



Senator Joyce Fairbairn Middle School

April 26th

Dates to Remember:

April 27th

Grade 5 Parent/Student Open
House 7:00pm–8:00pm

May 6th

Grade 7/8 Bottle Drive at 10am

May 8th– May 12th

Option Selection for the
2023/2024 School year begins.
More information will be posted
next week.

May 16th

School Council 7pm

May 22nd

Victoria Day—No School

May 23rd

PL Day –No School



Classroom Placement Survey

*Please see the attached link
regarding 2023-2024
classroom placements:*

[https://forms.office.com/r/
GTazRGHgvr](https://forms.office.com/r/GTazRGHgvr)

*(This link will be open until
noon Friday May 5, 2023.)*

Registrations for the 23/24 School Year

If you do not see a registration email in your inbox or junk
folder, please contact the office by emailing:
sjf@lethsd.ab.ca

Track and Field



Track and Field practices continue next week!
Practices are from 3:45-4:45pm Monday – Thursday.

On Friday, May 5th, we are going to the University Community
Stadium for track practice! We will be there from 12:00 –
2:00pm and will be open to all students signed up for Track
and Field Club.

If you have any questions about Track and Field, please
email tyler.green@lethsd.ab.ca

Fairbairn Band Bottle Donations



Grade 7/8 band students are doing a
bottle drive on

Saturday, May 6 at 10 am.

Also they continue to accept bottle dona-
tions at Greens Pop Shop bottle depot
(westside) Fairbairn band program. Simp-
ly take recyclable donations to the westside depot and let them
know that they are for the **FAIRBAIRN BANDPROGRAM!** The
fundraising campaign will run from January to the end of May.

Thank you for your support.



Senator Joyce Fairbairn Middle School

Page 2

"There's more
to the
Story."

Happy School Library /
Learning Commons Appreciation Week!



NATIONAL LIBRARY
WEEK April 23-29, 2023



Happy National Library/Learning Commons Week

[Click here to watch Jason Reynolds speaks about the importance of School Libraries](#)



SENATOR JOYCE FAIRBAIRN
SCHOOL COUCL PRESENTS

INTENTIONAL Living in a DIGITAL World

with speaker KAYLEE LOWRY

Join us as we explore ideas for
healthier tech habits & meaningful
connection within our families.

7:00 - 8:00 pm Wednesday, April 26

SJF Atrium - 301 Rocky Mountain Blvd. W, Lethbridge

For ALL PARENTS (of children any age)
And YOUTH (12 yrs & up)

*This presentation will include sensitive topics with research material
about the possible risks & effects of social media, pornography, sextortion,
video game addiction, online predators, suicide, & sexting.



