

# St. Nicholas Weekly News

February 27th-March 3rd, 2023

Dear Families,



The Lenten season, with its importance on prayer, fasting and almsgiving is upon us. Last week our school community attended the Ash Wednesday mass at OLPH Parish. As we journey through this Lenten season, we will continue to pray for peace and harmony in Ukraine and the world.

Friendly reminder that this Wednesday is an early dismissal day (2:14pm) and Friday is no school (PD day). We will also be having our next Spirit Day - "Wear One Colour Day". Students are encouraged to pick and wear all the same colour!

On Tuesday, our school community will take part in Adoration. Adoration is a very powerful and ancient form of prayer. The root of the word is "adore". Essentially, Adoration is an opportunity for us to show our deep love for Jesus. What sets Adoration apart from other forms of prayer is that Jesus is present with us in a consecrated host. We are able to pray with Jesus before us, who is truly present in the Eucharist. Classes will enter into Jesus' presence in our Chapel throughout the day. This experience will draw us closer to Jesus and is a beautiful way to experience Christ's love.

God Bless,

Peter Rachmistruk

Principal

## Upcoming Important Dates

- **Tuesday, February 28** - Adoration
- **Wednesday, March 1** - Early dismissal (2:14pm)/Spirit Day (wear one colour)
- **Friday, March 3** - PD Day (no school for students)
- **Tuesday, March 7** - School Council meeting at 6:00pm
- **Tuesday, March 7** - BUCPS virtual meeting at 7:30pm Zoom Link - <https://us06web.zoom.us/j/84600188466?pwd=dHU4U1AyS2p5NmZDY05rd2dELzJMUT09>
- **March 21 - March 22** - Parent/Teacher Conferences (more information to follow)
- **Friday, March 24** - Spring break begins (no school)
- **Monday, April 3** - Classes resume

## Information

- Kindergarten registration is now open for online registrations. Children who are five years old on or before December 31, 2023, can be registered for Kindergarten. For the 2023-2024

school year, Ukrainian Kindergarten will be offered on Mondays/Wednesdays (and alternating Fridays) and English Kindergarten will be offered on Tuesdays/Thursdays (and alternating Fridays). To register please go to

<https://www.eics.ab.ca/programs/kindergarten/kindergarten>

- Please see the attached approved calendar for the 2023-2024 school year - [Calendar 2023-2024.pdf](#)

#### **Family Wellness Worker (FWW) Information**

- Please take a moment to read this information from our FWW (Allison Norrie) - [Wellness World #6.pdf](#)

#### **Inclusive Learning Services - Monthly Home Connections**

- Inclusive Learning Teacher Consultant: Build your child's counting skills. Count out loud regularly and count items (ie. let's put five blocks on the tower or counting the ducks floating in the bathtub). Start with 1-5 and slowly increase as your child gets more confident with numbers. Use number word vocabulary, (a lot, few, a little, more less, same). Do you want a lot of goldfish or just a few? Who has more goldfish? One to one correspondence is important too. Have your child give one lego to each stuffed animal, or one cup to each family member.
- Occupational Therapist: When it is just too cold to be outside, make obstacle courses! Move couch cushions and pillows onto the floor and walk or crawl over them. Play 'Follow the Leader' and climb in/out of boxes or the laundry basket, crawl over/under/around obstacles. This is a great activity for developing core muscles.
- SLP (Speech and Language Pathologist): If your child makes a speech sound or grammar mistake, say the sentence back to them correctly and emphasize the sound or word they made a mistake on. Your child does not have to copy you, the focus is on hearing a correct model.
- Speech sound example:
  - Child: "Ian you help me?"
  - Adult: "Yes, I can help you"
- Grammar example:
  - Child: Him really fast
  - Adult: You're right, he is really fast!

#### **OLPH Parish News**

- Volunteer opportunities for vacation bible camp - [Vacation Bible Camp.png](#)
- Knights of Columbus membership drive - [K of C.png](#)
- Catholic Women's League Lenten Retreat - [Retreat.png](#)

#### **Faith Reflection**





Lord and Saviour, as we undertake this Lenten journey, we seek to know your merciful love in all that you have done for us. May we face our sins squarely, assured that you know and love us as we are. May we always be confident that your mercy is far more powerful than our sins and that you draw all people to yourself. Help us to turn to you in sorrow and to praise you in joy, knowing that you hold all things in your hand. Amen



## St.Nicholas Catholic School

 Facebook  @stncatholic

"Our Catholic School Family, embracing both English and Ukrainian Bilingual programs is dedicated to providing the best opportunities for learning while nurturing in our students' continuous personal growth."

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