

Dates to Remember:

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 17th

Grade 6 LA PAT part A

May 22nd

Victoria Day—No School

May 23rd

PL Day -No School

Registrations for the 23/24 School Year

If you have not completed next years registration form please contact the office as soon as possible:

sjf@lethsd.ab.ca

Track and Field

Track and Field practice continue after school from 3:45-4:45 at SJF. Please see our calendar for practices happening at G.S. Lakie.

Final Testing for the city track meet will take place next week. More information will be sent out soon.



Please contact Tyler Green with any track and field questions at tyler.green@lethsd.ab.ca

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 $\mathbf{5}^{th}\text{, }12^{th}\text{, }19^{th}\text{ and }26^{th}\text{ from }12\text{:}00-1\text{:}00$

SJF field and gym





2023-2024 Option Selections

Option Selections for the 2023-2024 School Year will begin on Monday May 8th. Students will log into PowerSchool between Monday May 6th and Friday May 12th to select their desired options for the new school year.

Access PowerSchool HERE

Grade 6 Options 2023 - 2024

Grade 7 Options 2023 - 2024

Grade 8 Options 2023 - 2024

General Guidelines for Options:

- Review the options descriptions and decide which ones are of interest.
- The school year is divided into 3 terms, each term having 2 option blocks. This means students could potentially have six different options each year.
- Band is a FULL YEAR option. This means Band will take up 3 of the 6 option blocks.
- Some options have a supplementary fee to cover material and supply costs.

Reminders:

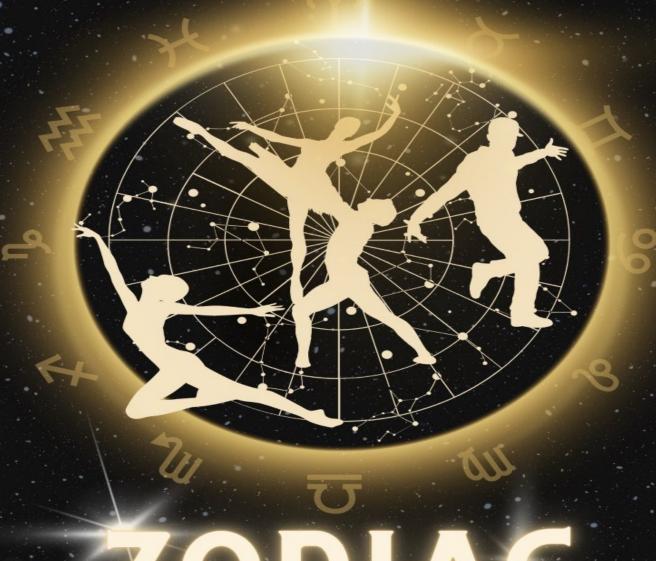
- This process does not prioritize preferred options, nor do we track who selects options when.

 Once all selections are entered for all students, our software will populate as many students with their requested options as possible.
- Selecting more options than required is better than selecting fewer. It helps create flexibility if some options fill up before others.
- You will learn what options you will be taking in the fall.

Questions? Please email us at sjf@lethsd.ab.ca



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



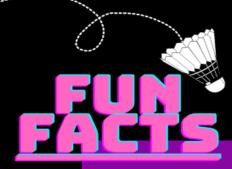
Lethbridge Badminton Club



- Ages 7-adult
- Professionally coached classes
- Recreational club play
- Private coaching avilable
- Racquet restringing



lethbadclub@gmail.com



Shuffles can reach over 450kph

Badminton is the 2nd most popular sport in the world
Largest shuttle in the world is 18ft tall and weighs 3 tons
28.6 million badminton courts to reach the moon
Population of Canada: 38 million.

Badminton players in China: 100 million



www.lethbridgebadmintonclub.ca







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 Picnic Shelter (Henderson Lake)

Sorry, no cancellations or refunds

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

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



LCI ARTS ACADEMY DANCE PRESENTS

Grade 12
Choreographic
Works

SHOWTIMES

JUNE 6th @ 6:00 pm JUNE 6th @ 8:00 pm

Sterndale Bennett Theatre

Tickets available through Yates box office

1.403.329.SEAT

LCI// Arts Academy Dance



DO YOU HAVE A YOUNG ATHLETE, DANCER, SCIENTIST, MOUNTAIN BIKER, CHEF, BUILDER OR GAMER IN YOUR HOME?

Now's the time to register them for the hands-on and fun-focused summer camps for children and teens at Lethbridge College.

From Claymation Creators to Forensic Explorers to Kodiaks Camps and more, your kids will make new friends and make it a memorable summer with a week or more at Lethbridge College's challenging, creative and confidence-building summer camps.

GET ALL THE DETAILS AND REGISTER TODAY AT:

lethbridgecollege.ca/summercamps



2023 BACK TO SCHOOL READY SET GO AND STUFF THE BUS



AGAIN THIS YEAR, THE READY SET GO FAIR AND MYCITYCARE'S STUFF THE BUS ARE JOINING FORCES TO SERVE FAMILIES OF LETHBRIDGE WITH BACK TO SCHOOL SUPPLIES

IF YOUR CHILDREN ATTEND SCHOOL IN LETHBRIDGE

IF YOU ARE NOT SURE YOU WILL BE ABLE TO AFFORD SCHOOL SUPPLIES



THEN THIS PROGRAM IS FOR YOU



YOU CAN REGISTER:

In Person @ Interfaith Food Bank

In Person @ Lethbridge Food Bank

Online:

https://tinyurl.com/43j6c 4mv



Registration Is Open

May 15, 2023



Pick Up is 2pm-6pm



Aug 22- YMCA (74 Mauretania Rd W) Aug 23- CASA (230 8th Street S) Aug 24- Rotary Picnic Shelter North (2801 30th Ave N)

*Just a reminder. Supplies provided will be a standardized set of initial supplies that may or may not correspond with the specific school class supply lists