



École Racette School

May 2025

DATES TO REMEMBER

- **Bus Driver Appreciation Day - May 5**
- **Mental Health Week - May 5-9**
- **Grade 9 Choices Program - May 6**
- **Hats on for Mental Health - May 7**
- **RCMP Road Race - May 7**
- **Support Staff Appreciation Day - May 8**
- **Locker Clean-Up - May 12**
- **Track and Field - May 13**
- **PLC Day - No School - May 15**
- **School Closed & Victoria Day - May 16/May 19**
- **Parent Advisory Meeting - May 21**
- **Grade 9 Celebration - May 22**

MAY PAT SCHEDULE:

May 27


Gr. 9 - FLA - Part A

May 28

Gr. 6 - ELA - Part A

May 29

Gr. 9 - ELA - Part A



Lord God,
you chose Pope Francis to be shepherd over the Church
and to serve you as the Vicar of your Son Jesus.
Welcome him into the glory of your kingdom
and grant him the eternal reward of a faithful servant.

May his teachings and examples
continue to nourish and inspire our faith
and may his intercession continue to benefit
all peoples of the world.

Through Christ our Lord.
Amen.

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 —>





Update from the Cree Class

The Cree students honoured Earth Day, creating posters of what they have learned to share with other students.



Cree 9 students played traditional hand games, where players hide a stone and the others must guess which hand it is hidden in. They learned many historical indigenous games.



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 prize.

- | | | |
|--------------------|-------------------|--------------------|
| • Vann Johnsen | • Jacob McRury | • Jeremy Schoff |
| • Camden Levasseur | • Leah Pashko | • Easton Sheppard |
| • Reid Mahe | • Gus Penosky | • Odin St. Arnault |
| • Madelyn Martin | • Hera Pigeon | • Melody Yaceyko |
| • Kayven Mathews | • Laetyn Robinson | |

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



IT'S STILL EASTER



A GUIDE TO THE LITURGICAL EASTER SEASON



March 31

Christ is risen! The tradition of celebrating Easter on the Sunday following the first full moon of spring dates back to 325 AD. The Eastertide lasts for 50 days, concluding on Pentecost Sunday.



April 7

Divine Mercy Sunday is observed the Sunday after Easter. This feast calls the Church to rejoice in the merciful love of God through Saint Faustina's revelations and prayers.



May 9

The Ascension marks 40 days of Easter, celebrating Jesus' ascent into Heaven after his resurrection. It is a holy day of obligation but may be observed the following Sunday.

