

March 5, 2021

Superintendent's Update: Students, Parents/Legal Guardians, and Staff

We seek hope and spiritual connection during our Lenten journey, and we do this together by sharing our personal challenges to better ourselves. Part of bettering ourselves is to reach out and set goals that help us to be Christ for one another.

We are pleased to highlight how we are being Christ for one another and developing hope within our students in junior and senior high school through our "Building Communities of Hope" collaborative research project. Students from four junior high schools (Vincent J. Maloney, R.S. Fowler, École Secondaire Sainte Marguerite d'Youville, Sister Alphonse Academy) have been working alongside students in École Secondaire St. Albert Catholic High School to build hope both within our schools and the broader St. Albert community. The high school students have worked on their leadership skills by helping facilitate the meetings to the junior high students - fostering connections between the junior highs and the high school. Both groups are benefiting from the meeting by having a mentorship opportunity.

On March 1, 2021, Premier Jason Kenney said a recent spike in the COVID-19 positive testing rate and the number of active cases, including more variant cases, means other parts of Step 2 can't happen yet. "That's why we have to proceed cautiously, while still moving forward. I know that many Albertans want us to relax many more health restrictions today, but we cannot and we must not allow exponential growth to start to take hold driven by these new more contagious variants," Kenney said. Please continue to check the [Alberta Health website](#) for updates from the Minister of Education about changes to such measures as they relate to school jurisdictions. We continue to update our [Parent Guidebook for School Re-Entry: 2020-2021](#) and our [website](#) and official social media channels ([Facebook](#), [Twitter](#), and [Instagram](#)) are also reliable sources of Division news and announcements.

As we continue our journey through Lent, we endeavour to prepare our hearts to commemorate the Passion, Death, and Resurrection of Christ. A wonderful way to engage in reflection and grow in our understanding and love for Christ is through prayer. Praying with our children, regardless of age, is a beautiful means of connecting with family while connecting with God. Catholic Digest suggests several strategies for parents to use in praying with their children:

- Start simple. Rather than trying to pray the entire Rosary, start with one Hail Mary and work slowly toward praying the entire Rosary.
- Use the five senses. Try praying using objects such as candles, holy water, sacred images, and music.
- Pray daily. If you endeavour to pray with your child daily, it becomes routine and a regular part of life.
- Allow them some wiggle room. Although many of us learned to pray kneeling by our beds or standing before icons or holy pictures, we should be a little more flexible with our children. It is better to have children praying with us snuggling on a couch or dancing with joy for Jesus, than to have prayer become a chore. Prayer should be a joyful conversation with God.

May God be with you and your families as we all continue on our lenten journeys. With the hope of more vaccinations and warmer weather, we can all look forward to the joy of Easter and better things to come.

Take care, God bless, and have a great weekend!

Sincerely,

Dr. Clint Moroziuk
Superintendent of Schools