

OUR LADY OF PEACE SCHOOL NEWSLETTER

February 2026

February: Celebrating Kindness, Connection, and Community

Dear Families,

February is a beautiful time in our school community—a season that invites us to slow down, connect with one another, and lead with kindness. We are reminded of the call at the heart of our faith: to love one another as Christ loves us. This season offers many meaningful opportunities for our school community to reflect on kindness, compassion, and connection.

This month, our focus on kindness is woven through everything we do. As we approach **Valentine's Day**, students will be reminded that kindness is more than cards and treats—it is shown through patience, empathy, forgiveness, and care for others. These lessons echo Jesus' teachings and help our students understand that even small acts of kindness can reflect God's love in powerful ways.

We also look forward to **Family Day (Feb. 16)** a special time to pause and give thanks for the gift of family. Whether through time spent together, prayer, or simple moments of connection, we hope this long weekend provides space for connection, reflection, and joy with loved ones.

During **Random Acts of Kindness Week (Feb. 17-20)**, we invite students to live out our faith through action. By reaching out to others, noticing who may need encouragement, and serving with joyful hearts, students are learning how to be witnesses of Christ's love in our school and beyond.

Thank you for partnering with us in nurturing not only strong learners, but kind, faith-filled children who strive to love God and love one another each day. May God continue to bless our school community.

With gratitude, in Christ,

Sonja Willier, Principal
Erin Hart, Assistant Principal



KINDNESS STARTS WITHIN.

Celebrate Random Acts of Kindness Day by focusing on the most important person in your life—YOU.

Take this day to reset, relax, and recharge so you're ready for your next call to action.

Whether it's spreading love to others or taking on your next big goal, a refreshed mind and heart make all the difference.

Here are some self-kindness ideas to inspire you:

- ♥ Take a deep breath and enjoy a moment of stillness.
- ♥ Unplug for an hour to do something you love.
- ♥ Write down three things you're proud of or grateful for.
- ♥ Rest, reset, and remind yourself it's o.k. to pause.

Let today be a reminder that *you are worth it.*
What will you do for YOU today?

RANDOM ACTS OF KINDNESS FOUNDATION®

7 WAYS TO HELP MAKE KINDNESS THE NORM[®]

- 1 Scroll until you see someone's creative effort—a drawing, a recipe, a photo—and leave a genuine, specific compliment.
- 2 Ask someone, "What's good in your world today?" Then listen without rushing in to fix or compare.
- 3 Do at least three acts of kindness—one for a friend, one for family, and one for a stranger.
- 4 We always trade big news; today, share a tiny victory. You'll invite others to celebrate their small joys too.
- 5 Drop a surprise note in a library book.
- 6 Let someone merge in traffic, go ahead in line, or take their time when they're frustrated.
- 7 Make a playlist of songs that make you feel loved and send it to a friend.

make
kindness
the norm.

randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION



MAKE KINDNESS THE NORM, NOT THE EXCEPTION

In a world full of opportunities to connect and uplift one another, kindness has the power to shine brightly. What if we made kindness the norm—the foundation of how we live and interact every day? Random Acts of Kindness Week is a perfect reminder of how thoughtful gestures can spark joy, inspire change, and create lasting impact. Let's celebrate this week as a chance to embrace kindness as a daily habit and a way of life.

1. Kindness Builds Stronger Connections

Kindness fosters trust, empathy, and connection. When kindness becomes a daily habit, it creates a ripple effect that strengthens relationships—whether at school, in workplaces, or at home. By making kindness the norm, we cultivate an environment where everyone feels valued, supported, and inspired.

2. Kindness Improves Mental and Physical Well-Being

Engaging in acts of kindness has been scientifically proven to enhance both mental and physical health. Performing kind deeds releases feel-good hormones like oxytocin and serotonin, which help reduce stress and increase happiness. Regularly practicing kindness can lead to lower blood pressure, improved mental health, and even increased lifespan. By making kindness the norm, we not only uplift others but also promote our own well-being.

MAKE KINDNESS THE NORM, NOT THE EXCEPTION

3. Kindness Creates a Ripple Effect

Witnessing or experiencing kindness inspires others to pay it forward, creating a chain of positivity that spreads far beyond the initial act. This ripple effect has the power to influence entire communities and even spark systemic change. A simple but profound act of kindness—like offering a genuine compliment or helping someone in need—can inspire a chain reaction of giving, reminding everyone involved that kindness is alive and well.

4. Kindness Breaks Down Barriers

Kindness transcends differences in culture, background, and beliefs. By making kindness the norm, we create an inclusive environment where everyone feels welcome and respected. Kindness bridges gaps, fosters understanding, and helps us see each other as humans first.

