



Senator Joyce Fairbairn Middle School

May 3rd

Dates to Remember:

May 3rd

Hats On! For Mental Health

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

sjf@lethsd.ab.ca

Track and Field

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.

May 3rd

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



Attention Parents

Students are not to cross the road unless using the designated cross walks. We have noticed an influx of students crossing the road either in-between busses or at unsafe areas to reach parents parked on the other side. This poses a huge risk to our students safety and we encourage parents to talk to your child about the importance of using the crosswalks.



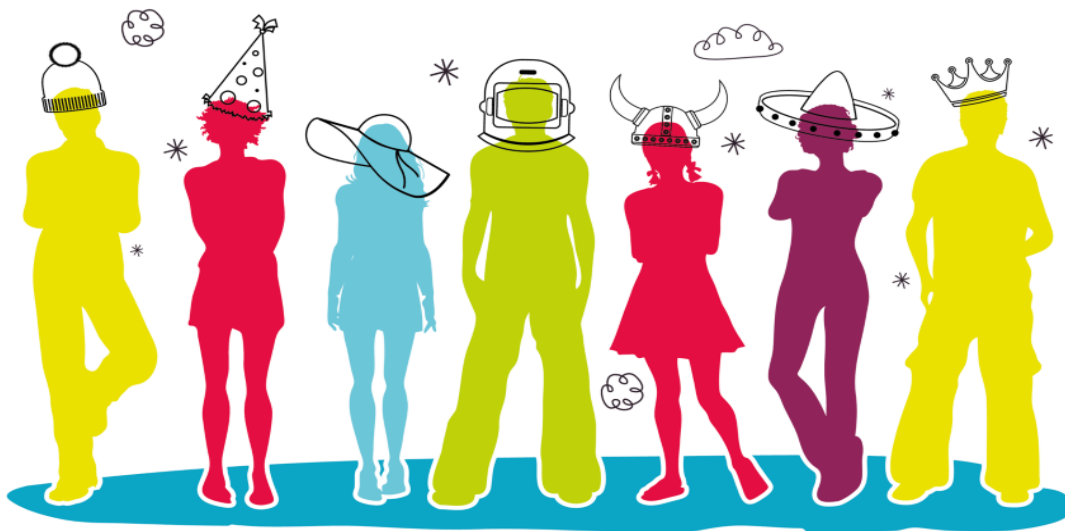


SJF RUGBY CLUB



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



Hats On!
FOR MENTAL HEALTH

W E D N E S D A Y

MAY 3
2023

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



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Middle School

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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





**Senator Joyce Fairbairn
Middle School**

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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



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



MAY 1-7, 2023

MENTAL HEALTH WEEK

MY STORY

Stories Make Us Human

Stories are how we pass down information, culture and language. They connect us with our families..



Stories Build Empathy

Sharing personal experiences and stories promotes understanding - it can help us see the world from different perspective..



Stories Encourage Connection

When we connect with characters in a story, our brain releases oxytocin. Oxytocin is associated with empathy, the building block in helping us connect.



Stories Destigmatize

The more we share stories of the challenges and difficulties we've overcome, the easier it is to talk about such conditions and disorders.



Share Your Story!

By hearing, seeing and learning of others' experiences in the world through storytelling, we can destigmatize mental health and raise awareness of important issues, while encouraging individuals to seek help and support.

#mystory #mentalhealthweek



MENTAL HEALTH SUPPORTS

Kids Help Phone

1-800-668-6868

Text CONNECT to 686868



Lethbridge Family Services

(403) 327-5724

Mental Health Help Line

1-877-303-2642

Addiction HelpLine

1-866-332-2322

Family Violence

(403) 310-1818

Distress Line of Southern Alberta

(403) 327-7905



#MyStory #MentalHealthWeek