



<p><u>Monday Oct 2<sup>nd</sup></u></p> <p>Fundraiser Wrap-Up</p>	<p><u>Tuesday Oct 3<sup>rd</sup></u></p>	<p><u>Wednesday Oct 4<sup>th</sup></u></p> <p>School ends at 2:00 p.m.</p> <p>Week 3 Fundraiser totals calculated</p>	<p><u>Thursday Oct 5<sup>th</sup></u></p> <p>Gr 7 to Cornmaze</p>	<p><u>Friday Oct 6<sup>th</sup></u></p> <p>Friday 1 Option</p> <p>Screentime Presentation during FISH Friday</p> <p>Students are dismissed at 11:30 a.m.</p>
<p><u>Monday Oct 9<sup>th</sup></u></p> <p>Thanksgiving</p> <p>NO SCHOOL</p>	<p><u>Tuesday Oct 10<sup>th</sup></u></p>	<p><u>Wednesday Oct 11<sup>th</sup></u></p> <p>School ends at 2:00 p.m.</p>	<p><u>Thursday Oct 12<sup>th</sup></u></p> <p>Parent Council 6:30 p.m.</p>	<p><u>Friday Oct 13<sup>th</sup></u></p> <p>Friday 2 Option</p> <p>Students are dismissed at 11:30 a.m.</p>

**Screentime Presentation**

On October 6<sup>th</sup>, Christie Schipper will be a guest at Lakie to do a presentation on the effects of screentime (see attached poster). This will occur during our FISH Friday time.

**Lakie Online Clothing Store**

We have partnered with Custom Clothing to open an online clothing store that is now active. There are many options with most items available in multiple colors. You can choose to pick your order up at the store, have it delivered to the school or have it delivered to you at home! Since all orders are custom, no refunds will be given. Go to Online Store | Custom Clothing [www.customclothingstore.ca](http://www.customclothingstore.ca) to submit your order today! The store will be open for the foreseeable future with no hard-closing date at the current time.

**Lakie Parent Council Apples Fundraiser**

Our Parent Council is graciously running an apple sales fundraiser between now and October 2nd. All sales are to be completed on [SchoolCashOnline](http://SchoolCashOnline) by searching "Apples Fall Fundraiser". Thanks in advance for your support of this yummy fundraiser!

**Longboarding Swag**

Longboarding Season 3 Swag is available on school cash online until October 20th. This year's special pink edition is inspired by "Year of the Barbie". Swag is available for **ALL STUDENTS**, even if they do not come out for the club. A portion of the cost of the swag will go towards purchasing boards, gloves, and helmets for the club so that students new to the sport or students who might not be able to afford gear are able to participate. Rebel's swag are limited edition designs and will not be issued in future seasons. If you want this year's "Peace Is The Mission" in black or Barbie pink, it will only be available for purchase until October 20th. As such, we hope all families can support the Rebels club by wearing our gear out and about in the community.

### **Food Bank Support**

The Lethbridge Food Bank is in desperate need of volunteers to help deliver Mindful Munchies to schools. Mindful Munchies is the lunch program many schools operate in conjunction with the Food Bank to support students in need. Anyone interested would need to be available Monday or Wednesday mornings from 9:30 a.m. pick ups from the Lethbridge Food Bank. Please contact Emily at 403-320-1879 (ext. 4) if interested.

### **Lakie School Council Apple Fundraiser**

GS lakie has partnered with Lethbridge Fresh Fruit to offer a fall fundraiser of apples. Each box is 20 pounds, and we have four different varieties Macintosh, Gala, Ambrosia and Honeycrisp. These items will be available for purchase on school cash online from September 22nd till October 2nd at midnight. The apples will be delivered to our school for pick on October 10th from 5-7pm in the staff room. The cost for Gala, Macintosh & Ambrosia is \$41.60, and the Honeycrisp are \$45.76.

### **Attendance - Absences**

Daily attendance can be monitored via PowerSchool, as mentioned above. If your child is going to be away or needs to leave early, please inform the office in advance. This can be done by phone, or better yet, the Safe Arrival app. You can download this in the app store on your phone (SchoolMessenger app) or submit it on the Safe Arrival website (<https://go.schoolmessenger.com>).

### **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.

### **LSD Multi-Cultural & Diversity Newsletter – September**

You can find the September edition of the LSD Multi-Cultural & Diversity Newsletter [here](#).