5. Kindness Inspires Action

When kindness is the norm, people are more likely to step up. Whether it's helping a neighbor, supporting a cause, or standing up against injustice, kindness as a baseline encourages us to take meaningful action.

Making kindness the norm isn't just a lofty ideal—it's a practical, powerful way to improve our world. When we choose kindness as our default, we create an environment where everyone can thrive. It's not about waiting for the extraordinary; it's about recognizing that everyday acts have extraordinary potential.

Together, we can make kindness the norm, not the exception. And that's a world worth striving for.



kindness
gallery



kindness
gallery



Call someone
you haven't
talked to in
awhile and
let them know
you are thinking
about them.



Appreciate all the amazing things in your life. Each time you take a deep breath today, reflect on something wonderful.



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kindness
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Focus on one thing today that keeps you healthy. Do more of that!

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love and kindness

Art by
Gr. 6 artist
Harlow



celebrating
Red Shirt
Day!

Pre-Enrollment for 2026-27



**Pre-Enrolment for
CURRENT STUDENTS**

- Log in to PowerSchool.ecsd.net
- Click on the Pre-Enrolment for Next Year icon
- Follow the instructions to select your 2026-2027 school
- Complete for each child registered with ECSD



Don't forget to share your plans for the 2026-2027 school year! Sign in to your [PowerSchool account](#) and click on "Pre-Enrolment for Next Year" to let us know if you will be returning to our school or where you will be attending as you move into kindergarten, junior high, or high school. The pre-enrolment process lets us know how many students to expect in September 2026 and helps us plan for staffing, class sizes, and programming. You can find more information about pre-enrolment on ecsd.net/pre-enrolment.



Student Faith Day: Faith, Connections, Community

Faith and fellowship were at the heart of our recent Student Faith Day in January. Students from all grades were placed into mixed-age groups, fostering leadership among older students while strengthening school-wide connections. Throughout the day, students participated in unique activities as we grew together in our faith, including:

- prayer stones
- reflections on a cross
- ‘stained glass’ art
- Faith Day “Filmfest”
- read aloud “Words To Love By” and exploring words and water colors

One of the highlights was working with Art Consultant Jennifer Culbertson on a special prayer stone project, allowing students to reflect on their faith through creativity. In the afternoon, we gathered for a liturgy led by ECSD Chaplain Fr. Glenn MacDonald. Thank you to Ms. Hart who led the planning for this year’s Student Faith Day. Students were abuzz all day with the incredible learning and creativity. Heard in the hallways: “This is the best day ever!”



