SJF NEWSLETTER **f** © ®









DEC.09 - DEC.13



Mark Your Calendar

Dec. 12 - 6:30PM

Winter Choral Concert at Maranatha Church

Dec. 11

Grade 8 Matilda Field Trip



Dec. 18Soaring into the Arts

Dec.22 - Jan.06

Winter Break

Welcome to "SOARing into the Arts!"

This winter, we celebrate the incredible talents of our band, choir, drama, and dance students, along with the creativity of our culinary, industrial, textile, and visual arts programs. Inspired by our school motto, S.O.A.R., these performances showcase the hard work of our students and the invaluable support of our Falcon Families. Proceeds from tonight will help fund essential Fine Arts equipment, ensuring the arts continue to thrive. Thank you for being part of this special evening, and happy holidays from the SJF Fine Arts Team!







Grade 8 Renaissance STEM

Grade 8 students embraced their inner Leonardo da Vinci, designing and building machines inspired by the Renaissance era! A big thank you to Ms. Redman in the Learning Commons for leading this creative and innovative experience.



Grade 6 City Building

Grade 6 students travelled to City Hall to learn more about their Local Government from the fabulous Councilor Crowson.

Then they returned to school and built a city of their own!



SJF NEWSLETTER 1000



DEC.09 - DEC.13





Mew 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.

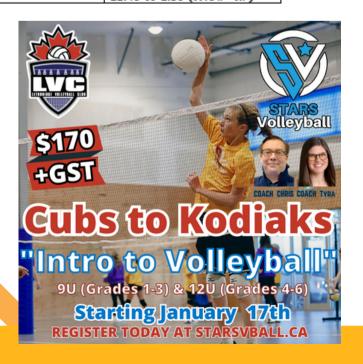


UPDATED GCLUB BASKETBALL PRACTICE SCHEDULE



| DATE | TIME | | |
|--------------------------|-------------------------|--|--|
| November 22nd | 11:45 to 1:00 PM | | |
| November 29th | 11:45 to 1:00 PM | | |
| December 6th | 11:45 to 1:00 PM | | |
| December 13th | 11:45 to 1:00 PM | | |
| CHRISTMAS BREAK | No practice Dec.20th | | |
| January 9 th | 7:30 to 8:40 AM | | |
| January 10 th | 11:45 to 1:00 PM | | |
| January 16 th | 7:30 to 8:40 AM | | |
| January 17 th | 11:45 to 1:00 PM | | |
| January 23 rd | 7:30 to 8:40 AM | | |
| January 24 th | NO PRACTICE | | |
| January 30th | 7:30 to 8:40 AM | | |
| January 31st | NO PRACTICE (PD Day) | | |
| FEBRUARY 7th | 11:45 to 1:30 (WRAP-UP) | | |







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







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 or scan our QR code. Visit 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



When & Where



October 28th - March 15th Excluding holidays



Mon, Wed, Thurs 7-9 PM



LETHBRIDGE COLLEGIATE INSTITUE

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.



Sign Up Now!





902-225-1305



Lethbridgewrestling@gmail.com

REGISTRATION LINK:



"AFTER WRESTLING EVERYTHING IS EASIER."











Middle School Wrestling!



@Lethbridge_Wrestling

Introduction

Welcome to the Lethbridge Wrestling Program, where strength, agility, and resilience are built from the ground App 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