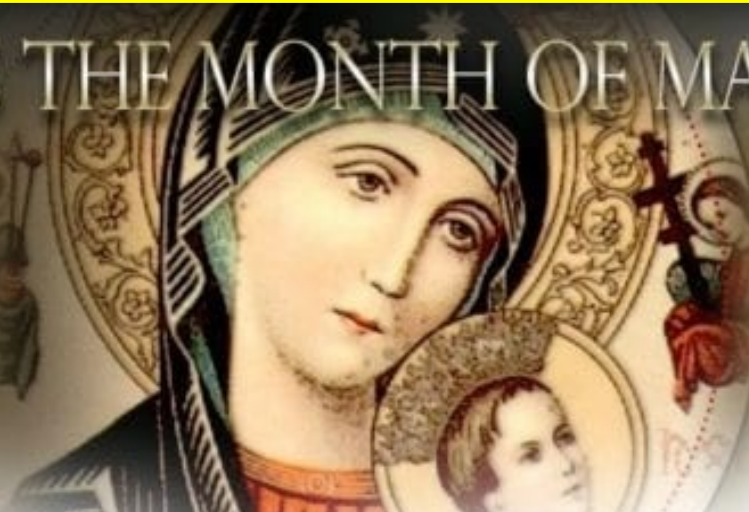


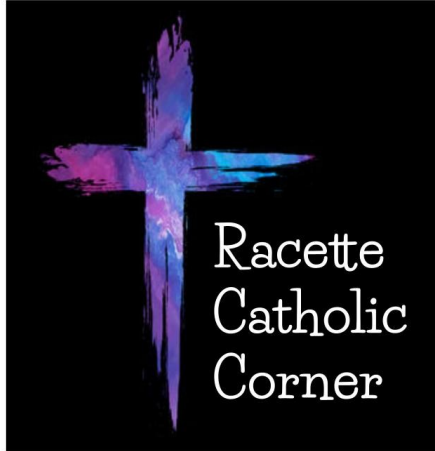
May 19

The Easter season officially ends on Pentecost Sunday which celebrates the descent of the Holy Spirit upon the disciples in the upper room. It is considered the birthday of the Church.

MAY IS THE MONTH OF MARY

HOLY MARY
MOTHER OF GOD,
PRAY FOR US

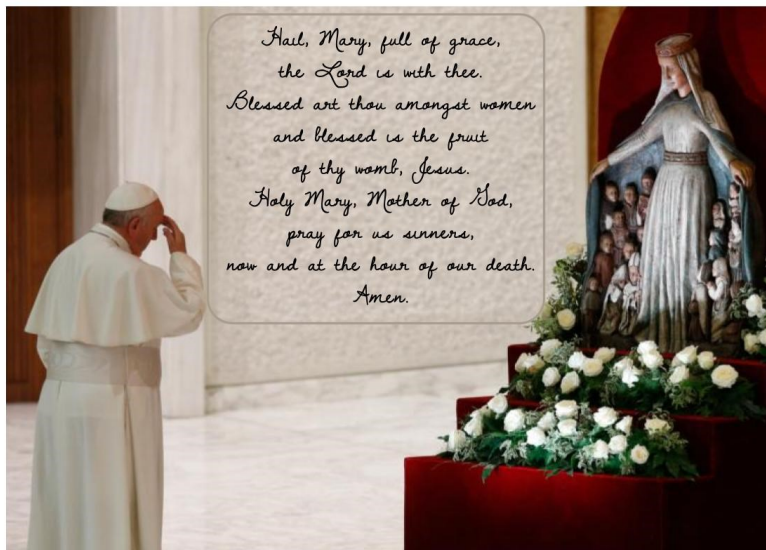




Pope Francis was known as “the people’s pope.” He did not want any special treatment because of his title, but rather emphasized the importance of connecting with everyday people, particularly the vulnerable. He was the epitome of servant leadership and urged his priests to “be shepherds with the ‘smell of sheep.’” This message doesn’t have to be just for priests. We, too, can learn from his example of serving others.

We continue celebrate Easter season in May, rejoicing in the glory of the Lord’s Resurrection and in the promise of eternal life.

May is also the month dedicated to Mary, the Mother of God. Pope Francis had a deep devotion to Our Lady, choosing to be buried at the Basilica of St. Mary Major rather than at St. Peter’s in Vatican City.



The Conclave

On Wednesday, May 7, the cardinals of the world will gather for the Conclave. This is the selection of the new pope.

Here is a great video about how a new pope is selected: [How to Become Pope](#)



A Note From Mrs. Belland

May 5th-11th is Mental Health Week! We will also participate in **Hats on For Mental Health** on Wednesday, **May 7th**.

Aside from Mental Health Week, here are a few other things we are and have been working on:

