

JAN 20 - 24

SJF



# NEWSLETTER



Severe Weather Procedures



Athletics Calendar  
Subject to change and refer to it often



BUS ROUTES

## PARENT-TEACHER INTERVIEWS COMING UP!

We're excited to connect with families during our upcoming Parent-Teacher Interviews! This is a great opportunity to chat about your child's progress and celebrate their successes.

### 📅 Dates and Times:

- Thursday, January 30: 4:00 PM – 8:00 PM
- Friday, January 31: 8:30 AM – 12:00 PM (No School for Students)

### 📅 Booking Details:

Bookings will opening January 17th. Be sure to secure your spot by visiting [our booking page](#).

We look forward to seeing you there and partnering to support your child's learning journey! 😊

## WELCOME, PRACTICUM NURSES!

We're excited to welcome practicum nurses to our school twice a week! They'll be working with teachers to support student health and wellness, promoting healthy habits, and assisting in classrooms.

This is a great opportunity for our students and future nurses to learn and grow together. Let's give them a warm SJF welcome!

## 8S EXPLORE LIGHT AND REFLECTION!

Grade 8 students are exploring Lights and Optics in science! This week, 8E and 8F created "Pepper's Ghost" reflection boxes, combining light, mirrors, and creativity to bring science to life. Thanks to our teachers and staff for supporting these engaging projects, and to our students for their enthusiasm and hard work!



## 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



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## 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



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

### Modified UI2 Club Team Registration Open

- 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
<b>CHRISTMAS BREAK</b>	
	No practice Dec.20th
January 9 <sup>th</sup>	7:30 to 8:40 AM
January 10 <sup>th</sup>	11:45 to 1:00 PM
January 16 <sup>th</sup>	7:30 to 8:40 AM
January 17 <sup>th</sup>	11:45 to 1:00 PM
January 23 <sup>rd</sup>	7:30 to 8:40 AM
January 24 <sup>th</sup>	NO PRACTICE
January 30 <sup>th</sup>	7:30 to 8:40 AM
January 31 <sup>st</sup>	NO PRACTICE (PD Day)
FEBRUARY 7 <sup>th</sup>	11:45 to 1:30 (WRAP-UP)



**MORE INFO**

**Middle School Wrestling!**





\$170  
+GST

COACH CHRIS COACH TYRA

Cubs to Kodiaks

"Intro to Volleyball"

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

Starting January 17th

REGISTER TODAY AT STARSVBALL.CA



# KITSIKAKOMIMM



I LOVE YOU

In honour of **Pink Shirt Day 2025** Lethbridge School Division Indigenous Education team and Mental Health Capacity Building team would like to invite you to take part in an act of kindness this February. Our entire community thrives when we are kind to one another. No matter how small an act, our kindness makes a difference and does not go unnoticed.

We are asking all elementary schools to collect

Bottled Water  
Non perishable food items

We are asking all middle schools to participate in collecting

Mitts/Gloves/Toques  
Socks  
Hand and Foot Warmers

We are asking all high schools to participate in collecting

Personal hygiene products  
feminine hygiene, deodorant, wipes, toothbrushes,  
toothpaste, etc.)

All donations will be collected and distributed to community agencies around Lethbridge that work with and support people in our community.

Collection ends February 26th, 2025

## Collection Info:

Each school will be provided with a basket for donations. Once full please reach out to someone from the Indigenous Education to arrange pick up.



# BLACKFOOT WORDS

## Love

Kitsikakomimm (git-si-ga-go-mimm)

## Be brave

iiyikitapiiyi (ii-ga-gee-mat)

## Hope

itotsiihtaa (e-dots-sih-da)

## Happy

i'taam (e-dahm)

## Beautiful

niitsi (nit-seew)

## Show kindness

ikimm (ik-imm)

## Work Hard

iika'kimaat (ig-ga-gee-mat)

## Feel grateful/be appreciative

iniiyi'taki (inii-yi-daki)



**kindred**  
Realize the power of human connection

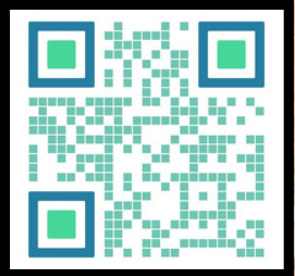
# *Alberta Wide Mental Health Services*

## 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).





## 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.

# 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





# 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 <b>Jr Hawks Classic- Rep Boys and Girls</b> <b>G Club 11:45-1:00pm</b>	11 Francis Development Boys Tournament <b>Jr Hawks Classic- Rep Boys and Girls</b>
12	13 REP GIRLS 7:15-8:40am DEV Girls 3:45-5:15 REP Boys 5:15-6:45	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 <b>G Club 11:45-1:00pm</b> <b>Dev Girls/Boys @ Cardston tournament</b>	18 <b>Dev Girls/Boys @ Cardston tournament</b>
19	20 REP Boys 7:15-8:40AM Dev Boys 3:45-5:15 REP Girls 5:15-6:45	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 <b>Westside Invitational</b> Rep Boys @ Lakie Rep Girls @ SJF	25 <b>Westside Invitational</b> Rep Boys @ Lakie Rep Girls @ SJF
26	27 Dev Boys 3:45-5:15 Dev Girls 5:15-6:45	28 REP Boys 7:15-8:40AM Dev Boys 3:45-5:15 REP Girls 5:15-6:45	29 REP GIRLS 7:15-8:40am DEV Girls 3:45-5:15 REP Boys 5:15-6:45	30 G-Club 7:30-8:40 am Rep Girls @ SF 4pm Rep Boys @ SF 5:15pm Dev Girls vs SF 5:15pm <b>***Dev Boys vs SF 4:15pm</b>	31 <b>Wilson hosts DEV Wrap Up JAMBOREE</b>  <b>NO School</b>	