



# Senator Joyce Fairbairn Middle School

**May 24th**

## Dates to Remember:

**May 24th**

LSAA Track Meet

**May 24th**

Division Digital Wellness Day

**May 30th**

South Zone Track Meet  
(Medicine Hat)

**May 30th–31st**

Grade 6 Flight Field Trip

**June 1st**

LSD Indigenous Education  
Award Banquet at  
5:30pm–7:30pm

**June 2nd**

Grade 7 Heritage Fair

**June 6th**

Outdoor Sports 7 Kayak Trip

**June 6th**

Band Concert at 6:30pm

**June 7th**

Fairbairn Film Festival 7pm

**June 7th–9th**

Band Field trip to Edmonton

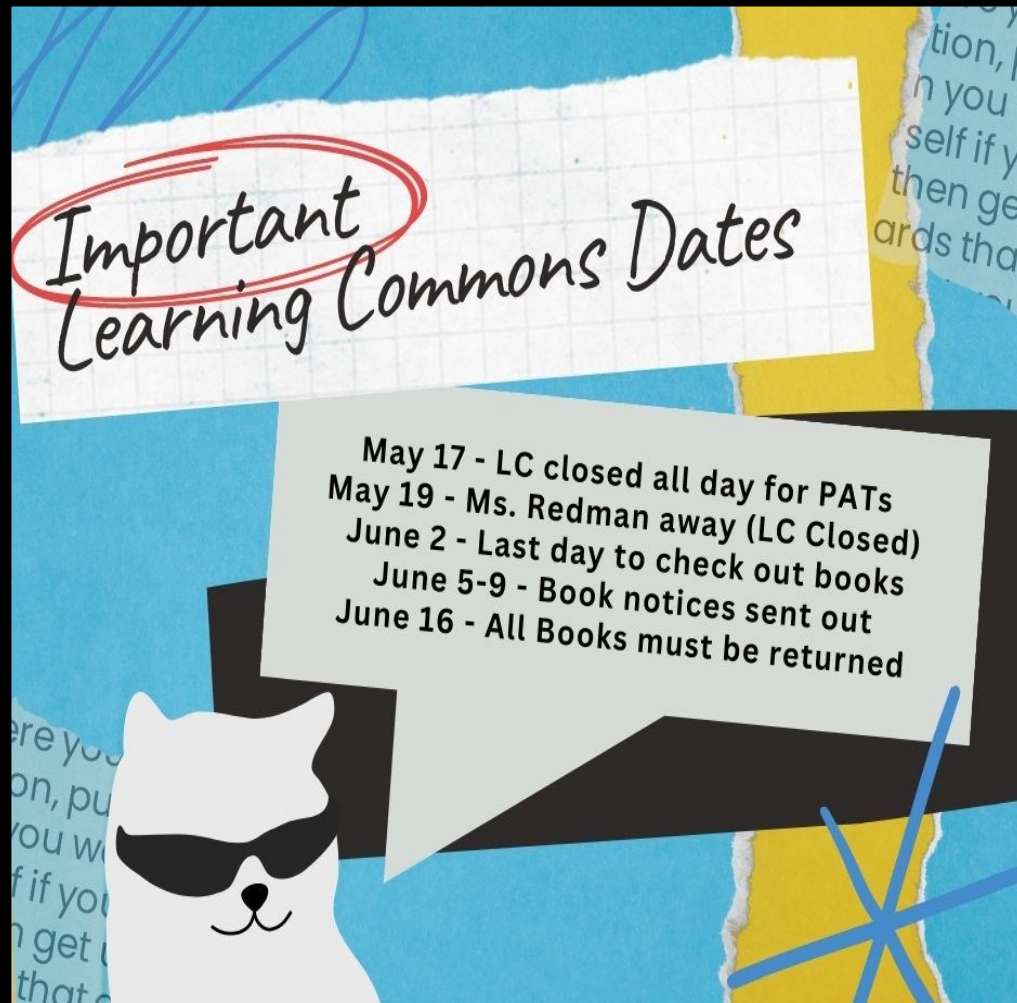
**June 8th**

Outdoor Sports 6 Kayak Trip

## Registrations for the 23/24 School Year



Registration forms are now past due. If you have not completed next years registration form please contact the office as soon as possible: [sjf@lethsd.ab.ca](mailto:sjf@lethsd.ab.ca)



## **SJF RUGBY CLUB**



When and where:

May 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> from 12:00 – 1:00

SJF field and gym





# **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

# **LVC SUMMER CAMPS**

**U17/18 BOYS/GIRLS JULY 10-14**

**U15/16 BOYS/GIRLS JULY 17-21**

**U13/14 BOYS JULY 31-AUG 4**

**U13/14 GIRLS AUG 14-18**

**CUBS TO KODIAKS U9 JULY 31- AUG 4**

**CUBS TO KODIAKS U12 AUG 21-25**

**EXPERT COACHING 6-1 PLAYERS TO COACH RATIO**

**REGISTER AT [WWW.LETHBRIDGEVOLLEYBALLCLUB.COM](http://WWW.LETHBRIDGEVOLLEYBALLCLUB.COM)**







# LCI DONUT DASH!

**TO SUPPORT THE LCI  
CROSS COUNTRY TEAM**

ALL  
PARTICIPANTS  
RECEIVE AN LCI  
HEADBAND AND  
WRISTBAND!



