

A decorative graphic featuring a variety of colorful butterflies in shades of purple, blue, green, and pink, interspersed with small pink flowers. The elements are arranged in a vertical, flowing pattern on the right side of the page.

The diagram illustrates the interconnectedness of five domains: Storytelling, Family, Natural Cycles, Spiritual customs, and Language. Each domain is represented by a colored wedge (black, white, yellow, red, black) and is surrounded by related concepts. Storytelling (black) includes life lessons, allegory, metaphors, and genres. Family (white) includes discipline, child rearing, hierarchy, and elders. Natural Cycles (yellow) includes seasons, celestial bodies, and cycles of life. Spiritual customs (red) includes rituals, prayer, and sacred spaces. Language (black) is the central hub connecting all other domains.

- Cree Word of the Week**
A flower -
wapikwaniy ᐱᓯᑦᕿᕿᖅ

sh.lg.attendance@starcatholic.ab.ca
780-352-9355



When children regularly miss school, they miss out on fundamental reading and math skills and the chance to build good attendance habits for the future.



**REMINDER: school class hours
are 8:40 - 3:15
doors open @ 8:30 AM**



May 5 - May 9, 2025

**May 5
Monday
Day 3**

**May 6
Tuesday
Day 4**

**May 7
Wednesday
Day 5**

**May 8
Thursday
Day 6**

**May 9
Friday
Day 1**

Tyler Smith
presentation
Gr 5 - 9
East gym 1 - 2 PM

Not Alone

Red Dress Day
wear red in
support



Gr 3 - - 6
Good Shepherd -
CANCELED

Gymnastics Gr 3P
2:00 - 3:00 PM



Kindergarten & Gr 3
Gymnastics
K - 1:00 - 2:00
Gr 3M - 10:00 - 11:00



Hot Lunch - KFC



Easter Mass
9:30 - 10:30 AM
East gym



Kindergarten & Gr 3
Gymnastics
K - 1:00 - 2:00
Gr 3A - 10:00 - 11:00



Night of the Arts
7 PM East gym



Gr 4WA
Field Trip



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

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

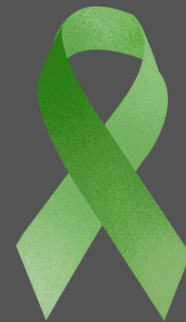
School Cash

- Hot lunches are on school cash for the month of May
 - May 14 Wendy's - closes May 7
 - May 21 Pasta Kulture - closes May 14
 - May 28 A&W - closes May 21
- Gr 4 Field Trip - May 8 & 13. This is a no charge trip but we do require a permission form for your child to attend. Please sign the form on school cash
- 2024-2025 Yearbook is now on sale through school cash
- 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.





HATS ON Sacred Heart!
CMHA Mental Health Awareness Week May 5 - 11



In support of Mental Health literacy, building a community of awareness, understanding, support, and reducing the stigma here at Sacred Heart School, we are allowing “HATS ON” for Mental Health all week!

Why do we feel safe to talk so openly about our physical health, yet scared to talk about our Mental Health?

Why do we feel ashamed & scared to ask for help when we are feeling down, feeling off, or, struggling mentally & emotionally; yet not afraid to ask for an ice pak?

Why do people have empathy & understanding, as well as offer support to those with a physical setback or limitation like a cast or crutches; yet when our brain has a setback or limitation - we are quick to judge? Reluctant to help/ offer our support? and/ or, think they are just “attention seeking” or making it up?

\$1 minimum donation to wear your hat Mon.- Fri. ALL week.

All proceeds are being donated to Tyler Smith from the Humboldt Broncos in support of his Mental Health initiatives. (Tyler loves hats too!)

Tyler Smith will be joining us Mon., May 5th (1- 2pm) to share his personal journey of growth re: mental health. Through unimaginable tragedy, love, and loss, Tyler’s story made National headlines forever changing the hockey world and Tyler himself...

Facing & fighting the stigma of mental health, being male, and a hockey player are just part of the many pages of his unforgettable story...

INSTAGRAM: @SMITTY269 and @NOT.ALONE.CO

Tyler founded his mental health awareness clothing line called, Not Alone Co.



NOT ALONE CO LTD

Contact

YOUARENOTALONECO@GMAIL.COM



EVENTS@SPEAKERSCANADA.COM

INSTAGRAM: @SMITTY269
@NOT.ALONE.CO

NOT
ALONE

**Mental
health
matters**

Presenting Partner

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

1. 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.
2. Jump is an inclusive event for all abilities to get kids moving and help them discover new and exciting ways to get active.
3. Students learn the EASY Healthy Habits that they can use to keep their hearts and brains healthy and help reduce their risk of developing heart disease and stroke later in life.
4. 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!

Our Jump Event Day is:

Friday, May 23rd


To learn more about Jump Rope for Heart visit jumpropetorheart.ca

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

Register Now!

[Sacred Heart School - Wetaskiwin](http://jumpropetorheart.ca/registration)
or visit jumpropetorheart.ca/registration and search for your school



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[Jump Rope for Heart - click here](#)



[Newsletter - click here](#)



Jr High Awards - April



Intro to Hair Stylist Champions



Badminton

