



Senator Joyce Fairbairn Middle School

January 25th

Parent Teacher Conferences

Interview bookings are open and can be accessed by clicking: [Interview Booking](#)

Bookings will close Thursday January 26th at 12pm.

If you are unable to make an appointment for an interview, please contact your student's teachers directly to set up a time to connect.

Dates to Remember:

January 26th

Parent Teacher Conferences

4:10pm –8 pm

January 27th

No School for Students

Parent Teacher Conferences

8:20am–11:50am

January 27th & 28th

West side Invitational

Basketball Tournament

G Club Reminder

NO G CLUB basketball this FRIDAY due to the Westside Classic Tournament. Next practice is Tuesday morning at 7:30 am. Mini-clinic and final 3 v3 games on FRIDAY, FEBRUARY 3rd!

Middle School Parent Feedback

Senator Fairbairn Middle School is seeking feedback from parents and caregivers to determine how to best utilize communication tools. The data gathered will assist middle schools in ensuring communication methods are effective.

Thank you in advance for completing the survey below:

[Click here for the survey](#)



Westside Invitational Basketball Tournament

Senator Joyce Fairbairn Middle School and G.S. Lakie Middle School are pleased to host you in our Annual Westside Invitational Basketball Tournament! We are excited to join forces and provide a high caliber event in two great facilities.



Boys draw will take place at G.S Lakie and the Girls draw will take place here at SJF.

Admission costs – Admission is \$3 per day for adults—**Cash Only**, 12 and under are free.

Canteen

- SJFMS canteen will be open to for spectators and players during the tournament. Thanks in advance for supporting our canteen provider—**Cash Only**
- Regrettably GSLMS canteen will **NOT** be operating during the Westside Invitational. We apologize for any inconvenience this may cause.

[Click Here to view the 2023 Westside Invitational Basketball Tournament Draw](#)



DON'T

FORGET

Yearbooks

DON'T BE LEFT OUT ON YEARBOOK DAY!

PRICE: \$42.00 | DEADLINE: FEB. 14

CLICK LINK BELOW



Fairbairn Band Bottle Donations

Exciting news! The grade 7 & 8 Fairbairn band students are raising funds to help offset costs for a spring tour. Greens Pop Shop bottle depot (westside) is accepting donations for the program. Simply take recyclable donations to the westside depot and let them know that they are for the **FAIRBAIRN BAND PROGRAM!** The fundraising campaign will run from January to the end of May.



Bell Let's Talk is on January 25th.

At this time of year we try to encourage talking about mental health more openly to reduce the stigma.

Please check out the attached poster on page 5 for ideas at home.

Badminton ID Camps

Starting up on Feb 13th.

Coaches for badminton are as follows:

Grade 6 (Girls and Boys)—Brittany Becking and Wayne Filipenko

Grade 7 (Girls and Boys)—Anita Christie and Pete Rajcic

Grade 8 (Girls and Boys)—Brad Greve and Leo Lacourciere

ID Camp information will be sent out next week.
Look for posters around the school and online.





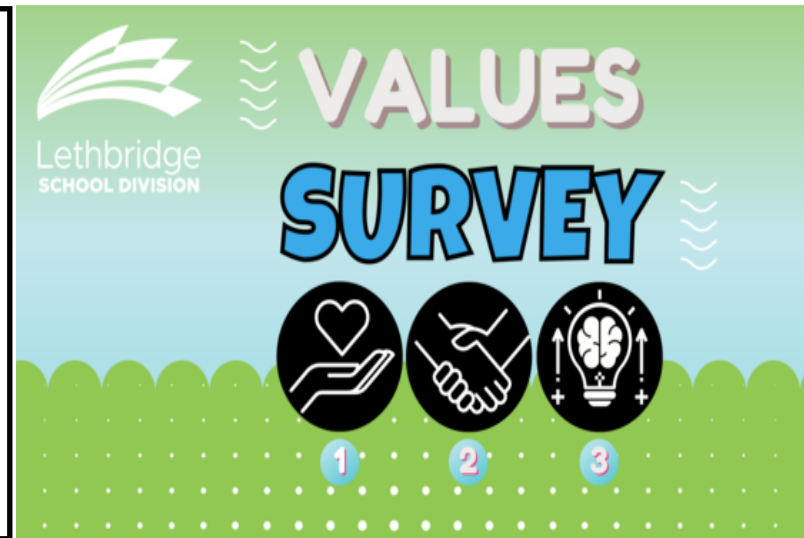
Senator Joyce Fairbairn Middle School

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Parents/caregivers of students in Lethbridge School Division,

The Lethbridge School Division Board of Trustees has launched a **Values Survey** to explore the values, vision and mission of the Division, in an effort to ensure they reflect the community they serve. To take the survey, please visit the Community Engagement website:

[Click here for the survey](#)



Pink Shirt Day February 15th



This online apparel store will be open for 2 weeks. **The store will close Sunday January 29th, 2023 @ 10 p.m.**

Production will start after the store closes. Your apparel will be ready by Monday February 13th, 2023

Your order will be dropped off at the school you indicate upon check out or you can pick up directly from Public Image Co.



