

MAR 3 - 7

SJF



NEWSLETTER



Severe Weather Procedures

Athletics Calendar
Subject to change and refer to it often

BUS ROUTES



Dear SJF Families,

The sunshine and warm weather have been a welcome change as we move into the second half of the school year! With the season shifting, students have been diving into exciting hands-on learning, from science dissections to the start of badminton season.

Read on to see what's been happening at SJF!

GRADE 8 SCIENCE: EYE-OPENING DISSECTIONS!

This past month, our Grade 8 students rolled up their sleeves and got hands-on with science! As part of their Lights and Optics unit, students dissected cow eyes to explore the inner workings of vision. From examining the lens to identifying the retina, they gained a deeper understanding of how light travels and how the eye processes images. It was an engaging and sometimes squeamish experience, but our students embraced the challenge with curiosity and enthusiasm!

MARK YOUR CALENDAR:

March 7

Agora Market

March 7

Agora Market

March 13

End of Term 2

March 14 & 17

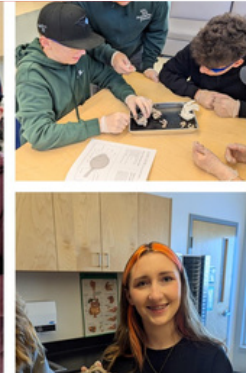
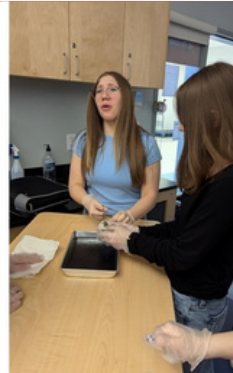
No school for students
(Division PL day)

March 18

Term 3 Starts

March 24

Zombie Prom: Opening Night!
(See below for more information)



BADMINTON SEASON BEGINS!

The gym is buzzing with excitement as we kick off our badminton season! Students are practicing their serves, smashes, and footwork, getting ready for some friendly competition. With rackets in hand and a positive spirit, they are sharpening their skills while staying active. We can't wait to see their progress on the court!

Stay tuned for more updates on all the exciting activities happening at SJF!



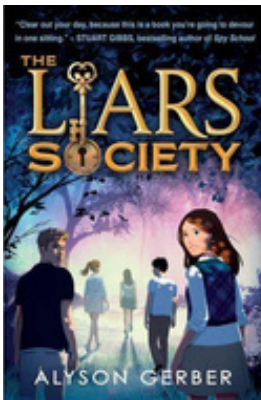


LEARNING COMMONS CORNER

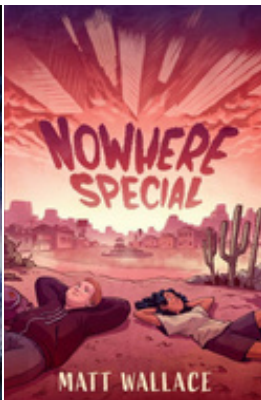
Welcome to the Learning Commons Corner! This is your go-to spot for all the exciting happenings in our Learning Commons at SJF. From new books to STEM challenges, there's always something fun and engaging happening in our space!

New Books Spotlight!

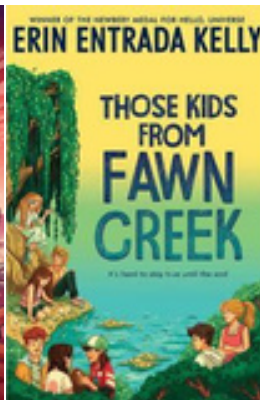
Check out these fantastic new additions to the Learning Commons:



The Liars Society by **Alyson Gerber** – A compelling mystery filled with twists and turns that will keep you guessing.



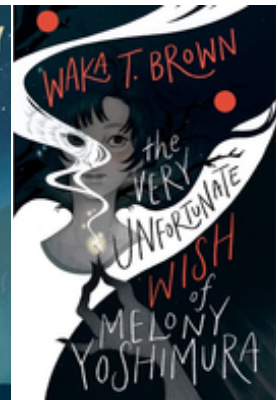
Nowhere Special by **Matt Wallace** – A touching and beautifully written story about family, belonging, and discovering what home truly means



Those Kids from Fawn Creek by **Erin Entrada Kelly** – A captivating story of small-town friendships, secrets, and change.



We Dream of Space by **Erin Entrada Kelly** – A heartfelt story of siblings, dreams, and the wonder of space exploration.



The Very Unfortunate Wish of Melony Yoshimura by **Waka T. Brown** – A unique and enchanting retelling of a Japanese folktale with a modern twist.

SJF Family STEM Challenge: The Paper Chain Escape!

