

JAN 27 - 31

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



## 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! 😊

## SJF E-SPORTS TEAM READY TO COMPETE!

Our E-Sports Team is kicking off an exciting season of competition! This weekend, our talented gamers will head to Gilbert Patterson to compete in a Smash Bros. tournament, showcasing their skills and teamwork.

Meanwhile, our Rocket League players are gearing up for matches starting on January 29th. With practice and determination, they're ready to take on the competition and represent Senator Joyce Fairbairn Middle School with pride.

Let's cheer on our E-Sports Team as they game their way to success! Good luck, Falcons!



## Exciting News: Welcome to Our New House System!

We're excited to introduce a new tradition at Senator Joyce Fairbairn Middle School—the launch of our House System! Starting today, each student has been officially sorted into one of our school's Houses—your falcon family for the rest of your time here.

Each House is named after a falcon species native to Alberta and is represented by the color of the bracelet you received. For example, Prairie House is represented by black.

The House System is all about building community, fostering teamwork, and creating connections across grades. Throughout the year, you'll participate in activities, events, and challenges, guided by our SOAR philosophy:

- **Show empathy**
- **Own your actions**
- **Accept differences**
- **Be responsible for your learning**

Here's what's in store:

- **House Activities:** Earn points for your House in fun challenges and events.
- **Leadership Opportunities:** Older students can step up as leaders and mentors.
- **Community Building:** Regular meetings and activities to connect and collaborate.

We can't wait to see how you and your House contribute to making SJF an even more vibrant and welcoming school!





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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



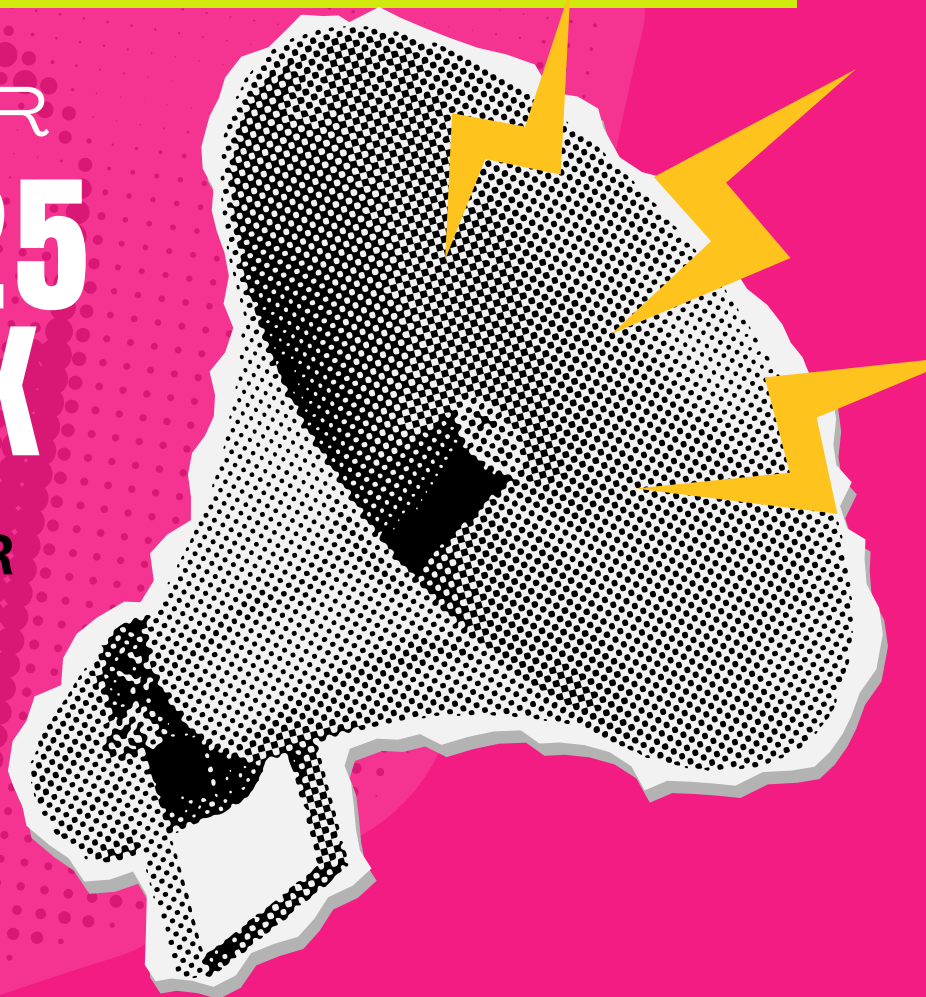
**TIME IS**

**ONE MONTH LEFT TO ORDER!**

**RUNNING OUT**

ORDER YOUR  
**2024/2025**  
**YEARBOOK**

**LAST DAY TO ORDER**  
**FEBRUARY 14TH**







### 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
<b>CHRISTMAS BREAK</b>	<b>No practice Dec.20th</b>
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 30th	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!