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





December

2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|--|
| 2 REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 DEV Girls 3:45-5:15 REP Boys 5:15-6:45 DEV Parent Meeting 5:15 | 3 REP BOYS 7:15-8:40AM DEV Girls 3:45-5:15 REP Girls 5:15-6:45 | 4 REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 REP Boys 5:15-6:45 | FEP GIRLS VS GPMS 4:15 REP BOYS VS GPMS 5:30 DEV GIRLS @GPMS 4:00 DEV BOYS @GPMS 5:15 | G-CLUB BASKETBALL 11:45-1PM | 7 |
| 9 REP BOYS 7:15-8:40AM DEV Girls 3:45-5:15 REP Girls 5:15-6:45 | REP GIRLS @ WIL 4:00 REP BOYS @ WIL 5:15 DEV GIRLS VS WIL 4:15 DEV BOYS VS WIL 5:30 | 11 REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 REP Boys 5:15-6:45 | 12 REP BOYS 7:15-8:40AM DEV Girls 3:45-5:15 REP Girls 5:15-6:45 | G-CLUB BASKETBALL 11:45-1PM DEV GIRLS: FRANCIS TOURNAMENT REP BOYS/GIRLS GPMS TOURNAMENT | DEV GIRLS: FRANCIS TOURNAMENT REP BOYS/GIRLS GPMS TOURNAMENT |
| 16 REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 REP Boys 5:15-6:45 | 17 REP GIRLS vs FLVT 4:15 REP BOYS vs FLVT 5:30 DEV GIRLS @ FLVT 4:15 DEV BOYS @ FLVT 5:30 | WINTER FINE ARTS FESTIVAL- athletics cancelled | 19 Pronghorns Rep/Dev B- Ball Clinic Boys: 4-5:30pm Girls: 5:30-7:00pm | 20 | 21 |
| 23 | 24 | 25 | 26 | 27 | 28 |
| 30 | 31 | | | | |
| | 2 REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 DEV Girls 3:45-5:15 REP Boys 5:15-6:45 DEV Parent Meeting 5:15 9 REP BOYS 7:15-8:40AM DEV Girls 3:45-5:15 REP Girls 5:15-6:45 16 REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 REP Boys 5:15-6:45 | 2 REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 DEV Girls 3:45-5:15 DEV Parent Meeting 5:15 REP BOYS 7:15-8:40AM DEV Girls 3:45-5:15 REP Girls 5:15-6:45 REP BOYS 7:15-8:40AM DEV Girls 3:45-5:15 REP Girls 5:15-6:45 REP BOYS 7:15-8:40AM DEV Girls 3:45-5:15 REP Girls 5:15-6:45 10 REP GIRLS 7:15-8:40AM DEV BOYS WIL 5:15 DEV BOYS WIL 5:30 REP GIRLS 7:15-8:40AM DEV BOYS S:45-5:15 DEV BOYS WIL 5:30 23 24 | 2 REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 DEV Girls 3:45-5:15 REP Boys 5:15-6:45 DEV Girls 3:45-5:15 REP Girls 5:15-6:45 DEV GIRLS VS WIL 4:15 DEV BOYS VS WIL 5:30 DEV GIRLS VS SIL5-6:45 DEV BOYS VS WIL 5:30 DEV GIRLS VS FLVT 4:15 REP BOYS 0:5:15-6:45 DEV BOYS 0:5:15-6:45 DEV BOYS 0:5:15-6:45 DEV BOYS 0:5:15-6:45 DEV GIRLS 0:5:15 REP BOYS 0:5:15-6:45 DEV BOYS 0:5:15-6:45 DEV GIRLS 0:5:15 REP BOYS | 2 REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 DEV Girls 3:45-5:15 REP Boys 5:15-6:45 DEV Girls 3:45-5:15 REP BOYS 7:15-8:40AM DEV Girls 3:45-5:15 REP Boys 5:15-6:45 DEV Parent Meeting 5:15 PREP BOYS 7:15-8:40AM DEV Girls 3:45-5:15 REP Boys 5:15-6:45 REP BOYS 7:15-8:40AM DEV Girls 3:45-5:15 REP Boys 5:15-6:45 PREP BOYS 7:15-8:40AM DEV Girls 3:45-5:15 REP Boys 5:15-6:45 REP BOYS 8 WIL 4:00 REP BOYS 8 WIL 5:15 DEV GIRLS VS WIL 4:15 DEV BOYS VS WIL 5:30 REP GIRLS 7:15-8:40AM DEV Girls 3:45-5:15 REP Boys 5:15-6:45 REP GIRLS 7:15-8:40AM DEV Girls 3:45-5:15 REP Boys 5:15-6:45 REP BOYS 9 WIL 5:15 DEV BOYS WIL 5:30 REP GIRLS 7:15-8:40AM DEV Girls 3:45-5:15 REP Boys 5:15-6:45 REP BOYS 9: 15-6:45 REP BOYS 9: 15-6:4 | 2 REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 REP Boys 5:15-6:45 BeV Girls 3:45-5:15 REP Girls 5:15-6:45 Boys 6:15-6:45 Boys 6:15 |

