



# Apr 7 - Apr 11, 2025

**Apr 7  
Monday  
Day 4**

**Apr 8  
Tuesday  
Day 5**

**Apr 9  
Wednesday  
Day 6**

**Apr 10  
Thursday  
Day 1**

**Apr 11  
Friday  
Day 2**

Gr 2 Gymnastics  
2R - 10 AM  
2T - 1 PM



Hockey Program -  
Gr 4 & 5



Badminton Practice  
East Gym



Gymnastics Gr 1  
1N - 2 PM  
1V - 1 PM



Hot Lunch ~  
McDonalds



Confession with  
Father Roger - PM

Hockey Program -  
Gr 4 & 5



Badminton Practice  
East Gym



Lenten Mass -  
School  
9:30 AM



Twin Day - dress  
like your bestie



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

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



## School Cash

- Hot lunches are on school cash for the month of April:
  - April 16 Booster Juice closes April 9
  - April 30 Edo Japan closes April 23
  - Hot Lunches and Pizza are now available to order until June 4
- Easter Cookie Sale can now be found on school cash
- check school cash regularly as we are adding things daily
- To be a parent volunteer you require a **criminal record check** (through the RCMP) and a **child intervention check** through Social Services. Please call our office for more information.
- June 4 - 6 is the last week of hot lunches and pizza.

SACRED HEART SCHOOL COUNCIL PRESENTS

# EASTER COOKIE SALE

1 FOR \$4

3 FOR \$10

Available on school cash now!  
or E-transfer

[sh.schoolcouncil@starcatholic.ab.ca](mailto:sh.schoolcouncil@starcatholic.ab.ca)

- Please include your child's name and what grade/class they are in.

Cookies will be delivered to classroom April 14<sup>th</sup>.

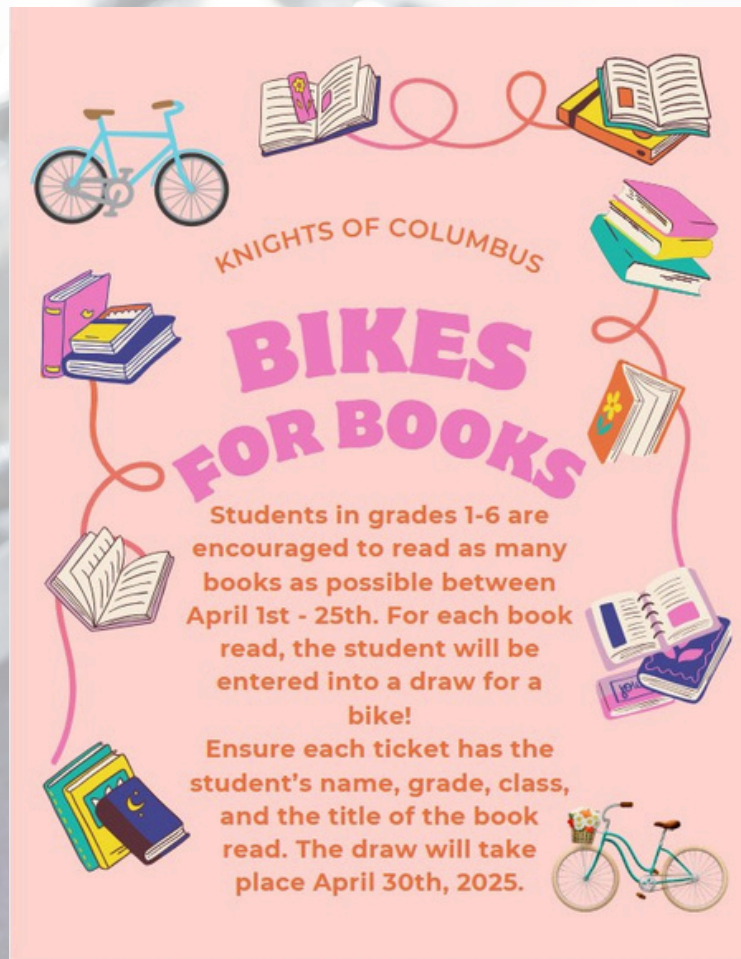
## UPCOMING HOT LUNCHES



MARY BROWN'S - APRIL 2  
MCDONALDS - APRIL 9  
BOOSTER JUICE - APRIL 16  
EDO JAPAN - APRIL 30









# The Spirituality of Childhood

## CATECHIST FORMATION Level 1

Level 1 formation in the Catechesis of the Good Shepherd engages hand, head, and heart, immersing the adult in Scripture, Liturgy, Theology, and Prayer so as to support the needs and spiritual growth of the young child, ages 3 to 6.

