



SJF NEWSLETTER



Severe Weather
Procedures



Athletics Calendar
Subject to change and refer to it often



BUS ROUTES

Mark Your Calendar

October 13

Thanksgiving (School closed)

October 29

Picture Retakes

Dear Falcons,

✨ As we wave goodbye to September and step into the cozy days of October, I want to take a moment to thank you for making SJF such an amazing place to learn, grow, and shine. From classrooms buzzing with creativity to hallways filled with Falcon spirit, it's all of you—students, staff, and families—that make our school community feel like a true wonderland. Here's to a season of cozy days, new adventures, and memories.

Order Your Yearbook Today!

Every school year is packed with unforgettable moments—sports games, spirit weeks, field trips, classroom laughs, and those little day-to-day memories with friends. A yearbook is more than just a book—it's a time capsule that lets you look back and relive all the best parts of middle school.

This year's Senator Joyce Fairbairn Middle School yearbook is shaping up to be something special! Designed with student life in mind, it captures the energy, creativity, and spirit of Falcons everywhere. From team photos to candid snapshots, every page tells a story about our 2025 school year.

📅 Important Details:

- Early Bird Price: \$42 (until October 24, 2025)
- After October 24: Price increases to full cost
- Where to Order: [Jostens Yearbooks](#)

Don't miss the chance to grab your yearbook at the best price! Order by October 24 to lock in the reduced cost and guarantee your copy.


So, Falcons, let's make sure every memory is saved. Order your yearbook today and be part of the story!





Go Blue This October

October is Child Abuse Prevention Month, and the Chinook CYAC is partnering with local businesses for the #GoBlue campaign. All month long, you can enjoy special blue-themed treats – from Cookie Monster ice cream to blueberry bubble tea – with proceeds supporting children and families in our community.

 Share your treat on social media with #GoBlue (and tag us!) to help raise awareness and be entered into a prize draw.

Thank you for helping us shine a light on Child Abuse Prevention Month!

Cookie Crimes Ice Creamery



Umami Shop



The Penny Coffee House



Founders Café and Bakery



Little Nicaragua Coffee Company



The Jasmine Room





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

nikita.villiger@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!

NORTH AMERICA INTERNATIONAL YOSAKOI FESTIVAL

北美國際よさこい祭



Sponsors and Partners :



Calgary Japanese
Community Association



Hosted by: Kaede Cultural Society of Calgary

Hosting : Nikka Yuko Garden/National Association of Japanese Canadians/

Partner Nikkei Cultural Society of Lethbridge and Area

Supported by : Consulate-General of Japan in Calgary/Kochi Prefecture/ Kochi City/Kochi City Tourism Association/
Yosakoi Festival Promotion Association/ Yosakoi Festival Venue Association/
Harajuku Omotesando Super Yosakoi Bureau/Yosakoi Soran Festival Organizing Committee

2025.9.27 Sat 28 Sun
9:30am - 7pm on 27th, 9-12 on 28th

Canada, Lethbridge

Nikka Yuko Garden

Address: 135 Mayor Magrath Dr S, Lethbridge, AB T1K 0C6

Find more information on SNS!!

Website

kokuyosa.com



Instagram

@KOKUYOSA



X

@KOKUYOSA2025



This event is part of Alberta Cultural Days

2025.04 VER1

Program

27th

- Performances by all 14 teams from the U.S., Canada, Japan, and more
- Group dance by all teams(SOU-ODORI)
- Yosakoi mini parade
- Collaboration performances between Japanese teams and North American teams
- Japanese cultural experience booths (Bunka-Hashi Festival)

28th

- Professional dance practice and performance viewing



Special guests

Yosakoi Choreographer:
Chika Tamura (From Kochi)

Mr. Yosakoi Soran:
Takeshi Miyamoto (From Hokkaido)



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




STARS Volleyball



COACH ARD

**\$190
+GST**

Cubs to Kodiaks

"Intro to Volleyball"

