

# ST. PHILIP SCHOOL

1901 Haultain Avenue, Saskatoon, SK, S7J 1P4 Phone: 306-659-7450 Fax: 306-659-2140

E-mail: st.philip@gscs.ca Website: www.gscs.ca/studentsandfamilies/schools/phi

Newsletter #7 - March 2025

Principal: Mrs. Paola Kobussen Vice-Principal: Mr. Nathan Gaudet Office Coordinator: Mrs. Gayle Lockert

GSCS Trustees: D. Boyko/O. Fortosky Superintendent: T. Shircliff

#### **GOSPEL VIRTUE - PRAYERFULNESS**

Thank you, God, for the gift of prayer. Help me to live in Your presence. I will find Your answers in quiet moments. I dedicate my actions to You today.

#### **DATES TO REMEMBER**

| March 3                                                                     | 9:00 am - 3-Way Conference Online Booking Begins                        |  |  |  |
|-----------------------------------------------------------------------------|-------------------------------------------------------------------------|--|--|--|
| March 3                                                                     | 1:00 pm – Battle of the Books Division Battle at St. Therese of Lisieux |  |  |  |
| March 4                                                                     | 8:40 am – Gr 3/4 goes to Loraas Recycle Tour                            |  |  |  |
| March 5                                                                     | 12:30 pm – Gr 8 goes to Lakewood Swimming Pool                          |  |  |  |
| March 5                                                                     | 1:00 pm – Ash Wednesday Mass at St. Philip Neri Church                  |  |  |  |
| March 5                                                                     | 3:00 pm – Deadline to order Treats – Taco Time Empanada/Crustos         |  |  |  |
| March 5                                                                     | GSCS Small Schools Relay Meet – Saskatoon Fieldhouse                    |  |  |  |
| March 6                                                                     | 3:00 pm – Deadline to order Hotdog Lunch                                |  |  |  |
| March 6                                                                     | 3:10 pm – Girls Basketball at St. Luke                                  |  |  |  |
| March 6                                                                     | 3:30 pm – Boys Basketball in our gym                                    |  |  |  |
| March 7                                                                     | 9:00 am - 3-Way Conference Online Booking Ends                          |  |  |  |
| March 10 – March                                                            | 14 Pool Our Love Campaign – bring RICE for the Friendship Inn           |  |  |  |
| March 10                                                                    | PLD - NO SCHOOL for students                                            |  |  |  |
| March 11                                                                    | TIE-DYE DAY - \$2                                                       |  |  |  |
| March 11                                                                    | 10:30 am – Lenten Liturgy Week 1 in the gym – led by Gr 7/8             |  |  |  |
| March 12                                                                    | Treat Day – Taco Time Empanada/Crustos (for those who ordered)          |  |  |  |
| March 13                                                                    | 11:40 am – Hotdog Lunch (for those who ordered)                         |  |  |  |
| March 13                                                                    | 12:30 pm – Gr 2 and Gr 6/7 go to the Lion King Musical                  |  |  |  |
| March 13                                                                    | 3:30 pm - 7:45 pm - 3-Way Conferences, Book Fair and Used Book Sale     |  |  |  |
| March 14                                                                    | pi day. $(\pi = 3.14)$                                                  |  |  |  |
| March 14                                                                    | 8:30 am - 12:15 pm - 3-Way Conferences, Book Fair and Used Book Sale    |  |  |  |
|                                                                             | - NO School for Students                                                |  |  |  |
| March 17 – March                                                            |                                                                         |  |  |  |
| March 18                                                                    | 6:00 pm – CSCC Meeting in the library                                   |  |  |  |
| March 19                                                                    | SCHOOL COLOR DAY - \$2                                                  |  |  |  |
| March 19                                                                    | 12:30 pm – Lenten Liturgy Week 2 in the gym – led by Gr 2               |  |  |  |
| March 21                                                                    | 6:30 am - Gr 5 - Gr 8 goes to Wapiti Valley Ski & Board Resort          |  |  |  |
| March 22                                                                    | Deadline to order Healthy Hunger lunch for March – Wok Box              |  |  |  |
| March 24 – March 28 Bring CANNED MEAT/FISH/FRUITS/VEGGIES for the Food Bank |                                                                         |  |  |  |
| March 25                                                                    | 8:40 am – Gr 8 Band goes to Regina Musica Festival                      |  |  |  |
| March 26                                                                    | 8:40 am – Student Retreat                                               |  |  |  |
| March 27                                                                    | WACKY HAIR DAY - \$2                                                    |  |  |  |
| March 27                                                                    | 10:30 am – Lenten Liturgy Week 3 in the gym – led by Gr 5/6             |  |  |  |
| March 27                                                                    | 11:45 am – Healthy Hunger lunch – Wok Box (for those who ordered)       |  |  |  |
| March 27                                                                    | Gr 6/7 Bake Sale                                                        |  |  |  |
| March 28                                                                    | 2:15 pm – School Assembly in the gym led by Gr 8                        |  |  |  |

