

JAN 13 - 17

SJF



NEWSLETTER



Severe Weather Procedures



Athletics Calendar
Subject to change and refer to it often



BUS ROUTES



MARK YOUR CALENDAR:

Jan.10, 17,24 and Feb 7th
STEM CLUB

Jan.28 and 29
Grade 6 Energy Expo

Jan.30
Grade 6 Band Retreat

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

Jan.31
Parent Teacher Interviews (8-12pm)
No School for Students

WELCOME BACK, SJF FAMILIES!

Happy New Year! We hope you had a joyful and relaxing holiday season. As we kick off 2025, we're excited for all the incredible opportunities and events ahead. Thank you for being part of our SJF family. Let's make 2025 a fantastic year together!

TEACHER-PARENT INTERVIEWS

Teacher-parent interviews are scheduled for January 30th and 31st. Please note that there will be no school on January 31st due to the interviews. Stay tuned—more details about scheduling and participation will be shared soon.

THANK YOU, MARBLE SLAB CREAMERY!

A huge thank you to Marble Slab Creamery for supporting our 2024/25 band fundraiser! Their generosity helps provide new opportunities and resources for our young musicians. We're so grateful for their partnership—be sure to support this fantastic local business!



FAMILY WEEK REMINDER

Family Week is just around the corner! Mark your calendars for February 17th–21st. We hope you take this time to relax, recharge, and enjoy quality moments together.

STEM CLUB STARTS FRIDAY!

STEM Club kicks off this Friday after school! Registered students can meet in the Learning Commons right after school, and the session will run until 2:15 PM. We can't wait to see all the creative problem-solving and innovation in action!





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





UPDATED GCLUB BASKETBALL PRACTICE SCHEDULE



Modified UI2 Club Team Registration Open

Cost: \$250, plus hidden processing fee

Why a modified season?

- ✔ Age-appropriate season length
- ✔ Significantly less cost
- ✔ Finish your winter sport seasons
- ✔ Graduated entry to experience what club volleyball is all about

- Tuesdays/Thursdays 5-630
- Late March to May Long
- In-house year-end Tournament
- VA or Non-VA tournaments discussed with registrations (+\$)
- Co-Ed program for grades 5/6
- No tryouts/cuts, 28 player cap

Head Coaches:
Ian Bennett
Alison Pilsner



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 30 th	7:30 to 8:40 AM
January 31 st	NO PRACTICE (PD Day)
FEBRUARY 7 th	11:45 to 1:30 (WRAP-UP)



MORE INFO

Middle School Wrestling!





\$170
+GST

Cubs to Kodiaks

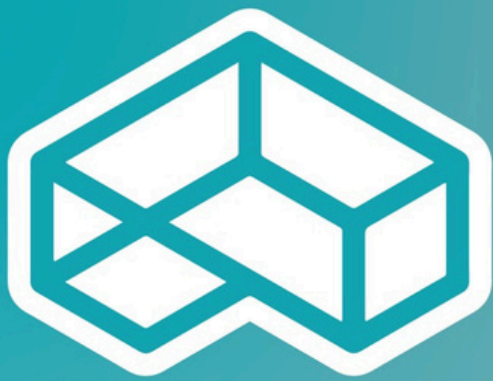
"Intro to Volleyball"

9U (Grades 1-3) & 12U (Grades 4-6)

Starting January 17th

REGISTER TODAY AT STARSVBALL.CA

COACH CHRIS COACH TYRA

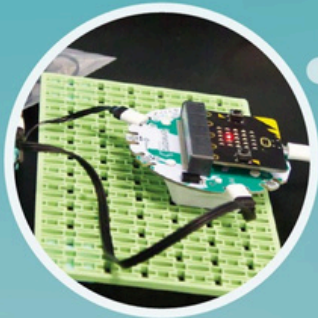


**ARCONIC
STEM Club**

4 Friday Afternoons



Hands on activities to explore the world of STEM!



