SJF NEWSLETTER **f**



Procedures





DEC.16 - DEC.20



Welcome to "SOARing into the Arts!"



This winter, we celebrate the amazing talents of our band, choir, drama, and dance students, alongside the creativity of our culinary, industrial, textile, and visual arts programs. Proceeds from tonight support Fine Arts equipment, keeping the arts thriving at SJF. Thank you for your support, and happy holidays from the Fine Arts Team!





Grade 6 Wind Turbine Challenge

Grade 6 students teamed up to design and test wind turbines with guidance from Lethbridge Polytechnic. They explored renewable energy concepts, showcasing creativity and teamwork. Who knows? One might design the turbines of tomorrow!

Mark Your Calendar

Dec. 18 Soaring into the Arts Dec. 17 Immunization Day (Make up)

Dec.22 - Jan.06 Winter Break

Dec.22 - Jan.06 Winter Break

> Jan.06 School Starts

Jan.28 and 29 Grade 6 Energy Expo

Jan.30 Grade 6 Band Retreat

Jan.30 Parent Teacher Interviews (4-8pm)

業

Jan.31 Parent Teacher Interviews (8-12pm)

SJF NEWSLETTER **f**

DEC.16 - DEC.20

A Message from Mr. DeJong: Ensuring Student Safety During Winter Pick-Up Times

Dear Parents and Guardians,

We hope this letter finds you well. As we approach more inclement weather and more winter months, we would like to remind everyone of the importance of safety during pick-up times at our school.

Student Safety in Traffic

The safety of our students is our top priority. There is an expected increase in traffic congestion during pick-up times, and it is crucial that we all work together to ensure the safety of our students. We kindly ask all parents and guardians to be extra vigilant when driving near the school. Please watch for children who may be crossing the street unexpectedly or walking between parked cars.

Use of Crosswalks

We also want to emphasize the importance of using designated crosswalks. Students should always use the crosswalks when crossing the street. Darting out into traffic from between cars is extremely dangerous and can lead to serious accidents. We encourage parents to discuss with your children the importance of using crosswalks and waiting for the opportunity to cross safely.

Patience and Courtesy

We understand that pick-up times can be hectic, but we ask for your patience and courtesy. Please follow all traffic rules which will result in a safe and orderly pick-up of students. Your cooperation is essential in maintaining a safe environment for everyone.

Thank you for your attention to this important matter. Together, we can ensure that our students remain safe and secure.

Craig DeJong Principal

SJF NEWSLETTER **f**

DEC.16 - DEC.20

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 9th	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 23rd	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!

SIGN UP

THIS TERM



Design Challenges

Take home the tech you use!

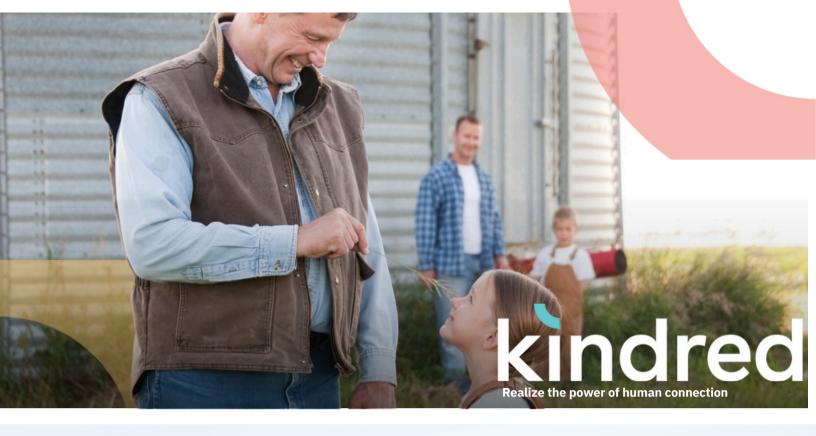
Coding micro:bits

> Biomedical Design

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

> destination 🕹 📐 exploration 🎄 🗞

Building



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.









301 Rocky Mountain Blvd West, Lethbridge, AB TIK 6S4 PH: 403-381-2977

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 MillerAmelia Livingstone-FenzRachelle FairsKyle HarmonHayley PlatzBrittany BoothTanner LapointeSheanne JohnstonMegan Schaaf

SJF Fine Arts Team



When & Where





Mon, Wed, Thurs 7-9 PM



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!

- @Lethbridge_Wrestling
- 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

Supported by:





