



<p><u>Monday Nov 6<sup>th</sup></u></p>	<p><u>Tuesday Nov 7<sup>th</sup></u></p>	<p><u>Wednesday Nov 8<sup>th</sup></u></p> <p>School ends at 2:00 p.m.</p>	<p><u>Thursday Nov 9<sup>th</sup></u></p> <p>Remembrance Day Ceremony 10:20 a.m.</p>	<p><u>Friday Nov 10<sup>th</sup></u></p> <p>No School for Students Day in Lieu of Remembrance Day</p>
<p><u>Monday Nov 13<sup>th</sup></u></p> <p>Professional Learning Day</p> <p>No School for Students</p>	<p><u>Tuesday Nov 14<sup>th</sup></u></p>	<p><u>Wednesday Nov 15<sup>th</sup></u></p> <p>School ends at 2:00 p.m.</p> <p>LSD Wellness Parent Presentation @Yates Memorial Theater</p>	<p><u>Thursday Nov 16<sup>th</sup></u></p> <p>Parent Council 6:30 p.m.</p>	<p><u>Friday Nov 17<sup>th</sup></u></p> <p>Friday 1 Option</p> <p>Students are dismissed at 11:30 a.m.</p>

**Annual Legion Poster Contest**

The National Youth Remembrance Contests are now open for student submissions. For complete contest information click [here](#) and for the entry form click [here](#).

**Lethbridge School Division Digital Wellness Parent Night – November 15<sup>th</sup>**

Our Digital Wellness Team is thrilled to be welcoming parents, students, and staff to our first Digital Wellness Parent Night! Attached, you will find a flyer that we've been asked to promote this event.

The event is intended to create space and opportunity for parents to gain insight on navigating wellness and balance in the digital world. We have assembled a panel of multidisciplinary members to answer parent questions and provide educated perspectives. It will take place on Wednesday, November 15<sup>th</sup> from 7:00pm-8:00pm at the Yates Memorial Theatre in Lethbridge and is open to parents within our division and the Holy Spirit Catholic School Division, free of charge. There is an expression of interest, as well as a link to submit questions for consideration in the evening's conversations, available on our division website (linked via QR code within the flyer).

We are hopeful that parents will take the opportunity to submit questions and hear the inquiries of other parents at our event. We are eager to facilitate some discussion about digital wellness both inside of our schools, and in our students' homes.

### **Basketball ID Camps**

Basketball season is just around the corner! GS Lakie will again have rep teams for both boys and girls that participate in the LSAA, as well as a development teams for both. ID camps start on Tuesday, November 14 and are open to students of all grade levels. Please see posters around the school and on the Gator Gab for a more detailed schedule. Students not selected to play on either rep or development teams will be invited to participate in our club program that runs on Wednesday at 2:00, starting on November 22. If you have any questions about basketball, please contact Mr. Brunner at the school, 403.327.3465.

Good luck to all students and GO GATORS!

### **Angel Tree 2023**

If your family needs support for the holiday season, you can register for Angel Tree 2023 at [Lethbridge Family Services \(lfsfamily.ca\)](https://lfsfamily.ca). The deadline to register is December 8<sup>th</sup>.

### **Division Digital Detours Newsletter – November**

You can find the November edition of the LSD Digital Detours Newsletter [here](#).

### **Division Indigenous Education Newsletter – November**

You can find the November edition of the LSD Indigenous Education Newsletter [here](#).

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

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

### **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.

### **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



2024 School Badminton Season Coming soon!  
LBC still has limited spaces available in all levels

Go to  
[lethbridgebadmintonclub.ca](http://lethbridgebadmintonclub.ca)  
or email  
[lethbadclub@gmail.com](mailto:lethbadclub@gmail.com)

for more information!