1. **Choices Event:** The **Grade 9 classes** from all schools in St Paul, Ashmont, and Mallaig will be participating in the **Choices** event on **May 6th**, including a mock collision and several speakers. Our keynote is **Allan Kehler**.
2. **Allan Kehler** will also be doing a **Public Community Presentation** on Monday, **May 5th at the Mallaig Legion Hall at 7:15pm**. I encourage all parents to take in this presentation.
3. **Choices Event Preparation:** I have presented to each of the **Grade 9 health classes** to prepare them for what the Choices event might entail.
4. In **partnership with the St Paul FCSS**, I will be providing a series of **FREE Wellness Exchange workshops**. These will be on **Tuesday evenings in May** from 6:30 to 8:30 **at the FCSS office**. Call **780-645-5311** to register.
5. **Consent:** As part of the **Grade 9 health curriculum**, I have had discussions with the **Grade 9-2 and 9-3 classes** about consent. This is a fact based presentation that encompasses the Catholic lens of stewardship of the body. This was only presented to students who had parental permission for the Human Growth and Sexuality unit.
6. **Words Stick:** I will be finishing up Words Stick program this spring at Racette. I have finished with the **6-1's and 6-2's** and am working with the **6-3's and 9-3'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.
7. **Exam Stress:** Over the next couple of months, I will be visiting classes to provide strategies to cope with exam stress.

I'm

#UnmaskingMentalHealth

There's
more to me.

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



Recovery Alberta
MENTAL HEALTH AND ADDICTION SERVICES

Racette Badminton

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.

The Badminton season is very condensed! Practices started mid March and the season wrapped up on April 24. In those weeks, coaches Trevor Pilipchuk and Raynelle Robinson worked hard to prepare the athletes during the after school & morning practices. The commitment of these athletes proved to be a success! Grades 6-9 athletes took part in the Ecole du Sommet Tournament and were successful in preparing themselves for the upcoming SPAA tournament.



On April 24, the Racette Raider SPAA team competed and came home with 3 gold, 8 silver and 5 bronze medals. After all the results were tallied, Racette brought home the Girls, Boys, & and tied Glen Avon for the Mixed banners (calculated on participant/win ratio)! We are all very proud, not only of the success of the team, but each individual's commitment to practices and their drive to improve!

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 has been postponed to Wednesday, May 21st @ 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](#)

REPORT CARD DATES

FOR 2025

- **Final report cards will be mailed out in June of 2025**

School Fees

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!

Mental Health & Addiction News

May 2025

In honour of Mental Health Week, May 5-11, we are highlighting Move Your Mood healthy lifestyle practices that improve mental and physical well-being and enhance connections to others.



DID YOU KNOW?

EXPAND YOUR *Mind*

Strengthening your brain involves understanding your emotions, thoughts, and actions. It also means learning skills and ways to help you with difficult times. When you do things that stimulate your brain, it releases feel-good chemicals.

Take a moment to turn up the music and dance, share a good laugh, read a book or get creative!

Fuel YOUR BODY

Fueling your body with a variety of food and water provides the energy your body needs to grow, learn and play. A balanced diet can improve your mood, focus and emotional well-being. Sharing meals with others can strengthen connections as well.

Choose foods that make you feel your best, and aim for a balanced diet with plenty of vegetables, fruits, protein, and whole grains.

Move YOUR BODY

Moving your body every day improves your mental and physical well-being.

Regular movement can lift your mood, energy, and self-esteem. It also helps reduce stress, anxiety and depression. Being active can help you focus and be creative. Plus, it's a great way to connect with others. The key is to make movement fun by finding activities you enjoy.

Get outside, go for a walk, ride your bike or visit a local park.

PRACTICE Mindfulness

Practicing Mindfulness is being present in the moment, without distractions or judgment. Practicing it can help reduce stress and anxiety, improve focus, creativity, and self-esteem. Being mindful helps with decision-making and emotional well-being.

Try practicing by tuning into your surroundings through your 5 senses. Look around you, what do you see, hear, smell, taste, feel?



Interested in more ideas?

Visit:

[CMHA Mental Health Week Help in Tough Times](#)
[Move Your Mood Website](#)

Follow us on social media @ Move Your Mood Alberta

Build ASSETS

Developmental Assets are building blocks to help kids grow up healthy, caring and responsible. Just like a superhero has gadgets to solve problems, these assets help kids handle life's challenges and make good choices.

Help kids build assets by showing kindness, helping others, setting goals and connecting to caring adults.

