

APRIL 7 - APRIL 11

SJF



NEWSLETTER



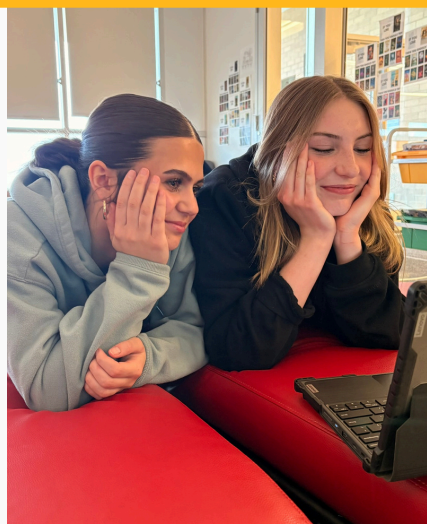
Severe Weather
Procedures



Athletics Calendar
Subject to change and refer to it often



BUS ROUTES



MARK YOUR CALENDAR:

April 07

Green Shirt DAY

April 10

High Schools Visit SJF

April 18 - 27

Spring Break
(No School)

May 09

Grade 5 Tour/
Orientation

Welcome to this week's newsletter! We've had a busy and exciting week full of learning, creativity, and connection. As always, thank you for being such a wonderful part of our school community—we're so glad you're here! ❤️



Tools for a Healthy Mind

This week in SOAR, students are focusing on mental health, learning healthy coping strategies, and discussing the impact of vaping. They've been introduced to practical tools—like calming breathing, visualization, and grounding techniques—to help manage stress and emotions in positive ways.

You might recognize some of these strategies from the visual shared here, like the 5-4-3-2-1 grounding exercise, which encourages students to tune into their senses and stay present in the moment.

We encourage families to try these techniques at home, too! Practicing them together can be a great way to build connection and create calm routines.

Let's keep supporting our students as they learn to take care of their mental wellness—one breath, one moment at a time. ❤️

5-4-3-2-1 GROUNDING EXERCISE



Things you can
SEE



Things you can
FEEL



Things you can
HEAR



Things you can
SMELL



Thing you can
TASTE

WHEELS ON THE GO – DRIVE SAFE!



With warmer weather here, more students are biking, scooting, and skateboarding to school. Please drive extra carefully during drop-off and pick-up times.

Students are reminded to use crosswalks and cross safely—but your watchful eyes help keep everyone safe.



**Did you
know?**

Did you know our school's namesake, Senator Joyce Fairbairn, was a total trailblazer? 🏛️ In 1993, she made history as the first woman appointed Leader of the Government in the Canadian Senate! We'll be sharing cool facts about her amazing life and legacy each week—get ready to be inspired!

Sources: University of Lethbridge, Wikipedia, Lethbridge Herald



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SOAR



INFORMATION FOR GRADE 5 PARENTS & GUARDIANS WHOSE CHILD WILL BE COMING TO SENATOR JOYCE FAIRBAIRN MIDDLE SCHOOL IN GRADE 6

REGISTRATION

Alberta Education requires a new updated registration form for every student in the province. This requirement can be fulfilled by looking into your parent PowerSchool account and updating your students registration for the 2025/2026 school year.

Registration is now open in PowerSchool.
Please complete your school registration by April 14.

UPCOMING EVENTS FOR GR. 5S

GRADE 5 ORIENTATION:

May 9: Grade 5 students will walk or bus over to SJF for an orientation.

ADMIN VISITS GRADE 5 STUDENTS

May 13: Probe

May 14: Nicholas Sheran and Coalbanks

IMPORTANT INFORMATION

GRADE 6 PARENT INFORMATION NIGHT

May 6: 5:30-6:30 at SJF
Come for a tour and a short presentation. Meet the grade 6 and option teachers.

OPTIONS

PowerSchool option courses will be open on **May 9** and close **May 23**. Please have your student log in to select the options they want. Please know that students may not get the options they want, but there are opportunities to switch after the term starts. *Grade 6 students need one music and one art option.*

OPEN HOUSE

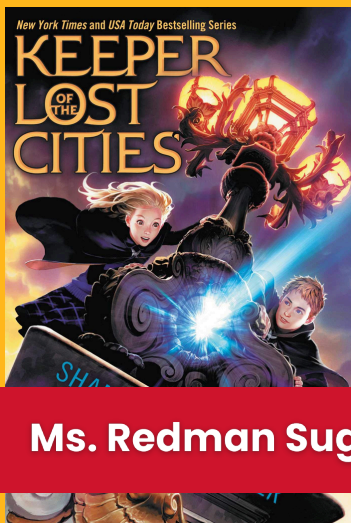
August 28: Students are welcome to come with their parents to the school to meet the teachers, see their classrooms and get their locks.

Last Names:

A-L: 1:00pm-2:00pm
M-Z: 2:00pm-3:00pm

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!



SUMMER CAMP

MAGRATH, AB

JULY 28-AUG 2, 4-7, 2025

Sessions for students entering gr. 7-12 in the fall of 2025
\$150

LEAD COACH: SHANE ORR

REGISTER NOW



complete info on our website!
www.reachvolleyballcamp.com



CUBS
TOKO
DIAKS



COACH CODY



COACH CHRIS



STARS
Volleyball



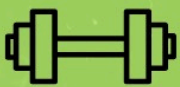
EASTER CAMP

APRIL 21-25

7-9U 10-NOON 10-12U 1-4 PM

LIMITED SPOTS!

Register at STARSVBALL.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



Alberta Wide Mental Health Services

Rapid Access Counselling (RAC)

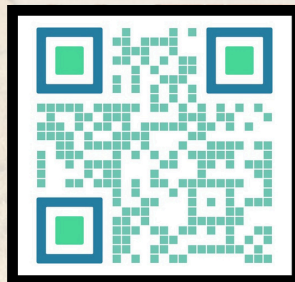
- Anywhere in Alberta
- Low to no cost
- See a counsellor within 3 business days
- Single-session counselling
- Virtual, no travel required

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.



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