## GS LAKIE BASKETBALL

### ID CAMPS

**TUES. NOV 14**

- GR.6-8 GIRLS 3:00-4:30
- GR. 6-8 BOYS 4:30-6:00

**WED. NOV 15**

- GR. 6 GIRLS 2:00-2:45
- GR. 7/8 GIRLS 2:45-3:30
- GR. 6 BOYS 3:30-4:15
- GR. 7/8 BOYS 4:15-5:00

**THURS. NOV 16**

- GR. 6-8 GIRLS 3:00-4:30
- GR. 6-8 BOYS 4:30-6:00

**GO GATORS!**

## Alberta Winter Games Zone 1

### Badminton Team Selection tournament

**GRANDE PRAIRIE  
2024**  
Alberta Winter Games

**Date:** November 19, 9:00am - until finished  
**Age:** Under 17, minimum age is 11  
**Location:** Lethbridge College  
For more information contact [lethbadclub@gmail.com](mailto:lethbadclub@gmail.com) or scan the QR code

## angel tree

CHRISTMAS CAMPAIGN

Registration now open!

CHRISTMAS HOPE  
Christmas Hope Partner

PLEASE VISIT [WWW.LFSFAMILY.CA](http://WWW.LFSFAMILY.CA) FOR FURTHER INFORMATION ON HOW TO ASSIST OR TO REGISTER

REGISTRATION CLOSING NOVEMBER 30, 2023



# Pow Wow Club

Dancing, Drumming, Singing  
and more!

**Every Tuesday**  
**Ages 10-18**  
**6:00-8:00pm**  
**YMCA Lethbridge**  
**sweetgrassya@gmail.com**



YMCA of Lethbridge



Sweetgrass Youth Alliance



NINASTAKO CULTURAL CENTRE

# 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	Lethbridge School Division
September 25	October 25
October 23	October 26
November 13	October 27
December 4	November 13
February 2	March 15
March 11	April 8
April 8	May 21
May 21	
June 17	


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




YMCA of Lethbridge

VOLUME 1 Digital Wellness Edition ISSUE 1

# PARENT NIGHT




QUESTION SUBMISSION AVAILABLE ON THE LETHBRIDGE SCHOOL DIVISION WEBSITE




**THE TRUTH ABOUT YOUTH:  
CULTIVATING DIGITAL WELLNESS**

The Lethbridge School Division and Holy Spirit Catholic School Division would like to warmly welcome parents, students, and staff to an evening of insight and collaboration. A collection of panel members with multidisciplinary viewpoints will be offering perspectives about youth and digital wellness. This event is intended to deliver guidance and support for families and individuals who are navigating parenting in the digital age. The panel members will be answering questions that have been submitted by parents (using the attached QR Code), and delivering their professional insights.

**Yates Memorial Theatre**  
**November 15th 2023**  
**7:00pm-8:00pm**




Lethbridge SCHOOL DIVISION



HOLY SPIRIT CATHOLIC SCHOOL DIVISION

HOSTED BY THE LETHBRIDGE SCHOOL DIVISION IN COLLABORATION WITH HOLY SPIRIT CATHOLIC SCHOOL DIVISION



FOR MORE INFORMATION ABOUT DIGITAL WELLNESS: [CLICK HERE](#)

# No Scroll NOVEMBER HABITS



## Set Screen Time Limits

Use your device's screen time feature to set daily limits for social media and other time-consuming apps.

## Mindful Moments

Replace your scrolling habit with mindfulness exercises of quick mental health check-ins. Take a moment to reflect on your emotions, feelings, and moments in your days.

## Embrace the Present

Use the time you'd normally spend scrolling to connect with friends or family in person or through a phone call.

## Tech-Time Out

Dedicate certain times of our days in November to go completely screen-free. Engage in activities you enjoy, like hobbies or outdoor adventures.

## Embrace Progress

Champion your commitment to transformation as you face the challenge of changing a habit that's proven to be tough to break, demonstrating your unwavering dedication, persistent efforts, and the courage to travel down a road less travelled could lead to a greater discovery of oneself and joy!



## Embrace change,

## be persistent, be resilient!





# Food Order Menu

[Click here to order](#)

## Lunch Menu



### Hot Lunch (November 6 - 16)



#### TUESDAY Nov.14: 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 Nov.16: 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 Nov.6: 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 Nov.8: 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