

MAR 10 - 14

SJF



NEWSLETTER



Severe Weather
Procedures



Athletics Calendar
Subject to change and refer to it often



BUS ROUTES



MARK YOUR CALENDAR:

March 13

End of Term 2

March 14 & 17

No school for students
(Division PL day)

March 17

Report Cards Sent to
Families

March 18

Term 3 Starts

March 24

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

Dear SJF Families,

The sun is shining, the snow is melting, and it finally feels like spring is peeking around the corner! After what felt like the longest winter ever, we're so excited to see everyone getting outside, soaking up the sunshine, and enjoying this beautiful time of year. Whether it's heading to the park, going for a walk, or just feeling that fresh air on your face—take a moment to enjoy it (and maybe even smile about it!).



Pedestrian Safety in School Zones

Pedestrian safety is a growing concern in Lethbridge, with students and drivers alike needing to be more cautious. Throughout March, the Traffic Response Unit (TRU), Community Peace Officers (CPOs), and Alberta Sheriffs will focus on improving safety around schools through education and enforcement.

Key concerns include distracted pedestrians crossing unsafely and drivers speeding, making unsafe U-turns, or failing to yield in school zones. To stay safe, pedestrians should:

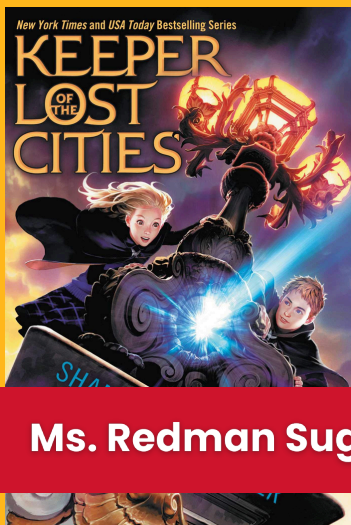
- ✓ Use designated crosswalks and wait for a clear signal.
- ✓ Make eye contact with drivers before crossing.
- ✓ Avoid distractions like phones and headphones.
- ✓ Always look both ways, even at a crosswalk.

By staying alert and following these steps, we can create a safer environment for everyone. Let's all do our part!



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!



Ms. Redman Suggests



STEM Challenge: Constellation Creations!

🔗 Can you design and build your own constellation using pipe cleaners and beads?

Instructions:

1. Choose a real constellation or invent your own! (You can provide star maps or let students get creative.)
2. Use pipe cleaners as the "lines" connecting the stars and beads as the "stars" in your constellation.
3. Make sure your constellation stays intact when held up!

Bonus Challenge:

- **Storytelling Twist:** Name your constellation and create a short myth or legend to explain its meaning!
- **Glow-in-the-Dark Upgrade:** Use glow-in-the-dark beads or paint to make your constellations shine!

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

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

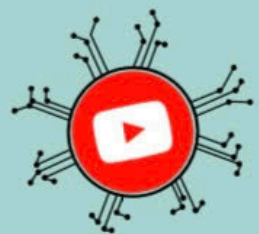
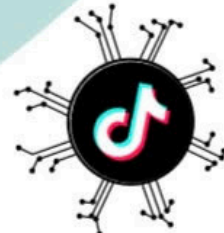
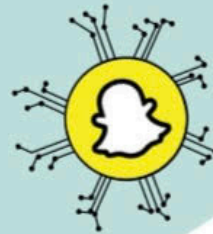
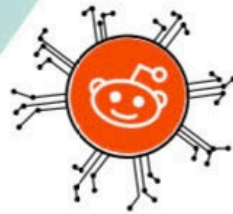
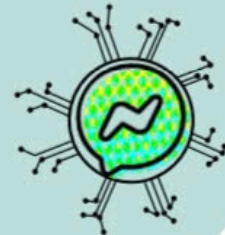
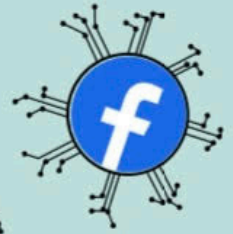
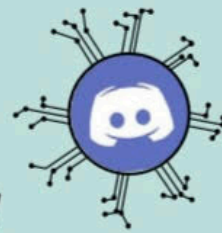
Please note the presentation runs approx. 2 hours



