



# SJF NEWSLETTER



Severe Weather  
Procedures



Athletics Calendar  
Subject to change and refer to it often



BUS ROUTES



## Mark Your Calendar

**September 8th**

Rick and Joy's Canteen

**Sept 9th**

Term 1 Option Change Forms Due

**September 10th**

Meet the Teacher 6:15 -7:45

**Sept 11th**

Picture Day

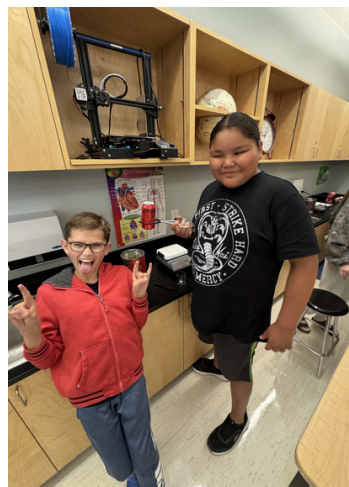


## Dear Falcons!

We had the BEST back to school! 🎉 A huge thank-you to our students, families, and staff for all of your hard work and support in making this the smoothest and most exciting start yet.

The energy in the halls has been amazing, and we're already seeing so much kindness, teamwork, and school spirit shining through. We can't wait to see where this year takes us—together, there's nothing we can't achieve!

Here's to an incredible year ahead, Falcons!



## Youth Bowling at Holiday Bowl

Looking for a fun weekend activity? Holiday Bowl is offering Youth Bowling for ages 3-19 every Sunday at noon.

- Registration Fee: \$35
- Weekly Cost: \$12.50
- Coaching: Fully coached sessions each week
- Opportunities: Tournament advancement with a large portion of travel expenses covered

This is a great way for students of all ages to build skills, make friends, and have fun in a supportive, team-focused environment. For more information, contact Chelsie Neben at [chelsie.neben@yahoo.com](mailto:chelsie.neben@yahoo.com).

# SJF Wellness Team



Kerri Lynn Haney-  
Vanderberg (Mrs. V)  
Teacher Counsellor

kerrilynn.haneyvanderberg@lethsd.ab.ca  
403-381-2977



Nikita Hart (Mrs. Hart)  
Family School Liason Counsellor

nikitavilliger@lethsd.ab.ca  
403-381-2977



Welcome to a wonderful new school year! We hope everyone had a wonderful summer! We are excited to be your new Wellness Team at SJF. Please reach out to us if we can support or connect with your student or family.



## Community Support Phone Numbers:

Kids Help Phone: 1-866-668-6868

Kids Help Phone Text: 686868

Recovery Alberta 1-888-584-0211

Mental Health Help Line: 1-877-303-2642

# 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!





# MULTICULTURAL & DIVERSITY NEWSLETTER

SEPTEMBER 2025

## MONTH-LONG OBSERVANCES:

- Amerindian Heritage Month (Guyana)
- Gospel Music Heritage Month (USA)
- Hunger Action Month (USA)
- National Hispanic Heritage Month (USA)
- Suicide Prevention Month (USA)
- World Alzheimer's Month (Int'l)



Sept. 1

### Labour Day (Canada, USA)

Labour Day is celebrated on the first Monday in September. It honours the labour movement and the contributions of workers to society. In Canada, Labour Day marks the unofficial end of summer and the start of the school year in many provinces. Activities include parades, community picnics, speeches by labour leaders and politicians, and a general day of rest.



Sept. 8

### International Literacy Day (UN)

International Literacy Day is celebrated every year on September 8. It was first proclaimed by UNESCO in 1966 to remind the international community of literacy as a matter of dignity and human rights. It highlights the importance of literacy for individuals, communities, and societies. Focus areas include education for all, gender equality in literacy, digital access, and lifelong learning. The day is often marked by reading campaigns, book drives, educational workshops, storytelling events, and awareness programs.



Sept. 11

### Patriot Day (USA)

This day is observed in the United States to remember and honour the nearly 3,000 people who lost their lives in the terrorist attacks on September 11, 2001. On this day of remembrance, Americans are encouraged to pause, reflect, and honour the victims, survivors, and first responders. The American flag is flown at half-staff at homes, businesses, and government buildings. A moment of silence is held at 8:46 AM (ET) - the moment the first plane struck the North Tower of the World Trade Center.







# MULTICULTURAL & DIVERSITY NEWSLETTER

SEPTEMBER 2025

Sept. 15

## Keiro no Hi (Japan)

Keiro noHi, or **Respect for the Aged Day**, is a national holiday in Japan celebrated on the third Monday of September each year. It honours and shows gratitude to elderly people for their contributions to society and celebrates their long lives. Families gather to celebrate and show respect to grandparents and older relatives, communities organize ceremonies and cultural performances, and local governments often give gifts or commemorative items to senior citizens (especially those who reach milestone ages like 100).



