and the activities."

"Liked this session and will keep on watching in the future!"

"You present the material in a way that is easy to understand and unpack."



Mental Health Foundation



Alberta Health Services
 The Health of the People of Alberta
 "A World of Health"

For more information, visit www.cvfcaregivereducation.ca

NEED HELP FOR MENTAL HEALTH?



Community
Mental Health
Action Plan
mentalhealthactionplan.ca

EDMONTON

Are you in a crisis that is life threatening?

CALL 911

For emergencies (ambulance, fire and police)

Do you need immediate or supportive access to adult addiction and mental health community based programs?

CALL 780.424.2424

For Alberta Health Services adult addiction and mental health access 24/7
OR go to Anderson Hall, 10959 102 Street

Do you need to talk to someone right now?

CALL 211

OR the Distress Line at 780.482 HELP (4357)
OR Alberta Health Services Mental Health Helpline 1.877.303.2642

Do you need help today and are ready to go to walk-in counselling?

CALL 211

OR visit www.dropinveg.ca
OR visit www.momentumcounselling.org

Do you want information about community support services available in your area?

CALL 211

To speak with someone about where and how to find support near you. OR visit ab.211.ca to chat with someone and search for resources.

Do you have questions about your mental health?

CALL 811

For Alberta Health Services Health Link to speak with a registered nurse about your health
OR call your family doctor