



<p><u>Monday Nov 13th</u></p> <p><i>Professional Learning Day</i></p> <p><i>No School for Students</i></p>	<p><u>Tuesday Nov 14th</u></p>	<p><u>Wednesday Nov 15th</u></p> <p><i>School ends at 2:00 p.m.</i></p> <p><i>LSD Wellness Parent Presentation @Yates Memorial Theater</i></p>	<p><u>Thursday Nov 16th</u></p> <p><i>Parent Council 6:30 p.m.</i></p>	<p><u>Friday Nov 17th</u></p> <p><i>Rock Your Mocs</i></p> <p><i>Friday 1 Option</i></p> <p><i>Students are dismissed at 11:30 a.m.</i></p> <p><i>Optional Trip to Calgary for Volleyball Players</i></p>
<p><u>Monday Nov 20th</u></p>	<p><u>Tuesday Nov 21st</u></p> <p><i>Gr 7 Outdoor Ed Scuba Diving @ UofL</i></p>	<p><u>Wednesday Nov 22nd</u></p> <p><i>School ends at 2:00 p.m.</i></p> <p><i>School Dance 6:00-8:00 p.m.</i></p>	<p><u>Thursday Nov 23rd</u></p> <p><i>GSL Dance Crew Performance @ CASS Christmas/Retirement Banquet 7:45 p.m. Coast Hotel</i></p>	<p><u>Friday Nov 24th</u></p> <p><i>Friday 2 Option</i></p> <p><i>End of Term Drama Productions</i></p> <p><i>Students are dismissed at 11:30 a.m.</i></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 15th

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 15th 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.

Rock Your Mocs

G.S. Lakie will honour Rock Your Mocs on Friday, November 17th. This is an opportunity for staff and students to wear their moccasins to school that day! Alternatively, those without moccasins can wear a turquoise ribbon in support.

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!

School Dance – Barbie Theme!

G.S. Lakie will host our first school dance of the year on Wednesday, November 22nd from 6:00-8:00 p.m. \$2.00 entry fee and it's a Barbie movie theme. The school dance is for G.S. Lakie students only. We want all students to have a fun evening and as such, students have gone over behaviour expectations with their advisor teachers. Dress-up, have fun, and be respectful! If you have any questions or concerns, please contact Mr. Brunner at the school.

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 8th.

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

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



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!

Oct 23- Dec 4

VEGETABLE FUNDRAISER

Help the GS Lakie Trip club, by purchasing some vegetables for your holiday meals

Profits from this fundraiser will go towards transportation costs to and from Banff

Bundle A (\$15):
2lbs carrots, 5lbs potatoes, 2lbs onions

Bundle B (\$25):
3lbs carrots, 10lbs potatoes, 3lbs onions, 1 lb parsnip, 1 head cabbage



There is also an option to donate a bundle to the Food Bank if you want to support, but don't want the vegetables

<https://www.peakfarmtoschool.com/shop/buybundle>

angel tree

CHRISTMAS CAMPAIGN

Registration now open!



PLEASE VISIT WWW.LFSFAMILY.CA FOR FURTHER INFORMATION ON HOW TO ASSIST OR TO REGISTER



REGISTRATION CLOSES NOVEMBER 30, 2023

[Buy a Bundle - Farm to School \(peakfarmtoschool.com\)](https://www.peakfarmtoschool.com)

Pow Wow Club

Dancing, Drumming, Singing
and more!

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

VOLUME 1 Digital Wellness Edition ISSUE 1

PARENT NIGHT

QUESTION SUBMISSION AVAILABLE ON THE LETHBRIDGE SCHOOL DIVISION WEBSITE

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

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.

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

SUPER SMASH BROS ULTIMATE

MIDDLE SCHOOL TOURNAMENT

SATURDAY, NOVEMBER 18, 2023
10AM TO 4PM

\$10 ENTRY

AT GILBERT PATERSON MIDDLE SCHOOL
2109 12 AVE S

PRIZES FOR TOP WINNERS

TOTAL SPOTS: 50

Email daniel.proulx@lethsd.ab.ca to sign up

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 resilient!

be persistent,

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