

Mar 31 - Apr 4, 2025

March 31
Monday
Day 5

Apr 1
Tuesday
Day 6

Apr 2
Wednesday
Day 1

Apr 3
Thursday
Day 2

Apr 4
Friday
Day 3

Div 1 & 2
Assembly - theme
GENTLENESS

Div 3 Assembly

Hockey Program -
Gr 4 & 5



Gymnastics Gr 1



NO SCHOOL -
Kindergarten only

Gr 2 Gymnastics



Hot Lunch ~
Mary Brown's



Hockey Program -
Gr 4 & 5



School Council
Meeting

Hockey Program -
Gr 4 & 5



You can find all the above on our website site below:

<https://sh.starcatholic.ab.ca/>

School Cash

- Grade 1 & 2 will start gymnastics upon our return from Spring Break. Please ensure you have gone on to **School Cash** and signed the permission form along with payment as well as signed the waiver that was sent home. Both items **MUST** be complete and returned in order for your child to attend.
- Hot lunches are on school cash for the month of April:
 - April 2 Mary Browns closes March 26
 - April 9 McDonald's closes April 2
 - April 16 Booster Juice closes April 9
 - April 30 Edo closes April 23



[March GrACE Newsletter](#)

REGISTRATION OPEN
FOR THE 2025 OUTDOOR TRACK & FIELD SEASON

WETASKIWIN & SURROUNDING AREA'S YEAR-ROUND
TRACK & FIELD AND CROSS COUNTRY CLUB

Coaching available for all running, jumping and throwing events!
Ages 5 and up welcome, including Senior and Masters age categories!

Practices begin **April 1st** on
Tuesday/Thursdays.
Monday to Thursday practices available
after **April 22nd**.
Pick which days work best for you!

Register online or
email us for more
information!

✉ phaseathleticsclub@gmail.com
🌐 www.phaseathleticsclub.com

The advertisement for Phase Athletics features a circular logo with a tiger head and the text "PHASE ATHLETICS" and "EST 2024". It includes photos of athletes in action, such as a runner and a high jumper. The text announces registration for the 2025 outdoor track and field season, providing details about coaching, practice times, and contact information. A QR code is provided for registration, and the contact email and website are listed at the bottom.

**Sacred Heart
High School
Grade Expansion**

Starting with Grade 10 in 2025

10 11 12

The advertisement for Sacred Heart High School features a yellow background with a cross logo and the text "Sacred Heart School". A megaphone icon is positioned above the main title "Sacred Heart High School Grade Expansion". Below the title, it states "Starting with Grade 10 in 2025" in a yellow box. At the bottom, three black circles with white stars contain the numbers "10", "11", and "12", representing the grades to be expanded.



Wishing You a Wonderful Spring Break!



**Dear Sacred Heart School Families,
As we head into Spring Break, I want to take a moment to thank you for your continued support and partnership. This time away is a wonderful opportunity for rest, relaxation, and quality time with loved ones. I pray that this break brings you peace, joy, and rejuvenation. May it be a time to embrace God's blessings, find moments of spiritual renewal, and return refreshed for the remainder of the school year.**

Wishing you a safe, restful, and faith-filled Spring Break!

**Blessings,
Tara McBride**





Hi Sacred Heart Families,
Happy Spring Break ~ I Hope you have a restful and fabulous week off!
Thought I'd take this time to share some of Ms. Lefebvre's favs. along with other tidbits of info...

