



<p><u>Monday Nov 1<sup>st</sup></u></p>	<p><u>Tuesday Nov 2<sup>nd</sup></u></p>	<p><u>Wednesday Nov 3<sup>rd</sup></u></p> <p>School ends at 2:00 p.m.</p>	<p><u>Thursday Nov 4<sup>th</sup></u></p>	<p><u>Friday Nov 5<sup>th</sup></u></p> <p>FISH Friday</p> <p>Students are dismissed at 12:30pm</p> <p>Volleyball Zones (Boys Rep Team)</p>
<p><u>Monday Nov 8<sup>th</sup></u></p>	<p><u>Tuesday Nov 9<sup>th</sup></u></p> <p>Rep Vball – LSAA Quarter Finals</p>	<p><u>Wednesday Nov 10<sup>th</sup></u></p> <p>Remembrance Day Ceremony</p> <p>School ends at 2:00 p.m.</p> <p>Rep Vball – Semis &amp; Finals (WMS)</p>	<p><u>Thursday Nov 11<sup>th</sup></u></p> <p>Remembrance Day NO SCHOOL</p>	<p><u>Friday Nov 12<sup>th</sup></u></p> <p>NON-OPERATIONAL DAY NO SCHOOL</p>

### **Masks!!**

We are noticing many students arriving to school without a mask each day. Please take a minute to place a couple reusable masks in your child's backpack each day! The school can not afford to cover the cost of disposable masks for students not bringing their own.

### **Lakie Canteen**

Our canteen is open Monday to Thursday of each week. Please remember, only pre-orders are accepted, and we apologize for not being able to accommodate walk-ups. Orders are to be completed on [SchoolCashOnline.com: Welcome](https://www.schoolcashonline.com). **The November 1-4<sup>th</sup> menu is attached!** There are daily items complimented with daily specials. They also offer a new vending machine stocked with muffins, granola bars, drinks, etc.

### **Gator Classic Volleyball Tournament**

Our annual Gator Classic Volleyball tournament takes place October 29<sup>th</sup> and 30<sup>th</sup> for our boys and girls Rep volleyball teams. Joining the Gators at this event will be Wilson, Gilbert Paterson, Fairbairn and RI Baker. Unfortunately, fans are still not permitted to view games in live fashion but can still tune in to watch on our Lakie YouTube channel. The link for this will be on our school webpage.

### **Angel Tree Registration**

Lethbridge Family Services' annual Angel Tree for Kids campaign is now open for registration. LFS collects unwrapped toys during November and December to give out to families in need in Lethbridge and area. Please see the attached flyer for more details!!

### **Spectators for live events – starting October 25<sup>th</sup>**

Lethbridge School Division has revised protocols to start allowing fans into our buildings commencing Monday, October 25<sup>th</sup>. A maximum of two fans per student athlete will be permitted into the building providing they have either been fully vaccinated or have a current negative Covid test. Fans need to provide this documentation at the door of the event as well as wearing a mask and socially distancing as best they can in the bleachers. The full letter from Dr. Cheryl Gilmore is attached below. Unfortunately, this doesn't include tournament play as of yet. Volleyball games will continue to be livestreamed until the end of the season, but this will not continue for basketball season.

### **Fall Break – Nov 11-12**

With Remembrance Day falling on a Thursday this academic year, Lethbridge School Division has built in an extended break for staff and students. November 11<sup>th</sup> & 12<sup>th</sup> will be non-instructional days for everyone and schools will be closed.

### **Activity Time**

The weather is cooling off as winter quickly approaches. We are seeing many students going outside in clothing not appropriate for forecasted weather. Please have a chat with your child and ensure they are coming to school prepared to go outside for the 20 minutes of activity time each day. Fresh air and exercise is important and we will continue to go outside unless experiencing exceptionally cold or poor weather.

### **Middle School Wrestling Opportunity**

If your child is interested in joining Lethbridge Wrestling, please scan the QR code on the flyer attached and complete the survey.

### **PowerSchool & School Cash Online**

PowerSchool allows you to view updated information on your child's grades, homework and attendance. School Cash Online is an electronic payment system for all fees, etc. ***This year School Cash Online will be used for preordering lunches for your child.***

If you need assistance signing up for PowerSchool or School Cash Online, please call the office at 403-327-3465.

### **Follow Us !!!**

As always, feel free to follow us on Social Media. If you want to see all of the great things that we are doing at Lakie, check us out on one of our Social Media Platforms:



# Lunch Menu

Daily Lunch items will not change from month to month but keep an eye on monthly SPECIALS!!

## Drinks

Chocolate Milk \$2.55

Apple & Orange Juice \$2.05



## Daily Food Items

\$5.65

Crispy Chicken Wrap (lettuce/cheese. Dressing: Ranch, Caesar, Buffalo or Chipotle)

Chicken Caesar Salad (croutons, parmesan cheese & Dressing)

Buffalo Chicken Caesar Salad (croutons, parmesan cheese & Dressing)

\$5.10

Sandwiches (Lettuce/Cheddar/mayo/butter) Choice of: Turkey, Ham, Egg salad

## Snacks

\$1.05 Hot Rods

\$1.55 Hickory Stix

\$1.55 Monster Cookie

\$1.55 Jalapeno Cheese Cheetos

\$2.05 Items: Smart Popcorn, Pringles.....\$2.55 Rice Krispy

\$3.05 2 Bite Brownies



## Weekly Special: (November 1-4)

MONDAY: Chipotle Crispy Chicken Burger \$5.10

TUESDAY: Taquitos (Beef & Cheese or \$1.05

Chicken & Cheese)

WEDNESDAY: Perogies (8) (\$4.10) or with Bacon \$5.10

THURSDAY: BBQ Chicken Pizza \$5.65

# Angel Tree for Kids

## Registration is Now Open!

### Eligibility:

Children (18 years and under) are eligible to receive gifts  
Families living in Lethbridge and area.

