A HAPPY NEW YEAR

May your heart be lifted in praise this Christmas
for the wonderful gift of Jesus
and the joy He brings to our lives.
Have a wonderful Christmas
and a Blessed 2010

From all the staff
at Father Leonard Van Tighem School

ANOTHER FRESH NEW YEAR IS HERE . . .

Another year to live!
To banish worry, doubt, and fear,
To love and laugh and give!

This bright new year is given me
To live each day with zest . . .
To daily grow and try to be
My highest and my best!

I have the opportunity
Once more to right some wrongs,
To pray for peace, to plant a tree,
And sing more joyful songs!

~William Arthur Ward
JANUARY 4 - STUDENTS RETURN – EARLY DISMISSAL 2:30

PLC Days will be moving to Wednesday after Christmas.

NOTES FROM THE LIBRARY

I can’t believe that 2009 is nearly over, and 2010 will soon be here!

On January 6th during our PLC time we will have the Kick off for our 3rd annual MS (Multiple Sclerosis) Read-A-Thon! In the past only the elementary have participated, but this year we are going to include the whole school. The purposes of the Read-A-Thon are to promote literacy, and to raise funds for MS Research. The students will be given information at this assembly to bring home. The students need to keep track of their minutes of reading every day for the three week reading period. During this time they can ask friends or family members if they would like to sponsor them for so much/ min. or a set amount. We DO NOT encourage them to go door to door. They will then have one week to collect the pledges and return their envelope to their homeroom teacher. There will be prizes as well, according to the funds raised.

Thank you in advance for supporting this worthwhile cause!

I wish all of you a very Merry Christmas and a Happy and Healthy 2010!

Mrs. Hawker

FAMILY FUN NIGHT

Thank you to everyone who came out and enjoyed the food, music, crafts and fun activities. We had a great turn out despite the weather. A special thanks to Lynette Harder at Express Coffee who donated the hot chocolate for our evening and the the Westside Safeway for helping to support the cookie decorating activity. Thanks to Doug from M and M for coming out and barbecuing our burgers in the cold. Our FLVT family appreciates your support.

ARTCETERA

JANUARY 20, 2010
7:00 p.m.

Once again we will be featuring our students and their talents. Come out and help us celebrate fine arts at FLVT. The evening will include drama, musical selections and a Junior High Art Show. We are looking forward to sharing some “family time” with you!

Fine Arts Staff

VOLUNTEER READING PROGRAM

We are looking at developing a reading program where volunteers will supervise students reading to younger students or where volunteers will read to other students. This program may run in conjunction with the PLC Days on Wednesdays. If you would be interested in volunteering on Wednesdays from 8:45 – 9:45 please contact Denise Kobza at kobzad@holyspirit.ab.ca or 403 381-0953.

MISSION MEXICO UPDATE

Thanks to everyone who contributed to our Mission Mexico fundraiser. The staff made and/or bought cupcakes to sell. We ended up raising $320.10 which will go towards economic, health, education and human rights projects in Mexico.
**ANGEL TREE CAMPAIGN**

We have received amazing support for our Angel Tree. Thank you so much to all who participated. You have all shared in putting a smile on a child’s face as well as a smile and perhaps a tear or two in the eyes of a few parents. When we have so much ourselves, it is a great gift to be able to share with others who do not.

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**Music Notes!**

What a busy month we have had! To begin with, the Christmas Family Fun Night was a big success. Thank you to all staff and students who helped to make it such a fun evening! I would especially like to thank the students for their gifts of music. We all enjoyed it!

On December 15th the grade two classes went to sing at City Hall. It was exciting to sing at this beautiful venue and to meet the Mayor and even see his office! Thanks to Mr. Collier for taking pictures of each of the groups of students with the Mayor. And finally, on Wednesday, December 16th the grade 5 classes paid a visit to Brent and Cathy at ‘LA 107, the River’. It was an early morning for all of us but the students sang like angels! We had a tour of the station and were even given breakfast courtesy of McDonalds!

Thank you to all of the parents and staff who helped with these activities. We couldn't have done them without you!

Just as a note for January, the grade 4 and 5 classes will be starting their work on recorders. If your child does not have one yet, perhaps this is a good Christmas present!!

Merry Christmas to all of our FLVT families, and God Bless!

*Cathie Martin*
**PRAYER**

Thursday January 28

Memorial of Saint Thomas Aquinas

Although Saint Thomas was teased and called a “dumb ox” by his classmates, he became a wise and holy teacher whose writings about God are still studied today. He understood that God was the source of his greatness.

**Let us pray:**

*Wise and loving God,*
*Through prayer and study*
*Saint Thomas came to know and love you.*
*Help us to search for your truth*
*In all we do.*
*We ask this through Jesus Christ our Lord.*
*Amen*

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**ST. MARTHA’S PARISH**

**GRADE 2 EUCHARIST**

Please bring a wallet size photo of your child. This will be put on the First Eucharist Banner during our First Eucharist Celebration.

