



# École Racette School

March 2025

## DATES TO REMEMBER

- Shrove Tuesday Pancake Breakfast - March 4th
- Ash Wednesday Liturgy @ 11:00am - March 5th
- Locker Clean up - March 6th & March 19th
- SPAA Basketball - March 7-8th
- PLC Day - March 10 - No School
- Gr. 9 Orientation @ RHS - March 12th
- Parent Advisory Meeting - March 12th @ 7:00pm
- Gr. 9 Ski Trip - March 14th
- Report Cards - March 18th
- Reconciliation - March 19th in the Afternoon
- Student/Parent/Teacher Interviews - March 19th - 5:30-7:30 PM

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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.

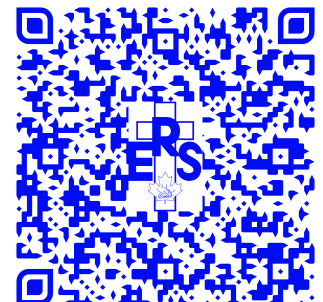
New to [School Cash Online](#)? Click the link to register!

## 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 —>



**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.**

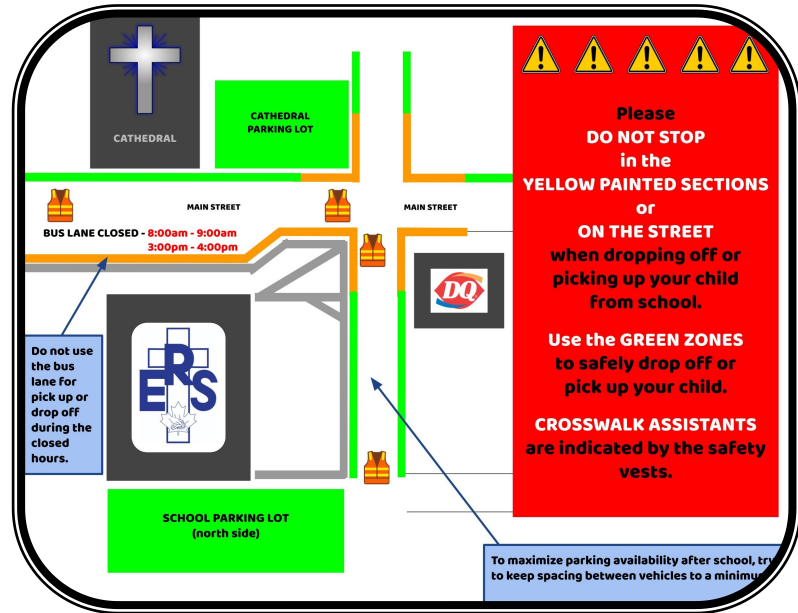
## For Parents and Visitors

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.



## 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 March 12th @ 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](#)



### Introduction to Teaching Empathy

Empathy is the ability to understand and share feelings of another person.

- Empathy involves recognizing emotions in others, imagining their experience, and responding with care and understanding
- Empathy is a foundational skill for building meaningful relationships and fostering emotional wellbeing.
- Children learn by observing adults model and demonstrate empathy in everyday interactions.

### Top Tips to Teach Empathy Model Active Listening and Reflect Back

Set aside 5-10 minutes each day where you give your child undivided attention. Ask them about their day and actively listen without interrupting. After they share, reflect what you heard

#### Benefit:

When children feel heard, they learn that their emotions are valid. This practice teaches children how to listen to others' experiences and feelings

### Top Tips to Teach Empathy Acknowledge and Name Emotions Together

When emotions run high—whether it's anger, sadness, or excitement—practice naming the emotions together (i.e.) "It seems like you're feeling really disappointed right now."

#### Benefit:

- By helping children recognize and name their emotions, they become better at understanding feelings. This helps them relate to others and show more empathy.

### Top Tips to Teach Empathy Encourage "Perspective Taking"

While reading a story or watching a show together, pause and ask questions like, "How do you think this character is feeling?" or "What would you do in this situation?"

#### Benefit:

- This helps children understand how others feel and see things from their point of view, which is an important skill.

### MORE RESOURCES, visit:

[Positivepsychology.com](https://www.positivepsychology.com) and search empathy



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

Our Lost & Found is full of expensive, reusable water bottles.

Unfortunately, if they are not claimed by the end of the month, they must be thrown away or donated.

Parents, please mark your child's name on the personal items they bring to school. Also, have them check the Lost & Found basket in the office if they are missing anything.

## Gotcha - Good Conscience

These students were “caught” doing something good for someone else! Their names will go into a draw to receive a cafeteria gift card!

- Sophie Bonner
- Payton Boulianne
- Atlas Eddingfield
- Keagan Ference
- Julia Hurtubise
- Owen Landiak
- Caleb Martin
- Jacob McRury
- Kurt Yaremko
- Alyssa Zarowny

## 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)







# Grade 9 ORIENTATION MARCH 4 '25

6:20pm in the  
Fine Arts theatre

Future Students &  
Parents Welcome!

Presentation by Principal  
Mr. Tichkowsky @ 6:20pm  
followed by guided tours.

