



Senator Joyce Fairbairn Middle School

December 21st

[Click Here to View
important information
regarding bussing for
Thursday December
22nd 2022.](#)

Dates to Remember:

December 21st

Monochromatic Day

December 22nd

PJ Day

December 23rd

Ugly Sweater Day

December 23rd

Last Day before Winter Break

Dismissal at 11:41am

January 9th

First Day Back at School

Theme Days

Monday 19th



Jersey Day

Tuesday 20th



Toque Day

Wednesday 21st



Monochromatic Day

Thursday 22nd



PJ Day

Friday 23rd



Ugly Sweater
Day

G-Club Reminder:

Just a reminder that there is
NO G-CLUB basketball practice this
Friday December 23rd. The next practice will be on
Tuesday, January 10th at 7:30 AM. Have a happy holi-
day, hoopsters! Practice your handles!
-Mrs. Johnston

Jextens

YEARBOOKS

On Sale Now!

ATTENTION PARENTS:

Don't forget to order your student's copy of the
2022-2023 yearbook! COPIES ARE LIMITED! Order
yours now by scanning the QR CODE HERE >>>>

DEADLINE: FEB. 14, 2023 | COST: \$42.00





YMCA TRY-IT PROGRAM

Starting on Wednesday January 11th we will be running a Youth Program called the Try-It Program. The program is designed for youth in Middle School who want to participate in sports but may not have been able to due to barriers in their life. These could be obstacles like cost, transportation, language barriers, confidence, anxiety, etc. This is a free sport program and through their referral form (located below), we hope to identify the barriers and support the youth's individual needs.

The goal of the program is to allow youth in our community equal opportunity to engage in physical activity that could benefit them in the future. This is a referral program; therefore, I'm reaching out to different organizations and schools around the city that engage in the youth population to see if you know of any youth who would be interested and could benefit from this program. Once the referral form has been completed, the YMCA will contact the youth and their guardian about participation. The deadline for referrals is January 4th, 2023.

Program Information:

The program will teach foundational sport specific skills and strategies in a fun, dynamic environment. Every week, YMCA Coaches will focus on a different activity while also empowering youth to find joy in being active. Each session will consist of a fun warm-up game, activities that focus on specific skill development and a recreational game where the participants can apply the skills they've learned.

When:

January 11th to February 15th, 2023

Wednesday Nights

6:00pm – 7:00pm

Where:

YMCA of Lethbridge

If you have any questions or want additional information, please feel free to reach out to Jesse by email or phone.

Jesse.dyck@lethbridgeymca.ca

TRY AquaGo!

**Combine your love of dance,
gymnastics, swimming...try
Artistic Swimming**

Level 1-2 (10 weeks)

Winter Session: \$250

Jan. 17 - Tuesdays 6:15-7:15 p.m.

Jan. 20 - Fridays 1:30-2:30 p.m.

Level 3-4 (10 weeks)

Winter Session: \$350

Jan 17 - Tuesdays 6:15-7:45 p.m.

Jan 20 - Fridays 2:30-4:00 p.m.

For more information visit our website at lethsynchro.ca



**Free Trial Night
Tues. Jan 10
6:30-8:00 p.m.**

Christmas Supports 2022

ANGEL TREE

Toys are bundled and delivered directly to families by Lethbridge Family Services or partner agencies. Registration is open online at www.lfsfamily.ca till November 30.

MY CITY CARE SHOP OF WONDERS

A full family experience where families book times to visit the Shop of Wonders. The agency will assign appointment times and include gifts and gift wrapping. For more information go to <https://www.facebook.com/mycitycarelethbridge>

SALVATION ARMY

You can choose to have gifts selected for you, or set up an appointment to shop yourself. For more information and to register go to www.lethbridgesalvationarmy.ca

FOODBANKS

For Foodbanks only, families are required to provide the following items:

1. Identification of each person in the home
2. Address/phone number/birthdates of each person in the home
3. Proof of income
4. Proof of expenses

*Please note that if families don't have all required documents, they should still apply and discuss the missing documents with Food Bank staff.

LETHBRIDGE FOOD BANK

Register in person: 1016 2 Ave S, Lethbridge, AB

INTERFAITH FOOD BANK

Pre-registration for a Christmas hamper is not required. All patrons at the Interfaith Food bank will receive a Christmas hamper as their December hamper. Pick-up between December 12-23 only.

1103 3 Ave N, Lethbridge, AB

**This years Christmas supports for
Lethbridge can all be found at
www.christmashope.ca**

MHCB WELLNESS

FEATURED PROGRAMS FOR WINTER 2023

4
SESSIONS

I CAN GET ALONG WITH OTHERS

- Recognize and develop positive classroom attributes
 - Learning to get along with others
 - Sharing, Kindness, Respect, Fairness
- PRE-K & KINDERGARTEN**

4
SESSIONS

AHS WELLNESS KIT

BE KIND TO YOURSELF AND OTHERS

- How friendships change
 - Bouncing back from hard times
 - Positive body image
- GRADE FOUR & FIVE**

4
SESSIONS

KIDS HAVE STRESS TOO!

- Understanding stress
 - Calming the body
 - Understanding & managing feelings
 - Thinking skills to cope with stress and promote resilience
- GRADE TWO & THREE**

4
SESSIONS

SLUMBERKINS

- Early emotional learning
- Naming and welcoming feelings
- Creating connection and community
- Caring, Confident, Resilient

GRADE ONE

[www](#) FOLLOW THE LINK FOR MORE INFORMATION

MIDDLE SCHOOL & HIGH SCHOOL

EVERYDAY HEROS

STUDENTS REFLECT ON STRESS AND ANSWER THE QUESTION 'WHO CAN I TURN TO FOR HELP?'

- GRATITUDE, KINDNESS, SUPPORT SYSTEMS

GRADE SIX

3
SESSIONS

THE REAL ME

STUDENTS WILL DISCUSS THEIR IDEA OF SELF AND HOW THEY REPRESENT THEIR OWN 'BRAND'

- IDENTITY, SELF AWARENESS

MIDDLE SCHOOL & HIGHSCHOOL

2
SESSIONS

**FOLLOW THE LINK BELOW FOR
BOOKING INQUIRIES**





SWIM SESSIONS

STARTS

Jan 16, 2023

AT

Fritz Sick Pool

420 11 St S

Our club offers children an opportunity to swim at a variety of levels: from competitive, to swimming as a cross training opportunity or to swimming as a life skill.

SPARTANSAQUATICSClub.COM

AGES 6+

DATES

Our winter session starts Jan 16 and runs for 13 weeks.

FLEXIBLE

Our club offers a variety of times and days of the week as well as make-up classes.

SKILL LEVEL

Our beginner group is for kids who can swim a length of the pool independently.

COST

The winter session fees start at \$260 for the session.

ADULTS

Our club offers a Masters program for adults.