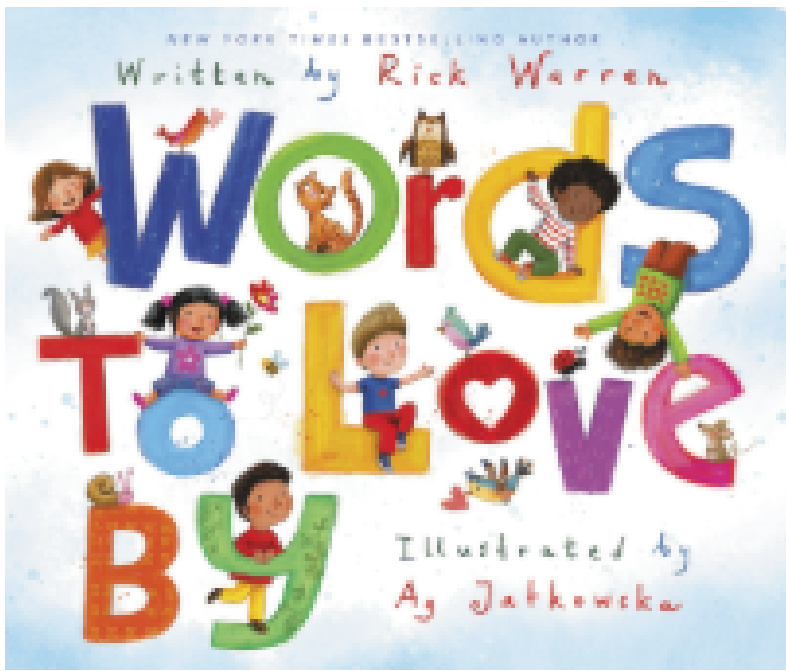
Prayer Stones





Prayer Stones





Inspired by our Faith



Inspired by our Faith



Words To Love By



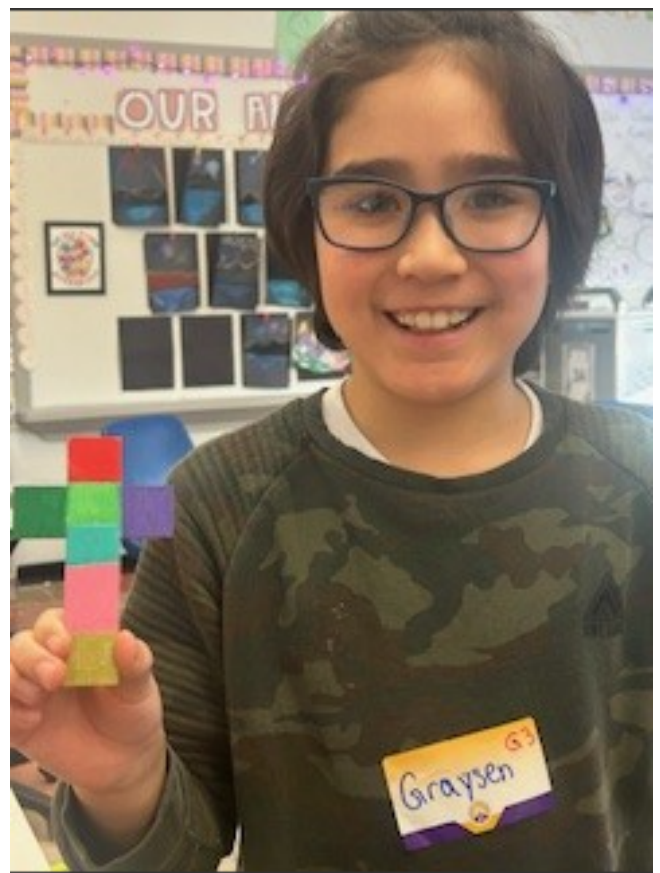


Inspired by our Faith





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Inspired by our Faith



Inspired by our Faith





look at what our community can create
with faith and love!

JESSI RAULET,

Artist, designer and social media influencer, Jessi Raulet, has become well known for her hand-painted, bright and bold designs. With an ability to craft vibrantly optimistic color palettes, Jessi's work is packed with good vibes.

Born and raised in Indiana, Jessi began to play with color at the age of four and has been creating ever since. In 2013, she moved to Paris for love where she started creating colorful fine art pieces and designs to brighten up her surroundings; and thus the vibrant world of EttaVee was born. Jessi is inspired by life in France, travel adventures, tropical settings, colorful fruit and pop culture.



The Grade 1 and 1/2 classes have been learning about fairness and Black History Month. They explored the work of artist Jessi Raulet, known for her bright, bold, hand-painted designs and vibrant color palettes. They had lots of fun creating their own artwork inspired by her style.





young artists
at work!



young artists
at work!



young artists
at work!



young artists
at work!