Home of the SAINTS

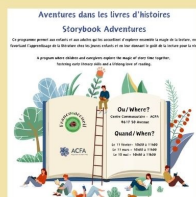


**ACFA**  
Régionale de Saint-Paul

saint-paul@acfa.ab.ca  
780-645-4800  
4617-50 Ave



Tournée Albertaine  
avec Joël Lavoie  
7 mars à 19h30



Mini tente de lecture  
11 mars 2025  
10h-12h agora



5 à 7 St Patrick  
à LBC  
17 mars 2025



APJ (Apprendre par le jeu)  
le 20 mars 2025  
GYM ACFA 4617-50 Ave  
9h30 - 11h30



Café Causerie  
25 mars 10h- 11h  
agora ACFA

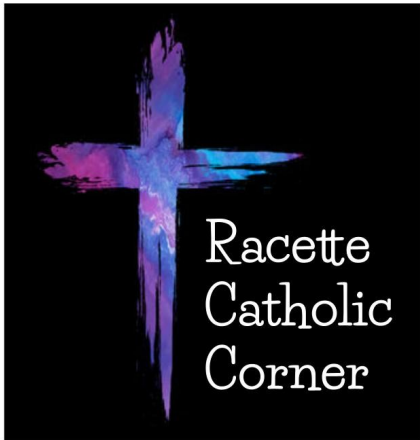


# Gr. 8 Kinosoo Ski Trip

The students had a great day on the hill on February 26th. The chill in the morning air dissipated and the warm afternoon sun made for a wonderful day of skiing and snowboarding.







This month we find ourselves embarking on the season of Lent. We are given 40 days to align ourselves with God's ways. Through acts of prayer, fasting, and almsgiving, we are able to reflect on the intentions of our actions, return our hearts to Jesus, and restore our hope of life forever with God.

Here are some ideas that we can use on our journey through Lent.



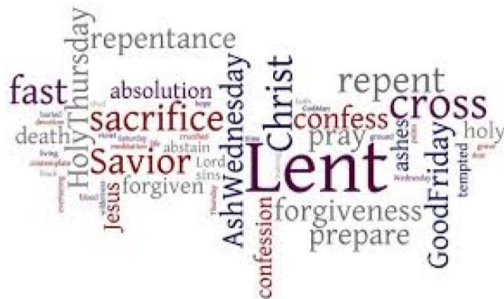
Dear Lord, as we live through this Ash Wednesday, may the crosses of ashes that mark our foreheads be a reminder to us and to those we meet that we belong to Your Son.

May our worship, prayer and penitence this day be sustained throughout these 40 days of Lent.

Lead us into sincere repentance and renew our lives with your grace.

Bring us refreshed and renewed to the celebration of Christ's resurrection at Easter.

AMEN.



#### Ways to Live Lent this year

- Attend Mass on Ash Wednesday. Wear your ashes out into the world as a marker of your faith.
- Set aside time to pray. It could be for 1 minute when you first wake up or for 20 minutes at the end of your day.
- Give something up - social media, Netflix, a favorite treat.
- Read the Bible or do some spiritual reading.
- Show gratitude.
- Turn off the radio on your drive in to school or work. Be silent.
- Choose not to eat out. Donate the money you 'save' to your favorite charity.
- Focus on a daily reflection. Here is one to try...  
[Busted Halo: 2025 Lent Calendar](#)
- Pray the Stations of the Cross. Try this version out...  
[Busted Halo: Virtual Stations of the Cross](#)
- Participate in the [InstaLent Photo Challenge!](#)



# A Note From Mrs. Belland

Welcome to March! Hopefully, spring weather will be right around the corner. Here are some things I have been and will be talking about.

1. **Pink Shirt Day:** Pink Shirt Day is always the last Wednesday in February, so this year it was February 26th. In honor of the day, Racette school has a new banner hanging in our hallway telling students that they are worthy, loved, enough, and that they matter. We have asked all students to sign a pink sticky note in support of this statement.
2. **Words Stick:** Speaking of Kindness, I am still facilitating the Words Stick program with all of our classes. I had finished up with the 7-3's and 8-3's, and have started with the 9-1's and 9-2's. This is a program that I am using for all students at Racette this year. Students 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.
3. **Vaping:** As part of the health curriculum, I spoke to the 9-2's about vaping this month, including the health concerns as well as the risk associated with nicotine addiction.
4. **Noon Games:** On days when I am at Racette, I continue to facilitate a noon game for any students who choose to come play. We have a lot of fun, and I enjoy spending my lunch with some awesome kids.

**For more info:**

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



“And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.”

Matthew 6:16-18

MARCH 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAY 6 POUTINE 3	DAY 1 SHROVE TUESDAY FREE PANCAKE BREAKFAST REGULAR MENU ITEMS NO SPECIAL 4	DAY 2 ASH WEDNESDAY MAC & CHEESE ASH WEDNESDAY LITURGY @ 11:00AM 5	DAY 3 REGULAR MENU ITEMS NO SPECIAL 6	DAY 4 PIZZA BY THE SLICE 7
PLC DAY NO SCHOOL 10	DAY 5 REGULAR MENU ITEMS NO SPECIAL 11	DAY 6 CHICKEN WINGS W/ CAESAR SALAD 12	DAY 1 REGULAR MENU ITEMS NO SPECIAL 13	DAY 2 PEROGY PLATE GR. 9 SKI TRIP 14
DAY 3 POUTINE 17	DAY 4 REGULAR MENU ITEMS NO SPECIAL 2nd Report Card 18	DAY 5 RECONCILIATION IN THE AFTERNOON CHICKEN FINGERS W/ FRIES Parent/Teacher Interviews 19	DAY 6 REGULAR MENU ITEMS NO SPECIAL 20	DAY 1 PIZZA BY THE SLICE 21
24	SPRING		BREAK	
DAY 2 POUTINE 31	25		26	27
28	29		30	

Contact Us!

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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 February 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.