March 31 – April 4 Bring COFFEE, SUGAR and JAM for the Food Bank

#### **ADMIN MESSAGE**

As we move further into the school year, we are grateful for the strong partnership we share with each of you. Your support and involvement make a significant difference in our school community.

- We are proud of all our athletes participating in Track and Basketball—thank you for representing our school so proudly. As always, we appreciate our extraordinary coaches for their dedication and support.
- A heartfelt thank you to our CSCC and families for providing the staff with wonderful ways to acknowledge Staff Appreciation Week. Your kindness and thoughtfulness mean so much to us.
- We also extend our gratitude to the Grade 8 class and the CSCC for organizing a fun and successful Family Winter Formal Dance. It was beautiful to see so many families come together to enjoy and connect. These events strengthen our community and create lasting memories.
- This month, we look forward to welcoming families into the building for our 3-Way Conferences. These conferences are an excellent opportunity to connect and discuss your child's progress and goals. Please mark your calendars!

As we enter the season of Lent, we hope families take this time to reflect and remember that this time is for greater love. It is an opportunity to embrace kindness and compassion, both at home and school.

Nathan Gaudet, Vice-Principal

#### **PLASTIC CUTLERY**



We do not have spoons or forks in the staffroom for students. Please pack a spoon or fork with your child's lunch if they are having yogurt, fruit cups, soup, etc. Also, please remember that the microwave in the staffroom is not available for students. Please use a thermos to keep your child's lunch warm.

#### **DROP OFF AND PICK UP TIMES**

We have noticed a number of students being dropped off early in the mornings and picked up late after school. It is expected that students should not arrive any earlier than 8:25 am and that they are picked up or walk home following dismissal at 3:10 pm. The exception to this is when they are under teacher supervision to receive extra help with work. Arrangements with the Before and After School Program need to be made for students arriving before this time or needing to be picked up later. The telephone number for the Before and After School Program is 306-659-7106. This is to ensure students safety as there is no supervision during these times.

#### STUDENT ABSENCES

## Edsby Attendance

All student absences must be sent in through Edsby.



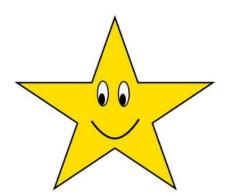
Please enter the absence in Edsby as soon as you know your child will be absent.

If you receive a message that your child is absent, please enter in Edsby or call the school to clear this absence.

As a reminder: all students who arrive late need to check in at the office for a late slip. Also, if your child is leaving early, they need to let the office know before leaving the school.

#### **SOARING STUDENTS**

Congratulations to St. Philip's **February** Soaring Students:



KMW – Zylie L

KTT - Noah Z, Cohen S

Gr 1 – Hendrik J, Abigail M, Nebiat W

Gr 2 – Jesse S, Kekeli W

Gr 2/3 - Lexie H, Aeithen T, Tina T

Gr 3/4 - Hannah F, Owen G

Gr 4/5 - Adelyn F, Zander I, Aubree T

Gr 5/6 - Sylas M, Jacob P

Gr 6/7 – Matthew M, Izzy M

Gr 7/8 - Sened G, Ashlyn H

Gr 8 – Aine C, Neslin F, Faye S



#### **KINDERGARTEN**

Kindergarten Registration for the 2025-26 school year will open in January. Children who will be 5 years old on or before December 31, 2025, can register for Kindergarten by contacting the school or visiting <a href="https://www.gscs.ca/kindergarten">www.gscs.ca/kindergarten</a>.