Upcoming Training/ Workshops & Community Programs and Events:

Community Education Services: Free on-line webinars

<https://ces.hmhc.ca/?>

[mailpoet router&endpoint=view in browser&action=view&data=WzcxLCJIMDdlMzAyMmVjOTUiLDQ3MzQsIjFhdjluMDZyMWN1OHC0MG80NDRvMHNjOG8wbzRzdRvliw1NSwwXQ](mailto:router&endpoint=view%20in%20browser&action=view&data=WzcxLCJIMDdlMzAyMmVjOTUiLDQ3MzQsIjFhdjluMDZyMWN1OHC0MG80NDRvMHNjOG8wbzRzdRvliw1NSwwXQ)

Group Triple P: Positive Parenting Program (8 week course) For more info & registration, call 780-335-1975

<https://www.bgcwetaskiwin.ca/programs/>

Useful Websites

<https://strongmindsstrongkids.org/en/parents-and-caregivers/>

<https://www.albertahealthservices.ca/amh/page2434.aspx>

<https://kidshealth.org/en/teens/>

<https://www.additudemag.com/category/parenting-adhd-kids/positive-parenting/>

<https://alberta.cmha.ca/find-info/albertaresources/>

Fav. Books:

"Hold On To Your Kids: Why Parents Need to Matter More Than Peers" - Dr. Gordon Neufeld

"Drop The Worry Ball" - Alex Russell with Tim Falconer

"Self-Reg" - Dr. Stuart Shanker with Teresa Barker

"Bullying No More: Understanding & Preventing Bullying" - Barron's Kimberly L. Mason, Ph. D., LPC, NCC

"Hold On To Your Kids" - Dr. Gabor Mate

"The Whole Brain Child: 12 Revolutionary Strategies To Nurture Your Child's Developing Mind" - Daniel L. Siegal, M.D & Tina Payne Bryson, Ph.D

Social Media Info & Support:

<https://www.carlyryanfoundation.com/resources/fact-sheets>

<https://smartsocial.com/parental-control-software>

<https://protectchildren.ca/en/get-involved/online-training/commit-to-kids-for-coaches/?>

[gad_source=1&gclid=EAlalQobChMI0cWBwLOZjAMVcNbCBB30cCzwEAAAYASAAEgLeIFD_BwE](https://www.gad_source=1&gclid=EAlalQobChMI0cWBwLOZjAMVcNbCBB30cCzwEAAAYASAAEgLeIFD_BwE)

FSLW May & June Focus:

(May is Mental Health Awareness Month)

* Unmasking Mental Health Mini Talks & Flex Sessions

* Test - Taking Tips, Strategies, Skills, and Support

* Goal Setting & Planning for June Exams

* Next Steps for Transitioning Grades

* Catch - Up Club with Ms. L

Love & Blessings,

Ms. L

Thank You



Parents

**For the delicious and generous spread
for supper during parent teacher
interviews!**



Titans Basketball



Share
Lent 2025



Development
and Peace
CARITAS CANADA

TURN
DEBT
INTO
Hope



This year, Development and Peace — Caritas Canada joins the global campaign led by Caritas Internationalis, KAIROS and many others to Turn Debt into Hope, so that our sisters and brothers in the Global South can live in dignity, free from the burden of unjust debt.

In his Bull on the Jubilee year, Pope Francis called the world to “forgive the debts of countries that will never be able to repay them.” Earlier this year, he said, “This is an appeal for solidarity, but above all for justice.” Our campaign is a response to that appeal.

That’s why we’re asking you to give generously to Share Lent, the annual fundraising campaign of Development and Peace — Caritas Canada.

Your donations help empower communities in the Global South with social, economic and ecological resilience. Fairer, stronger and greener communities make countries less vulnerable to indebtedness. Three of our partners doing such work are:

- the Episcopal Commission for Social Action and the Bartolomé de Las Casas Institute in Peru, which help communities affected by extractive industries to defend and assert their rights; and
- the Tunisian Economic Observatory, which helps people to demand fairer policies to promote sustainable development that benefits everyone.

This Lent, as we reflect on the life and ministry of Jesus to the most vulnerable people, let’s give generously to Development and Peace — Caritas Canada.

This year, Sacred Heart is collecting the money from Loonies for Lids to support Turn Debt into Hope.

Last year, your generosity supported 79 projects in 34 countries. Your donation changes lives and goes straight to the hearts of those who need it most. Thank you for your solidarity.