Challenge: Using just one piece of paper, create the longest paper chain possible. The longer, the better—how far can you stretch a single sheet?

Think strategically! How can you cut and connect the paper to make it as long as possible?

Completed the challenge? Come to the Learning Commons and let Ms. Redman know how long your chain was! **The person with the longest chain will be featured in next week's newsletter!**

Happy building! 🏆✂️

SENATOR JOYCE FAIRBAIRN FINE ARTS
PRESENTS

ZOMBIE PROM

SCAN HERE



"TO THE LOVE THAT NEVER DIES"

PERFORMED IN THE
SENATOR JOYCE FAIRBAIRN MIDDLE SCHOOL ATRIUM

Mar. 24 - 5:30pm (Gr 8 Cast)
Mar. 24 - 7:00pm (Gr 7 Cast)
Mar. 25 - 7:00pm (Gr 7 Cast)
Mar. 26 - 7:00pm (Gr 8 Cast)

CHILD (AGE 3 - 17)

\$5.00

ADULTS (AGE 18+)

\$10.00



Buy Tickets at Schoolcashonline

MACS
&
CUSTARD



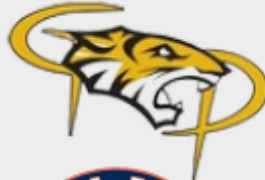
LETHBRIDGE LITTLE LEAGUE



HOUSE LEAGUE BASEBALL REGISTRATION JANUARY 6TH TO FEBRUARY 29TH

REGISTER NOW AT:

www.lethbridgellittleleague.com



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

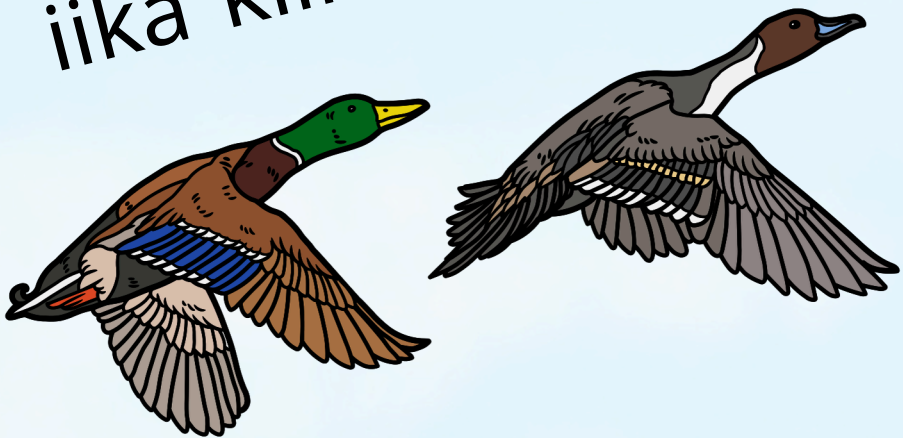
Modified UI2 Club Team Registration Open

- 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



Saahkisoom
sa ahh gee soom
Duck Moon



iika''kiimaat Try Hard

Blackfoot Word & Value of the Month



Test your Knowledge

- True or false: Dream catchers are traditionally a part of the Blackfoot culture.
- Why might having items such as sweetgrass, elements of the land, Indigenous vocabulary, Indigenous stories, a Blackfoot or other Indigenous flags be important?

Save the Date

March 13-14: No school
 March 17th: Division Wide PL
 March 26th: Indigenous Rep PL
 March 31: Indigenous Languages Day

National Indigenous Languages Day

March 31st- Since 1993



“Indigenous languages are at the heart of who we are as Indigenous peoples and a fundamental aspect of how our worldview, culture and identity is expressed and passed on to future generations.”



KTCEA Elders Speak App Blackfoot Language App

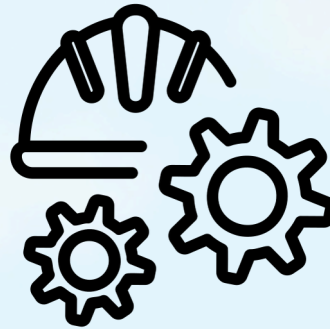


Thank you so much for the beautiful donations for our Kitsikakomimm initiative. So many people in need will be impacted in a positive way because of your generosity.