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Middle School

Grade Five Orientation Evening



**Thursday, April 27th
7:00 - 8:00 PM**

Students and Parents Welcome



SJF RUGBY CLUB

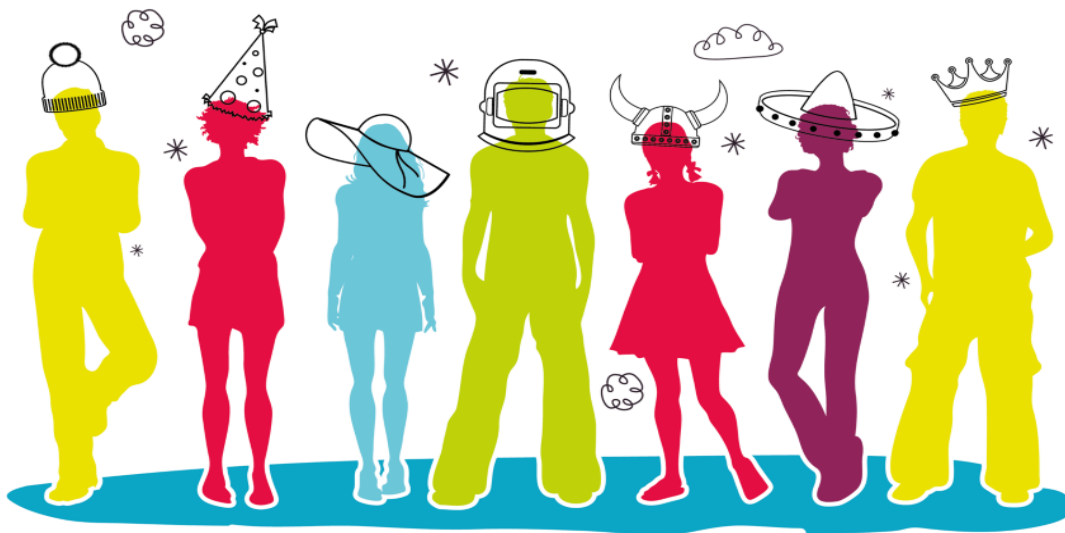


Things to know:

- There is no prior experience necessary!
- This is a fun opportunity for students to become familiar with the sport of rugby
- Students will need to wear comfortable clothing and running shoes
- There is no fee for participating
- Students do not need to attend all sessions to play rugby
- This will be non-contact rugby
- Coaches: Mrs. Parker, Mr. Miller, Ms. Taylor

When and where:

May 5th, 12th, 19th and 26th from 12:00 – 1:00
SJF field and gym



Hats On!
FOR MENTAL HEALTH

WEDNESDAY

MAY 3
2023

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



Senator Joyce Fairbairn
Middle School

Page 4

Come Celebrate Mental Health Week

#MYSTORY MAKES ME WHO I AM!

Free Activity Day
@YMCA



MAY 5, 2023

COME FOR ONE OR ALL

10:30AM-12:30PM: BOUNCY CASTLE/FREE PLAY
HEIGHT RESTRICTIONS 34-60" - CAPACITY LIMIT 40

12:30-2:30: FREE SWIM+WATERSLIDES
MAX CAPACITY 140

Stop by the **MHCB** booth for your
Entry Bracelets!

LIMITED SPACES AVAILABLE

18+ MUST PROVIDE GOVERNMENT ISSUED PHOTO ID

140-74 MAURETANIA RD W, LETHBRIDGE, AB

NO MEMBERSHIP REQUIRED TO ATTEND

**Free Access sponsored by Mental Health Capacity
Building**



MHCB Wellness Team



Lethbridge
SCHOOL DIVISION



Senator Joyce Fairbairn
Middle School

Page 5



Presents...

Yellow School Bus

2023 Rock Show

April 28th



If it's a seven hour flight or a forty-five minute drive



Interested in hockey but don't want the significant time or financial commitment that often comes with this great sport?

We offer an organized non-checking recreational hockey league for all genders aged 5-17. All skill levels are welcome.

One hour, once a week. Season runs from October to March.

Registration closes on September 20, 2023 - spots fill quickly so don't delay!

www.lethbridgerechockey.com





**Senator Joyce Fairbairn
Middle School**

Page 6

CHINOOK DANCE PROGRAM PRESENTS



ZODIAC

MAY 9-11, 2023

7:00 PM

CHINOOK MEDIA CENTRE

\$10 ADULTS

\$8 STUDENTS/SENIORS

AGE 5 AND UNDER FREE

TICKETS AVAILABLE ON SCHOOL CASH
ONLINE OR AT THE DOOR



JUNIOR HORNS RUN JUMP THROW TRACK AND FIELD PROGRAM

Is your child interested in trying out track and field? Our Run Jump Throw (RJT) is a national program developed by Athletics Canada that teaches fundamental movement skills and develops physical literacy. Each session consists of track and field inspired activities and games, led by Pronghorn Track and Field athletes with coaching certification. Registration fee (\$265) goes towards supporting the Pronghorn Track and Field program.



