



# École Racette School

January 2025

## DATES TO REMEMBER

- New Year Liturgy - January 8<sup>th</sup>
- Jersey Day - January 15<sup>th</sup>
- Locker Clean up - January 22<sup>nd</sup>
- Parent Advisory Meeting - January 22<sup>nd</sup>
- SPAA Curling - January 29-30<sup>th</sup>
- PLC Day - No School - January 31<sup>st</sup>



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Student Registration Fees are now due. These fees are payable through School Cash Online, or by cheque/cash/debit/credit at the main office.

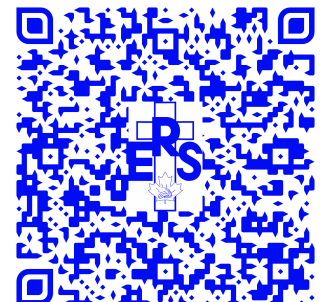
New to [School Cash Online](#)? Click the link to register!

## Racette School Public Calendar

We have put together a public calendar for students and families to stay up to date with the school activities.

- You can view the [Calendar here](#)

- You can add it to your device's calendar by [clicking here](#) or by scanning the Code —>



## For Parents and Visitors

Reminder: All school doors, except the main (South) entrance, are locked.

ALL PARENTS AND VISITORS are to use the Main Street doors and report to the office to advise of your reason for being in the school.

We ask that you do not proceed to your child's class.

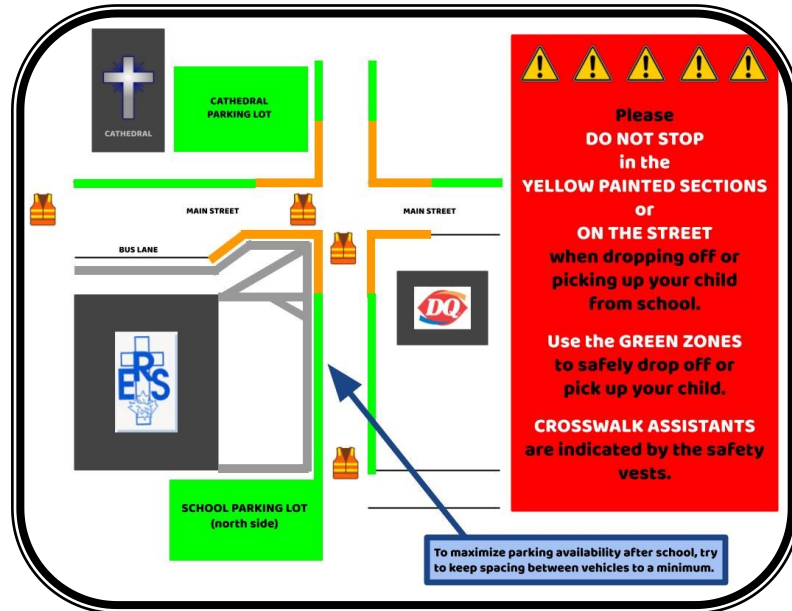
**\*\*NOTE\*\*** Racette School has video recording in effect.

### REPORT CARD DATES

#### FOR 2024/2025

- Tuesday, March 18, 2025
- Final report cards will be ready at the end of June 2025

Parents, please encourage your child to use the lock on their lockers. Several students are leaving them unlocked and we are concerned about valuables that could go missing.



Mental Health & Addiction News

January 2025

**Introduction to Nicotine**  
Nicotine is a drug that affects the brain and body:

- acts as a stimulant in small doses, but in large amounts can interfere with the body's nervous system
- it can mess with the brain's ability to focus and learn
- it makes youth more likely to get addicted to nicotine
- can make depression and anxiety worse and increase stress
- can cause short-term problems like loss of appetite, diarrhea, nausea, faster heart rate and blood pressure
- is a highly addictive chemical

**Reasons youth say they use nicotine:**

- to reduce stress
- curiosity & social influence
- they crave the high sensation (buzz)