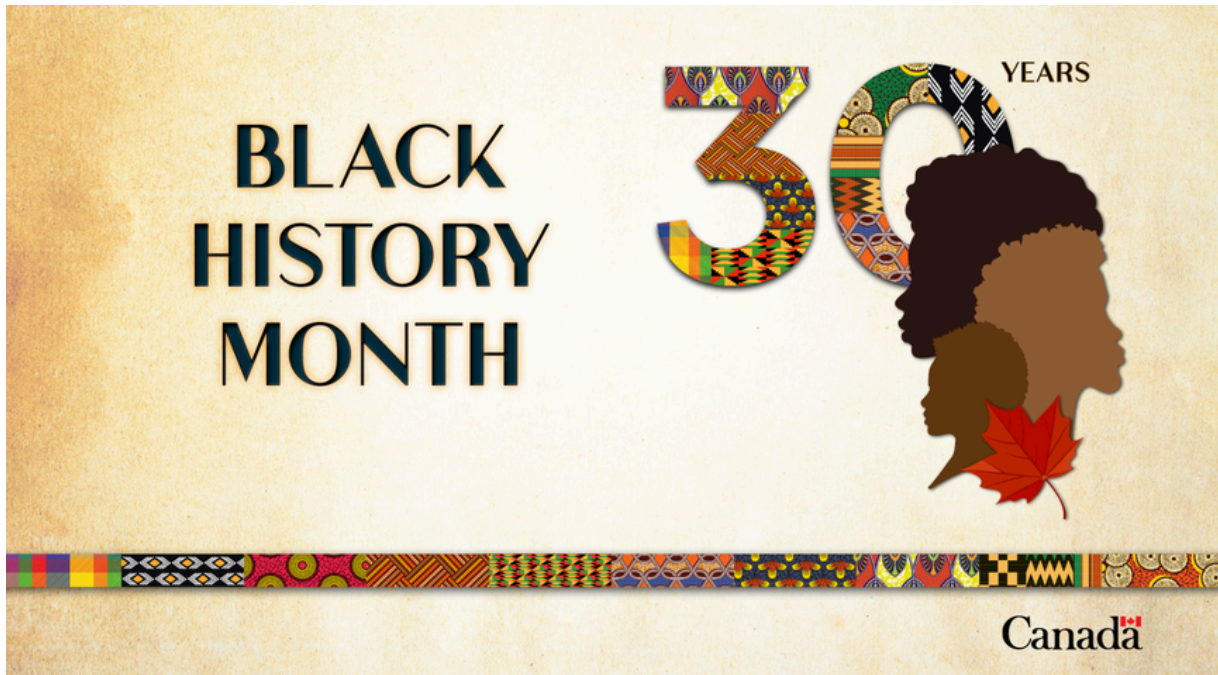




young artists
at work!







FEBRUARY IS BLACK HISTORY MONTH

Each February, people across Canada participate in Black History Month events and celebrations that honour the legacy and contributions of Black people in Canada and their communities. The 2026 theme for Black History Month is: “30 Years of Black History Month: Honouring Black Brilliance Across Generations — From Nation Builders to Tomorrow’s Visionaries.” This theme celebrates three decades of Black History Month in Canada by highlighting the enduring contributions of Black Canadians across time. It acknowledges the foundational role of nation builders—those who fought for civil rights, advanced social justice, and shaped Canada’s cultural and political landscape. At the same time, it looks forward to tomorrow’s visionaries, the emerging leaders, innovators, and changemakers who are redefining excellence in every field.

By framing the theme around “Black Brilliance Across Generations”, we emphasize continuity, resilience, and progress. It invites reflection on historical achievements while inspiring future possibilities, reinforcing that Black history is not only about the past but also about shaping Canada’s future. This approach fosters intergenerational dialogue, strengthens community pride, and aligns with the broader goal of equity and inclusion. The theme also resonates with the milestone of 30 years, making it a moment to honour legacy, celebrate present contributions, and empower the next generation—a narrative that is both commemorative and forward-looking.

Edmonton Catholic Schools invites all Canadians to learn more about Black Canadian communities, and how they continue to help shape Canada.

Forest School: Connections to Land, Movement, and Faith

On February 4th, students in Grades 1 and 1-2 enjoyed a beautiful day at 'Forest School'. Students enjoyed a full day of outdoor learning and land-based teachings at the Alfred Savage Centre. Students engaged in adventurous play, inquiry projects, exploration and documenting their learning. The experience of a Forest School develops the whole learner. A child's social, emotional and spiritual well-being is supported through appropriate risk-taking and will develop a lifelong relationship between our learners and the natural world.

Thank you to the Edmonton Catholic Schools' Dreams for Kids Grant for funding bussing and materials for this outdoor learning experience. Thank you to Mrs. Cej and Ms. Palmieri for planning an amazing day of outdoor learning!



the day began with a land acknowledgement,
sharing gratitude for the gifts of the land

Forest School: Connections to Land, Movement, and Faith

fun in the snow
fun on the land



Forest School: Connections to Land, Movement, and Faith



Forest School: Connections to Land, Movement, and Faith



Forest School: Connections to Land, Movement, and Faith



A day outdoors on the land is a best day of all!

Forest School: Connections to Land, Movement, and Faith



Forest School: Connections to Land, Movement, and Faith



A Message from Apple Schools

HEALTHY HEART !

Heart health is crucial for proper development and regulation of the entire body. This month, students will learn about ways to keep their heart healthy. Jump rope gets students active and will be a focus this month. Students will get to learn skipping foundations and have fun during recess time when they join skipping club and during their Phys. Ed classes. The school will be participating in a kindness walk to not only get the heart pumping, but to spread some love to our community. Students will also get to challenge themselves in a skipping challenge for prizes sponsored by Jump Rope for Heart!



These easy, no bake granola bars are fun to make and taste great! Just follow the recipe and can shape them into a heart or other fun shapes.

Ingredients:

- 1 1/4 cup old fashion oats
- 1/2 cup natural creamy peanut butter
- 3-4 tablespoons honey
- 1/4-1/2 cup mini chocolate chips

Fun & Healthy SNACK IDEA FOR KIDS

DIRECTIONS:

1. In a medium mixing bowl, stir together all the ingredients. You may need to use your hands to combine.
2. Line a small cookie sheet with wax paper
3. Break away a small piece of dough and roll into a ball
4. Press ball firmly into a cookie cutter to completely fill cookie cutter (the firmer the better). Remove any dough coming over the edges of cookie cutter.
5. Gently push granola bite out of cookie cutter. Place on wax paper.
6. Refrigerate for at least 30 minutes. For a more firm bite refrigerate overnight.