**Sessions run 6-7pm Monday/Wed
from May 3-June 12 (12 sessions)**

To register search
"communityprograms.ulethbridge.ca", click on
"Programs" and type "Run Jump Throw" into the
search bar. For any registration difficulties or other
questions/concerns please contact Horns Recreation
at (403)-329-2706



What could be better than donuts and running?! How about enjoying both in one event! Take on this 3Km walk/run and 2 donut challenge and help support the LCI Cross Country team!

Walkers runners and strollers are welcome! Sorry, no dogs.

This race is a chip timed event, results can be found at RacePro.ca following the event. All prizes will be pre-drawn. There are no awards based on finish placement.

\$25 registration fee includes custom LCI headband and wristbands and delicious custom LCI donuts from Koster's Bakery!

Registration limited to 300 participants.

Race starts at 6pm on Wednesday, May 24th at the Kinsmen Picnic Shelter (Henderson Lake)

Sorry, no cancellations or refunds

Register at: <https://raceroster.com/events/2023/74265/lci-donut-dash>



Option Selections for the 2023-2024 School Year will begin on Monday May 8th. Students will log into PowerSchool between Monday May 8th and Friday May 12th to select their desired options for the new school year.

Option description booklets will be available on the website Friday May 5th.



DIGITAL WELLNESS DAY!

DIGITAL WELLNESS TEAM

INTERACTIVE DIGITAL ACTIVITIES • TECH-LIFE
BALANCE • DIGITAL TERMINOLOGY • MINDFUL
MEDIA USE • WELLNESS JOURNEY

WEDNESDAY, MAY 24 2023

CONNECTIVITY

- Division-wide initiative.
- Choose from locally developed activities to build awareness and vocabulary relating to digital wellness.
- Join us in creating a culture of healthy and responsible technology use.

GIVEAWAYS

By actively participating in the event, participants will have a chance to win exciting local prizes, coupons, and giveaways, while also promoting digital wellness and emphasizing its importance in our division.



Digital Detours

Digital balance, mental clarity



Growing Momentum

Foundational successes, future potential!

The Digital Wellness Team of Lethbridge School Division has made significant progress during its initial month of activity. With a focus on increasing awareness and promoting digital wellness, the team has created a buzz within the schools reached through universal classroom teaching and small group work. These efforts have contributed to the team's foundational successes and the continued strive for growth and utility within the school community. Moving forward, the team is excited to continue to foster engaging, insightful, and purposeful teaching to promote digital well-being through grades (K-12).



Digital Wellness Resource Hub

Instant digital wellness resources at your palm:

The Digital Wellness Team is committed to providing relatable content for educators to increase awareness in this area. Through research, feedback, and intentional planning, they have curated materials that cover a variety of topics. Educators can collaborate with the Digital Wellness Teacher to educate on areas such as:

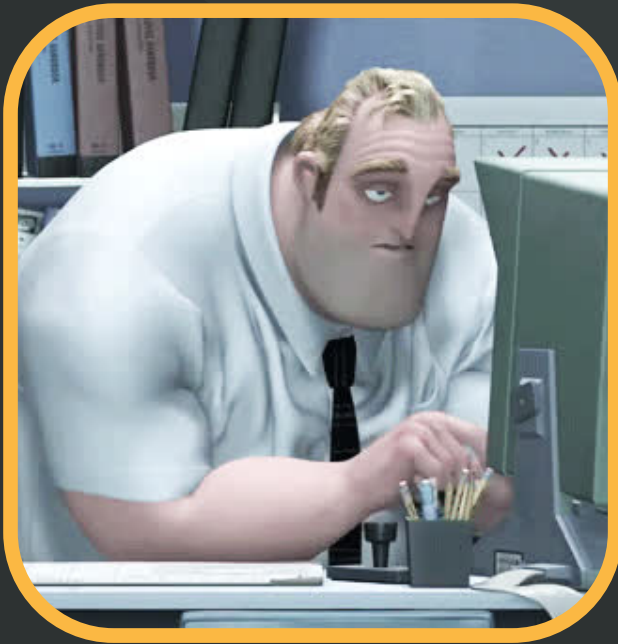
- Digital Citizenship 101
- The Neurodevelopment: Behind excessive screen time
- Tech Tracks: Mindful journaling
- Social Media & Brain Development
- The Journey: A search for our inner identity
- Digital Wellness Monopoly