**Ways to counter the reasons:**

- help them learn strategies to manage their emotions and feelings; like being creative, practicing mindfulness, and being physically active
- talk to your teen about their goals and values in life and how nicotine might interfere with them
- knowledge is power – take away the curiosity and kill the cool

**Tips to support your youth to be nicotine-free; help your youth:**

- learn how to make informed decisions: together, learn the facts about nicotine and cigarettes, vaping, pouches, and smokeless tobacco
- understand the physical and mental health risks of using nicotine, and how their brain develops
- express their individuality and pursue their interests and passions
- calculate the financial cost and help them plan how they can use their money to achieve their dreams and goals

**Help your kids create a future free from nicotine addiction - support them to:**

- stand up to industry tactics to market their nicotine delivery products to youth
- ask government to "protect them" from being the target of the industry with their "cool devices and candy flavours"
- be role models for their peers and younger children and youth
- advocate for nicotine-free spaces to play, to learn, to live

**MORE RESOURCES, visit:**  
Canada.ca – [Keep your Kids Smokefree](https://www.canada.ca/en/health-services/canadian-smoking-cessation-program.html)  
[TruthInitiative.org](https://www.truthinitiative.org/)



For 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

## Midterms

Teachers are preparing students for midterm exams.

Rather than a full midterm exam week, these exams will be scheduled during class time. Most of these exams will occur in January.

For more information, please refer to the course outline that your child received at the beginning of the school year.

### HOW SICK IS TOO SICK FOR SCHOOL?



#### SEND TO SCHOOL

- A runny nose or just a little cough but no other symptoms.
- Sore throat but no other symptoms.
- No fever in the past 24 hours without fever-reducing medicine.
- No vomiting or diarrhea for 24 hours.



#### KEEP AT HOME

- Fever higher than 100.4 degrees F (38 degrees C).
- Sore throat, with other symptoms such as a persistent cough.
- Vomiting or diarrhea in the past 24 hours.
- Eyes are pink and crusty.
- Has been exposed to an illness where isolation is recommended.



stpauleducation.ab.ca

## Parent Advisory Committee

Guided by our Catholic Community, Ecole Racette School fosters the attitudes, skills, and values that develop the potential of each individual.

Ecole Racette School Parent Advisory Committee's goal is to support the mission of the school. The committee will undertake discussions and activities that enhance student learning and foster the well-being and effectiveness of our school community.

The committee meets once a month at the school and all parents are invited to attend. The next meeting is scheduled for January 22nd @ 7:00pm.

For more information, please view the Racette website or click on the link below to see the minutes and activities.

[Parent Advisory 2024-2025](#)

# Christmas Dinner and Fine Arts Showcase





# Girls Basketball

## RACETTE LADY RAIDERS RACETTE LADY RAIDERS

### SR. GIRLS

Addison Boulianne  
Payton Boulianne  
Tenley Brousseau  
Brynn Culp  
Jaedyn Duchesneau  
Juliet Graham  
Addasyn Gray  
Talia Malcolmson  
Ashlyn Morris  
Ava Murray  
Maelle Noel  
Gillian-Raine Ordon  
Ellawyn Penner  
Sarah Zapisocki

### JR. GIRLS

Aliana Amy  
Ayehsia Barba  
Sophie Burton  
Sincery Harris  
Julia Hurtubise  
Jewel Jobit  
Ryleigh Robinson  
Chloe Smith  
Avery Yaremchuk  
Alyssa Zarowny

*Girls Sr. Basketball Coach - Kristyn Duchesneau*  
*Sr. Assistant Coach - Julie Zapisocki*  
*Jr. Basketball Coach - Katie Lysy*  
*Jr. Assistant Coach - Sandy Lysy*

# Boys Basketball

## RACETTE RAIDERS RACETTE RAIDERS

### SR. BOYS

Miller Corriveau  
Jacob Espejo  
Kyrone Guardiana  
Felix Lachance  
Crew Lafrance  
Lochlan Lamoureux  
Antoine Lampron  
Ayden Lee  
Camden Levasseur  
Bentley Looy  
Caleb Martin  
Junior Ndose  
Ryan Noel  
Gus Penosky  
Thomas Pilipchuk  
Tadiwa Sesay  
Griffin Stepp