**MAY 24 @6:00 PM  
KINSMEN PICNIC SHELTER  
AT HENDERSON LAKE  
\$25 TO REGISTER**

**CLICK  
HERE TO  
SIGN UP!**

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 predrawn. 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>

# LCI 2023

## MAKER

## FEST

### TUESDAY MAY 30, 2023

**LETHBRIDGE COLLEGIATE INSTITUTE**

1701 5<sup>TH</sup> AVENUE SOUTH - F AND G WING

ACCESS THROUGH BACK PARKING LOT

### 6:00 - 8:00 PM







**Senator Joyce Fairbairn  
Middle School**

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**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**





**Friday, June 23, 2023  
3:00pm to 5:30pm**

**Canadian Western Bank Lounge at  
ENMAX Centre  
2510 Scenic Drive S. Lethbridge, AB**

**Who Should Attend**

- Youth ages 12 to 17
- Parents and Guardians
- Policy makers, Government Officials, Helping Professionals working with Youth

To register: Scan the QR Code or use the link below:



<https://www.eventbrite.com/e/voices-of-youth-mental-wellness-community-forumlethbridge-tickets-637899102387>

**Honorarium  
gift card  
\$40\***

**JOIN US AND SHARE YOUR  
THOUGHTS ON IMPROVING YOUTH  
MENTAL HEALTH AND WELLNESS**

**VOICES OF YOUTH MENTAL  
WELLNESS COMMUNITY FORUM**



**UNIVERSITY OF  
CALGARY**

For Enquires: [CYMH.Coordinator@ucalgary.ca](mailto:CYM.H.Coordinator@ucalgary.ca)

**SSHRC**  **CRSH**

Project has been approved by the University of Calgary Conjoint Faculties Research Ethics Board (REB22-1642\_MOD1) \*Youth, parent/guardian who self-identified requiring child care, transportation or financial support will receive the honorarium gift card.

# DIGITAL WELLNESS DAY



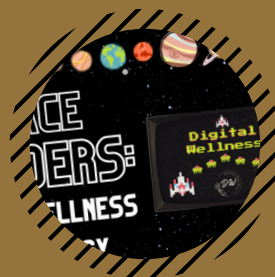
Lethbridge School Division

**START**

**ACTIVE  
PARTICIPATION  
LINK**



## SPACE INVADERS



Digital Wellness takes a spin off the 1978 classic arcade style firing lasers upward by solving digital wellness questions to destroy descending aliens!

## BUILD A SNOWMAN GAME



'Digital Wellness Build a Snowman' Game is a terminology guessing game that promotes awareness and knowledge of key terms related to health and wellness in the digital age.

## MEMORY MATCH



'Memory Match' this digital activity involves matching key digital wellness terms to their meaning. Improve memory and awareness in this fun activity!

## NATURE BASED YOGA/ MEDITATION



The F.N.M.I. Team's nature-based yoga and meditation session will leave you feeling refreshed, re-energized, and ready to tackle the challenges of the day.

## PENCIL-TO- PAPER WELLNESS



These pencil-to-paper activities will promote a sense of enjoyment, balance, reflection, and direction to your day. Allowing you to unplug and recharge in a productive way.

# 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/43j6c4mv>**



**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**

# Coyotes Girls' Volleyball Spring Camp 2023

**Where:** Chinook High School

**When:** Monday, June 5      3:30-5:30 pm  
Tuesday, June 6      3:30-5:30 pm  
Wed, June 7      3:30-5:30 pm  
Thursday, June 8      3:30-5:30 pm



**Who:** Any grade 8-11 players attending Chinook High School next year

**Cost:** \$40

**What:** The Chinook Coyotes Volleyball coaching staff will run this camp. The camp will focus on teaching the fundamentals of volleyball, while at the same time putting the players in lots of competitive situations.

**How to Get Registered!** Register now to reserve your spot! Deadline: May 31

First, complete the registration form to reserve your spot. Give completed form to the office of your school. If you are a Chinook student, bring your form to Tammy in the PE offices.

Second, Payment should be made using School Cash Online

**For more information:** Please contact Tammy Dorchak at 403-320-7565 or [tamara.dorchak@lethsd.ab.ca](mailto:tamara.dorchak@lethsd.ab.ca)



## Coyotes Girls' Volleyball Spring Camp 2023 Registration Form

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

School: \_\_\_\_\_

Birth Date: \_\_\_\_\_

Age: \_\_\_\_\_



Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Phone Number: \_\_\_\_\_

Medical Concerns: \_\_\_\_\_

T-Shirt Size \* (Please Circle): **Small Medium Large X-large**

WAIVER FORM: ***Please read carefully and sign.*** The applicant agrees that Chinook Volleyball and/or proprietors will not be held responsible for any accident, injury or loss however caused and agrees to release the proprietors from all claims, which may arise as a result of, or by reason of, such accidents or loss. We (Chinook Volleyball) reserve the right to request any participant to withdraw from the program prior to its termination if the applicant is not acting in the required manner.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Return to:** Tammy Dorchak at Chinook High School or to the front office of your current school