



SJF NEWSLETTER



Severe Weather
Procedures



Athletics Calendar
Subject to change and refer to it often.

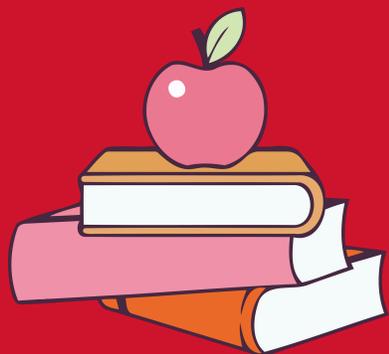


BUS ROUTES

Mark Your Calendar

Sept 19th

Terry Fox Fundraiser Run
(Whole school to Nicholas Sheran Park)



Dear Falcons!

The energy at SJF hasn't slowed down one bit! From the buzz of back-to-school to gearing up for our Terry Fox Run on September 19th, Falcons are proving that we can run, walk, and cheer our way toward making a difference. Together, we'll honor a Canadian hero and raise funds for cancer research.

➡ See more information about the Terry Fox Fundraiser below.

Grade 7 Science Spotlight

Grade 7 students are exploring genetics and biodiversity through the fascinating case of the Dire Wolf, a once-extinct species. Lessons highlight how modern science may even revive species like the Woolly Mammoth, while also connecting genetics to dog breeds and cattle in southern Alberta. It's a powerful way for students to see how science links the past, present, and their own community.



Terry Fox Fundraiser Run

Falcons, it's almost time to lace up your runners! On Friday, September 19th, our whole school will be heading to Nicholas Sheran Park for the annual Terry Fox Fundraiser Run. This special event is more than just a run—it's a chance to come together as a community, honor Terry Fox's incredible legacy, and raise money for cancer research.

This year, we've set an exciting fundraising goal, and there are plenty of fun rewards along the way:

- \$750 - Special Guest Musical Performance 🎵
- \$1000 - Teachers take on the Ice Bucket Challenge 🧊
- \$1500 - Mr. Mathur will rock a pink mohawk 🎸👱🏻🌸
- \$1750 - Skoretz, Radke, and Gibb face off in a pie-eating contest 🥧

Every dollar makes a difference! Together, we can reach our goal and show what it means to be Falcons with heart.

➡ Donate online here: schools.terryfox.ca/98206





SJF Wellness Team



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

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403-381-2977



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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](#).



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!

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.



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.





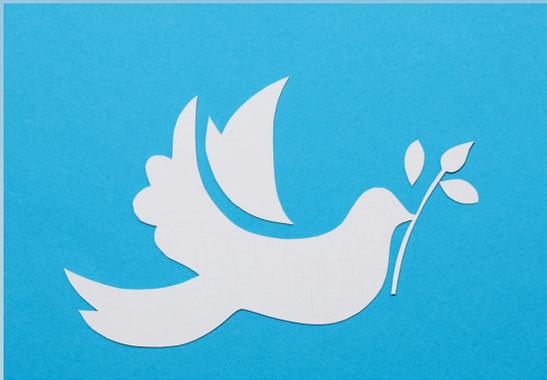
MULTICULTURAL & DIVERSITY NEWSLETTER

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) Sep 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.*



THE **WORD** ON THE **STREET**

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



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



\$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





ABOUT US

Since 2020, we have created a safe and enriching musical space for students to learn an instrument, grow in community, build connections, and express creativity. Most importantly, we have fun while we learn!

OUR AFTER SCHOOL MUSIC PROGRAM

- Group Instrument Classes
- Music Ensemble Class
- Snack/Community Time
- Instrument Practice Time
- Activities & Crafts
- Students in Grades 3-6
- September 15th, 2025 to June 19, 2026
- Monday to Thursday, 3:00-5:30
- Friday Programming (New for 2025!)
- Potential Instrument Options:
 - Guitar - Piano - Choir - Violin
- We place a high value on removing barriers for participation in our programs, and as such, **families are only asked to pay what they can... when they can... if they can.**



**Limited Spaces!
Register Today!**



2025/2026 PROGRAMS

Giving the gift of music, arts & community to the next generation.

SCAN HERE TO REGISTER



CONTACT US

- (403) 849-8162
- info@branchesarts.ca
- branchesarts.ca
- 1805 9th Avenue North

WHAT WE OFFER DAILY

Transportation

We offer potential access to free transportation from school to our program. Please contact us for more info if this is something that your child will require.



Snacks and Activities

Students start their time at the program with a healthy snack. During this time they are able to talk to their friends, mentors and teachers and have free time for activities such as arts & crafts, board games, etc. There is also potential homework support available.



Music Lesson Blocks

This is the largest portion of each day. Students break into their individual instrument groups and receive group instruction on the basics of their instrument. This lays the foundation for all other musical components of the program.



Crafts & Activities Block

Fun and creative expression is central in our program. Throughout the week we alternate between art projects and fun games and activities.

Performances

Each year we have three "Showcases", offering opportunities for our students to perform ensemble pieces and solo pieces for their friends and family.

Private Lessons

We are excited to now offer additional private lessons options to our after-school program students, as well as to older students. At this time we offer;

- Guitar, Bass and Piano
- For Students Ages 8-17
- **Only \$20 /half hour**

GROUP CLASSES

Music students are split into groups of beginner students and advanced students. Beginner music classes focus on learning fundamental skills, reading music, theory, and learning basic songs. The advanced classes focus on using known skills to learn and play songs of a student's interest.

ENSEMBLE CLASSES

Ensemble classes are designed to have students work with each other as "one brain" and be open to the ideas of others. Ensemble classes take place with all of our vocal, piano, and guitar students. Ensemble classes work towards large group performance focus on listening to each other, playing in unison, and working together as a community.

INDIVIDUALS

While our classes are primarily done in group settings, Branches' goal is to focus on each individual child. Some of the ways that we work towards this goal are:

- Individual lessons
- Homework help
- Mentoring
- Community building
- Collaboration

(Private lesson can be booked.)



**THREE PRONGHORN GAMES.
FREE ADMISSION.**



on campus

UNIVERSITY OF LETHBRIDGE
COMMUNITY STADIUM



HORNS

TRIPLE HEADER

SEPTEMBER 20, 2025

WOMEN'S SOCCER 2:00 PM

MEN'S SOCCER 4:15 PM

WOMEN'S RUGBY 7:00 PM



@UOFLPRONGHORNS

GOHORNS.CA/HTH