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

Starting October 1st

REGISTER TODAY AT STARSVBALL.CA



AGES 3-19

SEPTEMBER TO APRIL

YOUTH BOWL

CANADA

REGISTER TODAY!
SUNDAYS AT 12PM

SPONSORED PRIZES

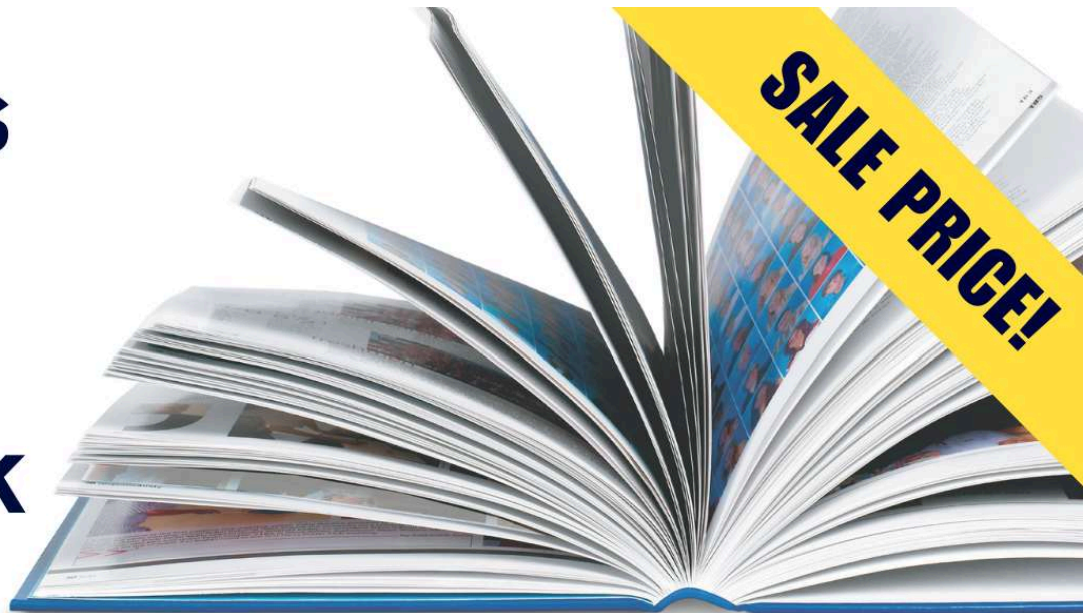
- BOWLER OF THE WEEK
- BOWLER OF THE MONTH
- PERSONAL AWARDS

• GREAT TEAM BUILDING
 • COMMUNITY & COMPETITIVE COACHES
 • IN HOUSE, PROVINCIAL & NATIONAL TOURNAMENTS
 • AFFORDABLE PRICES

**CALL HOLIDAY BOWL
TO JOIN**

403-328-2855

MEMORIES LAST FOREVER IN THE YEARBOOK



Senator Joyce Fairbairn Middle School

HOW TO ORDER

ONLINE



-OR-

SCAN HERE



NOW ONLY \$42.00
UNTIL OCTOBER 24, 2025

*Price will **increase** after October 24, 2025

ENHANCED PERSONALIZATION

\$7.00

ICONS

FREE UNTIL OCTOBER 24th

\$4.50

**Taxes, service fees and delivery fees will be added, where applicable.*

ORDER ONLINE: <https://jostensyearbooks.com/?REF=A07636351>





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.**
 - (Full cost is \$200/month - inquire about full and partial fee assistance.)



SCAN HERE
TO REGISTER



CONTACT US

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



**Limited
Spaces!
Register
Today!**

2025/2026 PROGRAMS

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

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.)



MULTICULTURAL & DIVERSITY NEWSLETTER

OCTOBER 2025

Month-Long Observances

- Autism Awareness Month (Canada)
- Disability Employment Awareness Month (USA)
- Black History Month (UK)
- Women's History Month (Canada)
- Breast Cancer Awareness Month (Int'l)
- Latin American Heritage Month (Canada)
- Library Month (Canada)
- Healthy Workplace Month (Canada)



Oct 1

National Seniors Day (Canada)

This is Canada's day to say "thank you" to seniors for shaping the nation's past, enriching its present, and guiding its future. It was established in 2010 by the Government of Canada to coincide with the United Nations' International Day of Older Persons. The day is meant to recognize and celebrate seniors for the contributions they have made, and continue to make, in communities, workplaces, and families across the country, and to raise awareness about issues facing seniors, such as health, social inclusion, financial security, and elder rights. Schools, organizations, and churches may invite seniors to share their stories and wisdom. Families are encouraged to spend time with their older relatives and express appreciation.