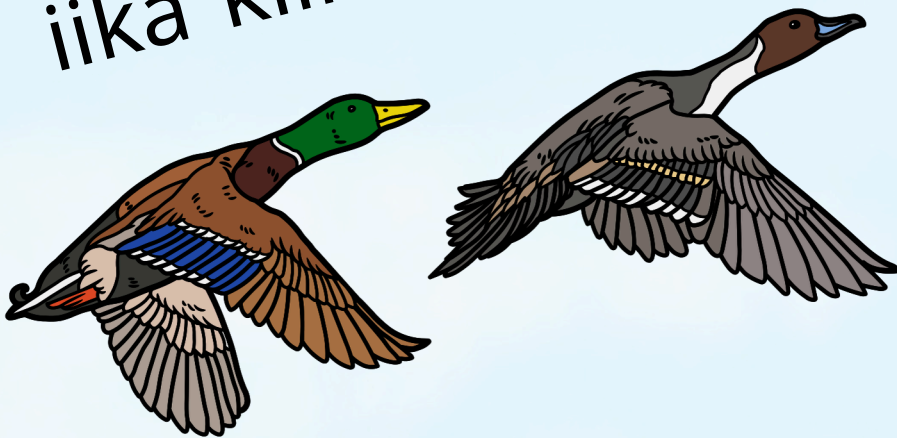
Learn more



ALERT



Saahkisoom
sa ahh gee soom
Duck Moon



iika''kiimaat Try Hard

Blackfoot Word & Value of the Month



Test your Knowledge

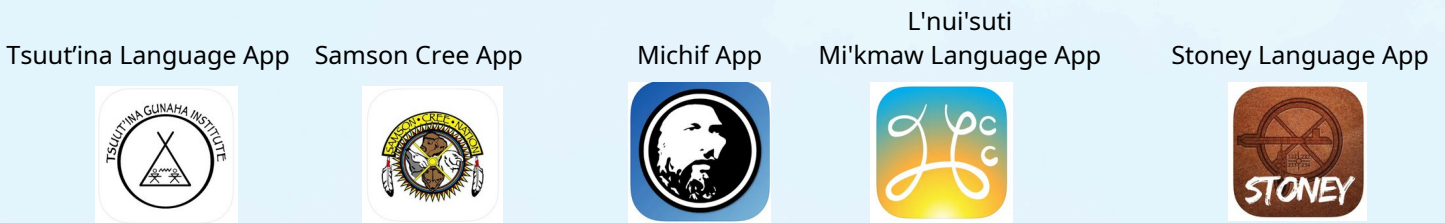
- True or false: Dream catchers are traditionally a part of the Blackfoot culture.
- Why might having items such as sweetgrass, elements of the land, Indigenous vocabulary, Indigenous stories, a Blackfoot or other Indigenous flags be important?

Save the Date

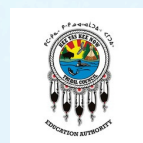
March 13-14: No school
 March 17th: Division Wide PL
 March 26th: Indigenous Rep PL
 March 31: Indigenous Languages Day

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

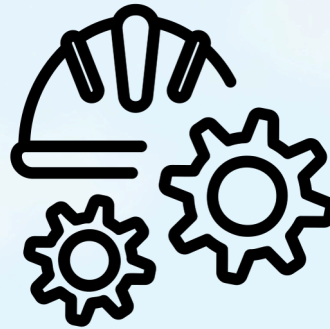


Thank you so much for the beautiful donations for our Kitsikakomimm initiative. So many people in need will be impacted in a positive way because of your generosity.