Digital Detours

Digital balance, mental clarity



Tech Titans

Bite sized tech insights

Student(s): Incorporating movement into tech breaks allows for mental and physical rejuvenation, leading to increased productivity, awareness, focus, and overall well-being.

Educator(s): Connect with colleagues over lunch/breaks in your day by putting your phone in a secure spot to avoid distraction and engage in meaningful social dialogue to improve your digital well-being.

Wellness Building Pathways

- Telus Wise: The Summer of screens- and social media?
(Article July 20, 2022)
- Using the Medicine Wheel to Promote Wellness- May 30-
4:00-5:00 PM - Free
- *Titles are clickable links to register in sessions.

This Month's Big Finale!

Lethbridge School Division- Digital Wellness Day: May 24th

The Digital Wellness Team is thrilled to announce our upcoming Digital Wellness Day on May 24th! By participating, educators can unite to promote digital wellness and students will have a chance to win exciting prizes or coupons at local vendors. Join us for a day of fun, learning, and community building! Stay tuned for more details to come!

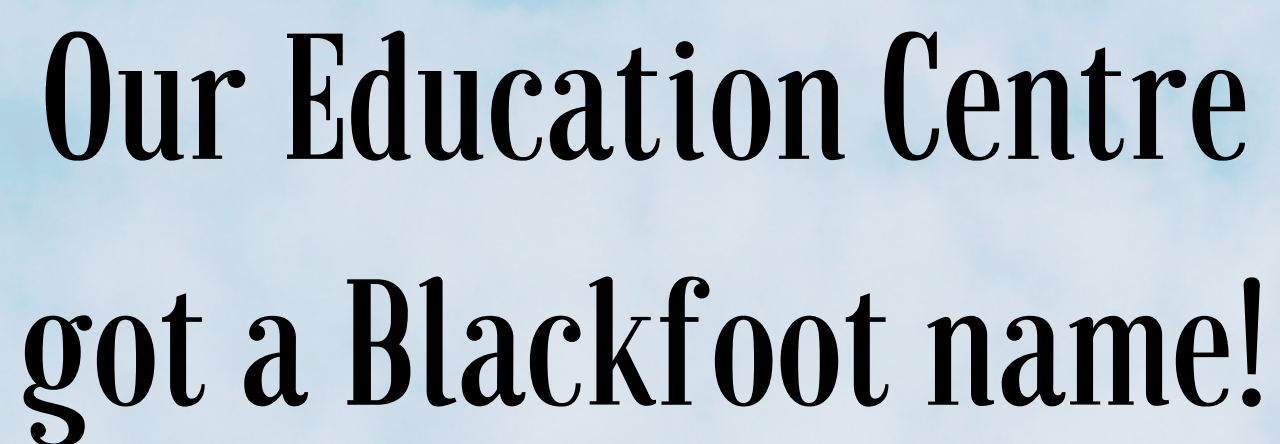
*"Technology is a useful servant but dangerous master"-
Christian Louis Lange*