If you have questions or need more information, contact us at 306-659-7450 or st.philip@gscs.ca.

#### **KINDERCARE**

Our partner PCDC (Parent's Child Development Co-Operative) continues to offer a "KinderCare" program. This program offers care on alternate days of our St. Philip Kindergarten Program. If you are interested in accessing this support, please confirm your spot for the fall by connecting with Shelley Farkas, Centre Manager, St. Philip Location at 306-659-7106 or sfarkas.pcdc@sasktel.net **before April 15**th.[Priority will be given to St. Philip families]. Once again, a great opportunity for our young students and their families.

#### **INDOOR TRACK RELAYS**

Congratulations to all the athletes who participated in the PR Relays! We're incredibly proud of our students who put on a great performance with several finishing just shy of the podium. Up next is our final relay of the year, the GSCS School Relay, on Wednesday, March 5<sup>th</sup>, at the Saskatoon Field House. We can't wait to see more amazing performances!

Mrs. Gusikoski and Mr. Lengert

#### **LENTEN PRAYER**



Loving Father, the love that Jesus has for each of us was evident in his life and in the sacrifice of himself during this Lenten season. Help each of us in our struggles to accept our suffering as Jesus did, and to work toward healing with knowledge of the love that Jesus has for us. May we be a source of comfort and strength for each other as we help each other carry our crosses. Amen.

#### **LENTEN SERVICES**

During Lent we prepare our hearts and focus on prayer, almsgiving, fasting, and repentance. The following weekly Liturgies will be held. All families are welcome to attend.

- Wednesday, March 5<sup>th</sup> Ash Wednesday Mass 1:00 pm St. Philip Neri Church with the distribution and wearing of ashes.
- Tuesday, March 11<sup>th</sup> Lenten Liturgy Week 1 led by Gr 7/8 –
- Wednesday, March 19<sup>th</sup> Lenten Liturgy Week 2 led by Gr 2 –
- Thursday, March 27<sup>th</sup> Lenten Liturgy Week 3 led by Gr 5/6 –
- Tuesday, April 1st Lenten Liturgy Week 4 led by Gr 1 –
- Wednesday, April 9<sup>th</sup> Lenten Liturgy Week 5 led by Gr 2/3 12:24 pm
- Thursday, April 17<sup>th</sup> Holy Thursday & Stations of the Cross led by Gr 6/7 –

#### **POOL OUR LOVE CAMPAIGN**



We're going to Pool Our Love in support of the Saskatoon Friendship Inn! The Inn serves up to 1000 meals a day, 365 days of the year to help feed hungry people in Saskatoon. Relying on the generosity and caring of community, the Inn serves nutritious, hot meals and offers a warm place for anyone in need. Students and staff can help by bringing **rice – white, brown, instant** - to school between **March 10**<sup>th</sup> **and March 14**<sup>th</sup>. Donations will be collected in the box by the office and then shared with the Friendship Inn as part of learning about Lent.



#### **LENTEN DONATIONS**

We will also be taking part in the following Lenten Projects:

- Collecting Rice for the Friendship Inn.
  - Each family is asked to bring a bag of rice from February 10<sup>th</sup> February 14<sup>th</sup>
- Collecting food for the Food Bank.
  - Each family is asked to bring the following food items on the following dates:
    - March 17<sup>th</sup> March 21<sup>st</sup> Juice and Cereal
    - March 24<sup>th</sup> March 28<sup>th</sup> Canned Meat, Fish, Fruit, Veggies
    - March 31<sup>st</sup> April 4<sup>th</sup> Coffee, Sugar and Jam
    - April 7<sup>th</sup> April 11<sup>th</sup> Soup, Pasta, Pasta Sauce