### **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:




# School & Community Informational Flyers

**STUDENT PRESENTATION**  
**CONNECTING THE DOTS:  
BRAIN SCIENCE &  
SCREEN TIME**

*Presented by: Christie Schipper  
Speech Language Pathologist (SLP)*

08:00 - 9:00 am  
6 October 2023  
GS Lakie School

Coming soon!  
BrainSafeTech Consulting



**CAREER TRANSITIONS**

CAREER EXPLORATION SESSION

# LIFEGUARD

OCTOBER 11, 2023  
4:00pm

Lifeguarding is in high demand, with positions open not only here in Alberta, but Canada wide. With attention to detail, Lifeguards work hard to prevent incidents from happening through public education and intervention. As a Lifeguard steps on the pool deck, they encounter many individuals and a variety of situations, ranging from helping participants fit lifejackets to jumping into the water for a rescue.

Jill, from the Lethbridge YMCA, will tell you more and answer your questions.

**Register now for this FREE virtual session!**  
Once registered, you will receive an email with the link, plus additional information regarding the event.

Questions? Email [office@careersteps.ca](mailto:office@careersteps.ca)



GS LAKIE HAS PARTNERED WITH  
LETHBRIDGE FRESH FRUIT

*apple Fundraiser*

4 VARIETIES  
GALA/AMBROSIA/MACINTOSH  
& HONEYCRISP  
20LBS BOXES \$41.50-\$45.75

Order on school cash online until  
October 2nd at Midnight  
PICK UP : TUESDAY OCTOBER  
10TH FROM GS LAKIE STAFF  
ROOM FROM 5-7PM

Thanks for your support!!!



# BOO BASH IS COMING!!


Candy  
Games and Prizes

Free Admission!

Saturday, Oct 28  
10 am - 3 pm  
COR VAN RAAY YMCA  
West side

Boo!






**PRAIRIE  
BASEBALL  
ACADEMY**

# Prairie Baseball Academy

## 14 Week Winter Camp

**Nov 13th- Mar 8th (early bird pricing until Sept 30th)**



**PRAIRIE  
BASEBALL  
ACADEMY**

### About Our Camp

The Prairie Baseball Academy is excited to once again be offering our Winter Camp to youth baseball players in the Lethbridge and surrounding areas. This will be the 13th year PBA runs their Winter Camp, and our coaching staff is striving to continue to provide the best instruction possible for your children. Every night, we will provide at least one current PBA coach and 6-8 current players in the program to provide instruction. Our goal as a coaching staff is to work on improving all necessary baseball skills while maintaining a fun and safe learning environment. Baseball in Lethbridge continues to grow year after year, and we want to make sure PBA does it's part to help continue that growth. The hard work campers have put in during the winter months over the last 13 years has directly correlated to the success Lethbridge has had at the national level.

### Camp Focus

**Efficient Warm Up** → Ladder / Agility / Footwork / Speed  
**SAFE Indoor Throwing Program** → Builds arm strength (Radar Gun)  
**Proper Hitting Technique** → For all ages and skill levels  
**Infield/Outfield Technique** → Emphasis on footwork/Glove action  
**Introduction to Pitching** → Starts after winter break. Used as a complete introduction for some. More experienced campers will receive more advanced pitching instruction.  
**Games** → Our staff likes to conclude most camp sessions with some sort of competitive game. These games force kids to use the skills they're learning in camp.

### Coaches

**TODD HUBKA**  
Head Coach PBA Varsity  
**RYAN MACDONALD**  
Assistant Coach PBA Varsity  
Assistant Coach Lethbridge Bulls  
**RHETT FESER**  
Pitching Coach PBA  
**AIDAN GEHRING**  
JV Head Coach PBA  
**JOSH BURGMANN**  
Pitching Coach PBA  
PC Lethbridge Bulls  
**TATE PEARCE**  
JV Assistant Coach

	Early Bird Until Sept 30th	Regular Price After Sept 30th
1 Night/Week 21 Hrs Instruction	\$420	\$498.75
2 Night/Week 42 Hrs Instruction	\$551.25	\$630
Beginner Camp 19.5 Hrs Instruction	\$236.25	\$315

All prices include GST

Please etransfer [pba@telus.net](mailto:pba@telus.net)  
 Email [pba@telus.net](mailto:pba@telus.net) if you have any questions

### Camp Times

**Mon/Wed**  
6:00-7:30pm Ages 9-12  
7:45-9:15pm Ages 13-17  
**Tues/Thurs**  
6:00-7:30pm Ages 9-12  
7:45-9:15pm Ages 13-17  
**Friday**  
6:00-7:30pm Ages 5-8

DIGITAL WELLNESS

# WELLNESS BYTES



SCAN  
ME



Lethbridge School  
Division


FALL BACK  
INTO GOOD  
DIGITAL  
HABITS...


▶




Create moments to  
disconnect to reconnect!

## Rebels Season 3 Year of the Barbie





**School Cash Online  
Until  
October 20th**



AVAILABLE FOR ALL STUDENTS!

# PD DAY CAMP

Starting September 2023  
Registration Open Online!