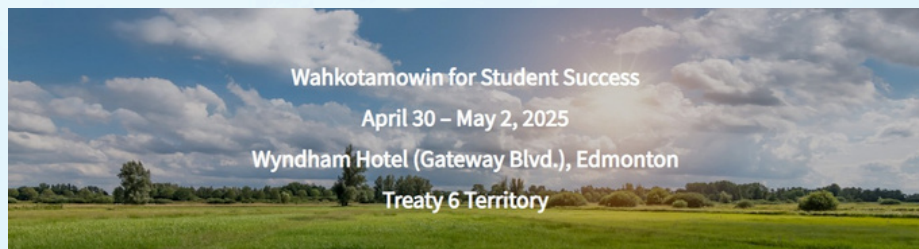
Thank you

NEW Curriculum

Our team has been working hard to update and create resources for the new curriculum! If there is a piece of curriculum you're working on and need assistance, please reach out! If you're looking for resources check out the Padlet <https://padlet.com/indigenouseducation/indigenous-education-3wm0wzbnfevhzshd>

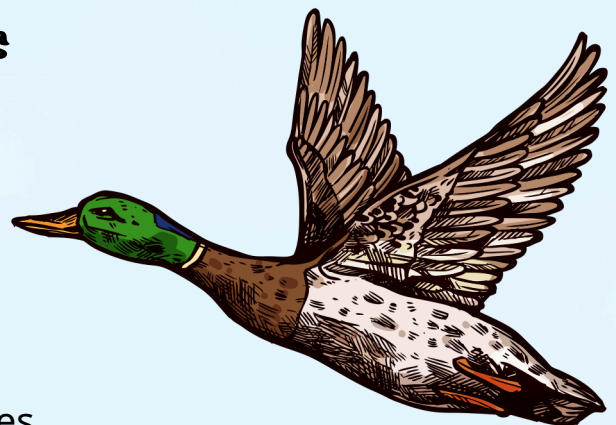


2025 First Nations, Métis, and Inuit Education Gathering



Test your Knowledge Answers

- False: Dream catchers originate from
- Students need to see themselves in the classroom as student identity and confidence is directly linked to learning. Little additions could make the environment more welcoming and comfortable for students and their families.



Online Safety PRESENTATION

The Alberta Law Enforcement Response Teams (ALERT) Internet Child Exploitation (ICE) unit welcomes all parents & caregivers to attend an evening information session on the realities of internet child exploitation in Alberta, and strategies to navigate these issues in an open and collaborative way with your children.

Some of the topics we will discuss include:

- who we are and what we do;
- the internet and social media;
- child luring and sextortion;
- artificial intelligence and emerging online sites/apps; and
- how we can work together to keep kids safe online.

JOIN US

March 27, 2025

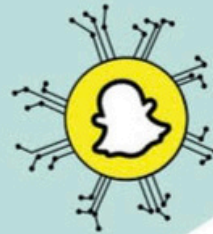
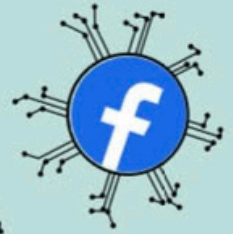
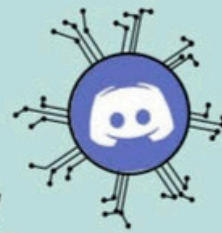
7:00 p.m.

Casa Community Room
230 8th St S,
Lethbridge, AB

Please note the presentation runs approx. 2 hours



Learn more



ATTACK SPRING LEAGUE

U12-14 & U15-17



VOLLEYBALL

VOLLEYBALL



STARTS MARCH 16TH

30 MINUTES OF SKILLS AND 90 MINUTES OF GAMEPLAY EVERY SESSION!
REGISTER AT ATTACKVOLLEYBALL.CA

2025 OUTDOOR RECREATIONAL SOCCER REGISTRATION INFORMATION

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 BEFORE APPLYING FOR FUNDING THROUGH JUMPSTART, KIDSPORT OR CITY OF LETHBRIDGE FAP

REGISTER:

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

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.





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Realize the power of human connection

Alberta Wide Mental Health Services

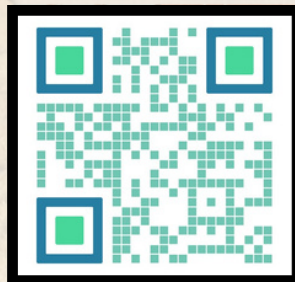
Rapid Access Counselling (RAC)

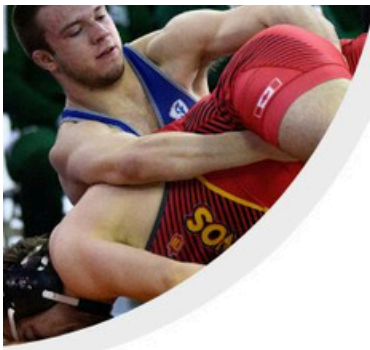
- Anywhere in Alberta
- Low to no cost
- See a counsellor within 3 business days
- Single-session counselling
- Virtual, no travel required

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.





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



Shine On