#### **LENTEN FUNDRAISERS**

As a school we will be participating in the following weekly activities during Lent. All money collected will be sent to **Bishop Filevich Ukrainian Bilingual School (Ukrainian Newcomers).** 

- Tuesday, March 11<sup>th</sup> Tie Dye Day (or wear colors of the rainbow) \$2
- Wednesday, March 19<sup>th</sup> School Clothing and Colors (blue/grey) Day \$2
- Thursday, March 27<sup>th</sup> Wacky Hair Day \$2
- Tuesday, April 1<sup>st</sup> Sports Team Day \$2
- Wednesday, April 9<sup>th</sup> Pajama Day \$2

#### **GRADE 8 RECYCLING FOR CAMPING TRIP**

The Gr 8 class is collecting pop bottles, juice boxes, etc for their year end camping trip. If you would like to donate, you can drop off at the Sarcan South (Jasper Avenue) location. Please make sure that you let them know it is for St. Philip School and the school phone number is 306-659-7450. Thank you for supporting our school.

#### RINK RULES & SKATING/HOCKEY SCHEDULE

"No Helmet = No Ice." The Rink will be opened during lunch hours and during classroom scheduled physed periods. Students are advised that the rink is <u>not to be used before school</u>.

**Skating** (Tuesday, Wednesday and Thursday): Students are asked to bring a **CSA approved hockey helmet** if they wish to skate on the rink.

Hockey ONLY: (Monday and Friday) A CSA approved hockey helmet with face mask is required to play hockey. Please no pucks – shinny or plastic ball is acceptable. No skates to be worn at the first recess or the last recess only at lunch recess.

#### **RINK NEWS**

The rink is a great asset to our school and community. We need your help so we can keep the rink. Please consider volunteering a few hours this winter season. We need adults to supervise, open and close the rink shack during supervised hours. The scheduled hours are Saturday 1:00 pm – 3:00 pm. Please email Mitch Spray at <a href="mitchspray@hotmail.com">mitchspray@hotmail.com</a> or call him at 306-715-8457 with the dates when you are able to supervise. Thanks for your support.

#### PROFESSIONAL LEARNING DAYS (PLD)

GSCS have professional learning days for elementary school staff for staff meetings, planning, collaboration and professional development. On these days there are no students at school: **March 10, Friday, May 9 and Monday, June 6.** 

#### **HEALTHY HUNGER LUNCHES**



St. Philip School will continue to use Healthy Hunger as a means to order and pay for school lunches online. At the end of each year, Healthy Hunger deletes all data from their website so all parents will have to register their children on the website. Please see attached <u>Healthy</u>

<u>Hunger Parent Letter</u>, before you can place an order. Once you register your children, then you can select the lunch your children would like and pay for it online with a credit card or interact card. Parents can make changes and cancellations to lunch orders anytime up to 5 days before the school lunch date. Your payments can also be refunded online. If you do not register your child in advance, the order will not be processed. Healthy Hunger lunches will be **March 27 – Wok Box**; **May 1 – Taco Time**; **May 29 – Family Pizza**; **June 26 – BBQ** 

#### **WEDNESDAY TREAT DAY**

This year St. Philip School will continue to have Treat Day fundraisers. Orders will be placed through your child's **My School Bucks** account or with the order form and correct cash. Please see attached My School Bucks instruction letter MySchoolBucks. Treat Day will be **March 12**; **April 9**; **May 14**; **June 11**.

#### **CATHOLIC SCHOOL COMMUNITY COUNCIL**

CSCC meetings will be held in the library at 6:00 pm. The CSCC meeting dates are: **March 18 and June 3.** If you are wishing to become involved, please email our CSCC Chair, Siobhan Brennan at <a href="mailto:csccphic@gscs.ca">csccphic@gscs.ca</a> or our Principal, Paola Kobussen at <a href="mailto:pkobussen@gscs.ca">pkobussen@gscs.ca</a>. All are welcome!

