

STF Week at a Glance

January 23 - 27, 2023

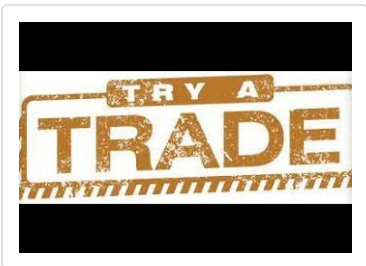


Honour Roll - Term 1

Students will be bringing their certificates home this week for those that had requested one printed.

Ski & Snowboard Club

A reminder this Wednesday, January 25th is the next Ski & Snowboard Club out at Canyon Ski hill. The trailer will be in the front loop for all equipment and students can put their ski bags in the Fitness Room for storage during the day. Reminder to parents to please pick up their student by 8:30 p.m. at the hill.



Grade 9 Students

Grade 9 students that will be heading to Notre Dame High School next year will be walking over to Notre Dame High School at noon on Friday, January 27 for the Try a Trade. Students that will be going to St. Joseph High School will take the bus over to St. Joseph High School for the discovery days on the same day.

Teacher Professional Day

There will be No School Monday, January 30, 2023.





Wolves Clothing Orders online

Orders can be placed through your parent portal in PowerSchool under school fees/forms.



Cafeteria January Menu

[Order Here](#)



Move your Mood - Family Challenge

St. Francis of Assisi Middle School

Proudly Presents



Words and Music by
Leslie Bricusse and Anthony Newley

Adapted for the Stage by **Leslie Bricusse and Timothy A. McDonald**

Based on the book *Charlie and the Chocolate Factory* by **Roald Dahl**

March 17 & March 18, 2023
7:00 p.m.
Red Deer Memorial Centre
4214 58 St.
Red Deer, Alberta



Tickets \$15.00 available online

Roald Dahl's *Willy Wonka JR.* is presented through special arrangement with
and all authorized materials are supplied by
Music Theatre International, New York, NY
(212) 541-4684 mtishows.com



SIMPLE CONNECTIONS
stronger families

**Learn ways to help your
kids grow up great.
Spend quality time together.
Experience 10 free fun
family activities!**

GREAT PRIZES

February 9, 2023

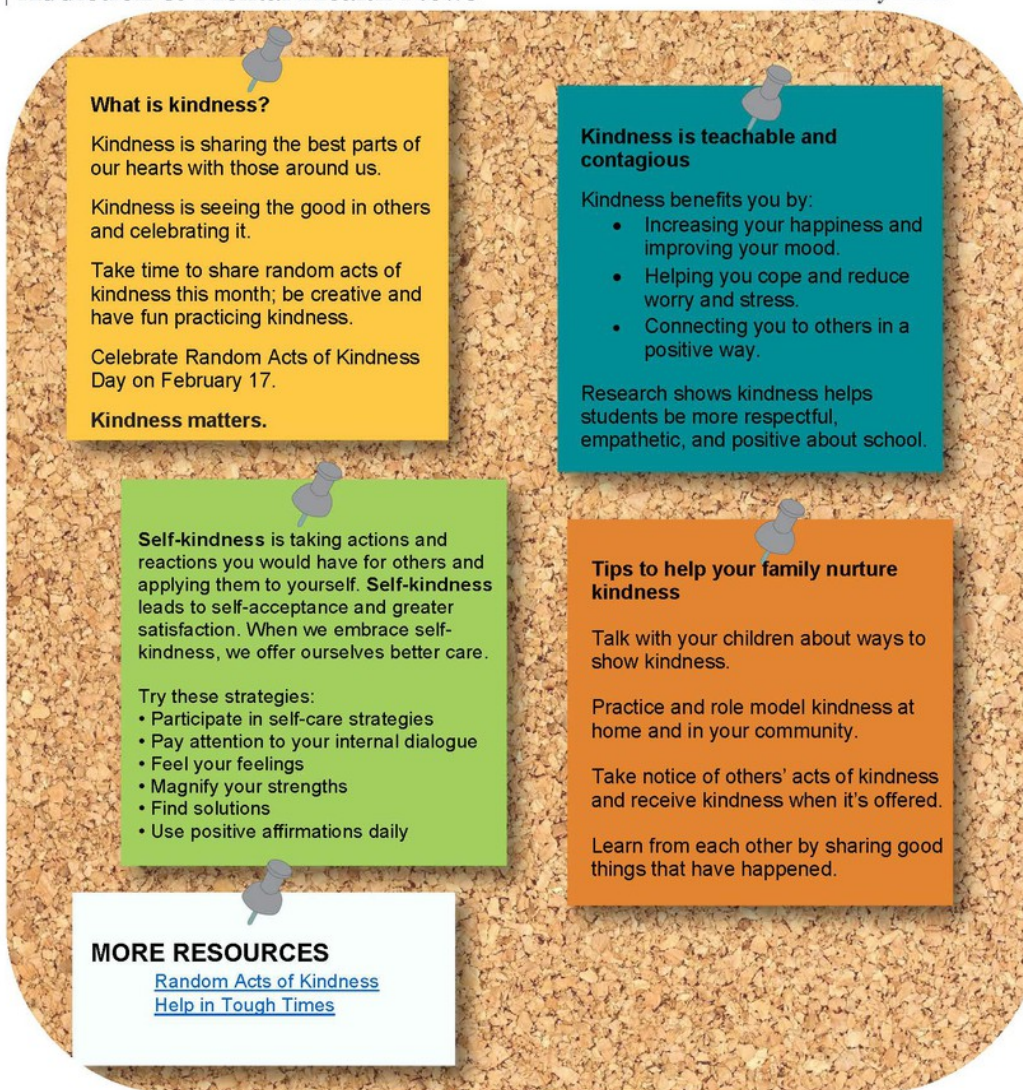
5:30pm to 7:30pm

Northside Community Centre YMCA

6391 - 76 Street

Sign up at Events (sparcreddeer.ca)





What is kindness?

Kindness is sharing the best parts of our hearts with those around us.

Kindness is seeing the good in others and celebrating it.

Take time to share random acts of kindness this month; be creative and have fun practicing kindness.

Celebrate Random Acts of Kindness Day on February 17.

Kindness matters.

Kindness is teachable and contagious

Kindness benefits you by:

- Increasing your happiness and improving your mood.
- Helping you cope and reduce worry and stress.
- Connecting you to others in a positive way.

Research shows kindness helps students be more respectful, empathetic, and positive about school.

Self-kindness is taking actions and reactions you would have for others and applying them to yourself. **Self-kindness** leads to self-acceptance and greater satisfaction. When we embrace self-kindness, we offer ourselves better care.

Try these strategies:

- Participate in self-care strategies
- Pay attention to your internal dialogue
- Feel your feelings
- Magnify your strengths
- Find solutions
- Use positive affirmations daily

Tips to help your family nurture kindness

Talk with your children about ways to show kindness.

Practice and role model kindness at home and in your community.

Take notice of others' acts of kindness and receive kindness when it's offered.

Learn from each other by sharing good things that have happened.

MORE RESOURCES

- [Random Acts of Kindness](#)
- [Help in Tough Times](#)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322
Mental Health Help Line
1-877-303-2642

