



## SOAR

# OCT. 21 - OCT. 25

## Mark Your Calendar

**Oct 17- 25:**

Book Fair

**Oct 23:**

Staff Professional Learning  
(No classes for students)

**Oct 24:**

Parent/Teacher Interviews  
(No classes for students)

**Oct 25:**

Staff Professional Learning  
(No classes for students)

## New School Apparel Alert!

Show off your school pride with our brand-new gear, now available for purchase! From hoodies to tees, we've got you covered. 🦅💙



**Athletics Calendar**  
Subject to change and refer to it often



**BUS ROUTES**



## GRADE 8 GEOGRAPHY SCAVENGER HUNT:

LAST FRIDAY THE GRADE 8 STUDENTS PARTICIPATED IN A SKILL-BASED GEOGRAPHY SCAVENGER HUNT. STUDENTS USED THEIR SKILLS TO INTERPRET MAPS, BUILD LANDMARK REPLICAS, DETERMINE COORDINATES, AND SHOW OFF THEIR GENERAL GEOGRAPHY KNOWLEDGE. CONGRATULATIONS TO 8A WHO WON BY 3 POINTS IN A NAIL-BITING FINISH!

## THE SCHOLASTIC BOOK FAIR IS OFFICIALLY UP AND RUNNING!

A HUGE THANK YOU TO OUR INCREDIBLE STUDENT VOLUNTEERS WHO HAVE GENEROUSLY GIVEN UP THEIR LUNCH BREAKS TO HELP MAKE THE FAIR A SUCCESS. SPECIAL SHOUTOUT TO SOME OF OUR DEDICATED VOLUNTEERS WHO HAVE BEEN WITH US SINCE GRADE 6! YOUR HARD WORK AND ENTHUSIASM MAKE ALL THE DIFFERENCE—THANK YOU!

## Parent-Teacher Interviews

We're excited to welcome families for Parent-Teacher Interviews on **October 24th (8:30 - 8:00)**! This is a great opportunity to meet with your child's teachers and discuss their progress.

**Book your spot here!**

While you're here, don't miss out on our Book Fair! It will be open during both days of interviews, so feel free to stop by with your family and check out some great reads. We can't wait to see you there!





**Alberta Health  
Services**

Child, Youth & Family  
Addiction and Mental Health

Healthy Albertans.  
Healthy Communities.  
**Together.**

## In Person ADHD Parent Group

This is an educational group for parents and caregivers who want to learn about ADHD. The purpose of this group is to provide current introductory information around ADHD. This closed group consists of five ninety-minute sessions on these topics:

- What is ADHD and how to talk to you child/teen about it
- How medication, nutrition, exercise, and sleep impact ADHD
- How ADHD impacts self-regulation and the importance of co-regulation
- Tools for parenting a child/teen with ADHD
- Navigating school systems and community services

### Upcoming Dates and Location

Tuesdays, November 5 – December 3, 2024, from 6-7:30 p.m.

Child, Youth and Family Addiction and Mental Health Clinic  
Melcor Centre (Suite 120A 200 - 4 Ave. So.)


**To register, call Access Addiction & Mental Health  
1 888 594 0211**



Lethbridge  
SCHOOL DIVISION

# NAVIGATING TECHNOLOGY TOGETHER

**UPDATE ON DIVISION PERSONAL  
MOBILE DEVICE AND SOCIAL MEDIA  
USE IN SCHOOLS PROCEDURE**



ENGAGE IN  
LEARNING AND  
DISCUSSION  
REGARDING  
EDUCATIONAL  
GUIDELINES FOR  
TECHNOLOGY USE

PLEASE JOIN US



SCAN ME



WEDNESDAY, NOVEMBER 13TH



**REGISTRATION REQUIRED**



PLEASE REGISTER ONLINE BY OCTOBER 31ST

EVENT FROM 6:00-7:30PM

G.S. LAKE MIDDLE SCHOOL FOYER



LETHBRIDGE  
SCHOOL DIVISION

DIGITAL  
WELLNESS TEAM





**BACK TO SCHOOL SALE!**

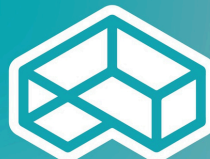
# YEAR BOOKS

**ORDER NOW to GUARANTEE your copy at the LOWEST PRICE of the year!**

SCAN ME



**DEADLINE:**  
February 14, 2025



**ARCONIC STEM Club**

# 4 Friday Afternoons

Hands on activities to explore the world of STEM!