HEALTHY HEARTS BODIES AND MINDS

Let's Talk Literacy - Helpful Tips for Parents



Words, words, and More Words!

Our children benefit from exposure to new words. How can we introduce new words as parents? Engage your child in talk! How?

- Ask questions about your child's school day, their friends, or their interests. Give your children time to respond and honour their answers.
- Discuss 'would you rather?' scenarios: would you rather eat apples or cake for the rest of your life? Would you rather have the ability to fly or turn invisible?
- Use dinner time as a time to connect through conversation
- Read and talk about bedtime stories
- Play word-based board games such as Taboo, Scattergories, Bananagrams, and Scrabble Junior.

Family Prayer for Family Day

Have you tried the 5 Finger Prayer with your family? As you get ready for bed tonight, try this lovely 5 Finger Prayer.

1. **Thumb:** your thumb is closest to your heart. Pray for those closest to you - your family and friends.
2. **Pointer Finger:** used to give directions. Pray for teachers, coaches, therapists, doctors, and first responders.
3. **Middle Finger:** is the tallest. Pray for leaders in education, government, business, and the church.
4. **Ring Finger:** is the weakest. Pray for the sick, poor, and those most in need.
5. **Pinky Finger:** is the smallest. Pray for yourself and your own needs.



Message from Chief Superintendent

We are blessed at this time to have so many wonderful happenings within Edmonton Catholic Schools, our Archdiocese, and the Church. As is my custom, for this February Message, I will explore some of these events through the lens of truth, beauty, and goodness.

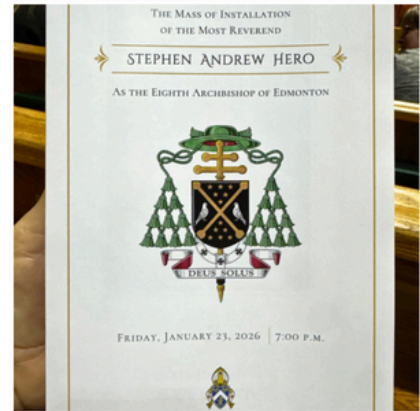
TRUTH. Lent is when we ponder—through prayer, fasting, and almsgiving—the Death and Resurrection of our Lord Jesus Christ. Students will celebrate Shrove Tuesday on February 17, and then the following day, they will be blessed with Ash Wednesday ashes, thereby marking the beginning of Lent. For the next 40-days, mirroring the time Jesus spent in the desert, students will learn about the boundless love of the Trinity and our call to share that love with others. These teachings are embedded in the vibrant faith life of our schools, as well as in our religious education curriculum.



BEAUTY. As I write this message, ECSD is preparing for the Grand Opening Celebration of our beautiful new school: **St. Josephine Bakhita Catholic Elementary/Junior High School**. The demand for Catholic education in Edmonton is growing, and ECSD is grateful to receive funding for new schools so that we can continue inspiring students to learn, and continue preparing them to live fully and to serve God in one another. The namesake of a Catholic school plays an important role in shaping the Catholic identity of the school community. We pray that **St. Josephine Bakhita** intercedes for us by asking God to bless this school community with the values she lived, especially her belief that every child is created in the image of God, and therefore deserves to be cherished and respected.

Message from Chief Superintendent

GOODNESS. We joyfully welcome His Grace Stephen Hero as Archbishop of Edmonton. It is wonderful that our new shepherd grew up in Edmonton and therefore knows the Archdiocese well. I had the privilege of attending **the Mass of Installation**. It was a moving experience to join in ceremony and prayer as His Grace begins this important ministry. Archbishop Hero was appointed by Pope Leo XIV, and the Mass of Installation was presided over by the Apostolic Nuncio of Canada, Archbishop Ivan Jurkovič. It was also nice to see Cardinal Collins, one of our school namesakes, who returned to Edmonton to attend the Mass.



Finally, I would like to conclude by acknowledging the abundant goodness within Edmonton Catholic Schools. It is through the generous and loving contributions of our staff that ECSD has been so successful. Every member of the amazing ECSD community shapes the lives of our students. In order to attract and retain the very best staff, ECSD strives to create the best working conditions possible. I am therefore happy to share that ECSD has once again been named one of Alberta's Top 85 Employers for 2026—our 11th consecutive success in this competition. To learn more about our Top 85 status, [click here](#).

I wish you all a heartfelt Lenten journey!

Sincerely,
Lynnette Anderson
Chief Superintendent