Register online at [www.lfsfamily.ca](http://www.lfsfamily.ca)

### Registration Open

October 4 – November 30, 2021



### Contact:

Lethbridge Family Services  
Rosie Digout  
Phone: 403-327-5724  
Email: [rdigout@lfsfamily.ca](mailto:rdigout@lfsfamily.ca)

Lethbridge Family  
Services  
Since 1910



angel tree  
CHRISTMAS CAMPAIGN

**About Angel Tree for Kids Campaign:** At Lethbridge Family Services, we collect new, unwrapped toys during November and December and distribute them to children and youth in Lethbridge and area whose families need help at Christmas.



October 19, 2021

To: Middle School Parents/Guardians  
From: Cheryl Gilmore, Superintendent

Dear Parents / Guardians of Lethbridge School Division Middle School Students:

**Update: Indoor Extra-curricular Sport and Recreation Activity**

**Indoor Extra-curricular Sport**

Throughout this fall, administrators have been committed to ongoing review of the context that serves as a foundation for making decisions regarding spectators at school events. Middle school principals and the division leadership team met to review trends and the possibility of taking some cautious steps toward spectators at indoor school events.

The collective decision was made that given the downward direction of the trend in numbers of new COVID positive cases in Lethbridge and our middle schools, the schools were comfortable moving forward with first steps to spectators at indoor extra-curricular sport and recreation activity.

Commencing **Monday, October 25**, each student participant from the home team and visiting team will be allowed two adult spectators at **indoor League games**. This first step does NOT include tournament play at this time. Details regarding how the two adult spectator allocation will be managed will come directly from your school.

The admittance of the two adult spectators will be in keeping with Lethbridge School Division Restriction Exemption Program that follows the provincial requirements of a Restriction Exemption Program. Details regarding the division's program can be found on the website at the following link [368094 \(lethsd.ab.ca\)](https://www.lethsd.ab.ca/368094). Spectators must provide proof of vaccination or proof of testing negative for COVID-19 on a Health Canada approved rapid antigen, rapid PCR, or lab-based PCR test approved by Health Canada. Details regarding both proof of vaccination and proof of testing negative for COVID-19 are in the Restriction Exemption Program document. Other mitigation measures will be in place including sanitization, wearing of face masks for spectators and volunteers, and social distancing in family groups.

Schools value the engagement of spectators and know that families have missed being able to watch their children participate in the sport setting. We are hopeful that the positive trend continues and this first step demonstrates our commitment to ongoing review of the feasibility of spectators at indoor events. Please keep in mind that should trends turn the other way, ongoing review could potentially be a return to restricting all spectators. We are all hopeful that we can maintain and further spectator engagement and once again ask for your patience as administration continues to consider the priorities of maintaining student participation and health in their decision making.

Take care,  
Cheryl



*Dr. Cheryl Gilmore*  
Superintendent  
Lethbridge School Division

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[cheryl.gilmore@lethsd.ab.ca](mailto:cheryl.gilmore@lethsd.ab.ca) | [www.lethsd.ab.ca](http://www.lethsd.ab.ca)

# BE A PART OF THE TRADITION

## JOIN LETHBRIDGE WRESTLING

We are looking for expression of interest for our middle school wrestling program. Please scan the QR code and fill out the survey to declare your interest so we can properly plan and implement COVID protocols.



We are planning to run the middle school wrestling program through LAWA. It will be running in accordance with the provincial government REP program for all students aged 12 and over.



Questions? Contact [lethbridgewrestling@gmail.com](mailto:lethbridgewrestling@gmail.com)

### Talk to your kids about alcohol

While the legal age to consume alcohol is 18, the average age adolescents in Alberta have their first drink of alcohol that is more than a sip, is 13. This is important because the earlier in life a person starts to drink, the greater the risk of drinking problems in the future.

You can have a positive impact by having open conversations with your child, setting healthy boundaries and clear expectations.

### You are the role model

Children tend to mimic the behavior of those they love and admire, especially that of their parents.

Peer pressure is a factor in adolescent drinking but often youth drink for the same reason as adults including sociability, relaxation, and fun.

People may also drink alcohol to avoid problems, relieve anxiety or stress, or to get drunk. Talk with your children about other strategies to manage difficult times or strong emotions.

### Refusal Skills

Practice strategies with your child so they feel comfortable saying no when they are offered alcohol or other substances:

"No thanks, I don't want to". Teach them to repeat as many times as needed when being pressured; simply repeat in a friendly, neutral manner.

"Sorry, I have to leave". This may be the best way to get out of a tricky situation.

Let your children know they can always say no to something that makes them uncomfortable. This will relieve them of a lot of the pressure.

### How to have a conversation about alcohol

Be brief and neutral when explaining the facts about alcohol to your child; discuss the pros and cons. Explain the difference between drinking in moderation and alcohol misuse.

Encourage questions and expect that you'll be asked about your own drinking and experiences. Listen with full attention so your kids will talk.

Try to understand your child's point of view and avoid lecturing to keep the conversation going.

### MORE RESOURCES

[Alcohol and Health Talk to Your Children About Alcohol \(albertahealthservices.ca\)](https://www.albertahealthservices.ca/alcoholandhealthtalktoyourchildrenaboutalcohol)

[Parent Information Series | Alberta Health Services](https://www.albertahealthservices.ca/parentinformationseries)

[Teen Health \(alberta.ca\)](https://www.alberta.ca/teen-health)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642