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

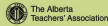
Wednesday, May 7, 2025



Hats on! for Mental Health



Wear a special hat to school to raise awareness of the importance of good mental health.



ECOLE RACETTE SCHOOL

2025 YEARBOOK
AVAILABLE TO ORDER
\$25 EACH

SCAN TO ORDER!



USE YEARBOOK CODE - 11412025

WWW.YBPAY.LIFETOUGH.CA

ECOLE RACETTE SCHOOL

2025 PAT SCHEDULE

MAY 27

Gr. 9 - FLA - Part A

MAY 28

Gr. 6 - ELA - Part A

MAY 29

Gr. 9 - ELA - Part A

JUNE 11

Gr. 9 - FLA - Part B

JUNE 12

Gr. 6 - ELA - Part B
Gr. 9 - ELA - Part B

JUNE 13

Gr. 6 - Math - Part A
Gr. 9 - Math - Part A

JUNE 17

Gr. 6 - Math - Part B
Gr. 9 - Math - Part B

JUNE 18

Gr. 6 - Soc. St.
Gr. 9 - Soc. St.

JUNE 19

Gr. 9 - Science



"When they had prayed, the place in which they were gathered together was shaken; and they were all filled with the Holy Spirit and spoke the word of God with boldness." Acts 4:31

May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>May is the Month of Mary</p> 	<p>ASKING FOR HELP IS OK</p>	<p>MENTAL HEALTH</p>	<p>1</p> <p>REGULAR MENU ITEMS NO SPECIAL</p> <p>DAY 4</p>	<p>2</p> <p>PEROGIE PLATE</p> <p>DAY 5</p>
<p>5</p> <p>REGULAR MENU ITEMS NO SPECIAL</p>  <p>DAY 6</p>	<p>6</p> <p>POUTINE</p> <p>DAY 1</p>	<p>7</p> <p>CHICKEN WINGS W/ CAESAR SALAD</p>  <p>DAY 2</p>	<p>8</p> <p>REGULAR MENU ITEMS NO SPECIAL</p>  <p>DAY 3</p>	<p>9</p> <p>PIZZA BY THE SLICE</p> <p>DAY 4</p>
<p>12</p> <p>HAPPY MOTHER'S DAY</p> <p>REGULAR MENU ITEMS NO SPECIAL</p> <p>DAY 5</p>	<p>13</p> <p>CHICKEN FINGERS W/ FRIES</p>  <p>DAY 6</p>	<p>14</p> <p>HOT DOGS W/ POTATO SALAD</p> <p>DAY 1</p>	<p>PLC DAY</p>	<p>16</p> <p>SCHOOL CLOSED</p>
<p>19</p>  <p>DAY</p>	<p>20</p> <p>POUTINE</p> <p>DAY 2</p>	<p>21</p> <p>PEROGIE PLATE</p> <p>DAY 3</p>	<p>22</p> <p>REGULAR MENU ITEMS NO SPECIAL</p> <p>DAY 4</p>	<p>23</p> <p>PIZZA BY THE SLICE</p> <p>DAY 5</p>
<p>26</p> <p>REGULAR MENU ITEMS NO SPECIAL</p> <p>YOU ARE ENOUGH</p> <p>DAY 6</p>	<p>27</p> <p>STIR FRY W/ RICE</p> <p>DAY 1</p>	<p>28</p> <p>PIZZA MAC & CHEESE</p> <p>DAY 2</p>	<p>29</p> <p>REGULAR MENU ITEMS NO SPECIAL</p> <p>Day 3</p>	<p>30</p> <p>BEEF STROGONOFF W/ PENNE NOODLES</p> <p>Day 4</p>

Contact Us!

Principal - Andrea Austin: austandr@sperd.ca

Assistant Principal - Corinne Pashko: 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

Facebook 

St. Paul Education Regional Division:

Website: www.stpauleducation.ab.ca

Facebook 



St. Paul Education

Learning Together, Growing Together

[Updates from the District](#)

[The April 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.