Our Coaches

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	5 REP GIRLS VS GPMS 4:15 REP BOYS VS GPMS 5:30 DEV GIRLS @GPMS 4:00 DEV BOYS @GPMS 5:15	6 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	10 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	13 G-CLUB BASKETBALL 11:45-1PM DEV GIRLS: FRANCIS TOURNAMENT REP BOYS/GIRLS GPMS TOURNAMENT	14 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	18 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 DEV Parent Meeting 5:15 0EV Parent Meeting 5:15 0EV 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 23	2 3 REP GIRLS 7:15-8:40am REP BOYS 7:15-8:40AM DEV Boys 3:45-5:15 DEV Girls 3:45-5:15 REP DEV Parent Meeting 5:15 Girls 5:15-6:45 DEV BOYS 7:15-8:40AM REP GIRLS @ WIL 4:00 DEV Girls 3:45-5:15 REP Girls 5:15-6:45 DEV Girls 3:45-5:15 REP Girls 5:15-6:45 Girls 5:15-6:45 DEV GIRLS VS WIL 4:10 DEV Girls 3:45-5:15 REP Girls 5:15-6:45 Girls 5:15-6:45 REP BOYS @ WIL 5:15 DEV BOYS 3:45-5:15 REP Girls 5:15-6:45 DEV GIRLS VS FLVT 4:15 DEV Boys 3:45-5:15 REP BOYS vs FLVT 5:30 DEV Boys 5:15-6:45 DEV BOYS @ FLVT 5:30 223 24	2 REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 DEV Girls 3:45-5:15 DEV Girls 3:45-5:15 REP Boys 5:15-6:453 REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 REP Boys 5:15-6:454 REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 REP Boys 5:15-6:459 REP BOYS 7:15-8:40AM DEV Girls 3:45-5:15 REP Girls 5:15-6:459 REP GIRLS @ WIL 4:00 REP BOYS @ WIL 5:15 DEV Boys 3:45-5:15 REP Boys 5:15-6:4511 REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 REP Boys 5:15-6:4510 REP GIRLS 7:15-8:40AM DEV BOYS 0 WIL 5:15 DEV GIRLS VS WIL 4:15 DEV BOYS VS WIL 5:3011 REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 REP Boys 5:15-6:4511 REP GIRLS 7:15-8:40AM DEV BOYS 0 WIL 5:3011 REP GIRLS 7:15-8:40am DEV BOYS 0 WIL 5:3011 REP GIRLS 7:15-8:40am DEV BOYS 0 WIL 5:3011 REP GIRLS 7:15-8:40am DEV BOYS 0 WIL 5:3012 REP Boys 5:15-6:4516 REP GIRLS 0 WIL 4:15 DEV BOYS 0 FLVT 4:15 DEV BOYS 0 FLVT 5:3017 REP GIRLS 7:15-8:40am DEV BOYS 0 FLVT 5:3012 REP Boys 5:15-6:4516 REP GIRLS 0 EV GIRLS 0 FLVT 4:15 DEV BOYS 0 FLVT 5:3018 REP GIRLS 0 EV GIRLS 0 FLVT 4:15 DEV BOYS 0 FLVT 5:3013 REP Boys 5:15-6:45232425	2 REP GIRLS 7:15-8:40am DEV Girls 3:45-5:15 DEV Girls 3:45-5:15 DEV Girls 3:45-5:15 DEV Girls 3:45-5:15 REP Boys 5:15-6:453 REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 REP Boys 5:15-6:453 REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 REP Boys 5:15-6:453 REP GIRLS 7:15-8:40am DEV BOYS @GPMS 4:10 DEV BOYS @GPMS 5:157 REP BOYS 7:15-8:40AM DEV Girls 3:45-5:15 REP Girls 5:15-6:459 REP GIRLS 0 WIL 4:00 REP BOYS 0 @CPMS 5:1510 REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 REP Boys 5:15-6:4512 REP BOYS 7:15-8:40AM DEV BOYS @GPMS 5:158 Girls 5:15-6:459 REP BOYS 0 WIL 5:15 DEV GIRLS VS WIL 4:15 DEV BOYS VS WIL 5:3011 REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 REP Boys 5:15-6:4512 REP BOYS 7:15-8:40AM DEV Girls 3:45-5:15 REP Boys 5:15-6:458 REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 REP BOYS VS WIL 5:3017 REP GIRLS VS FLVT 4:15 DEV GIRLS VS FLVT 4:15 DEV BOYS 0 DEV GIRLS 0 DEV GIRLS 0 DEV GIRLS 0 POS 0 S FLVT 5:3018 Pronghorns Rep/Dev B- Ball Clinic Boys: 4-5:30pm Girls: 5:30-7:00pm23242526	2345REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15REP BOYS 7:15-8:40AM DEV Girls 3:45-5:15REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 REP Girls 5:15-6:45REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 REP Boys 5:15-6:45REP GIRLS VS GPMS 4:15 REP BOYS VS GPMS 5:30 DEV GIRLS @GPMS 4:00 DEV Boys 3:45-5:15 REP Girls 5:15-6:45G-CLUB BASKETBALL 11:45-1PM13REP BOYS 7:15-8:40AM DEV Girls 3:45-5:15 REP Girls 5:15-6:45910111213REP BOYS 7:15-8:40AM DEV Girls 3:45-5:15 REP Girls 5:15-6:45910111213REP BOYS 7:15-8:40AM DEV Girls 3:45-5:15 REP Girls 5:15-6:45REP GIRLS 7:15-8:40am DEV Girls 3:45-5:15 REP Boys 5:15-6:45REP BOYS 7:15-8:40aM DEV Girls 3:45-5:15 REP Girls 5:15-6:45G-CLUB BASKETBALL 11:45-1PM13REP GIRLS 7:15-8:40AM DEV Girls 3:45-5:15 REP Girls 5:15-6:45111213REP GIRLS 7:15-8:40AM DEV BOYS VS WIL 5:30REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 REP Boys 5:15-6:45REP BOYS 0:G-CLUB BASKETBALL 11:45-1PMREP GIRLS 7:15-8:40am DEV BOYS vS VWIL 5:301718REP BOYS 0:G-CLUB BASKETBALL 11:45-1PMREP GIRLS 7:15-8:40am DEV BOYS 0: VS FLVT 5:301819Pronghorns Rep/Dev B- Ball Clinic Boy: 4-5:30pm Girls: 5:30-7:00pm202324252627

