



NOV. 4 - NOV. 8 **SOAR**

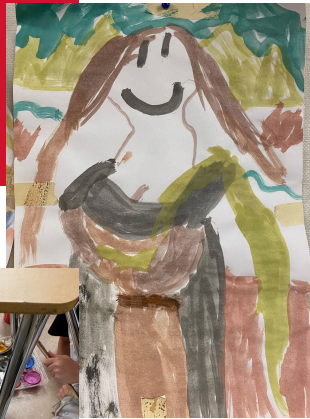
Mark Your Calendar

Nov. 7

Fall Fling

Nov. 11

Remembrance Day
(No School)



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



Order Now

Fall Fling Dance - SJF Students Only! **Dance the Night Away!**

Join us on November 7 from 6:30-8:00 PM for our SJF Fall Fling! Drop off coats and bags in the Foods Lab, grab a \$1 candy bag, and be ready to dance—**no phones or water bottles**, please!

Jostens

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



Upcoming Immunization Clinic for Grade 6 Students **Attention Grade 6 Families!**

On November 19, 2024, the Public Health school nursing team will visit Senator Joyce Fairbairn Middle School to provide routine immunizations to Grade 6 students. Only students with parental consent (signed form or verbal) are eligible, including those needing additional doses from the 2023-2024 school year.

Note: COVID-19 and Influenza vaccines will not be administered at this clinic.

For more info, visit AHS Immunization Information or contact your local Public Health office.



**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

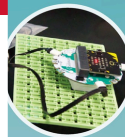
Jostens



**ARCONIC
STEM Club**

4 Friday Afternoons

Hands on activities to explore the world of STEM!



Take home the tech you use!

Design Challenges

Coding micro:bits



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



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:

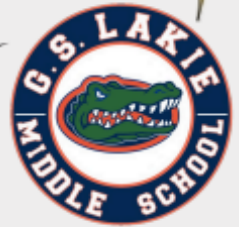
Accept Differences and Be Responsible for Your Learning.

S.O.A.R.



NOV. 4 - NOV. 8

SOAR



Middle School Wrestling!

MORE INFO

angel tree
CHRISTMAS CAMPAIGN

Registration now open!

CHRISTMAS HOPE
Christmas Hope Partner

PLEASE VISIT WWW.LFSFAMILY.CA/REGISTER
FOR FURTHER INFORMATION



REGISTRATION CLOSES NOVEMBER 18, 2024

VIRTUAL | November 18th-21st


Re-Charge Your Parenting Battery

Children's Mental Health + Parenting Summit

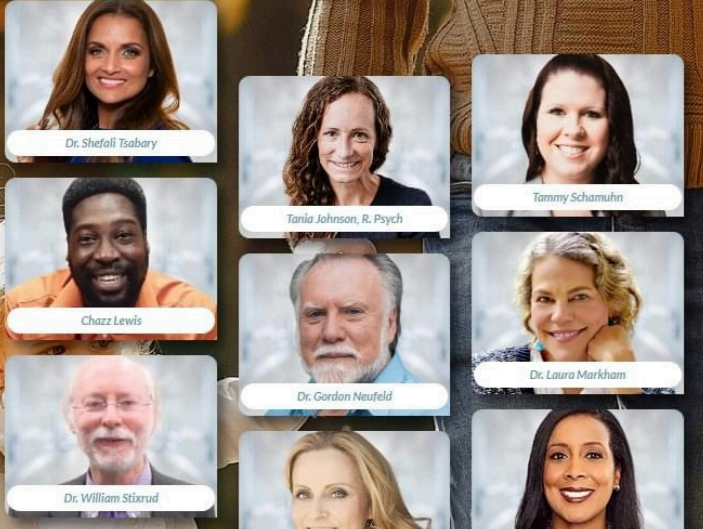
16 Experts discussing incredible topics: ADHD, Parental Resilience, Early Autism Intervention, + so much more!

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
- Tammy Schamuhn
- Chazz Lewis
- Dr. Gordon Neufeld
- Dr. Laura Markham
- Dr. William Stixrud



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.



FALL FLING!

SJE STUDENTS ONLY

November 7

6:30-8:00

NO PHONES OR WATERBOTTLES
COATS/BAGS IN FOODS LAB

1\$ CANDY BAGS



Free Tutor Program

Would you like help in your school studies? The YMCA of Lethbridge is hosting a FREE tutor program for all subjects open to both high school and middle school students. The program will be held in the Upper Galleria at the Cor Van Raay YMCA.

Our tutor programs will be running Monday-Thursday
from 4:30pm-7:00pm.
No membership required!

For any questions, reach out to Arnaud at:
arnaud.sparks@lethbridgeymca.ca



Shine On



November

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 G-CLUB VOLLEYBALL 11:45-1pm Rep Volleyball Zones	2 Rep Volleyball Zones
3 Rep Boys 3:45-5 Rep Girls 5:00-6:15pm	4	5 LSAA Q-Finals Rep Girls vs ICS 4:15 Rep Boys @ Lakie 4pm	6 LSAA Semi/Finals @ Prairie Winds School	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30