We will notify everyone once production is completed.

PINK SHIRT DAY



#BEKINDYQL

Please ensure that your sizing selection is accurate as there are no refunds on decorated material.

Do you know anyone that could benefit from an online apparel store? School, team, organization, place of employment.



Senator Joyce Fairbairn
Middle School

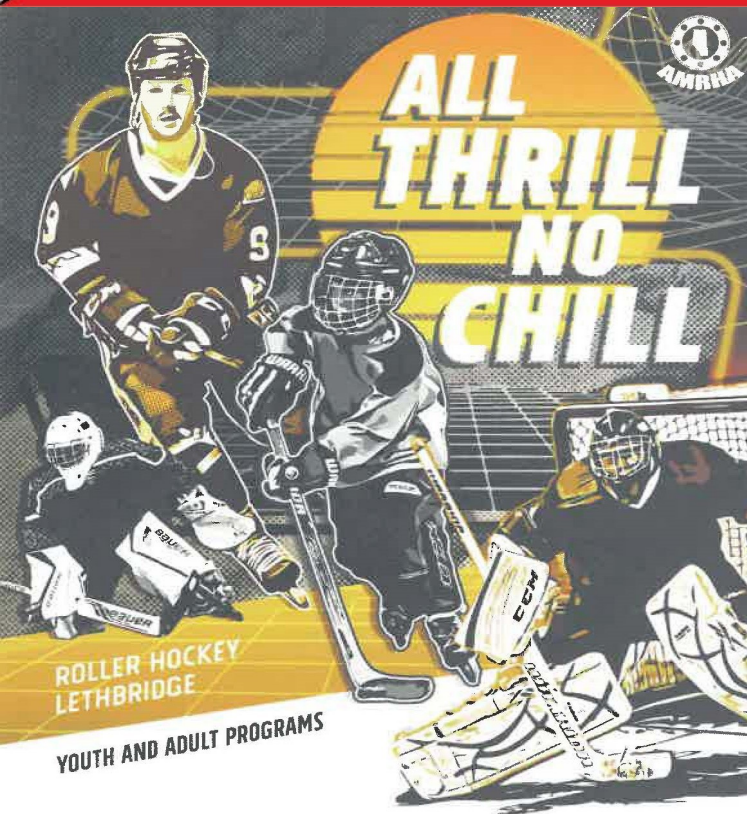
DUYU



**LETHBRIDGE
LITTLE LEAGUE**

**HOUSE LEAGUE
BASEBALL REGISTRATION
JANUARY 9TH TO MARCH 3RD**

REGISTER NOW AT:
www.lethbridgelittleleague.com



REGISTER ONLINE TODAY!

VISIT ROLLERHOCKEYLETHBRIDGE.CA FOR MORE
INFORMATION AND REGISTER FOR THE SEASON

CONTACT US BY EMAIL AT
INFO@ROLLERHOCKEYLETHBRIDGE.CA
OR BY PHONE AT 403.359.7898



Roller Hockey

Discount Code:

**SAVE \$10
USE DISCOUNT CODE**

RHL5E87

**Use the discount code above to
receive \$10 off your season fees.**

Good Mental Health For Kids And Teens

What Is Mental Health?

It has to do with how you think, feel, and act.

Kids and teens with good mental health:

- Have a positive attitude – they look forward to the challenges in life.
- Feel good about themselves and others.
- Act responsibly at school, and in their family and social relationships.

Self-esteem is one key to good mental health.

You Can Build Your Self-Esteem By:

- Identifying your strengths and weakness, and learning to work with them.
- Being willing to improve.
- Doing your best, without putting too much pressure on yourself.
- Setting your own goals, and not comparing yourself to others.

Handling stress in a positive way helps you have good mental health.

Learn To Cope With Stress By:

- Limiting stressful situations.
- Organizing your time.
- Connecting with positive, supportive family/friends.
- Learning relaxation techniques.
- Keeping your body healthy.

Even people with good mental health feel down sometimes. Remember, seeking help is a sign of strength, not weakness!