Each course is a minimum commitment of 90 hours, with readings and written work required.

**Sacred Heart Parish**  
5113 49th Avenue,  
Wetaskiwin, AB

**Part A**  
August 11-16, 2025

**Part B**  
July 20-25, 2026

**CONTACT**  
Sr. Emily Lepage  
780-360-1348  
Emily.Lepage@caedm.ca

**REGISTER**  
cgsac.ca/courses-1

 Catechesis of the Good Shepherd Association of Canada



## FORMATION TEAM

*"Children are sent to us as a rain of souls, as a wealth and a promise that can always be fulfilled, but that needs our efforts in bringing about that fulfillment."*  
Maria Montessori

 Celine Meisler has over 20 years of experience working with children, families, and parish organizations. She is a catechist in all 4 levels and a recognized international formation leader in Levels 1 and 2. She assisted numerous parishes in starting CCS in western Pennsylvania and internationally. She has led formation courses in Poland and for the Missionaries of Charity in Latin America, Haiti, Puerto Rico, and San Francisco.

 Cynthia Foster directs All Saints Altarum in Saskatoon which offers Levels 1, 2, and 3. She has been a teacher for 24 years and often brings CCS to the students and staff at school. Cynthia is the mother of two young adults and has a husband who lovingly supports her CCS work.

 The Spirituality of Childhood

Catechesis of the Good Shepherd Catechist Formation  
**Level 1, Part A**  
August 11-16, 2025  
**Level 1, Part B**  
July 20-25, 2026  
Wetaskiwin, AB

 LEVEL 1

**LOCATION**  
Sacred Heart Parish  
5113 49th Avenue  
Wetaskiwin, AB T9A 0P9  
780-360-1348

 Catechesis of the Good Shepherd Association of Canada  
cgsac.ca

*The Level 1 course lays the foundation in theory and practices of the Catechesis of the Good Shepherd for all three levels.*

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**LEVEL ONE COURSE OBJECTIVES**

- To explore the methodology and guiding principles of the Catechesis of the Good Shepherd for the 3-6 year old child.
- To explore the developmental characteristics and most vital spiritual needs of the 3-6 year old child.
- To meditate on foundational liturgical and scriptural themes appropriate to the 3-6 year old child, including Eucharist, Baptism, Penance, Incarnation, Paschal Mystery.
- To offer guidelines and assistance for giving presentations, preparing an altar, writing altar pages and making catechetical materials designed to nurture prayer.

*What if every child could have time and space specially set aside for an encounter with Christ?*

The Catechesis of the Good Shepherd is a time-tested approach to faith formation. Rooted in the pedagogy of Maria Montessori, it finds the deepest needs of children, allowing each one to get to know God personally.

In a peaceful atmosphere, through the use of special materials designed just for them, children hear the Word proclaimed and grow in their relationship with God.

The most essential treasures of the Christian faith, from scripture and liturgy, touch the heart of each child and lead to deep contemplation, prayer, and joy.

**HOW DOES IT WORK?**

Catechist formation in the CCS method is like a retreat, a time set apart to listen to the voice of the One who calls us each by name. Adults enter training seeking a way to share the faith with children. When they encounter the face of God that the young child most responds to, they discover that their own relationship with God has deepened. This is why we call it a "formation" rather than simply "training."

**WHAT WILL YOU LEARN?**

Catechist formation in CCS engages hand, head, and heart, immersing the adult in:

- Scripture
- Liturgy
- Theology
- Prayer
- The needs and spiritual growth of the young child
- Making and using altar materials

Each course is a minimum commitment of 90 hours, with readings and written work required. The three levels must be completed in sequence.

