

Quick Calendar:

- **NOV 1:**
ALL SAINTS' DAY
- **NOV 1 - NOV 21**
**EVERYDAY HEROES
CAMPAIGN**
- **NOV 2:**
ALL SOULS' DAY
- **NOV 5:**
VETERANS' WEEK
- **NOV 7:**
**CATHOLIC
EDUCATION
SUNDAY**
- **DAYLIGHT SAVINGS**
- **NOV 11:**
**REMEMBRANCE
DAY**
- **NOV 14-20:**
METIS WEEK
- **NOV 28:**
**ART OF ADVENT
BEGINS**

SOMETHING TO ADD?

If you would like to contribute to future newsletters with events, features, memories, poetry, photos or have content suggestions, please email submissions before the first of the month to:

STAFFALUMNI@ECSD.NET

ECSD STAFF ALUMNI

NEWSLETTER

Welcome to our Board of Trustees!

Election Results 2021

The results are in, and our Board of Trustees have been acclaimed for a four-year term. They are:

WARD 71	- Terry Harris
WARD 72	- Sandra Palazzo
WARD 74	- Debbie Engel
WARD 75	- Alene Mutala
WARD 76	- Lisa Turchansky
WARD 77	- Laura Thibert



After the resignation of Carla Smiley, Ward 73 is currently without a trustee. More information will be shared regarding next steps to address the vacancy as they unfold. In the interim, the schools in Ward 73 have all been assigned to other trustees as follows:

- Terry Harris: St. Bernadette, St. Nicholas, St. Jerome
- Sandra Palazzo: Father Leo Green, JJ Bowlen, St. Dominic
- Debbie Engel: St. Elizabeth Seton, St. Maria Goretti
- Alene Mutala: St. Alphonsus, Ben Calf Robe/St. Clare, St. Francis of Assisi
- Lisa Turchansky: St. Gerard, St. Vladimir, St. Leo
- Laura Thibert: Cardinal Collins Clareview, St. Bonaventure, Anne Fitzgerald

Chief Superintendent's Message

November 2021

"The month of November is one which is permeated with solemnity and deep reflection. We begin the month with All Saints' and All Souls' Days and reflect upon humankind's journey to God's kingdom. "

FOLLOW THIS LINK TO READ THE FULL NOVEMBER MESSAGE:

<https://www.ecsd.net/page/37719/chief-superintendent-s-message-november-2021>

Our Common Home

Exciting Things Are Happening...

Crews are hard at work bringing the New Lumen Christi Catholic Education Centre to life. A ramp was recently installed outside the building's main entrance, creating another accessible entrance to Our Common Home. The upgrade is part of Edmonton Catholic Schools' commitment to improving accessibility in and around the building.



Work inside the building is happening as well, with electrical, networking and replacement the Astro-turf green with decorative stones



Want to see a virtual tour of the new spaces?

[OUR COMMON HOME VIRTUAL TOUR](#)

NOTICES:

REMINDER!
DON'T FORGET TO TURN YOUR
CLOCKS BACK:
DAYLIGHT SAVING TIME ENDS
AT 2 A.M. ON SUNDAY, NOV. 7



CATHOLIC EDUCATION SUNDAY

Catholic Education Sunday is on

SUNDAY, NOVEMBER 7, 2021.

Included at the end of this newsletter, you will find the Letter from the Alberta Bishops including information on the Theme:



The Novena begins on Thursday, October the 28th through Nov. 5th. We encourage you to join us in praying the Novena in the week leading up to Catholic Education Sunday.

It can be found here:

[CATHOLIC EDUCATION SUNDAY NOVENA](#)

NOTICES CONTD.:

EVERYDAY HEROES CAMPAIGN - ECSD AND THE ARCHDIOCESE

His Grace would like to acknowledge, celebrate and recognize as many of those amazing quiet heroes of our everyday lives as possible. The Archdiocese is planning an appreciation social media campaign that will run from the **November 1, 2021 until November 21, 2021** when we celebrate the Feast of Christ the King.

FLU SHOTS NOW AVAILABLE!

All Albertans, six months of age and older, are eligible to be immunized, free of charge. Drop into your local pharmacy, or make an appointment at your doctor or local health clinic.

COVID-19 continues to put pressure on our healthcare system. Getting immunized against influenza is more important this season, than ever before.

Don't have your COVID-19 vaccine? It's safe to get it together with your influenza vaccine.



Journey of Truth and Reconciliation

Métis week 2021 - November 14-20

Louis Riel devoted and sacrificed his life defending the rights of Métis people. Riel's legacy continues to resonate across the homeland.

Each year, on November 16, Métis people across Canada pay tribute to the Right Honourable Louis Riel by holding a commemorative ceremony on the date of his execution. This ceremony symbolizes the commitment Métis people share in striving for and promoting the visions of Louis Riel and is one of the most important dates on the Métis calendar.

In addition to recognizing Louis Riel Day on November 16, the Métis Nation of Alberta (MNA) has declared the week surrounding November 16 as "Métis Week." The week is devoted to commemorating the sacrifices of the Métis who continue to strive toward rights and recognition as a distinct nation.