MENTAL HEALTH



**IS JUST AS IMPORTANT
AS PHYSICAL HEALTH**

5 Minute Mental Health Checklist



- Choose positive people and activities
- Do activities you enjoy
- Stay active and exercise regularly
- Take a few minutes each day for calm belly breathing, mindfulness, or grounding techniques

LCI ARTS ACADEMY DANCE PRESENTS

Breakthrough



SHOWTIMES

FEBRUARY 1st

FEBRUARY 2nd

Yates Memorial Center

LCI //
Arts
Academy
Dance
//



Ages 12 – 18 yrs

**No cost to participate!*

Learn to Cope with Stress

Y Mind

Everyone experiences worries and stress. Y Mind is here to help young people learn how to cope with stress so they can live their best lives.

Information Session: Saturday January 21 from 2:00 pm - 3:30 pm in MPR 4

Program Dates: January 28 - March 18 with no session February 25
Saturday's from 1:30 pm – 3:00 pm in MPR 4

***You must attend the information session to be eligible for the program.**

This free program is run by caring, trained staff,
in a safe supportive environment.

lethbridgeymca.ca/programs/132/mental-health-ymind



YMCA of
Lethbridge



Free Math Support

We are offering free math help sessions for junior high and high school students every Tuesday from 3:30-6:00pm in the upper galleria at the Cor Van Raay YMCA.

For more information, email Arnaud at arnaud.sparks@lethbridgeymca.ca



FRIDAY, JAN. 27

KODIAKS VOLLEYBALL GAMES

5 p.m. doors open • 6 p.m. women • 8 p.m. men

Join us on the Kodiaks home turf for our Junior and Senior High School Appreciation Night.

- Free admission and food for students and chaperones upon registration
- Games for prizes and great swag



Register at:

- lethbridgecollege.ca/jan27
- or use your phone to scan this code and register



SUPER SMASH BROS ULTIMATE



MIDDLE SCHOOL TOURNAMENT

**SATURDAY, JANUARY 28, 2023
10AM TO 6PM**

**\$15
ENTRY**

**PRIZES
FOR TOP
WINNERS**

**AT LETHBRIDGE COLLEGIATE INSTITUTE
1701 5TH AVE SOUTH**

TOTAL SPOTS: 40

Email
daniel.proulx@lethsd.ab.ca to
sign up

2023 OUTDOOR SOCCER REGISTRATION

Online Registration opens February 1, 2023 – March 5, 2023



www.lethbridgesoccer.com

403-320-5425

Boys and Girls

U4 – U7 (Co-Ed) \$125.00

U9 & U11 (Male and Female Divisions) \$190.00

U13 - U18 (Co-Ed) - \$190.00

Season will run April – June 2023



LFC Competitive information available online at www.lethbridgesoccer.com or visit our Facebook Page at Lethbridge Soccer Association. LFC Registration for evaluations will open online February 1, 2023

Come enjoy the FASTEST sport in the world at the Lethbridge Badminton Club

How is badminton the FASTEST sport?

Badminton Shuttle 493km/h

Golf Ball 348km/h

Squash ball 281km/h

Tennis Ball 263km/h

Hockey Puck 183km/h

Ping Pong ball 112km/h

Info from <http://www.olympic.ca>





Contact us:



lethbadclub@gmail.ca



<http://www.lethbridgebadmintonclub.ca>



LMBA will be hosting tryouts for our Express Basketball Club teams

AGE	TRYOUT DATES	LOCATION
U11 Boys (2012 or later)	March 4 (12:00 – 1:30)	U of L
U11 Girls (2012 or later)	March 4 (2:00 – 3:30)	U of L
U13 Boys (2010 or later)	March 4 (4:00 – 5:30)	U of L
U13 Girls (2010 or later)	March 4 (6:00 – 7:30)	U of L
U15 Boys (2008 or later)	Feb 28/Mar 2 (7:00 – 9:00)	Dr. Robert Plaxton School
U15 Girls (2008 or later)	Feb 27/Mar 1 (7:00 – 9:00)	Dr. Robert Plaxton School
U16 Boys (2007 or later)	Feb 15/16 (7:00 – 9:00)	Dr. Robert Plaxton School

****Tryout Fees** \$20**

Players are expected to attend all tryout dates associated with their age group.

**FOR MORE INFORMATION ABOUT CLUB SEASON AND TO REGISTER FOR TRYOUTS PLEASE
GO OUR WEBSITE AT**

WWW.LETHBRIDGEBASKETBALL.CA

Registration will be open starting February 1