#### **GSCS FOUNDATION NEWSLETTER**

The GSCS Foundation newsletter can be found online at https://foundation.gscs.ca/newsletters.

#### **BE SEEN IN JEANS**

Our school staff will be supporting the Greater Saskatoon Schools Foundation by paying to wear jeans on the following dates: **March 28, April 11, May 30 and June 13**. As well, our staff will wear jeans to support the United Way on Wednesdays in October.

#### **FIRST VIEW**

First Student bus company has a new communication tool for all bus riders. First you must register, then you will be able to track the bus, receive notifications of delays and get answers to some frequently asked questions. Please see these links for setup. App Installation Guide - FirstView, FAQ - FirstView, Mail - What is FirstView Our school code is: 8YG5 Please advise your children to return home if the bus has not arrived at their stop after 10 minutes and check the FirstView App. We do not want any students walking to school without parent permission.

#### **BUSSING TO ST. PHILIP SCHOOL**



Bussing is provided to students living further than 1.2 km from the school in Broadway, Exhibition, Grosvenor Park, South Corman Park and Varsity View areas. To see if your child qualifies for bussing, check out the First Student website at saskatoon.firststudentinc.com or call the school at 306-659-7450.

#### POP CAN TAB COLLECTION



Silver for Gold is a fundraiser run by the online community, Small But Mighty SK, to collect aluminum can tabs to raise money for Childhood Cancer Canada. Please donate your pop can tabs to this worthy cause! It's as simple as removing the tabs from your cans, collecting them in a ziplock bag and dropping them off at the office!

#### PCDC BEFORE AND AFTER SCHOOL CARE



- Quality care for school age children before and after school.
- · Care for full days on PLDs, school breaks and summer.
- Open Monday Friday, 7:30 am 6:00 pm

For more information, please contact Shelley at 306-659-7106 or sfarkas.pcdc@sasktel.net

#### ST. PHILIP NERI PARISH

Phone: 306-343-0325; Fax: 306-343-0900;

Website: www.stphilipneriparish.ca; Facebook: Saint Philip Neri Parish

Weekday Masses: Tuesdays ~ Fridays at 8:30 am

Weekend Masses: Saturday ~ 5:00 pm; Sunday ~ 10:00 am

Livestream Masses: Sunday ~ 10:00 am

#### **APC COMMUNITY ASSOCIATION**



For information on activities happening in our community, please check out their website at <a href="https://www.adelaidechurchill.ca">www.adelaidechurchill.ca</a>





### Outdoor Soccer 2025

Online Registration: Feb 1 to March 10 at http://APC.rampregistrations.com

Payments will be accepted online by credit card and e-transfer only, there will be no In Person Registration. If you require another payment option, please inquire to soccer@myapcca.ca

| Program                 | Age                    | Format                    | Game Days                                                              | # of Games                                                      | Cost     |
|-------------------------|------------------------|---------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------|----------|
| Under 5<br>Coed         | Born<br>2020           | 3v3<br>(no keeper)        | Mondays<br>Possibility of<br>Fridays                                   | May 1 – June 26<br>8 games on grass fields<br>+3 games Mini FOS | \$110.00 |
| Under 7<br>Boys & Girls | Born<br>2018 &<br>2019 | 3v3<br>(no keeper)        | Boys –<br>Wednesdays<br>Girls – Thursdays<br>Possibility of<br>Fridays | Festival + 1 game Timbit<br>Jam (U5 and U7 only)                | \$110.00 |
| Under 9<br>Boys & Girls | Bom<br>2016 &<br>2017  | 5v5<br>includes<br>keeper | Boys – Monday<br>Girls – Tuesdays<br>Possibility of Friday             |                                                                 | \$110.00 |

A community association membership is required every year to register for programs. Family memberships can be purchased for \$15.00 when you register and are valid from September 1-to August 31-. We also accept memberships from other communities.

