



## St. Mary's Snapshot

**December 12-December 16, 2016**

December is always an exciting and interesting month in our schools. There is the anticipation of Christmas, time off from school/work, stress looking towards government exams in January and all of this can result in some pretty tired and anxious students. How can you help to keep your son or daughter healthy this month? Try to ensure they are still receiving adequate sleep at night, make sure they are washing their hands and using hand sanitizer to avoid winter cold/flu bugs, limit sweets and treats (even though they are everywhere this time of year) and of course make sure they are finding time to just relax. Holidays can also be difficult for some students that may have lost a loved one this past year or if there have been recent changes in their home

situation. St. Mary's offers in-school counselling from 1:30-3:00pm each day and also by student request. If you ever feel as though your son or daughter is struggling, whether it is with holiday stress, career planning, relationship issues, etc. Mr. Manderson is available to assist. We are also able to make referrals to outside agencies if more support is required. This is simply another way St. Mary's works with our students to ensure their overall success, both as an academic student and as a gift from God.

This third week of Advent asks us to focus on our JOY! How are we singing the Lord's praises. How are we celebrating and honoring those we love? How are we striving to forgive those that may have caused us pain? As we await for our Saviour's birth your task this week is to focus on the positive, celebrate the small treasures of everyday life and trust in God's plan.

### **Important Dates:**

December 16, 2016-Hot Lunch Orders Due

December 13, 2016-Vortex Football Meeting @ 7pm Vegreville Library

December 15, 2016-Advent Mass at Holy Trinity Church 9am.

December 23, 2016-Final Day of Classes (school resumes on January 9, 2017)

**Is your son or daughter thinking about attending a diploma prep course? Here are a few options to consider.**

<http://apexdiplomaprep.com/class-schedule/>

<http://www.diplomaprep.com/>

<http://www.rockthediploma.com/>

[http://metrocontinuingeducation.ca/k-12\\_programs/diploma\\_exam\\_prep](http://metrocontinuingeducation.ca/k-12_programs/diploma_exam_prep)

## **IMPORTANT INFORMATION**

### **Vortex Football:**

**There will be a Vegreville Football Association meeting tomorrow at the Vegreville Library at 7pm. The purpose of the meeting is for our football families to vote on moving the team to the Composite High School.**

**In case you did not receive the information regarding the meeting, below is the email invitation from the association to the meeting.**

We will be having a meeting Tuesday December 13 @ 7PM at the Public Library. The meeting will be to discuss the involvement of VCHS with the football team. Mr. Spady (VCHS principal) has expressed a keen interest in coaching and now hosting the team. At this point after a few meetings it appears that will not happen. St. Mary's is unwilling to give up hosting the Vortex. There is little that we can do as an association but we can start by having a discussion and vote to see where we stand as a group. The vote will be done by private ballot and every family that attends the meeting will be able to vote as this is not making any decision it is merely telling us where we stand as a group. Would you like the team to remain at St. Mary's as usual or are you in favor of a move to the Composite High School. If the team remains at St. Mary's Mr. Spady will be unable and unwilling to commute and coach. Are you in favor of a move and change or would you like to see the team remain at St. Mary's? I am sure there are many questions about Mr. Spady's credentials and rest assured we would not even entertain this if he was not qualified. You can google Barclay Spady, I guess people have, I haven't but apparently there is plenty of information. He comes to Vegreville from Bev Facey in Sherwood Park. Any other questions, please bring them to the meeting or call me prior to the meeting. One vote per family, so have your own family discussion before Tuesday. The minutes of the meeting will be forwarded to both schools for general information. I hope to see you all at the library Tuesday.

**It is true that we do not wish to see the team moved to the Vegreville Composite High School. We are the school that started the football program and we have maintained the program for the last ten years. We do not feel as though this change is necessary. We welcome any volunteer that wishes to coach and guide our young people, but the current model is not broken and does require such a drastic and costly change. We want the Vortex football team to continue the beautiful legacy of being a joint school team, where students from each school (and surrounding communities) can participate in a sport they love. We wish to continue in a collaborative way and to not see the fundraising dollars raised by the association being used to move a field, a tower, a score clock, a locker room or an entire team. In addition, parts of our modernization were designed with our Vortex Football team specifically in mind. Our fitness training center is an exceptional space, outfitted with astro turf for the Vortex players to use in both the on and off seasons. Therefore, we encourage our Vortex families to keep our joint school team intact and to keep the spirit of cooperation alive in Vegreville. We encourage all families to attend the meeting, to ask questions and to vote. This is an important event and it is our hope that each and every voice can be heard fairly.**

**Please do not hesitate to contact the Vegreville Football Association if you have any questions regarding the Vortex Football Team and the potential move.**

<http://www.vegrevillevortex.com/contact.html>

**Check out the December Hot Lunch menu**



**STUDENT NAME:**

**St. Mary's Hot Lunch Monthly Order Form (Payment can be made at the main office or by cheque payable to St. Mary's School)**

**Please place a cheque mark beside your selection:**

December 19

Homemade Mac and Cheese and Salad \$7

Chicken Burrito and Caesar Salad \$8

December 21

Taco Salad \$8

Beef Stroganoff \$7

\_\_\_\_\_ Total Purchase

**Attention Parents and Guardians:**

**Are you interested in volunteering, or know someone who is interested in volunteering? Big Brothers Big Sisters of Edmonton and Area is looking for adult volunteers to join our program! The two areas we are looking for volunteers is In- School Mentoring, and Community Based Mentoring.**

**In School Mentoring Adult:**

- **Once a week during their lunch break**
- **For the duration of the school year**
- **Meeting will happen only at the school**
- **Work on goals together**
- **Build a lasting relationship**

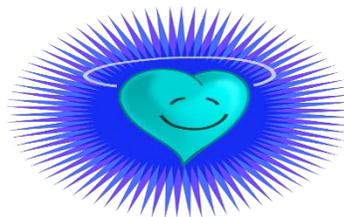
**Community Based Match:**

- **Once a week for 1-2 hours or once every 2 weeks for 3-4 hours**
- **Meeting will happen in the community or at the mentors house**
- **Work on goals together**
- **Build a long, lasting relationship**

**Please contact Bailey Kozicki at 780-275-0286 if you have any questions, or visit our website at [www.bgsbigqs.ca](http://www.bgsbigqs.ca) and apply today! It's great to be a volunteer!**



St. Mary's Students attended "A Christmas Carol" at the Citadel Theatre. We are so proud of how our students represented our school! As our students ate their lunch in the City Centre Food Court both mall security and mall management commented to the supervising teachers that they have never witnessed such respectful and polite students in their lives...especially when there are so many of them together at one time.



**We are very proud of our St. Mary's Saints!**