Take home the tech you use!

Coding micro:bits

Design Challenges



**SIGN UP THIS TERM**

Building

Biomedical Design

4 afternoons at your school, PLUS a STEM Day @ the U of L



destination exploration UNIVERSITY OF LETHBRIDGE

**LEARN MORE**



VIRTUAL | November 18th-21st

Re-Charge Your Parenting Battery

# Children's Mental Health + Parenting Summit

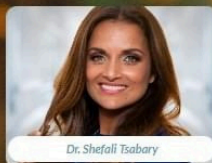
16 Experts discussing incredible topics: ADHD, Parental Resilience, Early Autism Intervention, + so much more!

**Register For Free**

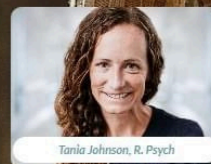
Register now to get a **FREE GIFT:** Family Media Plan



Rated by over 454,000 parents + professionals



Dr. Shefali Tsabary



Tania Johnson, R. Psych



Tammy Schamuhn



Chazz Lewis



Dr. Gordon Neufeld



Dr. Laura Markham



Dr. William Stixrud





## OCT. 21 - OCT. 25 **SOAR**



### FIELD OF SCREAMS

**Spitz Stadium, Lethbridge**

**ADULTS**  
\$15.00

**CHILDREN (12 & UNDER)**  
\$7.50

We appreciate all donations to the local Food Bank!

October 17, 24	6:30 to 10:30PM
October 18, 19, 25, 26	6:30 to 11:00PM
October 27, 28, 29, 30	6:30 to 9:30PM
October 31 (Halloween)	5:30 to 11:00PM

**WATCH FRIDAY THE 13<sup>TH</sup> ON THE BIG SCREEN:**  
October 18, 25, 31 (Halloween) 11:00PM

Presented by The Lethbridge Bulls, Prairie Baseball Academy and Under the Lights Sports & Entertainment










**Middle School Wrestling!**

**MORE INFO**

angel tree CHRISTMAS CAMPAIGN

Registration now open!

CHRISTMAS HOPE

PLEASE VISIT [WWW.LFSFAMILY.CA/REGISTER](http://WWW.LFSFAMILY.CA/REGISTER) FOR FURTHER INFORMATION



REGISTRATION CLOSING NOVEMBER 18, 2024

VIRTUAL | November 18th-21st


Re-Charge Your Parenting Battery

## Children's Mental Health + Parenting Summit

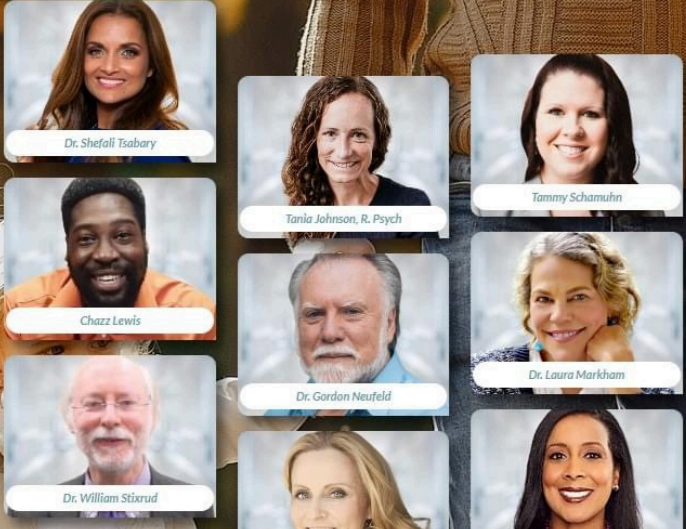
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- Dr. Laura Markham
- Dr. William Stixrud