Design Challenges



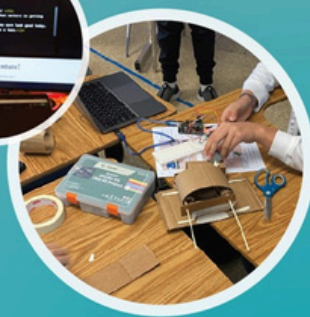
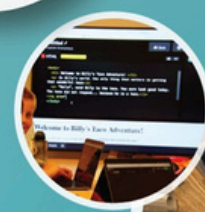
**SIGN UP
THIS TERM**

Building



*Coding
micro:bits*

*Biomedical
Design*



Take home the tech you use!

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





kindred
Realize the power of human connection

Alberta Wide Mental Health Services

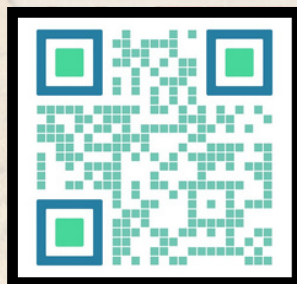
Rapid Access Counselling (RAC)

- 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 or scan our QR code.
- Visit www.RACAlberta.ca.





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.



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 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



Shine On



January

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Rep Boys 3:45-5:15 Rep Girls 5:15-6:45	7 REP GIRLS 7:15-8:40am DEV Boys 3:45-5:15 DEV Girls 3:45-5:15 REP Boys 5:15-6:45	8 REP Boys 7:15-8:40AM DEV Girls 3:45-5:15 Dev Boys 3:45-5:15 REP Girls 5:15-6:45	9 G-Club 7:30-8:40 am Rep Girls @ PW 4pm Rep Boys @ PW 5:15pm Dev Boys 3:45-5:15 Dev Girls 5:15-6:45	10 Francis Development Boys Tournament Jr Hawks Classic- Rep Boys and Girls G Club 11:45-1:00pm	11 Francis Development Boys Tournament Jr Hawks Classic- Rep Boys and Girls
12 REP GIRLS 7:15-8:40am DEV Girls 3:45-5:15 REP Boys 5:15-6:45	13	14 REP Boys 7:15-8:40AM Dev Boys 3:45-5:15 REP Girls 5:15-6:45	15 REP GIRLS 7:15-8:40am DEV Girls 3:45-5:15 DEV Boys 3:45-5:15 REP Boys 5:15-6:45	16 G-Club 7:30-8:40 am Dev Girls @ ICS 4pm Dev Boys @ ICS 5:15pm Rep Boys 3:45-5:15 REP Girls 5:15-6:45	17 G Club 11:45-1:00pm Dev Girls/Boys @ Cardston tournament	18 Dev Girls/Boys @ Cardston tournament
19 REP Boys 7:15-8:40AM Dev Boys 3:45-5:15 REP Girls 5:15-6:45	20	21 REP GIRLS 7:15-8:40am DEV Girls 3:45-5:15 REP Boys 5:15-6:45	22 REP Boys 7:15-8:40AM Dev Boys 3:45-5:15 Dev Girls 3:45-5:15 REP Girls 5:15-6:45	23 G-Club 7:30-8:40 am Rep Girls @ Lakie 4pm Rep Boys @ Lakie 5:15pm Dev Girls vs Lakie 4:15 Dev Boys vs Lakie 5:15	24 Westside Invitational Rep Boys @ Lakie Rep Girls @ SJF	25 Westside Invitational Rep Boys @ Lakie Rep Girls @ SJF
26 Dev Boys 3:45-5:15 Dev Girls 5:15-6:45	27 REP Boys 7:15-8:40AM Dev Boys 3:45-5:15 REP Girls 5:15-6:45	28 REP GIRLS 7:15-8:40am DEV Girls 3:45-5:15 REP Boys 5:15-6:45	29	30 G-Club 7:30-8:40 am Rep Girls @ SF 4pm Rep Boys @ SF 5:15pm Dev Girls vs SF 5:15pm ***Dev Boys vs SF 4:15pm	31 Wilson hosts DEV Wrap Up JAMBOREE NO School	