



ST. PATRICK FINE ARTS ELEMENTARY SCHOOL

October 2025

www.spfa.holyspirit.ab.ca
School/Newsletters/SPFA Newsletters

SUN	MON	TUE	WED	THU	FRI	SAT
Sunday gospel readings listed below:			1 Gr. 2 and Gr. 6 to Helen Schuler Nature Centre	2 Gr. 5 to Galt Museum School Council Meeting @ 6:30	3 	4
5 <i>Luke 17:5-10</i>	6 Thanksgiving Liturgy 	7	8	9	10	11
12 <i>Luke 17:11-19</i>	13 Thanksgiving Day—school closed  Oct 22 Pizza Order opens	14 Spiritual Development Day—no school for students 	15 Divisional Collaboration Day—no school for students	16	17	18
19 <i>Luke 18:9-14</i> Oct 22 Pizza Order Closes	20 Kindergarten to Early Learning Centre on Oct 20th and Oct 21st	21 Gr. 4 to Galt Museum Gr. 1 to Helen Schuler Nature Centre	22 Gr. 2 Reconciliation Retreat at St. Martha's Church Pizza Lunch	23 Wear Blue for Catholic Education School Interviews 4:30-7:45 pm	24 School Interviews 12:00-3:15 pm 	25
CATHOLIC EDUCATION WEEK						
26 <i>Luke 18:9-14</i>	27 School Photo Retakes 	28	29 Divisional Board Meeting @ 3pm	30	31 Halloween 	



"SCARE AWAY HUNGER" Food Bank Drive—October 20th to 31st



ST. PATRICK FINE ARTS ELEMENTARY SCHOOL

November 2025

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School/Newsletters/SPFA Newsletters

SUN	MON	TUE	WED	THU	FRI	SAT
Sunday gospel readings listed below:						1
2 Daylight Savings  <i>John 6:37-40</i>	3 Professional Development Day —school closed 	4	5	6 School Council Meeting @ 7:00 pm 	7 Remembrance Day Liturgy @ 10:15 am 	8
9 <i>John 2:5-19</i>	10 Wellness Day - school closed 	11 Remembrance Day —school closed 	12 Hot Lunch	13 Gr. 3 to Helen Schuler	14 2F to Galt Museum	15 School Council Fall Carnival 1-4 pm
16 <i>Luke 2:5-19</i>	17 Nov 26 Pizza Order opens Career Day	18	19 Alberta Musical Theatre presents “Pinocchio” 	20	21	22
23 <i>Luke 23:35-43</i> Nov 26 Pizza Order closes	24 Report Cards Distributed	25	26 Kindergarten to Helen Schuler Nature Centre on Nov 26th and Nov 27th  Pizza Lunch Divisional Board Meeting @ 6:30 pm	27 Choir Rehearsal and Performance with the Lethbridge Symphony Orchestra	28	29
30 <i>Matthew 24:37-44</i>						



October 2025

ST. PATRICK FINE ARTS

LEARN ACTIVELY - GROW SPIRITUALLY - LIVE CREATIVELY

www.spfa.holyspirit.ab.ca 403.327.4386

Facebook/Instagram: @spfaschool #hs4

Message from the Principal

What a blessing this lead up into Fall has been! We have already had wonderful celebrations of learning, including our family blessing, Open House, Terry Fox Run and observed Orange Shirt Day. Our School Council kicked off the new year and have amazing plans for social events this year - so much to get involved with! We have loved getting to know your students, and have already seen such growth in the kids from where they were in June. No matter what, that growth in the kids will continue!!

With a teacher strike starting on Monday, I know these are uncertain times. Please know, however, that your child's learning truly does matter to our school's teachers. It is because of that commitment that we continue to move forward in the hope of an employment settlement that addresses key issues for both sides at the bargaining table. I have had many conversations with parents about this situation, and I very much appreciate your support and conversations so that everyone impacted can continue to have open dialogue and seek to understand. If you support high quality public education, you are welcome to join southern Alberta teachers at a rally on Sunday, October 5 at 1 pm at Henderson Lake Park (Mayor Magrath side). This visible display of solidarity in the next step in sending out a strong message of support to our entire community for everyone directly connected to public education, including you!

Please continue to read e-mail communication from the school division and know that you may still receive e-mails from our school office to keep you on track for future events. If you need anything at the school, know that you are welcome to call the office at 403-327-4386 to make pickup arrangements. Teachers will not be responding to texts or e-mails, and all instruction and assessment will be put on hold until we return to school - that is simply part of the job action requirements. All of our support staff will continue to work, including professional development and completing special projects with our students in mind.

