



SJF NEWSLETTER



**Severe Weather
Procedures**



Athletics Calendar
Subject to change and refer to it often



BUS ROUTES

Mark Your Calendar

September 2nd

First Day for Grade 6 students only

September 3rd

First Day for Grade 7 & 8 students

September 4th

All grades attend

September 8th

Rick and Joy's Canteen

September 10th

Meet the Teacher 6:15 -7:45

Welcome Back, Fairbairn Families!

We're so excited to welcome everyone back for another wonderful school year. Whether you're joining us for the first time or returning for another year, we're looking forward to learning, growing, and creating memories together.



New Bell Schedule and Lunchtime Changes

This year, we are introducing a new approach to lunchtime. Students will spend the first 20 minutes of lunch (12:20-12:40 pm) eating in their classrooms under the supervision of their homeroom teacher. At 12:40 pm, students will transition outdoors for activity time. This change gives students more time to enjoy their food and helps ensure everyone is ready for afternoon learning.

Our canteen, Rick and Joy's, will open on Monday, September 8, offering lunch options for those who wish to purchase food. As always, please make sure your child comes dressed for the weather, as outdoor activity is part of our daily routine.

Please note that students do not have access to microwaves, so keep this in mind as you prepare their lunches for the school year.

School Bus Transportation

Families are reminded that bus routes for the 2025/26 school year have been updated. Please check the [Southland Transportation website](#) to confirm your stop, as many routes have been adjusted to balance student numbers. Students who registered through PowerSchool's Parent Portal will receive their bus passes during the first week of school.

To keep our bus zones safe, please avoid parking or dropping students off in front of the school between 8:25-8:40 am and 3:30-3:50 pm.



Nutrition Times

South Zone Healthy Eating Newsletter

September 2025 Nutrition Services

Spend less, stress less, nourish more



Your Guide to Fuel Healthy Futures

Canada's Food Guide is a fantastic tool for creating nutritious meals and snacks. This snapshot shows the proportions and types of foods that we can incorporate into our diets to ensure we are fueling our bodies well.



**Make water
your drink
of choice.**

For more ideas for kid-friendly recipes, tips for safely storing food, information on reading food labels, and more, check out the Canada's Food Guide [website](#).



When shopping for pre-packaged foods like granola bars, crackers, or cereals, check the nutrition facts table or look for [front-of-package labelling](#) and choose options that are lower in saturated fat, sodium, and sugar.

Fueling our children with the right kind of foods and drinks is essential for both mental and physical health and can have a direct impact on their immune system and their ability to learn and play.

With grocery costs on the rise, the balance between nourishment, time, and cost can become increasingly challenging. So, what can we do to shift the balance in our favour?

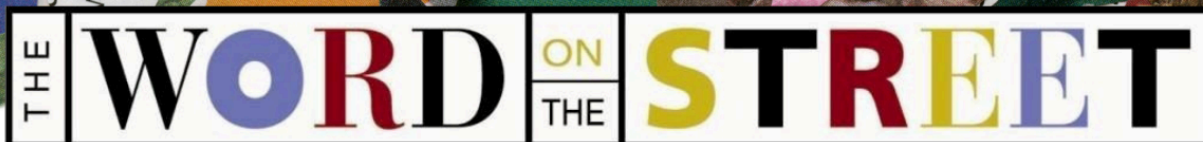


Shopping Seasonally

Taking advantage of seasonal produce is a great way to stretch your budget. When your favourite veggies and fruits aren't in season, utilize frozen or canned options!

Try these items this fall:

- **Squash and pumpkins**
 - Try these freezer- friendly [no bake bites](#)!
- **Apples, grapes, and pears**
 - Nature's fast food, easily packed in a lunch.
- **Carrots and potatoes**
 - Carrot sticks are a great crunchy addition to lunches!
 - Use leftover potatoes to make [potato pancakes](#) to freeze and use for lunches.
- **Cabbage, kale, and broccoli**
 - Add kale to this [creamy smoothie recipe](#).
 - Bake and freeze these [savory broccoli and cheese muffins](#)
 - Shred your cabbage and add to wraps, salads, bowls, and more!