Please provide a copy of your child’s baptismal certificate in order for your child to receive the Sacrament of first Eucharist.

**Meeting #1 Parents & Candidate**

When: Wednesday, January 20, 2010 6:30-8:00 p.m.
Saturday, January 23, 2010 9:30 – 11:00 a.m.

Where: St. Martha’s Parish

**Meeting #2 Parents & Candidate**

When: Wednesday, February 3, 2010 6:30-8:00 p.m.
Saturday, February 6, 2010 9:30 – 11:00 a.m.

Where: St. Martha’s Parish

**SACRAMENT OF CONFIRMATION**

**Meeting #1 Information Meeting – Parents and Candidates**

When: Wednesday, January 27, 2010 6:30-8:00 p.m.
Saturday, January 30, 2010 9:30 – 11:00 a.m.

Where: St. Martha’s Parish
## HAWKS TEAMS

### BASKETBALL 2009-2010

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<thead>
<tr>
<th>SR. GIRLS</th>
<th>SR. BOYS</th>
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<th>JR. BOYS</th>
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<td>Kory C.</td>
<td>Chase E.1</td>
<td>Ryley M.</td>
<td>Ryan G. 4</td>
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<td>Holly D.</td>
<td>Brad L. 2</td>
<td>Claire N.</td>
<td>Dylan B. 5</td>
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<td>Alex C. 7</td>
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<td>Jessica D.</td>
<td>Adam R. 6</td>
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<td>Bryce S. 9</td>
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<td>Kelsey N.</td>
<td>Jonah C. 11</td>
<td>Keelie T.</td>
<td>Carter H. 10</td>
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<td>Mariah M.</td>
<td>Collin B. 15</td>
<td>Ashleigh H.</td>
<td>Tyson G. 12</td>
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<td>Katelyn H.</td>
<td>Brendon V. 16</td>
<td>Emma K.</td>
<td>Ben K. 15</td>
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<td>Chortney O.</td>
<td>Austin W. 21</td>
<td>Amber C.</td>
<td>Braxton W. 22</td>
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<td>Shay-Lynn S.</td>
<td>Joey C. 32</td>
<td>Ashley Z.</td>
<td>Elias H. 32</td>
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<td>Hannah F.</td>
<td>Jackson B. 33</td>
<td>Tanis C.</td>
<td>Arik W. 33</td>
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<td>Danica E.</td>
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<td>Kristen G.</td>
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<td><strong>COACHES</strong></td>
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<td>Mr. D. Miller</td>
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<td>Mr. Leroy Crazy Boy</td>
<td>A.J. Bergenhenegouwen</td>
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<td>Mr. P. Burke</td>
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<td><strong>Supervisor</strong></td>
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<td>Mrs. Crystal Lothian</td>
<td>Mr. M. Pasquotti</td>
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### FREE ADMISSION FOR PRONGHORNS BASKETBALL GAME

FLVT Students are invited to a Basketball Game at the U of L on December 30th at 7pm versus the University of Great Falls. All students that attend with their FLVT ID cards will get in for free.
**CHRISTMAS FORMAL WRAP-UP**

The Christmas Formal was a great success!! We had an excellent turn-out of beautifully dressed-up students, and we all danced the evening away. An event like this only happens because of the work of many hands. THANK YOU to all the staff, parent volunteers, Leadership students, and to everyone who helped with the evening, and to all Father Leonard van Tighem School Jr. High students for showing your school spirit by creating such a great time!

**GRADE 6 FUNDRAISERS: COOKIES/ MUFFIN DOUGH & FIREWOOD**

November and December were very busy for the grade six students and parents. They were busy fundraising for the Outdoor Ed camp students plan to attend in May 2010.

The students and parents would like to extend a very big “THANK YOU” to everyone who sold and/or purchased dough and bought firewood to support them. They are all excited to go to Camp Impeesa and realize it is with the good will and support of many, that will help each of them attend at a more reasonable price. We would like to extend a special thank you to Michelle Clymer who has generously volunteered a huge amount of her time towards this project, even though she no longer has a child in this grade. Your dedication to this project is admirable.

There is still cookie dough left over (Ginger, Sugar, Monster, and White Chocolate Macadamia). If you would like to purchase any, the cost is $14 per tub. They may also be selling firewood again in the spring. If you are interested in either of these fundraisers please contact Ms. Barbero at school, 403-327-9642.

On behalf of all our Grade 6’s... Merry Christmas to all and a very Happy New Year.

**CLOTHING SWAP**

Have you had a chance to look through your closets and drawers at home to pulled out the Winter apparel that no longer fits. It’s not too late to go through your things and drop them off at St. Martha School for our first “Winter Exchange.” This will give parents from the three schools (F.L.V.T., St. Patrick’s F.A. and Children of St. Martha’s) the opportunity to share in what has been collected or maybe even exchange an item or two to make the Winter just a little bit more enjoyable for the little ones. Any remaining items at the end of the day will be donated to local charities or to those who are in need.