Saskatoon Youth Soccer Inc. (SYSI) will schedule the games for U5, U7 and U9. Adelaide Park Churchill Community Association (APCCA) does not have control over the schedule. Practices are at the discretion of the coaches and will be scheduled by them. Players will require shin guards, socks, running shoes or cleats. A team jersey will be provided for the season.

Please consider volunteering as a coach/assistant coach! It's great way to get involved with your child's activities and within the community. Coaches are required for each team in order to be entered into league play and for our soccer program to continue to be offered by APCCA. Certification for coaching is offered through SYSI – Certification fees will be reimbursed by the community association. Registrations will be cancelled and refunded if a team does not have a coach.

If you have questions or want to volunteer to coach, please email Julianne at soccer@myapcca.ca

#### **NEWSLETTERS**

Newsletters will be emailed home the **last week of each month** (except for September and January) and will be posted on our website: www.gscs.ca/studentsandfamilies/schools/phi.

#### **EXTERIOR DOORS**

Due to safety, all exterior doors will be locked, except for the main front door, during the school day from 9:00 am until 3:00 pm. Students and visitors are reminded that entrance to the school throughout the day will be through the main entrance only. All visitors should report to the office.

#### **UPDATING STUDENT INFORMATION**

Please call the school and let us know if you have changed your telephone number or have moved. In case of an emergency, we need accurate, updated information to contact you.

#### **TELEPHONE MESSAGES**

Our telephone system has changed. Our telephones are now on automated answering. Please listen carefully to the prompts. To leave a message for teachers "press 9". To leave a message for Mrs. Lockert "press 0". All calls will be directed to voicemail and messages will be returned as soon as possible. Thank you for your understanding.

#### **OUTSIDE FOOTWEAR**

Parents, students and staff are reminded to remove any wet outside footwear when entering the school. This will ensure the floors will be kept dry and clean for those who do remove their footwear. Thank you for keeping our school safe and clean.

#### **MEDICATION POLICY**

The School Division policies outline appropriate procedures dealing with a variety of emergency situations, which includes administration of emergency medical assistance or medication. Prior to administering medication (prescription or non prescription). It is stated that a letter from the child's parent/ guardian and a letter from the physician is to be received at the school. If this applies to your child, please contact the school for more information.

#### **ALLERGY ALERT**



We have a number of students at our school that are highly allergic to peanuts and nut products.

Anaphylaxis is a medical condition that causes a severe reaction to specific foods and can result in

death within minutes. Because of the seriousness of this danger, we ask that you are careful to avoid sending these foods or foods containing them to school. A reminder that if you have a child that needs medical treatment that is life threatening, please contact the principal at the school. Thanks for your understanding and cooperation.

#### **TRAFFIC SAFETY**

For the safety of our students, please do not use the staff parking lots as a drop off or pick up zone. When dropping off your children, please use Haultain Avenue and drop them off by the gym doors.

#### **SCHOOL ZONES**

- The speed limit in school zones is 30 kms/hr
- U-turns are prohibited
- Parking is allowed in designated areas only
- Stopping or parking is not allowed in a school bus loading zone
- Jaywalking is prohibited; pedestrians must cross at intersections or marked crosswalks

#### **LENTEN FAQs**

#### Why do we have a season of Lent?

The reason that we have Lent is really because we have Easter. Easter is the celebration of new life from death and what a perfect time to celebrate Baptism! So we have Lent because people are preparing to be baptized at the Easter Vigil. And these last 40 days of their preparation before Easter are so intense that we as a community journey with them and prepare to renew our Baptism with them.

#### Why is Lent 40 days?

40 is a biblically symbolic number. The Israelites wander the desert for 40 years. Jesus was tempted in the desert for 40 days and 40 nights. 40 symbolizes a significant amount of time during which one's faith is tested and strengthened.

#### Why do we start Lent by wearing ashes?

Ashes remind us of our mortality. After all, that's what we turn into when we die. And when we come face to face with our mortality, we tend to become more willing to get our lives in order and focus on what's really important. We wear ashes in the shape of a cross on our foreheads to symbolize our willingness to change, to die to sin, and to be born to new life in Baptism.