**REGISTRATION AND CONTACT**  
All registration is online at

## Video about The Catechesis of the Good Shepherd

<https://drive.google.com/file/d/1TEzUV2PMkzXyWe7AiUoSJJ4tmWm6OiRC/view?usp=drivesdk>

## WETASKIWIN OLYMPIANS

### Guppy Program

May 5 - July 23  
For kids ages 4-6 years old  
M/W 4:00-4:30  
T/Th 4:00-4:30

**FOR MORE INFORMATION**

Website  
<https://www.gomotionapp.com/team/canwo/page/home>

Email  
wosc.reg@gmail.com

**\$160 per season**

**Inclusive Activities**

- Learn to swim
- Learn to breathe
- Learn to float
- Interactive and fun!




 Desjardins

## Support heart health with Jump Rope for Heart

Our school is participating in Jump Rope for Heart - a fundraiser that will encourage our students to get active, build healthy habits and give back.

**Here's why we're participating**

- Money raised by our school helps Heart & Stroke drive important heart and brain research that will save lives, prevent heart disease and stroke and support families living with these conditions.
- Jump is an inclusive event for all abilities to get kids moving and help them discover new and exciting ways to get active.
- Students learn the EASY Healthy Habits that they use to keep their hearts and brains healthy and help reduce their risk of developing heart disease and stroke later in life.
- If our school fundraises more than \$1,000, we will receive 5% of our fundraising dollars back to put towards what we need most - or we can donate it back to Heart & Stroke.

**How does Jump Rope for Heart work?**

**At school:**

- Starting today, we'll be practicing some awesome skipping and heart-pumping activities!
- We'll be learning about Heart & Stroke's Easy Healthy Habits to keep our hearts and brains strong and healthy. To help prevent heart disease and stroke.
- It all leads up to our Jump Event Day, where we'll celebrate what we've learned and the funds we've raised with fun jump rope stations, games, activities, and more. It's going to be a blast!

**At home:**

- You can help support lifesaving research by collecting donations from family and friends.
- There is no cost to participate.
- Fundraising starts now until our Jump Event Day.
- Jump Rope for Heart uses an online fundraising platform. To register, create a personalized fundraising page for your child using the link below. When you register, you'll also get:
  - Helpful fundraising tips and ideas
  - Information and tools about the EASY Healthy Habits
  - Insights into Heart & Stroke's life-saving work

**Our Jump Event Day is:**  
Friday, May 23rd

To learn more about Jump Rope for Heart visit [jumpropeforheart.ca](http://jumpropeforheart.ca)

**Register Now!**  
[Sacred Heart School - Wetaskiwin](https://www.gomotionapp.com/team/canwo/page/home)  
or visit [jumpropeforheart.ca/register](http://jumpropeforheart.ca/register) and search for your school



<https://jumpropeforheart.crowdfunder.ca/81259>



# Jr High Awards - March







Hi Sacred Heart Families,  
Wishing you all a Happy Easter this month!!

Did you know, April is for Autism Awareness Month and April 2nd is World Autism Acceptance Day.

Autism Spectrum Disorder (ASD) is a neurodevelopmental disorder that affects brain development. It is not a disease or something that can be cured, but rather, a unique way of being and life long condition. Autism Spectrum Disorder is complex. There is NO standard "type" or "typical" person with an Autism Spectrum Disorder. Among children 5-17 years of age, 1 in 66 have been diagnosed with ASD.

Find some great Info on Autism Alberta - links below:

<https://autismalberta.ca/autism/>

<https://autismalberta.ca/toolkits/>

[https://mailchi.mp/autismalberta/march2025updated?e=\[UNIQID\]](https://mailchi.mp/autismalberta/march2025updated?e=[UNIQID])

Heads up for May:

Mental Health Week is May 5-11. CMH Theme: "Unmasking Mental Health". Please wear hats on Wed., May 7 "Hats on for Mental Health".

Mon., May 5 - National Day of Awareness for Missing & Murdered Indigenous Women & Girls. Please wear red in support & with love for this cause.

Love & Blessings,  
Ms. L