Examples of things to donate might be those snow pants that are too small or those extra toques, or even a sled or pair of skates.

This event will take place:

**SATURDAY, DECEMBER 19**
**CHILDREN OF ST. MARTHA’S SCHOOL**
**DOORS OPEN AT 9:00 A.M.**
**IN THE GYMNASIUM**

We all have heard time and time again the overused adage “it take a village to raise a child” but in this case...maybe if we pull together we can do just a little bit more to help one another make it a better season for all.

Sincerely,
Westside Holy Spirit schools and their school communities.

Merry Christmas & all the best this season, to all the families in our community!
Next Meeting
January 13, 2010
7:30pm in the school library.

Parking Committee

The year 2010 will be bringing a lot of changes to our school parking lot. We will be putting up new signs and putting together new rules. It is very important that everyone who drops off and picks up their children inside our parking lot follow these rules.

We will be giving friendly reminders during the first two weeks of January. After that, a by-law officer will be issuing out tickets to those parked illegally.

We are also in the process of starting a Crossing Guard program for our students to safely cross the Red Crow and Stoney Crescent crosswalks. Please feel free to park on both sides of Red Crow Blvd as well as the stalls in our lot.

Of course this is all in the interest of improving student safety and wellbeing of our children.

Have a Happy and Safe New Year

The Parking Committee

“We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day.”

~ Edith Lovejoy Pierce
Helping children learn appropriate behavior is a parenting task that sometimes seems overwhelming. But research shows there are five ways parents can be most successful in shaping children's positive behavior:

1. **Give your child positive attention.** Set aside time every day when you can give your child some individual attention. Read a book, play a board game or work together on a household project. The important thing is that the two of you are together, talking and listening to each other.

2. **Listen to your child.** Give him words to express his feelings. Kids who can say, "I'm angry" are less likely to hit.

3. **Give choices whenever you can.** Kids learn how to make good choices by making lots of choices. Let your child make choices - and then live with the results.

4. **Notice when your child does something right.** This doesn’t mean praising your child every time he takes a breath! But when he does something positive, let him know you noticed. He’ll be more likely to do it again tomorrow.

5. **Be a good role model.** You can’t expect your child to control his temper if you scream at every car on the road. Your example is the single most powerful way that you teach your child about appropriate behavior.


**QUESTION & ANSWER**

**Q:** My daughter has no patience. If she wants something, she wants it now. Her teacher says her impatience is a problem at school. I know there’s a problem - but I don’t know how to fix it!

**A:** In this era of fast food and instant messaging, it’s hard for kids to learn to wait. You are right to be concerned about the teacher’s comment. Your daughter’s "me first" attitude makes her a problem for the whole class.

Her impatience may create other school problems in the future. In one study, researchers told kids they could have one marshmallow right away or wait a few minutes and get two marshmallows. When these students graduated from high school, researchers found that the students who chose to wait were more successful students. They even had higher SAT scores.

Here’s how to help your daughter develop more patience:

- **Explain to her** that everyone has to learn to wait, and that you’re going to help her with this skill.
- **Give her opportunities** to be patient. When she asks for something, say "In a minute." If you’re on the phone, develop a hand signal that means, "When I’m finished." If she gets angry, say, "Stand still and don’t say a word until I’m off the phone."
- **Tell her** how long she needs to wait. Give her a time and set a timer. Then compliment her on waiting.

With a little practice, she will soon learn the patience she needs to be a better student.
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<td>Students Return Early Dismissal 2:30 p.m.</td>
<td>PLC</td>
<td>After School Skating Jr.Boys BBall @ RIBMS 4:00 Jr.Girls BBall @ RIBMS 5:15 Sr.Girls BBall @ WCHS 5:15 Sr.Boys BBall @ WCHS 4:00</td>
<td>Toquitos $1 each</td>
<td>Chili &amp; Bun $3:50</td>
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<td>PLC</td>
<td>School Council Meeting 7:30</td>
<td>After School Skating Jr.Boys BBall @ SFJH 4:00 Jr.Girls BBall @ SFJH 5:15 Sr.Boys BBall @ FLVT 4:00 Sr.Girls BBall @ FLVT 5:15 Meat Pie $3.00</td>
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<td>Jr.Girls BBall @ GPMS 4:00 Jr.Boys BBall @ GPMS 5:15</td>
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<td>Artcetera 7 p.m. Hawaii Day Sloppy Joe $3.50</td>
<td>Ski Trip Gr. 5-9 After School Skating Chicken Burger $3.00</td>
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<td>End of Quarter Two Sr.Girls BBall @ FLVT 4:00 Sr.Boys BBall @ FLVT 5:15</td>
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<td>Quarter Three Starts Taco in a Bag $3.50 After School Skating Jr.Boys BBall @ FLVT 4:00 Jr.Girls BBall @ FLVT 4:00</td>
<td>AM</td>
<td>BIRDS OF PREY TOURNAMENT Sr. @ FLVT Jr. @ ICS Pronghorn Game</td>
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