# October


2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Dev Girls 3:45-5 Dev Boys 3:45-5 Rep Girls 3:45-5 Rep Boys 5-6:15 RUNNING CLUB 3:45-5PM	2 Dev Girls 3:45-5 Dev Boys 3:45-5 Rep Boys 3:45-5 Rep Girls 5-6:15	3 SJF BOYS @ GLS 4pm SJF GIRLS @ GLS 5:15PM DEV GIRLS vs GSL 4:15 DEV BOYS vs GSL 4:15 RUNNING CLUB 3:45-5PM	4 Rep Boys/Girls @ Wilson Tournament G-CLUB VOLLEYBALL 11:45-1pm	5 Rep Boys/Girls @ Wilson Tournament
6	7 G-CLUB VOLLEYBALL 7:30-8:45am Dev Girls 3:45-5 Dev Boys 3:45-5 Rep Girls 3:45-5	8 Rep Boys vs ICS 4:15 Rep Girls vs ICS 4:15 Dev Boys @ ICS 4pm Dev Girls @ ICS 4pm RUNNING CLUB 3:45-5PM	9 Dev Girls 3:45-5 Dev Boys 3:45-5 Rep Boys 3:45-5 Rep Girls 5-6:15 CROSS COUNTRY ZONES	10 Rep Boys vs FLVT 4:15 Rep Girls vs FLVT 4:15 Dev Boys @ FLVT 4:15 Dev Girls @ FLVT 4:15	11	12
13	14 Thanksgiving- No School	15 Rep Boys @ PW 4:15 Rep Girls @ PW 4:15 Dev Boys 3:45pm Dev Girls 3:45pm	16 G-CLUB VOLLEYBALL 7:30-8:45am Dev Girls 3:45-5 Dev Boys 3:45-5 Rep Boys 3:45-5 Rep Girls 5-6:15pm	17 Rep Boys vs WMS 4:15 Rep Girls vs WMS 4:15 Dev Boys @ WMS 4pm Dev Girls @ WMS 4pm	18 <b>Flock Fest Volleyball Tournament</b> Dev Girls @ GPMS tournament	19 <b>Flock Fest Volleyball Tournament</b> Dev Boys @ GPMS tournament
20	21 G-CLUB VOLLEYBALL 7:30-8:45am Rep Girls 3:45-5 Rep Boys 3:45-5	22 Rep Boys vs GPMS 4:15 Rep Girls vs GPMS 4:15 Dev Boys @ GPMS 4pm Dev Girls @ GPMS 5pm	23 No School for students Rep Girls 3:45-5 Rep Boys 3:45-5	24 No School for Student Parent-teacher Interviews	25 Rep Boys/Girls @ Lakie Tournament	26 Rep Boys/Girls @ Lakie Tournament
27	28 G-CLUB VOLLEYBALL 7:30-8:45am Dev Girls 3:45-5 Dev Boys 3:45-5 Rep Girls 3:45-5 Rep Boys 5-6:15pm	29 Rep Boys @ SF 4pm Rep Girls @ SF 5pm Dev Boys vs SF 4:15 Dev Girls vs SF 4:15	30 Dev Girls 3:45-5 Dev Boys 3:45-5 Rep Boys 3:45-5 Rep Girls 5-6:15pm	31 Rep Girls 3:45-5 Rep Boys 3:45-5		



## Sign Up Now!

 @Lethbridge\_Wrestling

 902-225-1305

 Lethbridgewrestling@gmail.com



## Middle School Wrestling!



@Lethbridge\_Wrestling

## When & Where



**October 28th - March 15th**  
Excluding holidays



**Mon, Wed, Thurs**  
**7-9 PM**



**LETHBRIDGE COLLEGIATE**  
**INSTITUTE**

Registration details can be found through the link in our profiles @Lethbridge\_Wrestling. More details are included like what to expect and the practice schedule available in registration including payment method(s). Registration includes 1 Lethbridge Wrestling sweater per participant and all regular practices.

### REGISTRATION LINK:



**"AFTER WRESTLING**  
**EVERYTHING IS EASIER."**



## Introduction

Welcome to the Lethbridge Wrestling Program, where strength, agility, and resilience are built from the ground up. Are you ready to discover a sport that challenges both the body and mind, while fostering lifelong skills and friendships? Wrestling is more than just a sport; it's an empowering journey that teaches many valuable life skills. Join us, and step onto the mat to unleash your potential and become part of an incredible community! All teams train under one roof in Lethbridge, we like to say "iron sharpens iron".



## What You'll Learn



Physical Fitness and  
Coordination  
Discipline and Focus



Confidence and Self-  
Esteem



Teamwork and  
Sportsmanship

Supported by:



### Our Coaches

## Learn from the Best

Our wrestling programs are guided by trained and NCCP certified coaches who bring their elite-level experience and passion for wrestling to every practice. These accomplished mentors not only teach the technical aspects of the sport but also inspire young athletes to love their sport and in turn their lives and to see every hurdle as an opportunity to learn. Training under the supervision of our coaches offers our participants a unique opportunity to learn from those who understand the journey firsthand and can provide invaluable insights into what it takes to succeed.