To learn more about the Metis Nation, visit:

[The Metis Nation of Alberta](https://www.metisnation.ca/)

Dream Builders Challenge

ECSD Foundation: Dreams for Kids

For the past 28 years, our Division has held an annual Challenge for schools to participate in. Over the past 18 months, with the challenges of the pandemic looming around us, we took some time to reflect on our mission and goals for this Division campaign. What were we really wanting to achieve? The answer: to provide as much aid as possible to the students and families in our schools. In re-imagining how we can best serve the needs of our schools, we have decided to focus our challenge this fall, and in the future, on fundraising for the ECS Foundation exclusively.

For the past 6 years, the ECSD Foundation has distributed over 2 million dollars to 92 ECSD schools, and impacted almost 100,000 ECSD students and community members.

We are saying farewell to the We Care Challenge and hello to the ECSD Annual Dream Builders Challenge in support of the ECS Foundation and their Dreams for Kids Campaign.

To learn more about our ECSD Foundation: Dreams For Kids, visit:

<https://www.ecsfoundation.ca/who-we-are.html>

Journey of Faith

Papal Visit

Pope Francis has accepted an invitation from the Bishops of Canada to visit Canada for a pilgrimage of healing and reconciliation with our Indigenous sisters and brothers. Refer to the Archdiocesan Website for more information and to view a video of Archbishop Richard Smith's response to the announcement of the visit.

GrACE: Grateful Advocates for Catholic Education

The GrACE website has officially launched. In cooperation with the CCSSA, GrACE now has its own site to share news, resources, and upcoming events.

"The mission of GrACE is to inspire, invigorate and embolden the spirit of Catholic education in order to unite, engage, educate and communicate with one voice on its behalf. GrACE is a partnership of stakeholders resolutely committed to Catholic education within the province of Alberta."

GrACE is led by a board of 6 members representing the three partnering organizations:

- The Bishops of Alberta
- Alberta Catholic School Trustees' Association (ACSTA)
- Council for Catholic School Superintendents of Alberta (CCSSA)

<https://www.ccssa.ca/grateful-advocates-for-catholic-education2>

You can access their newsletter here:

<https://www.ccssa.ca/grace-newsletters>



NOTICES CONTD.:

RECRUITING EDUCATIONAL ASSISTANTS

Our Staffing team is actively recruiting to fill both our Educational Assistant sub roster and vacant positions in light of the increased need for Educational Assistants. We are also experiencing a shortage of LPNs, Early Childhood Educators, and Therapeutic Assistants. If you know of any suitable candidates, please direct them to our posting on the ECSD Careers site. Please note, once candidates are hired to our sub roster they will have the opportunity to apply to any internal postings or be placed immediately into vacant unfilled contract positions.

RELIGIOUS SERVICES BOOK CLUB

Any ECSD staff alumni who enjoy reading books while growing in faith, and are interested in joining a faith-filled division-wide book club? Susanna Kaup is looking for book club members to join her in exploring various books. Meetings will be held the 2nd Wednesday evening of the month (October 13th - February 9th) from 4pm - 5pm (TBD virtually or in person depending on Covid). Our first book will be Rick Warren's *The Purpose Driven Life*.

For more information or to register, please send Susanna an email at Susanna.Kaup@ecsd.net

ECSD 'Art Of Advent' Calendar

Kicking off a virtual arts celebration for 2021-22

Edmonton Catholic Schools' will return to the virtual stage for the 2021-2022 school year to highlight the extraordinary and incredible things happening across the Division in the area of Fine Arts.

The Learning Services fine-arts team is hosting their second annual virtual Advent Calendar to celebrate the amazing things happening throughout the division in the area of fine arts.

To kick off this online extravaganza is the second annual Art of Advent on November 28! Throughout the Advent season, students will share Advent-themed arts pieces (visual arts, music, theatre, and dance) in the virtual showcase. Each day, a new square will be unlocked, highlighting the Division's many outstanding student artists. In addition, the calendar will also share a weekly Advent message from Father Glenn McDonald, prayers, and Advent-themed activities for the entire family to enjoy.

A vibrant, artistic poster for 'ECSD ON STAGE 2021-2022'. The design features abstract, painterly elements in shades of blue, green, and yellow, with stylized leaves and branches. The text 'EDMONTON CATHOLIC SCHOOLS INVITES YOU...' is in a clean, sans-serif font. Below it, 'ECSD ON STAGE' is written in large, bold, blue letters. A cursive script says 'Please join us this season!' followed by '2021-2022'. At the bottom, a quote 'God Calls Us Each By Name' is written in a script font, and the Edmonton Catholic Schools logo is visible in the bottom right corner.

EDMONTON CATHOLIC SCHOOLS INVITES YOU...