### JR. BOYS

Oshoke Alimasunya  
Blake Anderson  
Jethro Bolante  
Severin Bull-Roszell  
Zayne Crook  
Faithfulness Dada  
Goodness Dada  
Tyson Ferris  
Rylan Fontaine  
Keagan Gray  
Lincoln Incho  
Javier Lachance  
Tyler Lafrance  
Jaxon Lamoureux  
Kaiser Monzones  
Jayden Obaitua  
Pranxis Patubo  
Ethan Potts  
Gage Starosielski  
Oliver Stepp  
Adam Swiegocki  
Carter Yopyk

*Boys Sr. Basketball Coaches*  
*Joy Tremblay, Brandon Lee, Rob Levasseur*

*Jr. Basketball Coach*  
*Joy Tremblay*

## Gotcha - Good Conscience

These students were “caught” doing something good for someone else! They were entered into a draw for a cafeteria card!

- Denay Brodziak
- Finn Haugen
- Javier Lachance
- Lochlan Lamoureux
- Owen McIntosh
- Gus Penosky
- Tadiwa Sesay
- Kurt Yaremko

## Raider Days

### RAIDER THURSDAYS

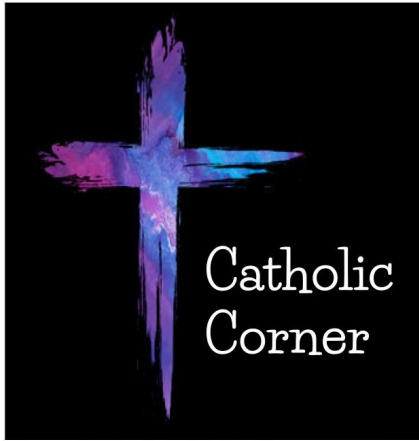
Every Thursday, we encourage students and staff to show their school pride by wearing “Racette gear” or the color blue. School gear can be purchased online at

[racetteschool.entripyshops.com](http://racetteschool.entripyshops.com)

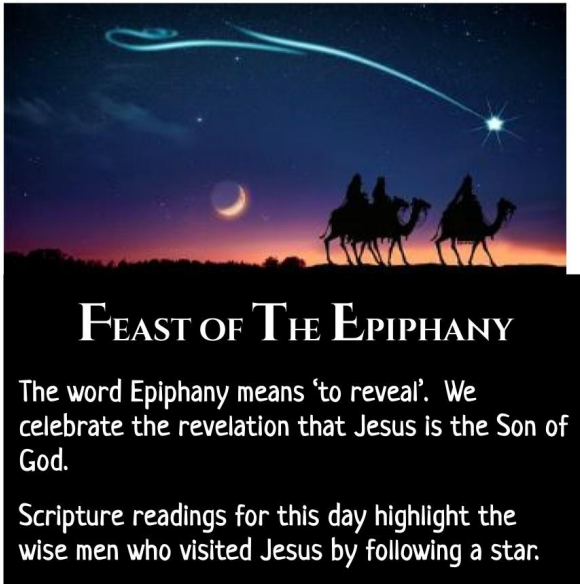


## Christmas Activities





While society has packed up Christmas and retailers are selling Valentine chocolates by the beginning of January, the church recognizes the importance of continuing the celebration of Christmas. The Christmas season not only celebrates the birth of Jesus, it also highlights Mary, the Holy Family, Epiphany, and the Baptism of our Lord. This year, the last day of the Christmas season is January 12 and we return to Ordinary Time on January 13.



It is tradition to bless one's home during this feast as a way to invite God into the home & family.

20 + C + M + B + 25

The numbers represent the New Year

C M B represents 2 things:

Caspar, Melchior & Balthazar (the Wise Men)

CHRISTUS MASIIONEM BENEDICAT

(which translates from Latin to)

MAY CHRIST BLESS  
THIS HOUSE



## Baptism of Our Lord

John the Baptist baptized Jesus in the Jordan River.