Sept. 21

## International Day of Peace (UN)

Established by the United Nations in 1981, the day is dedicated to strengthening the ideals of peace within individuals, communities, and nations. It calls for non-violence, ceasefire, and unity. The **Peace Bell** at the UN (cast from coins donated by children around the world) is rung, and a **Minute of Silence at noon** is observed in all time zones. People observe the day with Interfaith prayers, meditation, peace walks, educational events on conflict resolution and tolerance, cultural activities, and community service.

Sept. 22

## Sharad Navratri (Hindu)

Navratri is one of the most important Hindu festivals. It is celebrated for nine nights and ten days in honour of the goddess Durga and her nine forms. Each day is dedicated to one of the nine forms of Durga. Navratri symbolizes the victory of good over evil, especially goddess Durga's triumph over the demon Mahishasura. Spiritually, it represents conquering inner negativity and cultivating virtues. It is a time for spiritual cleansing, fasting, and devotion.



Sept. 23

## Rosh Hashanah (Jewish)

Rosh Hashanah, the **Jewish New Year**, is one of the most sacred holidays in Judaism. It begins previous sundown at 6 PM and is observed for two days. Meaning "**Head of the Year**", Rosh Hashanah marks the anniversary of the creation of Adam and Eve as well as the initiation of humanity's role in God's world. It is a time of judgment, reflection, and renewal. According to Jewish tradition, God reviews each person's deeds over the past year and decides their fate for the coming year. Customs include sounding the shofar, eating symbolic foods, and attending synagogue services.





# MULTICULTURAL & DIVERSITY NEWSLETTER

SEPTEMBER 2025

Sept. 30

## Orange Shirt Day/National Day of Truth and Reconciliation (Canada)

Orange Shirt Day is observed on September 30 every year to remember and honour Indigenous children who were taken from their families and forced into residential schools. Orange Shirt Day began in 2013, inspired by the story of **Phyllis Webstad**, a residential school survivor. On her first day at school, her new orange shirt (a gift from her grandmother) was taken away, leaving her feeling worthless and unseen. The orange shirt has become a symbol of how residential schools stripped children of their culture, language, and identity. In 2021, the Canadian government enacted Bill C-5 establishing September 30 as National Day for Truth and Reconciliation to honour survivors, their families, and communities, and to ensure public commemoration of the history and legacy of residential schools. Orange Shirt Day has since been observed alongside the National Day for Truth and Reconciliation. Both days encourage reflection, education, and action toward healing and reconciliation.



## OTHER OBSERVANCES

- Sept 3 - Eid Milad-un-Nabi (Islam) Sept 11
- - Meskerem/New Year (Ethiopia) Sept 22 -
- Autumn Equinox (International) Sept 22 -
- Shuki sorei sai (Japan, Shinto) Sept 22 -
- Chichen Itza Festival (Mexico) Sept 24 -
- Our Lady of Las Mercedes (Dominican Republic, Peru) Sept 28 - Durga Puja
- (Hindu) Sept 30 - San Geronimo Day
- (Indigenous, USA)

## NATIONAL AND INDEPENDENCE DAYS

- Sept 6 - Defence Day (Pakistan)
- Sept 7 - Independence Day (Brazil)
- Sept 15 - Independence Day (Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua)
- Sept 16 - Independence Day (Mexico)
- Sept 17 - Constitution Day (USA)
- Sept 18 - Independence Day (Chile)
- Sept 21 - Independence Day (Armenia, Malta)
- Sept 22 - Independence Day (Bulgaria, Mali)
- Sept 23 - Unification Day (Saudi Arabia)
- Sept 24 - Heritage Day (South Africa)
- Sept 24 - Republic Day (Trinidad & Tobago)

### Disclaimer:

*In creating this newsletter, we aim to honour and celebrate the diversity of our community. While we strive to acknowledge a wide range of cultural and religious holidays and observances, we recognize that we may not be able to include every holiday or tradition. This is not a reflection of the value or importance of any holiday or tradition. We deeply respect all cultural, religious, and personal celebrations and appreciate your understanding.*

### Reference:

*Multicultural Calendar 2025  
Sheena Singh, Creative Cultural Communications,  
Toronto, ON.*





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](http://thewordonthestreet.ca/lethbridge)



Lethbridge  
Public Library

CONNECTING  
YOU



# Junior Badminton Classes

**Lethbridge Badminton Club  
in Lethbridge and Coaldale**

Junior (8 through 19  
years old) paid  
coaching program  
starts in September  
and runs through to  
June (Fall, Winter  
and Spring  
semesters)



Come and learn the fastest  
sport on the planet.

Shuttles can reach  
565 km/h (351.07 mph)

**Please email to enquire about spaces in the  
junior coaching program. Classes for  
beginners through to advanced**

**[lethbadclub@gmail.com](mailto:lethbadclub@gmail.com)**



## 2025-2026 INDOOR SOCCER REGISTRATION LYS LEAGUE

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

**\$190 +GST**

COACH ARD

# Cubs to Kodiaks

## "Intro to Volleyball"

9U (Grades 1-3) & 12U (Grades 4-6)

**Starting October 1st**

**REGISTER TODAY AT STARSVBALL.CA**