Oct 2

Int'l Day of Non-Violence

This day is observed every year on October 2nd, the birthday of **Mahatma Gandhi**, the leader of India's independence movement and a pioneer of the philosophy and strategy of non-violence. It was established by the **United Nations** in 2007. The purpose of the day is to spread the message of non-violence through education and public awareness, affirm the universal relevance of the principle of non-violence, and to inspire individuals, communities, and nations to reject violence in all its forms and resolve conflicts peacefully. Schools and organizations may host debates, art exhibitions, or essay competitions on peace and non-violence.



Oct 2

Yom Kippur (Jewish)

The Day of Atonement is the holiest and most solemn of all days in the Jewish year. It is a sacred time of fasting, prayer and self-examination, devoted to seeking forgiveness and beginning anew. It is a day of repentance and reconciliation with God and others. Traditions and observances include a 25 hour fast (no food or drink), refraining from work and marital relations, prayer services with special liturgies, confession of sins, and sounding of the shofar (ram's horn) at the end of Yom Kippur, marking the close of the fast.

MULTICULTURAL & DIVERSITY NEWSLETTER

OCTOBER 2025



Oct 5

World Teachers' Day

This day was established in 1994 by UNESCO to honour the signing of the 1966 ILO/UNESCO Recommendation Concerning the Status of Teachers, which set international standards for teachers' rights, responsibilities, and working conditions. The 1966 Recommendation remains the main reference point worldwide for governments, unions, and educators when discussing teachers' rights and quality of education. The purpose of the day is to recognize and appreciate the vital role of teachers in shaping society, to raise awareness about the challenges teachers face worldwide, and to promote support for teachers' professional development and well-being.

Oct 6

Chuseok (Korea)

Chuseok is referred to as Korean Thanksgiving Day. It is a celebration of the harvest and thanksgiving for the bounty of the earth. Family members come from all over the country to visit their hometowns. Families honour their ancestors through rituals called **charye** (ancestral memorial services) and **seongmyo** (visiting ancestral graves). Traditions include preparing and sharing food (especially half-moon-shaped rice cakes), wearing traditional Korean clothing, and playing folk games.



Oct 11

Int'l Day of the Girl Child

It is a day dedicated to recognizing the rights of girls and the unique challenges they face around the world, while promoting their empowerment and human rights. The day was established by the United Nations General Assembly in 2011 following a proposal by Canada. The day aims to highlight the importance of girls' education, health, safety, and equal opportunities. It raises awareness about issues such as gender-based violence, child marriage, and gender discrimination, while encouraging policies and actions that break barriers and close gender gaps.

Oct 12

Diadela Raza (Mexico)

This day celebrates the Hispanic and Latino heritage in the Americas. On October 12, 1492, Columbus landed in the Americas, marking the beginning of widespread contact between Europe and the Western Hemisphere. Early commemorations focused on Spanish colonial achievements and the spread of European culture. The day now honours Indigenous peoples and their contributions, recognizes cultural diversity and the unique identities of Latin American nations, and reflects on historical injustices caused by colonization, and promotes reconciliation.



MULTICULTURAL & DIVERSITY NEWSLETTER

OCTOBER 2025



Oct 13 Thanksgiving Day (Canada)

Canadian Thanksgiving is a time to give thanks for the harvest and blessings of the past year. The earliest known Thanksgiving was held by English explorer **Martin Frobisher**, who gave thanks for safe passage through the treacherous Arctic waters. Over time, harvest festivals became common among settlers, influenced by both European traditions and Indigenous ceremonies of gratitude. Thanksgiving was declared a national holiday in 1879, originally celebrated on various days in October or November. In 1957, the Canadian Parliament officially set the holiday as “the second Monday in October” to coincide with the harvest season.