Join us for a fun and exciting experience in our PD Day Camp program. Participants will have opportunities to go to our pool, gymnasium, Indoor Play, Rec Room, create fun crafts, go outside (weather permitting) and so much more each day.

## PD Day Schedule

### Holy Spirit Division

September 25  
October 23  
November 13  
December 4  
February 2  
March 11  
April 8  
May 21  
June 17

### Lethbridge School Division

October 25  
October 26  
October 27  
November 13  
March 15  
April 8  
May 21

[lethbridgeymca.ca/pd-day-camp](http://lethbridgeymca.ca/pd-day-camp)



No cost  
to participate!



Ages 13-18

## Learn to Cope with Stress Y Mind

Everyone experiences worries and stress. Y Mind is here to help young people learn how to cope with stress so they can live their best lives.

2 Options! Starting November 4th and 7th | 7 Sessions | Free!

Drop-In Information and Registration Sessions at the YMCA:

Saturday September 23rd at 1:30 pm

Friday September 29th at 2:00 pm

This free program is run by caring, trained staff,  
in a safe supportive environment  
at the Cor Van Raay YMCA

For more information or to Register

please contact YMCA Mental Health Advisor

Megan Fester [megan.fester@lethbridgeymca.ca](mailto:megan.fester@lethbridgeymca.ca)

Cheri Carson [cheri.carson@lethbridgeymca.ca](mailto:cheri.carson@lethbridgeymca.ca)



## YOUTH SPORT PROGRAMS



The Cor Van Raay YMCA of Lethbridge offers a variety of youth programming. All skills and abilities are welcome. Skills taught will vary between age groups.



### Basketball

This program teaches foundational sport specific basketball skills and strategies. Taught in a fun and dynamic environment, this program focuses on personal development and teamwork, while having fun and learning new skills.



### Badminton

Explore the foundational skills of badminton and develop a love for this fast-moving game. Each session will start with a sport specific warm-up, then move into a skills session and wind things up with non competitive games to apply your new skills.



### Indoor Soccer

Get your kicks learning indoor soccer. Participants will learn a variety of soccer skills including running, kicking, dribbling, and even passing/receiving through practice and game play.



### Volleyball

Participants will explore the basic skills and game strategy of volleyball. Each week our coaches will guide participants through a warm up and skills session, then end with a recreation, non-competitive game where players can put their skills to the test.



### Multi-Sport

This multisport program will develop your child's competence and confidence by introducing them to a variety of sport activities including badminton, basketball, volleyball and more!

To learn more, check out [lethbridgeymca.ca/programs](http://lethbridgeymca.ca/programs)

# Free Tutor Program

Would you like help in your school studies? The YMCA of Lethbridge is hosting a FREE tutor program for all subjects open to both high school and middle school students. The program will be held in the Upper Galleria at the Cor Van Raay YMCA. **STARTING OCTOBER 2**

Our tutor programs will be running Monday-Thursday from 3:30pm-6:00pm.

For any questions, reach out to Arnaud at:  
[arnaud.sparks@lethbridgeymca.ca](mailto:arnaud.sparks@lethbridgeymca.ca)



# Food Order Menu

[Click here to order](#)

## Lunch Menu



### Hot Lunch



*(Oct. 3-11)*

**TUESDAY Sept. 19: Quesada Burritos & Tacos**  
(Choice of meat or Roasted Veggies)

Tacos (c/w 2 soft Tacos with lettuce & Cheese) \$8.00

8" Burrito (c/w rice, beans, lettuce & Cheese) \$7.25

Jr. Burrito Bowl (c/w rice, beans, corn, tomatoes, lettuce & cheese) \$8.00

**THURSDAY Sept. 21: Boston Pizza**

Personal Size Pizza (Pepperoni/Cheese/Hawaiian) with Drink \$8.00

Personal size Pizza (Pepperoni/Cheese/Hawaiian) no Drink \$6.25

Pasta (Meat Sauce/Marinara Sauce/Tomato Sauce) with Drink \$8.00

Pasta (Meat Sauce/Marinara Sauce/Tomato Sauce) no Drink \$6.25

**MONDAY Sept. 25: Booster Juice**

SMOOTHIES (355ml or 710ml) \$5.75 or \$8.00

Wraps (Various to choose from) \$5.75

Lunch Combo's (Include 355ml Smoothie and Wrap of choice) \$9.00

**WEDNESDAY Sept. 27: Subway** - choice of white or Gluten bun (\$1 extra)  
(c/w white cheddar, lettuce, pickles & mayo, choice of drink & cookie)

Meat (Choice of Ham, Turkey, Turkey & Ham) \$8.00

Pizza (c/w pizza sauce, pepperoni, white cheddar) \$8.00

Veggie (c/w white cheddar, lettuce, tomatoes, cucumber, pickles) \$8.00