LETHBRIDGE BOOK & MAGAZINE FESTIVAL

15TH ANNIVERSARY

September 20, 2025 | 11 a.m. - 5 p.m.

Lethbridge Public Library - Main Branch

Featuring Authors

Linda Bailey | Crave Bakery | Maggie Helwig
Ryan North | Jessica Waite | Kevin Van Tighem |
and more!

Live Music | Food Trucks | Workshops | Author Signings | Marketplace

Celebrating Reading. Advocating Literacy.

For full events details visit thewordonthestreet.ca/lethbridge



Lethbridge
Public Library

CONNECTING
YOU



of Lethbridge Public Library



2025-2026 INDOOR SOCCER REGISTRATION LYS LEAGUE

www.lethbridgesoccer.com //403-320-5425(KICK)



ONLINE ONLY:

August 1 - September 8, 2025

INDOOR SOCCER SEASON STARTS: October 2025 - March 2026 ALL SESSIONS HELD AT THE SERVUS SPORTS CENTRE **INDOOR LEAGUE IS BASED ON TOTAL NUMBER OF SESSIONS FOR THE SEASON**

Register your player in their BIRTH YEAR (all age groups are from birth dates January 1 - December 31 of specified year)

Players will remain playing in their age groups no movement up or down an age group

Player Request Fee \$40.00 - 2 PLAYERS ONLY!

If there are not enough registrants per gender in U12 age group - Will be combined CoEd

Age Group	Birth year	Fee	# of games	Days Playing	**ESTIMATED START TIMES**
U5 CoEd	2021	\$275.00	17 (40 min. sessions)	Monday	5:00pm
U6 CoEd	2020	\$275.00	17 (40 min. sessions)	Wednesday	5:00pm
U8 Boys	2018 & 2019	\$275.00	17 (40 min. sessions)	Mondays and Saturdays	Mon 5:00pm and Sat 9:00am
U8 Girls	2018 & 2019	\$275.00	17 (40 min. sessions)	Mondays and Saturdays	Mon 5:00pm and Sat 9:00am
U10 Boys	2016 & 2017	\$325.00	21 (55 min. sessions)	Mondays and Saturdays	Mon 6:00pm* - Sat 12:00pm*
U10 Girls	2016 & 2017	\$325.00	21 (55 min. sessions)	Mondays and Saturdays	Mon 6:00pm* - Sat 12:00pm*
U12 Boys	2014 & 2015	\$400.00	27 (55 min. sessions)	Wednesdays, Fridays and Saturdays	Wed 6:00pm* - Fri 5:30pm* - Sat 3:00pm*
U12 Girls	2014 & 2015	\$400.00	27 (55 min. sessions)	Wednesdays, Fridays and Saturdays	Wed 6:00pm* - Fri 5:30pm* - Sat 3:00pm*
U14 CoEd	2012 & 2013	\$400.00	27 (55 min. sessions)	Wednesdays and Saturdays	Wed 6:00pm* - Sat 5:00pm*
U16 CoEd	2010 & 2011	\$400.00	27 (55 min. sessions)	Mondays and Saturdays	Evenings
U18 CoEd	2008 & 2009	\$400.00	27 (55 min. sessions)	Mondays and Saturdays	Evenings

****Start times are subject to change due to registration numbers and are provided as a guideline only****

PLAYER EQUIPMENT:

U5 & U6, Timbits Jersey, shorts & socks will be provided for each player to keep.
U8 - U18, Full Kit Jersey, Shorts & Socks will be provided for each player to keep.

Soccer Shoes or Soccer Cleats are acceptable, Shin Guards are MANDATORY - Not included in player fees

PROGRAM DESCRIPTION:



U5 & U6 TIMBITS: This is our introductory level, where all sessions are run by our CSA Certified Coaches who will help your child build a love for the ball.

U8 - U12 FUNDAMENTAL: At this stage, individual player development is paramount. Developing soccer creativity skills in a fun environment.

U14 & U16 LEARN TO TRAIN: Golden Age of Learning, that learnt technical skills are introduced to the beginning of the tactical environment.

U18 LEARN THE GAME Combining previously developed technical and tactical skills, into a more mature game setting.