Looking ahead, there are many opportunities to give in our community. Grade 6 students will lead a food drive, Knights of Columbus are collecting Coats for Kids, and we will again be an Angel Tree Network site, collecting toys for Christmas gifts for children of all ages. We continue to shine in these giving ways, and I am confident that 2025 will be no different!

I wish for the hand of God to hold you up, and for the light of Christ to never dim. Hold fast to the truth that we "can do all things through Christ who strengthens" us (Phil 4:13). It will all be okay.

Blessings,

Mrs. Kathy Jones-Husch

General Information

Knights of Columbus Coats 4 Kids Campaign

The Knights of Columbus of St. Martha's Parish are striving to help children in West Lethbridge by collecting and then donating gently used winter coats to elementary students at the three Catholic schools located in West Lethbridge. Please check your closets for fall/winter coats. If they no longer fit your children, please wash and then bring them to school to place them in the box marked "K of C Coats 4 Kids Campaign". Mittens/gloves, toques and children's boots will also be accepted at our school. The collection will happen until the end of October. Distribution to area children will start with the return to cold weather. Your support in helping children stay warm this winter is very much appreciated.

Carmen Mombourquette, Campaign Coordinator
Knights of Columbus, St. Martha's Parish



Terry Fox Run Update

The Annual Terry Fox Run was held at school on a spectacular September afternoon! Students headed out with their colour teams to run/walk around William Pearce Park. Thank you to all who donated for such a worthy cause and kept this tradition alive in our school. Congratulations to our t-shirt prize winners and our top fundraiser winner for being named 'Principal for the Day'! Many thanks to family members and our nursing students who volunteered!

Choir Performance with the Lethbridge Symphony Orchestra

For those families with choir members, the link to purchase tickets for the November 27th performance has changed. Please visit [**SPEA CHOIR WITH LSO**](#) to order tickets. The concert sells out fast, so order your tickets as soon as possible! Thank you!



Food Bank Drive

Grade 6 students are hosting a Food Bank Drive from October 20th to November 4th. Please consider donating any non-perishable items during this time. Let's try for as much weight in donations as possible. If you would like to make a monetary donation to the Interfaith Food Bank instead, that would be great! Visit their site at <https://interfaithfoodbank.ca/>





School Council Update



Wow! Where did September go?

The weather is changing fast to crisp fall mornings, which brings us into fall activities. Enjoy the season. Thank you to those who joined the School Council AGM, we are looking forward to many great Social Events and so much more this school year.

Get Involved in School Council by attending meetings

Our next meeting is NOVEMBER 6 @ 7:00 PM. We'd love your voice and ideas! All SPFA parents are welcome—no experience necessary! If you can't attend but have creative ideas, attend virtually at meet.google.com/esi-gwiq-uhz. You'll be let into the meeting!

Did You Know?

Having a child at St. Pat's automatically makes you part of our School Council. Each month we come together to: Advocate for students and staff, plan fundraiser initiatives, organize social and wellness events, create Hot Lunch programs. Together we ensure all students have a memorable school year.

Looking Ahead to Great Social Get Togethers

Social/Wellness committee is planning a **Fall Festival, Saturday, November 15, 1-4PM**

- the day will feature horse wagon rides, face painting, carnival games and hot chocolate!

Hot Lunch committee is looking ahead to our **Christmas Turkey Dinner, December 18**

We are currently looking for parent volunteers to help with these wonderful school community events. Please reach out to spfasc@holyspirit.ab.ca or beccainneso2@gmail.com for more information.

Looking forward to a wonderful fall season at SPFA. Thank you for your continued support and involvement.

Becca Innes, School Council Chair



Notices

Please visit the school website under **Newsletters / Community Notices**.

This month's postings include:

- Lethbridge Recreational Hockey
- Student Transportation Association
- Lethbridge Family Life

Monthly Parable Family Learning

A Lamp Under a Jar | Luke 8:16-18



16a "No one lights a lamp and covers it with a bowl or puts it under a bed.



16b Instead, it is put on the lampstand, so that people will see the light as they come in.



17 Whatever is hidden away will be brought out into the open, and whatever is covered up will be found and brought to light.



18 "Be careful, then, how you listen; because those who have something will be given more, but whoever has nothing will have taken away from them even the little they think they have."



Parable Conversations

Where in my daily life (home, school, work, community) am I being called to let the light of Christ shine more openly?



Jesus says a lamp is meant to give light so that everyone can see. Our faith is like that lamp — it isn't just for us, but for others too. Think about the different places you go each day. How might you share God's love and kindness there?