*"And when Jesus had been baptized, just as he came up from the water, suddenly the heavens were opened to him and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, "This is my Son, the Beloved, with whom I am well pleased."*

Matthew 3:16-7



## A Note From Mrs. Belland

Happy New Year! I hope you all have had a wonderful break. Here are some things I have been working on and talking about:

1. **Words Stick:** In December, the **8-1's** and **8-2's** participated in this program, and now the **7-3's** and **8-3's** are learning about the power of negative comments, practicing writing positive comments, and receiving positive comments. I am hopeful this will help students to think carefully about what they say online and offline.
2. **Alcohol and Addiction:** As part of the health curriculum, I will be visiting the **8-1's** and all of the **grade 9 health classes** to discuss the physical and mental health concerns around substance use and addictions
3. **Vaping:** As part of the health curriculum, I visited the **8-1 health class** to talk about the physical and mental health concerns around the use of vapes.
4. **Noon Games:** On days when I am at Racette, I continue to facilitate a noon game. Typically we do movement games on Mondays, "icebreaker" style games on Tuesdays, word games on Wednesdays, improv games on Thursdays, and traditional board/card games on Fridays.

HAPPY NEW YEAR

2025

If you have any questions or concerns, please don't hesitate to contact our school, and we will do our best to answer them.

**For more info:**

<https://www.facebook.com/TWBMHCBSt.Paul>



Together We're Better



All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.

2 Timothy 3:16-17

# January 2025

## CHRISTMAS BREAK!

MON	TUE	1 WED	2 THU	3 FRI
6 <b>Day 1</b> Poutine	7 <b>Day 2</b> Beef Stew w/ a Bun	8 <b>Day 3</b> Christmas/New Year Liturgy ✝ Chicken Fingers w/ Caesar Salad	9 <b>Day 4</b> Taco Salad	10 <b>Day 5</b> Fish 'n' Chips
13 <b>Day 6</b> Poutine	14 <b>Day 1</b> Meatballs & Gravy w/ Mashed Potatoes	15 <b>Day 2</b> Grilled Ham & Cheese w/ Veggies & Dip	16 <b>Day 3</b> Spaghetti	17 <b>Day 4</b> Perogy Plate
20 <b>Day 5</b> Poutine	21 <b>Day 6</b> Bento Box (Lunch Meat, Cheese, Pickles, Crackers, & Treat)	22 <b>Day 1</b> Hot Wings w/ Salad	23 <b>Day 2</b> BBQ Pulled Pork Bun w/ a fruit cup	24 <b>Day 3</b> Pizza Mac & Cheese Casserole
27 <b>Day 4</b> Poutine	28 <b>Day 5</b> Spring Rolls w/ Rice	29 <b>Day 6</b> Chicken Caesar Salad	30 <b>Day 1</b> Bento Box (Lunch Meat, Cheese, Pickles, Crackers, & Treat)	31  Day

Contact Us!

Principal - Andrea Austin: [austandr@sperd.ca](mailto:austandr@sperd.ca)

Assistant Principal - Corinne Pashko: [pashcori@sperd.ca](mailto:pashcori@sperd.ca)

School Phone: 780-645-3571

Fax: 780-645-2496

Cell (For Texting Only) - 780-547-9900

STAY UP-TO-DATE WITH INFORMATION:

**Racette**

Website: [www.racetteschool.ca](http://www.racetteschool.ca)

Facebook 

**St. Paul Education Regional Division:**

Website: [www.stpauleducation.ab.ca](http://www.stpauleducation.ab.ca)

Facebook 



**St. Paul Education**

*Learning Together, Growing Together*

[Updates from the District](#)

[The December Board Highlights](#)

### Student Success at Racette Junior High School

One of our main priorities at Racette School is to ensure student success. Individual teachers are the main facilitators for students in their learning, however, sometimes additional support may be required. Every day there is a 25-minute period just before lunch. It is referred to as SST (Student Support Team). During this scheduled period, students will be able to do AR reading, get caught up on missing assignments, study, or re-do assessments.