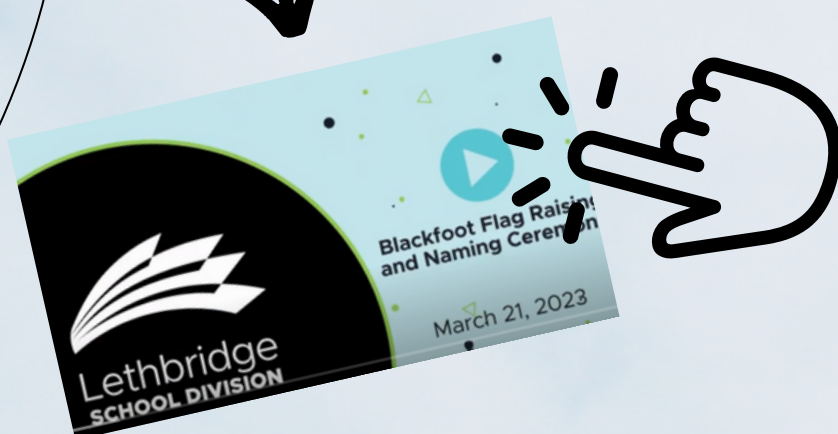
SCAN ME

Let's Connect

MATSIYIKKAPISAIKI'SOMM



Click to explore a map of the Elizabeth Hall Wetlands with Blackfoot place-based names!



Save the Date

April 6th: Blackfoot Drumming with Tyler Chief Calf @ The Galt Museum 10:30-11:30

April 7th-16th: Spring Break

April 8th/22nd: Land-based Learning Wetlands Tour (Registration Required @ Galt Museum) 6-7:15pm

April 12th: Métis Music and Jigging @ The Galt Museum 6-8:00pm

April 17th: Collaborative Communities

April 20th: Water is Life with William Singer III @ The Galt Museum 10:30-11:30

April 25th: Indigenous Education Policy with Dr. Tiffany Prete @ The Galt Museum 5-6:30pm

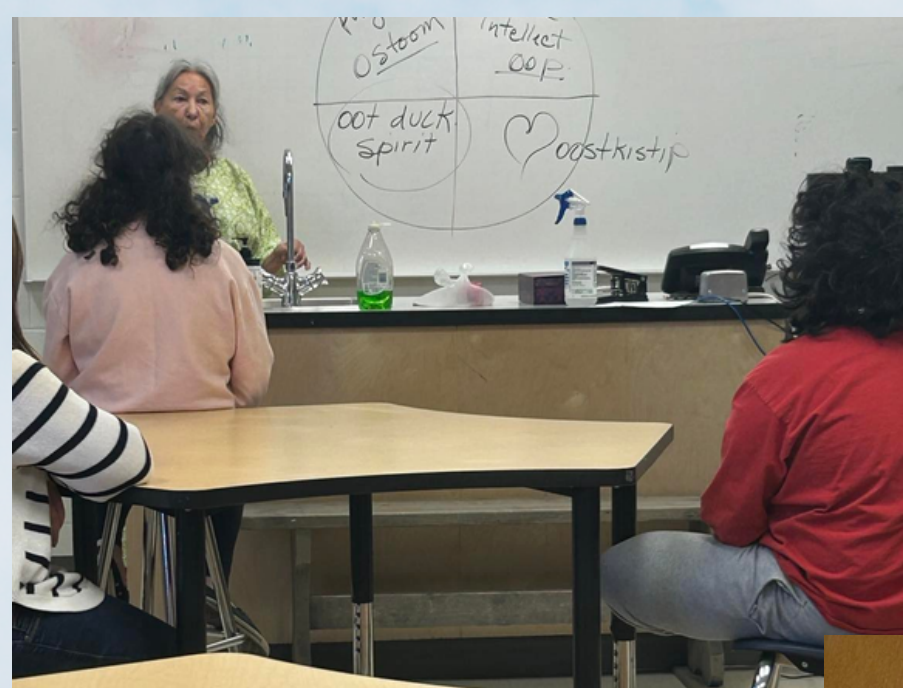
May 10th: Diabetes Run & Walk

May 11th: Moose Hide Campaign

March Highlights



The bone
game for pi
day @ GPMS



Indigenous
wellness
workshop @
WMS



WMS students dancers
at Churchill's culture
showcase



Ribbon skirts
@ ICSS