#### Why is purple the color of Lent?

Purple is associated with sorrow and mourning. During Lent we recall the suffering and death of Jesus. Purple is also the color of royalty, and through the death and resurrection of Jesus, we come to recognize him as our King.

#### Why do we give up meat on Fridays?

Meat is a symbol of luxury and wealth. To abstain from meat is a sacrifice for most people, a way of doing without and living more simply. If you're already a vegetarian then you should seek some other form of sacrifice, abstaining from a certain food that brings you great pleasure. The idea is to eat simply. Finally, Jesus died on a Friday and so Fridays are seen as a day of penance and that's why we abstain from meat on Fridays.

#### I've given stuff up for Lent, but is there anything additional I can take on?

There are a lot of things that we can do during Lent. We can take on things to fill some of that space that we've gained in our lives by giving other things up. By giving up watching lots of TV, for example, we have more time to devote to prayer or service to others.

#### Why do we practice prayer, fasting, and almsgiving during Lent?

We call these three practices the Lenten Disciplines. (The word disciple and discipline share the same root from the Latin word "discere" which means "to learn".) The Lenten Disciplines help us to learn how to follow Christ more closely. Prayer opens us up to God. Fasting purifies us. If we can control basic desires like hunger, then we can learn to control stronger desires that pull us away from God. And finally, giving alms allows God's mercy to flow freely through us.

#### Why do we pray the Stations of the Cross during Lent?

In the early Church, Christians would make a pilgrimage to the Holy Land to retrace the steps of Jesus on His way to the Cross. As the Church grew and such a pilgrimage became unrealistic for many people, they began to retrace the steps of Jesus on His way to the cross by reflecting on pictures that depicted those scenes. During Lent, especially on Fridays when we reflect on the crucifixion of Jesus, praying on the Stations of the Cross has become a time-honored devotion.

#### Is Lent a sad or somber time?

Not necessarily, but it is a sober time. Removing holy water from the fonts reminds us of the season we celebrate. Not singing the Gloria or the Alleluia serves a similar purpose. All of these actions are a type of "fast before the feast". What we experience during Lent leads us to an "eyes-wide-open joy" at Easter, when we use lots of water to remind us of our baptism, we bring back our Alleluias (Hebrew for "praise God!"), and sing the Gloria with new enthusiasm.

# Sacrament of Reconciliation

#### Examination of conscience

#### My Relationship with God

- ▶ Do I remember to pray each day?
- ▶Do I pay attention at Mass? Have I fooled around in Church?
- ▶Do I use God's name or Jesus' name without respect or when I am angry?

#### Examination of conscience

#### My Relationship with Family, Friends and **Neighbors**

- ▶Do I obey my parents and my teachers? Do I do what they ask me to do?
- ▶Do I say mean things to my mom or dad?
- ▶Do I always say "Thank You" to people?

#### Examination of conscience

#### My Relationship with Family, Friends and **Neighbors**

- Am I hard to get along with (during school, at Grandma's, at home)?
- ▶ Am I lazy around the house? Do I do my chores?
- ▶Do I hurt other people's feelings by calling them bad names?

#### Examination of conscience

#### My Relationship with Family, Friends and **Neighbors**

▶Do I tell lies?

**Neighbors** 

- ▶Do I bully others?
- ▶Do I start fights with my brothers and sisters at home?

#### Examination of conscience

# My Relationship with Family, Friends and

- ▶Do I blame other people for things I do?
- ▶Do I get other people into trouble?
- ▶Do I hit people when I get mad?

#### Examination of conscience

#### My Relationship with Family, Friends and **Neighbors**

- ▶Do I forgive people when they hurt me? Do I hold a grudge?
- ▶Do I cheat or play unfair in games?
- ▶Do I refuse to play with someone for no good reason?

#### Examination of conscience

### My Relationship with Family, Friends and Neighbors

- Am I lazy about my schoolwork?
- ▶ Do I fail to do my homework?
- ▶ Do I cheat in school?







