

OCT. 28 - NOV. 01

Mark Your Calendar

Monday, October 28th

Practice begins at 7:45 AM (doors open at 7:30 AM).

Tuesday, October 29

Picture Retakes

Friday, November 1st

VOLLEYFEST

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. 🏔️💙



VOLLEYFEST

Friday, November 1st



Join us for our first-ever VOLLEYFEST! We'll be hosting a Triple-Ball Tournament with the Wilson Wolverines.

GClub Schedule:

- 11:45 AM – 12:30 PM: Lunch & gym set-up (bring your lunch!)
- 12:30 PM – 2:30 PM: Triple-Ball Tournament

Parents are welcome to come cheer on the teams!



SJF staff showcased their spooky creativity in a pumpkin carving contest, each inspired by a different horror book!

SOAR PHILOSOPHY AT SJF

This year, we're embracing the SOAR Philosophy to guide our school community. So far, students have focused on two key pillars:

Show Empathy and Own Your Actions.

Next, we'll shift our focus to:

Accept Differences and Be Responsible for Your Learning.

S.O.A.R.

Jestens

YEARBOOKS

On Sale Now!

ATTENTION PARENTS:

Don't forget to order your student's copy of the 2024-2025 yearbook! COPIES ARE LIMITED! Scan or CLICK the QR CODE to order yours NOW >>>

DEADLINE: FEB. 14, 2025 | COST: \$42.00





**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**



Dear Parents and Guardians

Join us for the annual "SOARing into the Arts" Festival at Senator Joyce Fairbairn Middle School, where creativity takes flight! The event will be held on December 18th, starting at 5:30pm. This vibrant event showcases the incredible talents of our students across a variety of fine arts options, including choir, band, industrial arts, sewing, visual arts, drama, and culinary arts. Attendees will enjoy performances, art displays, and delicious creations that highlight the hard work and passion of our students. It's a perfect opportunity to celebrate the diverse talents within our school community and inspire future artists. Come out and experience the joy of creativity—let's soar together into the arts!

Thank you for your support as we celebrate another great school year!

Best regards,

Keith Miller

Amelia Livingstone-Fenz

Rachelle Fairs

Kyle Harmon

Hayley Platz

Brittany Booth

Tanner Lapointe

Sheanne Johnston

Megan Schaaf

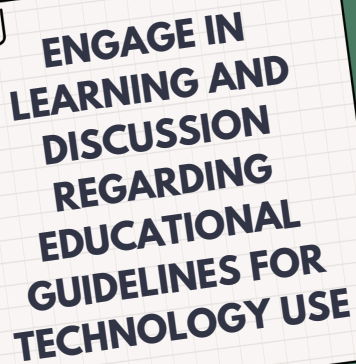
SJF Fine Arts Team



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. LAKIE 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



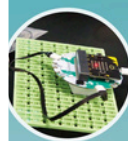
DEADLINE:
February 14, 2025



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

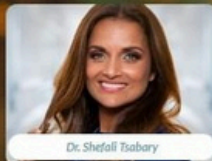
16 Experts discussing incredible topics: ADHD, Parental Resilience, Early Autism Intervention, + so much more!

Register For Free

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



Rated by over 454,000 parents + professionals



Dr. Shefali Tsabary



Tanika Johnson, R. Psych



Tommy Schamuhn



Chazz Lewis



Dr. Gordon Neufeld



Dr. Laura Markham



Dr. William Stierud





OCT. 28 - NOV. 01 **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 13TH 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 FOR FURTHER INFORMATION



REGISTRATION CLOSSES NOVEMBER 18, 2024

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

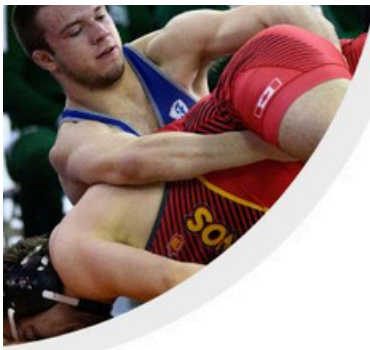
Register now to get a **FREE GIFT:** Family Media Plan



Rated by over 454,000 parents + professionals




- Dr. Shefali Tsabary
- Tania Johnson, R. Psych
- Tommy Schamuhn
- Chazz Lewis
- Dr. Gordon Neufeld
- Dr. Laura Markham
- Dr. William Starud



Sign Up Now!

 @Lethbridge_Wrestling

 902-225-1305

 Lethbridgewrestling@gmail.com

REGISTRATION LINK:



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



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.

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.



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 Flock Fest Volleyball Tournament Dev Girls @ GPMS tournament	19 Flock Fest Volleyball Tournament 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		