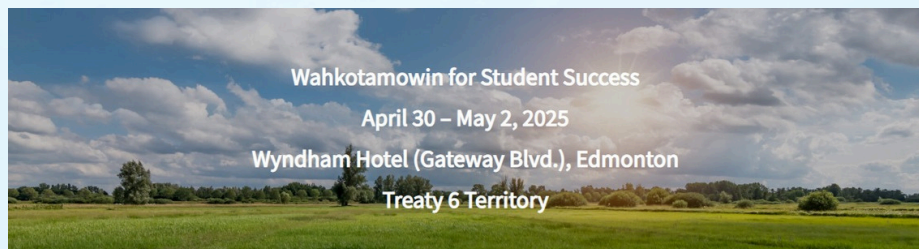
Thank
you

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>

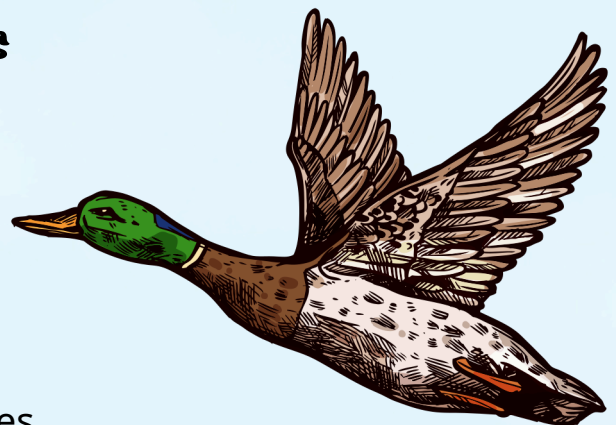


2025 First Nations, Métis, and Inuit Education Gathering



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.



THUNDER FC EVALUATIONS

BOYS
U10 & U13
MARCH 21ST
6-7PM
MARCH 22ND
12-1PM



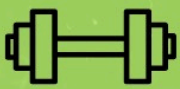
BOYS
U15 & U17
MARCH 20TH
8-9PM
MARCH 22ND
1-2PM

SHIFT COMMUNITY REC CENTRE
IN COALDALE



OPEN TO ALL RESIDENTS OF
SOUTHERN ALBERTA

FOR INFO
COALDALETHUNDER.CA



LETHBRIDGE
PARTNERED WITH HORNS REC.

YABBA

KIDS AND TEENS
FITNESS CLASSES FOR
AGES 3+



**6 WEEK PROGRAM STARTS
MARCH 14TH**

- **Teens: ages 8-13**
classes run Fridays at 4:50-5:30pm
- **Kids: ages 3-7**
classes run Fridays at 4:10-4:40pm

Classes will help youth learn proper lifting techniques, increase overall power and speed all while having a lot of fun. Lets help kids be strong, confident and so much more with the benefits of strength training

REGISTER NOW AND JOIN YABBA!!!!

Email yabbafitnessprogram@gmail.com to





WINSTON CHURCHILL INTERNATIONAL BACCALAUREATE PROGRAM

What is the IB program?

- an international program that encourages students to ask challenging questions, to critically reflect, to develop research skills, and to learn how to learn.

What is the IB program?

- Challenges students academically
- IB students learn a variety of skills (including time management, and organization)
- Learn with like-minded individuals
- Engage in a global curriculum
- Prepares you for life after high school, including a post secondary education

LEARN MORE ABOUT THE CHURCHILL IB PROGRAM

Grade 8 presentation at Senator Joyce Fairbairn Middle School on Tuesday March 4, 2025

12:30pm - 1:00pm in the Learning Commons

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.



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





kindred
Realize the power of human connection

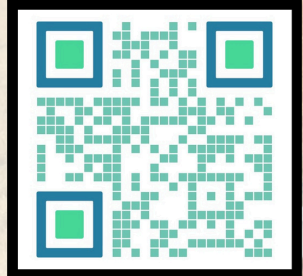
Alberta Wide Mental Health Services

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.





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