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 U12 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





# KITSIKAKOMIMM

I LOVE YOU

2025



In honour of **Pink Shirt Day** the 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)

# 2025 OUTDOOR RECREATIONAL SOCCER REGISTRATION INFORMATION

[www.lethbridgesoccer.com](http://www.lethbridgesoccer.com) - 403-320-5425 (KICK)

**ONLINE ONLY:**

**Saturday February 1st - Sunday March 23rd**

**\*all registration must be done online\* REGISTER YOUR PLAYER BY THEIR BIRTH YEAR**

**\*payments must be made online using RAMP**



**IF YOU ARE USING KIDSPORT OR JUMPSTART**

YOU MUST REGISTER YOUR PLAYER AND PAY ONLINE [WWW.LETHBRIDGESOCCER.COM](http://WWW.LETHBRIDGESOCCER.COM) BEFORE APPLYING FOR FUNDING THROUGH JUMPSTART, KIDSPORT OR CITY OF LETHBRIDGE FAP

**REGISTER:**

[www.lethbridgesoccer.com](http://www.lethbridgesoccer.com)

Request Fee covers 2 PLAYERS ONLY - \$40.00 - Payable at office or over the phone -Player requests MUST be sent by email to [kristy@lethbridgesoccer.com](mailto:kristy@lethbridgesoccer.com)

Age Group	Birthyear	Fee	# of sessions	***Days Playing***	***Fields***	***Times will alternate***
U4 - CoEd/ Parent & Tot	2021	\$150.00	10 (30 min sessions)	Monday	Servus Sports Centre Indoor Field	5:00pm &/ or 5:45pm
U5 - CoEd	2020	\$150.00	10 (45 min sessions)	Monday	Outdoor Servus Sports Centre Field	5:00pm &/ or 6:00pm
U6 - CoEd	2019	\$150.00	10 (45 min sessions)	Wednesday	Outdoor Servus Sports Centre Field	5:00 &/ or 6:00pm
U8 Boys	2017 & 2018	\$225.00	18 (55 min sessions)	Monday & Wednesday	College Field	5:00pm & or 6:00pm &/or 7:00pm
U8/ U10 Girls	2015, 2016, 2017, & 2018	\$225.00	18 (55 min sessions)	Monday & Wednesday	College Field	6:00pm
U10 Boys	2015 & 2016	\$225.00	18 (1 hr sessions)	Tuesday & Thursday	College Field	5:00pm & or 6:00pm &/or 7:00pm
U12 Boys	2013 & 2014	\$225.00	18 (1hr sessions)	Monday & Wednesday	St. Teresa School (North)	5:00pm &/ or 7:00pm
U12/ U14 Girls	2011, 2012, 2013 & 2014	\$225.00	18 (1hr sessions)	Monday & Wednesday	St. Teresa School (North)	6:00pm
U14 Boys	2011 & 2012	\$225.00	18 (1 hr sessions)	Tuesday & Thursday	Gilbert Paterson School (South)	5:00pm & or 6:00pm &/or 7:00pm
U16 CoEd	2009 & 2010	\$225.00	18 (1 hr 10 min sessions)	Monday & Wednesday	Winston Churchill School (North)	6pm & 7:30pm
U18 - CoEd	2007 & 2008	\$225.00	18 (1 hr 20 minute sessions)	Tuesday & Thursday	Atso Towaawa Park (West)	6pm & 7:30pm

**\*\*\* START TIMES CANNOT BE REQUESTED AS TIMES WILL ROTATE THROUGHOUT THE SEASON \*\*\***

Sessions will be scheduled during the Victoria Day long weekend (Monday evening)

**\*\*SEASON STARTS MONDAY APRIL 28 and be complete SATURDAY JUNE 28, 2025\*\***

**Jersey kits included in Registration price- Jersey, shorts and socks**

**U4-U6 Timbits:** An introduction to soccer. All sessions ran by LSA Staff Coaches, with activities based around players exploring the soccer ball and getting comfortable with an invasion sport. Some small sided scrimmages may be played, but this environment is purely about the players gaining their first touches of a soccer ball.

**U8-U10 Fundamental:** Individual development is paramount by building a love of the ball. Sessions will challenge players creative side as well introduce them to skills needed in the game such as dribbling, passing and shooting. Scrimmages will be played, but no scores will be kept, and all players will be asked to experience all positions of a soccer match (goalkeeper, defender, midfielder, striker).

**U12-U14 Learning The Game:** This age is classed as 'The Golden Age Of Learning' where skills learnt in the earlier stages are now enhanced as well as an introduction to the tactical side of the game. Scrimmages will be played and although scores will be kept during the game, coaches and players are asked to keep games meaningful, competitive and to avoid blowouts at all costs. There will be no league standings.

**U16-U18 Excel In The Game:** Utilizing the technical understanding and tactical skills learnt in the previous three phases to excel in the game. Like the previous 'Learning the Game' phase, coaches are asked to avoid blowouts and keep games competitive throughout.







**kindred**  
Realize the power of human connection

# *Alberta Wide Mental Health Services*

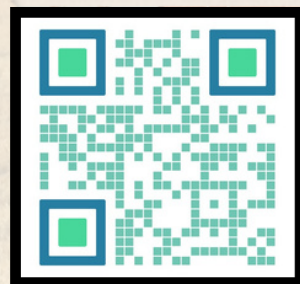
## **Rapid Access Counselling (RAC)**

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

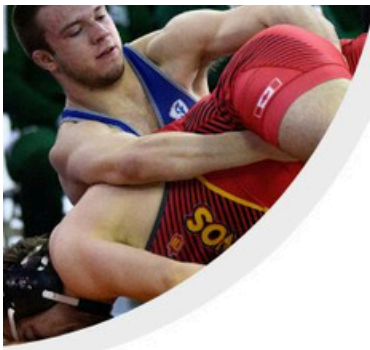
## **Easy and accessible to get started**

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).







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



Shine On





# January

2025

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