*"You are the light of the world.
A city built on a hill cannot be hid."*

Matthew 5:14



Parable Conversations

What fears or obstacles sometimes tempt me to hide my faith instead of sharing it?

Sometimes it can feel easier to keep our faith quiet — maybe because we're worried about what others might think, or we don't feel confident. But Jesus encourages us not to hide the light. What kinds of things make it hard for you to live your faith openly?



*Fears?
Obstacles?*

Saint of the Month - St. Luke

St. Luke

Between 1 and 16 AD (Feast Day: October 18)



St. Luke is one of the four Evangelists, or authors of the Gospels. Luke is also known to us as the author of the Acts of the Apostles; together, these two books make up over one quarter of the New Testament! He is mentioned in the Bible as a physician and would have been well educated for his time. Scholars recognize this in the quality and type of his writing, allusions, and historical records in the text. Luke is mentioned by name in three places (Philemon, Colossians, and 2 Timothy) by Paul, which shows the relationship that existed between them. Tradition also holds that Luke was an artist who was amongst the first to write icons.

Luke records Christ's last words at the Ascension as:

"It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth."

The focus on evangelization and witness to all peoples is clear in Luke's writing, which also features all of the parables that we are looking at this year.

St. Luke and A Lamp Under a Jar

St. Luke is one of the four Gospel writers, called Evangelists. He also wrote the Acts of the Apostles, and together these two books make up more than one quarter of the New Testament. Luke was a doctor, so he was well educated, and we can see this in the careful way he wrote. St. Paul mentions Luke by name in three of his letters, showing their friendship and connection. Tradition also says that Luke was an artist and may have been one of the first to paint icons.

At the end of his Gospel, Luke records Jesus' words at the Ascension:

"You will receive power when the Holy Spirit comes upon you, and you will be my witnesses... to the ends of the earth."

Luke's writing shows a strong focus on sharing the Good News with all people. His Gospel also includes the parables we are learning about this year.



St. Luke Prayer

Most wonderful St. Luke
you are animated
by the Heavenly Spirit of Love.
In faithfully detailing
the humanity of Jesus,
you also showed His Divinity
and His genuine compassion
for all human beings.
May the Holy Spirit,
instructor of the faithful,
help me to understand
Christ's words and faithfully
apply them in my life.
Amen.

St. Luke - Pray for us!

School Bus Safety Week Poster Contest October 20 to 24, 2025!



Theme: My driver is my super hero

Submission Deadline: November 15, 2025

Submit to: STAA, 683 Wye Rd, Sherwood Park, AB T8B 1N2

Grades: K-6

Size: 11x17 (Student name, grade, school & school division on the back)

Prizes: \$50 Gift Card & \$150 towards classroom activity, Framed copy of the winning poster

Winners will be announced in the New Year

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Dear Parents and Guardians,

A good night's sleep is essential for your child's learning, growth, and emotional well-being. Consistent bedtime routines help children wind down, fall asleep more easily, and wake up refreshed for school! Below are some practical, family-friendly tips (inspired by a "Family Feud: Healthy Bedtime Routines" activity that we did at school) that can support better sleep habits at home:

Screen Time

- Turn off **all screens (TV, phones, tablets, videogames, computers, smartwatches)** at least **60 minutes before bed**.
- The blue light from screens can trick the brain into staying awake, making it harder for kids to settle.

Hygiene Habits

- Encourage nightly routines like **brushing teeth, washing hands and face, brushing hair, and putting on clean pajamas**.
- A warm bath or shower can be calming and signal the body it's time to sleep.

Nutrition Before Bed

- **Light snacks** such as warm milk, banana, yogurt, crackers, or apple slices can be a good option if your child is hungry.
- Avoid **sugary or caffeinated foods** like soda, candy, chocolate, or chips close to bedtime, as these can disrupt sleep.

Promoting Literacy & Relaxation

- Calming activities before bed support both relaxation and brain development.
- Options include **reading together, listening to a story, journaling, quiet coloring, stretching, or deep breathing**.

Family Connection

- Bedtime is also a chance to build strong family bonds.
- Try **talking about your day, reading as a family, singing a song, sharing jokes or stories, or simply taking time to hug and cuddle**.

Sleep Environment

- A comfortable, quiet, and dark room helps kids sleep well. Essentials include a **pillow, blanket, stuffed animal, and a cozy bed.**
- Minimize **noise, bright lights, and scary or stimulating activities** before bed.



