

May 15th - Mid week Memo



Registration

Please remember to fill out your registration forms and get them back to the school as soon as possible.

FYI

With the arrival of Spring and warmer weather, students are starting to wear summer footwear like crocs, sandals, sliders, etc. Please remind your child that for any classes that involve physical activity, proper footwear is required. Appropriate running shoes can limit the risk of injury during activity time.

Please follow us on our Facebook page:

[Click me](#)

Checkout our website as well to keep up to date

[click here](#)

Here is the Lethbridge School Division Policy Feedback Link

[click here](#)

Carl's Corner

Falcons mate for life and have unique courtship behaviors, such as flying upside down.

Important Dates:

May 16th:

Field Events Practice 3:45 - 5pm

May 20th:

NO SCHOOL

May 21st:

NO SCHOOL

May 23rd

- 8:00am-8:40am Rugby Club
- 8:30am Grade 6 immunizations
- 3:45 - 5pm Track Team Practice

Options

Please remember to login to PowerSchool and choose your options as they close on May 24th.





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 and Mr. Miller

When and where:

May 23rd and 28th from 8:00-8:40 am in the gym



Coyotes Girls' Volleyball Spring Camp 2024

Where: Chinook High School

When: Thursday June 6

Friday, June 7

Wed, June 12

Friday, June 14

(beach volleyball day)



Who: Grade 8-11 girls 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

Coyotes Girls' Volleyball Spring Camp 2024 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: _____

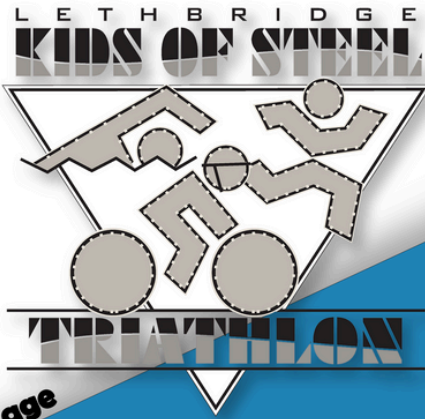
Return to: Tammy Dorchak at Chinook High School or to the front office of your current school

The Southern Alberta Multisport Society

Presents



Register Here
Scan with phone camera



varying distances based on age
swim bike run event

DATE:
SATURDAY
June 15th

START TIME: 8am

Swim: Maxbell Pool
Bike: University of Leth
Run: University of Leth

ENTRY FEES
5-19yr ~ \$35
Teams ~ \$58

School Challenges

Most competitors

Fastest 3 person team

Fastest top 10 (all ages)

WWW.SAMULTISPORT.ORG
info@samultisport.org



LCI XCOUNTRY PRESENTS:
DONUT DASH

PRIZES!
ACCESSORIES!
DONUTS!

3K Run/Walk with 2 Donut Stations!

WEDNESDAY, MAY 22, 2024
KINSMEN PICNIC SHELTER
HENDERSON LAKE PARK

REGISTER NOW!

THANK YOU TO OUR SPONSORS!

LCI PRO SCOLA ET PRO PATRIA

KINSMEN PICNIC IS COMING!

Click the LCI image to purchase tickets

UNDER THE LIGHTS SPORTS & ENTERTAINMENT PRESENTS

BATTLE OF THE BADGES

TICKET ONLY **\$15**
OR 4 FOR \$50

SATURDAY **25** MAY

CHARITY SOFTBALL GAME

LETHBRIDGE POLICE SERVICE **VS** LETHBRIDGE FIRE AND EMERGENCY SERVICES

SPITZ STADIUM
LETHBRIDGE, ALBERTA
GATES OPEN AT 5 P.M.
7:05 FIRST PITCH

PATIO TABLE OF 4 **\$100**

PROCEEDS BENEFIT POLICE AND FIRE CHARITIES

LCI ARTS ACADEMY DANCE PRESENTS

Grade 12

Choreographic Works

SHOWTIMES
JUNE 13th @ 7:30pm
Yates Memorial Center

LCI Arts Academy Dance

RECOGNIZE
RECHARGE
REDISCOVER

LETHBRIDGE SCHOOL DIVISION:

DIGITAL WELLNESS DAY!

**MAY
22**



**“AWAY
FOR THE
DAY”**



IDEA:

DISCONNECT
TO RECONNECT

OUTCOME:

BUILDING MEANINGFUL
SCREEN-FREE MOMENTS

