



## NOV. 18 - NOV.22 **SOAR**

### Mark Your Calendar

**Nov. 15 - Dec. 2**

Power school closed

**Dec. 2**

Report cards available on  
PowerSchool

**Nov. 19**

Grade 6 Vaccination Day

**Nov. 20**

PEAKS Trip (6 and half 7s)

**Nov. 20**

🎵 Guest Clinician Visit: Jaimee Jarvie (MMus, BMus) will be at SJF working with the Grade 6, 7, and 8 choirs.

**Dec. 12**

🎵 Winter Choral Concer



**Athletics Calendar**

Subject to change and refer to it often



**BUS ROUTES**



### This Week in the Learning Commons

The Grade 6 team hosted a Book Tasting event, transforming the Learning Commons into an adorable "Tim Books Café." With the generous support of our local **Heritage Tim Hortons**, students enjoyed delicious Timbits and punch served in Tim Hortons cups.

**A heartfelt thank you to Heritage Tim Hortons for their generous donation, which helped elevate this event to a new level. The staff and students of SJF are so grateful for your kindness!**



### 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.





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### Yearbooks Are on Sale!

If you would like to purchase a yearbook this year, click the link below to secure your copy:

*Jestens* **YEARBOOKS**  
*On Sale Now!* [Click Here!](#)

### 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**



### New School Apparel Alert! Now Featuring Fine Arts Apparel!



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

**ARCONIC STEM Club**

**4 Friday Afternoons**  
Hands on activities to explore the world of STEM!

Design Challenges  
Coding micro:bits  
Building  
Biomedical Design

Take home the tech you use!

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

**SIGN UP THIS TERM**

**LEARN MORE**

destination exploration UNIVERSITY OF LETHBRIDGE

### 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. 18 - NOV. 22

## SOAR



angel tree  
CHRISTMAS CAMPAIGN

Registration now open!

CHRISTMAS HOPE  
Christmas hope partner

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



REGISTRATION CLOSES NOVEMBER 18, 2024



### Middle School Wrestling!

**MORE INFO**

VIRTUAL | November 18th-21st


Re-Charge Your Parenting Battery

## Children's Mental Health + Parenting Summit

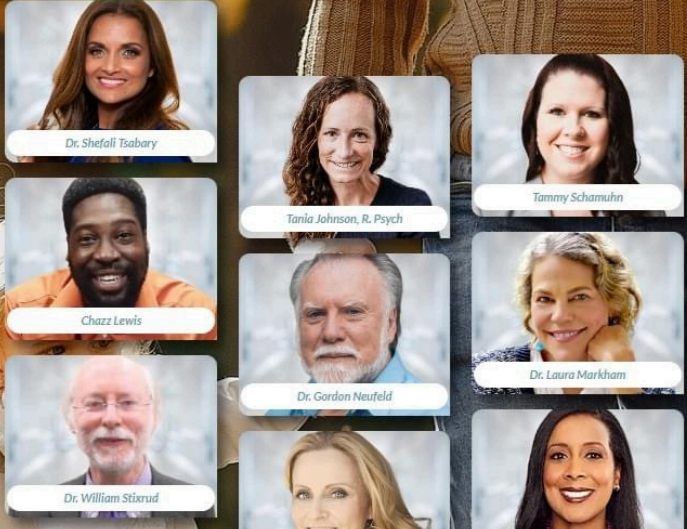
16 Experts discussing incredible topics: ADHD, Parental Resilience, Early Autism Intervention, + so much more!

**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 Sturud





**kindred**  
Realize the power of human connection

# *Alberta Wide Mental Health Services*

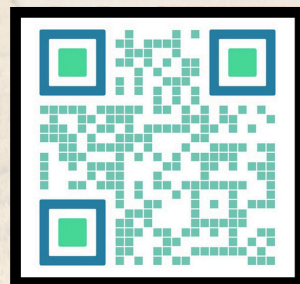
## **Rapid Access Counselling (RAC)**

- Anywhere in Alberta
- Low to no cost
- See a counsellor within 3 business days
- Single-session counselling
- Virtual, no travel required

## **Easy and accessible to get started**

To book a session:

- Call 1-877-244-2360 (toll free), email [intake@kindred.ca](mailto:intake@kindred.ca) or scan our QR code.
- Visit [www.RACAlberta.ca](http://www.RACAlberta.ca).







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





**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 your 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**





## Sign Up Now!



@Lethbridge\_Wrestling



902-225-1305



Lethbridgewrestling@gmail.com



## Middle School Wrestling!

REGISTRATION LINK:



"AFTER WRESTLING EVERYTHING IS EASIER."



@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.



# 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](mailto:arnaud.sparks@lethbridgeymca.ca)*



Shine On



# November

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 G-CLUB VOLLEYBALL 11:45-1pm <b>Rep Volleyball Zones</b>	2 <b>Rep Volleyball Zones</b>
3 Rep Girls 3:45-5 Rep Boys 3:45-5	4	5 LSAA Q-Finals TBA	6 LSAA Semi/Finals @ Prairie Winds School	7 SCHOOL DANCE	8	9
10 NO SCHOOL	11	12 PL DAY- NO SCHOOL FOR STUDENTS	13 GR. 7/8 BOYS TRY-OUTS 3:45 GR. 7/8 GIRLS TRY-OUTS 5:15	14 GR. 7/8 GIRLS TRY-OUTS 3:45 GR. 7/8 BOYS TRY-OUTS 5:15	15 GR. 6 CO-ED TRY-OUTS 11:45-1:00	16
17 INVITED gr. 6-8 BOYS 3:45 INVITED gr. 6-8 GIRLS 5:15	18	19 INVITED 6-8 GIRLS 3:45 INVITED 6-8 BOYS 5:15 <b>GRADE 6 IMMUNIZATIONS- all day</b>	20 <b>*SJF BASKETBALL TEAMS FINALIZED</b> REP BOYS 3:45 REP GIRLS 5:15	21 REP GIRLS 7:30-8:40am DEV Girls 3:45-5:15 DEV Boys 3:45-5:15 REP Boys 5:15-6:30	22 G-CLUB BASKETBALL 11:45-1PM	23
24 REP Boys 7:30-8:40am REP Girls 3:45-5:15pm <b>*REP GIRLS AND BOYS PARENT MEETING 5:15- 5:45PM</b>	25 REP GIRLS 7:30-8:40am DEV Girls 3:45-5:15 DEV Boys 3:45-5:15 <b>DEV BOYS/GIRLS PARENT MEETING 5:15-5:45</b> REP Boys 5:15-6:30	26 REP BOYS 7:30-8:40AM DEV Girls 3:45-5:15 REP Girls 5:15-6:30	27 REP GIRLS 7:30-8:40am DEV Boys 3:45-5:15 REP Boys 5:15-6:30	28 REP WILSON <b>TOURNAMENT- Boys and Girls</b> G-CLUB BASKETBALL 11:45-1PM	29 <b>REP WILSON TOURNAMENT- Boys and Girls</b>	30