#### Examination of conscience

#### My Relationship with Family, Friends and Neighbors

- ► Have I taken anything that doesn't belong to me? Do I return things that I borrow in good condition?
- ▶ Do I take care of my belongings and those of others?
- ▶ Do I refuse to eat food I don't like?
- ▶Do I follow rules about using the computer at home?

#### Examination of conscience

# My Relationship with Family, Friends and Neighbors

- ▶Did I keep hatred in my heart?
- ► Have I ever hit anyone in anger, intending to injure the person?
- ▶Did I fight, give a bad example, or cause scandal?

#### Examination of conscience

## My Relationship with Family, Friends and Neighbors

- ▶ Have I stolen what is not mine? What or how much?
- ▶ Did I return it or make up for what I have stolen?
- ▶ Have I cheated on tests or homework?
- ▶Did I waste my time?

#### Examination of conscience

# My Relationship with Family, Friends and Neighbors

- ► Was I angry or jealous?
- ► Am I critical, negative or uncharitable in my thoughts toward others?
- ▶Is my heart set on earthly possessions instead of on the treasures in Heaven?

#### Examination of conscience

# My Relationship with Family, Friends and Neighbors

- ► Have I gossiped or spread rumours?
- ▶Did I reveal secrets that should have been kept confidential?
- ► Have I thought negatively of people of other nationalities, races, or religions?

#### Examination of conscience

# My Relationship with Family, Friends and Neighbors

- ▶Do I fail to pray?
- ►Have I denied my faith?
- ▶ Was I careless in saying my prayers?
- ▶Do I give God time every day in prayer?







## SASKATOON YOUTH SOCCER INC.

# Outdoor Soccer

# U5 to U19 REGISTRATION:

February 1st to March 15th

Check with your Zone or Community Association for registration information.





## **Outdoor Season Info:**

Mini U5 - U9 City League U11 - U19 Alliance Youth League U11 - U19 8 games 8 games 10 games 306-975-3413

Outdoor Season runs from April 25 to June 29, 2025 Register by March 15th to avoid late fees!

## Register according to your birth year:

Community Association Programs: (Community handles registration, coacses, and equipment):

Born 2020 U5 Community League (Timbits) Register with Community Association
Born 2018 / 2019 U7 Community League (Timbits) Register with Community Association
Born 2016 / 2017 U9 Community League Register with Community Association

## Zone Association Programs: (Zone coordinates registration, coaches, and additional player development):

| Born 2018 / 2019 | U7 Development League | Register with Zone (home zone recommended) |
|------------------|-----------------------|--------------------------------------------|
| Born 2016 / 2017 | U9 Development League | Register with Zone (home zone recommended) |
| Born 2014 / 2015 | U11 Youth Leagues     | Register with Zone of Residence            |
| Born 2012 / 2013 | U13 Youth Leagues     | Register with Zone of Residence            |
| Born 2010 / 2011 | U15 Youth Leagues     | Register with Zone of Residence            |
| Bom 2008 / 2009  | U17 Youth Leagues     | Register with any Zore                     |
| Bom 2006 / 2007  | U19 Youth Leagues     | Register with any Zore                     |



Contact Info for Community Associations and Zones

will be posted on our website www.saskatoonyouthsoccer.ca

Scan the QR code for Outdoor 2025 season details including Game Nights!



## WE ALL BELONG HERE -MANY STORIES MAKE UP SASKATOON

## COMMUNITY RECOGNITION

**CALL FOR 2025 NOMINATIONS** 

Tell us how an individual or organization is working to promote inclusion or combat racism.

## **SCHOOL SUBMISSIONS**

## **CALL FOR 2025 SUBMISSIONS**

We accept videos, paintings, stories or any other form of artistic expression that speaks to inclusion or combatting racism.

Submit on behalf of a student, class, school group, or school.

Submission deadline: March 5, 2025 at 3 p.m. Winners announced: March 21.



Submission guidelines, nomination forms and more at saskatoon.ca/livinginharmony redi@saskatoon.ca