ECSD ON STAGE

Please join us this season!
2021-2022

God Calls Us Each By Name

EDMONTON CATHOLIC SCHOOLS

ECSD ON STAGE
2021-2022
ONLINE: ECSD.NET

THE ART OF ADVENT
NOVEMBER 28 - DECEMBER 24, 2021

ALL-CITY CHOIRS' CHRISTMAS CONCERT
DECEMBER 13, 2021 | 7:00 PM

ALL-CITY BANDS' CHRISTMAS CONCERT
DECEMBER 14, 2021 | 7:00 PM

SPRING INTO ART
MARCH 13, 2022 | VIRTUAL GALLERY

CELEBRATION OF THE ARTS
APRIL 26, 2022 | 6:30 PM

ALL-CITY BANDS' SPRING CONCERT
JUNE 1, 2022 | 7:00 PM

ALL-CITY CHOIRS' SPRING CONCERT
JUNE 6, 2022 | 7:00 PM

Health & Wellbeing

Practicing Self Care

What are a few things you could do this month to help care and nourish yourself? Self-care refers to activities and practices that we can engage regularly to reduce stress and maintain and enhance our health and well-being. We sometimes think of self-care in terms of going to a yoga class or having an uninterrupted spa day, but that's not often realistic. It's also practicing hard things like setting healthy boundaries, and getting enough sleep.

Self-care is a personal matter, and everyone's approach will be different. It includes activities like eating well; sleeping well; saying no to unhelpful temptations; practicing and developing skills; learning from mistakes; celebrating wins and having outside hobbies or interests.

Strive for progress, not perfection. Try integrating one or two of these ideas into your month. It's about making small, sustainable changes.

WORKPLACE SELF-CARE

- Tackle a piece of technology you're struggling with
- Attend professional development opportunities
- Determine what work/life balance means to you and aim for that

PSYCHOLOGICAL SELF-CARE

- Activities that help you to feel clear-headed and able to intellectually engage with the challenges that are found in your work and personal life.
- Be curious and try something new that interests you - it could lead to a potential new hobby
- Turn off your email and work phone outside of work hours
- Make time to simply unwind
- Focus on practicing gratitude; it can help shift perspective

EMOTIONAL SELF-CARE

- Allowing yourself to safely experience your full range of emotions.
- Spend some time identifying the major stressors in your life, and how you might tackle them head on
- Talk to a friend about how you are coping with work and life demands
- Schedule an appointment with a therapist or counsellor

RELATIONSHIP SELF-CARE

- This is about maintaining healthy, supportive relationships, and ensuring you have diversity in your relationships.
- Prioritize close relationships in your life e.g., with partners, family, and children
- Attend the special events of your family and friends, even if its a Zoom event

PHYSICAL SELF-CARE

- Go for a walk, run, hike, workout or play a sport
- Consider ways to get a better night's sleep, and develop your own sleep routine
- Create a MyHealth Records account to easily access your personal information through Alberta Health Services
- Schedule the doctor's appointment you've been putting off

FINANCIAL SELF-CARE

- Take a free financial literacy course and get a handle on the lingo
- Look at your bank statement and reflect on where you might be overspending
- Set a small goals, work at savings and/or investments

NOTICES CONTD. :

PLEASE SUPPORT OUR EDMONTON CATHOLIC SCHOOLS FOUNDATION



www.ecsfoundation.ca

or by phone at (780) 459-5511.

SPAIN & PORTUGAL

THIS SMALL GROUP ADULT TOUR PRICE OF \$3,995.00 IS
BASED ON 24 PARTICIPANTS IN SHARED ACCOMMODATIONS

TOUR INCLUSIONS

- 11 nights accommodations
- All breakfasts, 1 amazing lunch, and 5 incredible dinners
- All private coach transfers during tour days
- Your personal and private TYW tour director
- Licensed & professional, local English speaking guides
- Special welcome Tapas dinner & farewell dinner
- Private Paella culinary class & Flamenco show
- Wine tastings and samples as indicated in your full tour

Please visit www.tyw.ca for full tour itinerary, exclusions & details

Travel Your World International Ltd.
tours@tyw.ca | www.tyw.ca | 780.739.2345

Useful Links:

ALBERTA RETIRED TEACHERS ASSOCIATION
<https://www.arta.net/>

EDMONTON RETIRED TEACHERS ASSOCIATION
<https://edmontonretiredteachers.org/>

EDMONTON SENIORS CENTRE
<https://edmontonseniorscentre.ca/>

THE CATHOLIC ARCHDIOCESE of EDMONTON
<https://caedm.ca/>

ECSD FOUNDATION-DREAMS FOR KIDS
<https://www.ecsfoundation.ca/>

EDMONTON INTERFAITH CENTRE FOR EDUCATION
AND ACTION
<https://www.edminterfaithcentre.ca/>



In Memoriam



Full Memorial messages and information regarding funeral arrangements may be found on our In Memoriam page here:

[IN MEMORIAM](#)

It is our hope that these memorials convey the gifts and vitality of these individuals and serve as fitting tributes to them. May their souls, and all the souls of the faithful departed, through the mercy of God rest in peace.

BARBARA KENWELL

MARIA BAHNIUK - OCT 7

EMMA CAYER - OCT 12

JACQUELINE GANNON - OCT 17