Oct 21

Diwali (Sikh, Hindu)

Diwali, meaning “row of lights”, is one of the most important and widely celebrated festivals in India and across the world by Hindus, Sikhs, Jains, and some Buddhists. It symbolizes the victory of light over darkness, good over evil, and knowledge over ignorance. The festival usually lasts five days, with each day having its own rituals and meaning. Diwali is not just a religious festival — it's also a time of family reunions, charity, joy, and renewal. Many people clean and decorate their homes, wear new clothes, and share food with neighbours and the less fortunate. In places like Canada and the UK, public Diwali festivals feature parades, lights, music, and food stalls.



Oct 24

United Nations Day

United Nations Day is celebrated to mark the anniversary of the entry into force of the UN Charter, the founding document that established the United Nations (UN), in 1945. This day highlights the UN's ongoing efforts to promote peace, security, human rights, and sustainable development around the world. United Nations Day was first celebrated in 1948, and in 1971, the UN General Assembly recommended that the day be observed as a public holiday in member states. The day serves to raise awareness about the goals and achievements of the UN, celebrate unity and cooperation among nations, encourage people, governments, and organizations to work together for peace, development, and human rights, and to reflect on global challenges such as poverty, conflict, climate change, and inequality, and the role of the UN in addressing them.

Oct 29

Chung Yeung Festival (China, Hong Kong, Taiwan)

The festival's history goes back over 2,000 years, blending Confucian ancestor reverence with Daoist and folk beliefs about balance and protection from misfortune. Families visit ancestral graves to clean them, offer food, burn incense, and pay respects. A major tradition is hiking to high places, which symbolizes rising to greater heights in life and avoiding danger. This also ties to the belief that higher altitudes ward off evil spirits.



MULTICULTURAL & DIVERSITY NEWSLETTER

OCTOBER 2025

Oct 31

Halloween (Canada, USA)

Halloween is observed annually on October 31. It has its origins in the ancient Celtic festival of Samhain and the Western Christian feast of All Hallows' Eve. Samhain marked the end of the harvest season and the start of winter. Ancient Celts believed that on the night of October 31, the boundary between the worlds of the living and the dead blurred, and spirits could return to earth. In the 8th century, the Roman Catholic Church established 1st November as All Saints' Day, or All Hallows' Day. This meant that the night of October 31st became All Hallows' Eve, which eventually evolved into the name Halloween. Common traditions include Trick-or-treating, Costumes, Jack-o'-lanterns, and Haunted Houses. People decorate their houses with Halloween symbols such as witches, black cats, bats, spiders, and cobwebs.



OTHER OBSERVANCES

- Oct 2 - Dussehra (Nepal, Hindu)
- Oct 2 - Mehragan (Iran, Zoroastrian)
- Oct 6 - Harvest Moon Festival (China, Hong Kong, Taiwan)
- Oct 7 - Sukkot (Jewish)
- Oct 9 - Han-Gul Day (Korea)
- Oct 10 - Karva Chauth (Hindu)
- Oct 13 - Indigenous Peoples' Day (USA)
- Oct 13 - Taiiku no hi (Japan)
- Oct 14 - Shemini Atzeret (Jewish)
- Oct 15 - Simchat Torah (Jewish)
- Oct 18 - Oktoberfest (Germany)
- Oct 22 - Abu Simbel Festival (Egypt)
- Oct 31 - Samhain (Wicca)
-
-
-
-
-

NATIONAL & INDEPENDENCE DAYS

- Oct 1 - National Day (China)
- Oct 1 - Independence Day (Cyprus, Nigeria)
- Oct 3 - Foundation Day (Korea)
- Oct 3 - Day of German Unity (Germany)
- Oct 5 - Republic Day (Portugal)
- Oct 6 - Constitution Day (Dominican Republic, Puerto Rico)
- Oct 8 - Independence Day (Croatia)
- Oct 9 - Independence Day (Uganda)
- Oct 10 - Independence Day (Cuba)
- Oct 12 - National Day (Spain)
- Oct 16 - National Heroes Day (Jamaica)
- Oct 18 - Independence Day (Azerbaijan)
- Oct 23 - Labour Day (New Zealand)
- Oct 24 - Suez Victory Day (Egypt)
- Oct 24 - Independence Day (Zambia)
- Oct 25 - Republic Day (Kazakhstan)
- Oct 26 - National Day (Austria)
- Oct 28 - National Day (Czech Republic, Greece)
- Oct 31 - Reformation Day (Chile)
-

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.