Sleep Journals

Your child will also be bringing home a **one-page sleep journal**. This simple tool encourages kids to reflect on their bedtime routines by recording things like:

- What they did before bed
- When they went to sleep and woke up
- How well they slept
- Any dreams they remember

The goal is not perfection, but **awareness**. By noticing patterns, children begin to understand how their choices before bed can affect the quality of their sleep.

By creating routines that are consistent, relaxing, and family-centered—and by using tools like the sleep journal—you can help your child not only get the rest they need, but also build habits that support lifelong well-being.

Thank you for all you do to support your child's health and learning. Please look for more information in future weeks to guide you through some important health topics for this age group.

Dylan, Jordyn, Nene, Bree
University of Lethbridge Nursing Students



Family Feud: Healthy Bedtime Routines

Category 1: Hygiene

Q: Name something you should do before bed to keep your body clean.

1. Brush teeth — 35
 2. Wash face — 20
 3. Bath/shower — 15
 4. Brush hair — 10
 5. Clean pajamas — 10
 6. Wash hands — 5
 7. Floss — 5
-

Category 2: Nutrition

Q: Name a healthy snack before bedtime.

1. Warm milk — 30
2. Banana — 20
3. Yogurt — 15
4. Crackers — 10
5. Cheese — 10
6. Apple slices — 5
7. Oatmeal — 5

Q: Name something to avoid before bed.

1. Soda — 30
 2. Candy — 20
 3. Chocolate — 15
 4. Chips — 10
 5. Coffee/energy drinks — 10
 6. Ice cream — 5
 7. Spicy food — 5
-

Category 3: Screen Time

Q: Name something with a screen you should turn off before bed.

1. TV — 35
 2. Phone — 25
 3. Tablet — 15
 4. Video games — 10
 5. Computer — 10
 6. Smartwatch — 5
-

Category 4: Promoting Literacy

Q: Name something you can do before bed to help your brain grow.

1. Read a book — 40

2. Listen to a story — 20
 3. Journal — 15
 4. Puzzle — 10
 5. Draw/color — 10
 6. Practice words — 5
-

Category 5: Strengthening Family Relationships

Q: Name a bedtime activity you can do with family.

1. Read together — 30
 2. Talk about your day — 20
 3. Pray/meditate — 15
 4. Sing a song — 10
 5. Hug/cuddle — 10
 6. Quiet game — 5
 7. Tell jokes/stories — 5
-

Category 6: Things You Need for a Good Night's Sleep

Q: Name something that helps you sleep well.

1. Pillow — 25
2. Blanket — 20
3. Stuffed animal — 15

4. Night light — 10
 5. Comfy bed — 10
 6. Quiet room — 10
 7. Dark room — 10
-

Category 7: Things That Make It Hard to Sleep

Q: Name something that keeps kids awake.

1. Noise — 25
 2. Bright lights — 20
 3. Scary movie — 15
 4. Hungry — 10
 5. Sugar — 10
 6. Hot/cold — 10
 7. Stress/worry — 10
-

Category 8: Healthy Ways to Relax Before Bed

Q: Name a relaxing thing to do before sleep.

- | | |
|----------------------|------------------------|
| 1. Read a book — 30 | 5. Deep breathing — 10 |
| 2. Calm music — 20 | 6. Quiet coloring — 10 |
| 3. Warm bath — 15 | 7. Snuggle — 5 |
| 4. Stretch/yoga — 10 | |

LETHBRIDGE FAMILY LIFE



SAINTS

&



ANGELS

CELEBRATION

OCTOBER 31ST

6:00PM - 8:00PM

ASSUMPTION HALL

2405 12 AVE S

COME JOIN US FOR:

**CANDY APPLES, HOT DOGS, FRIES, GAMES,
SAINT BINGO, A COSTUME CONTEST AND MORE!**

ALL ARE WELCOME, ALL ARE WANTED



All Saints
Roman Catholic Parish



LETHBRIDGE FAMILY LIFE

CHILLI DINNER

- OCTOBER 26TH -

STARTING AT 4:00 PM

HOSTED AT ASSUMPTION HALL

2405 12 Ave S, Lethbridge

Come and Bring the Whole Family
to an Amazing Chilli Dinner!

No Cost, Donations Welcome



EVERYONE
-IS-
WELCOME



All Saints
Roman Catholic Parish

LETHBRIDGE FAMILY LIFE

PUMPKIN *Family Event* CARVING

**ALL
FAMILIES
welcome**



**BRING YOUR OWN PUMPKIN
OR CARVE ONE OF THE ONES WE HAVE**

**OCTOBER
26TH**

**HOSTED AT
ASSUMPTION HALL**
2405 12 Ave S, Lethbridge

**STARTS AT
2 PM**