

FEBRUARY
2023



**DATES TO
REMEMBER**

February:

- 8—Deadline to order
Hot Lunch—10 p.m.
- 10—100th Day
- 15—Pink Shirt Day
- 15—Hot Lunch Day
- 16—Family Gym Night
- 20—Family Day—No School
- 21-24—No School
- 27—Council Mtg—6 p.m.
- 28—Assembly—a.m.

March:

- 13-17—Book Fair
- 15—Celebration of Learning
6-7:30 p.m.
- 15-16 Kindergarten Parent/
Teacher Interviews—
No KG Classes
- 16—Early Dismissal Gr 1-5
Parent/Teacher
Interviews 12:30—4 p.m.
- 17—PL Day—No Classes
- 20—Council Mtg—6 p.m.
- 22—Deadline to order
Hot Lunch—10 p.m.
- 24—Beach Theme Day
- 28—Assembly—p.m.
- 29—Hot Lunch Day
- 30—Family Gym Night

Kindergarten Registrations for 2023-24

We are now accepting Kindergarten registrations for the 2023/24 school year. We are offering a morning class Monday through Thursday with alternating Friday mornings and an afternoon class Monday through Thursday with alternating Friday morning classes. Students must be five years old as of December 31, 2023. Registration forms will be available for pick up at the school office and on our school website.

To register your child, we will require a birth certificate (or copy of completed form to order a birth certificate and providing some other legal document with legal name and date of birth) and proof of address such as a utility bill in parent's name. We only accept kindergarten registrations for children living within our school boundary.

Returning Students Registrations for 2023-24

As our Division moved to new technology we will continue doing digital registrations for returning students. The digital registrations for returning students Grades K-4 will be emailed to parents February 28 and are due back March 10. You will receive an email that contains your child's returning registration by clicking on the link within that email. Please complete the entire registration and submit it by March 10.

Parents of students new to our school division will be required to complete New Registration form online and will be reviewed at the time of receipt. We will not be accepting any new out of bounds students at this time.

Dropping Off and Picking Up Students

Absolutely no parking in the east and west Staff Parking Lots and the east alley. Please observe the No Parking zones in and around the school as well. This is a serious **safety concern** for our students, parents and staff. Do not park in residence driveways as this is private property. Thank you for observing all the signs posted.

Family Gym Night

Floor hockey will be the activity for Family gym night Thursday, February 16 from 6:00—7:30 p.m. A reminder that all students need to be accompanied by a family member as this is a family activity. Come and join us for a fun night!

No School February 20-25

Schools will be closed due to Family Day, February 20, no school on Tuesday and Wednesday, February 21-22 and Teacher's Convention February 23-24. Classes resume Monday, February 27.



February

Piitaiki'soom - Eagle Moon
Sawómmitsiki'somm - Deceiving Moon



Save the Date...

February 7th: Town Hall @ VP 6:30pm

February 10th: Last day for kitsikakomimm donations

February 14th: Women's Memorial March

February 14th- 18th: Women's memorial Art Walk @ Coalbanks Trail

February 15th: Pink Shirt Day

February 17th: Random Acts of Kindness Day

February 20th-24th: Reading Week/Teachers' Convention

February 25th and 26th: International Peace Powwow @ The Enmax



Around town...

U OF L JOIN US FOR A PEACEFUL SILENT PROTEST

Come to support your fellow students and Lethbridge community.

WHERE/WHEN ANDERSSON HALL, FEBRUARY 1, 2023 @ 5PM

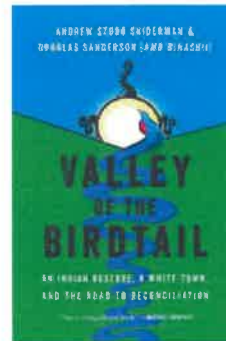
* Here to protest the prosecution of peaceful protesters will have to learn from the mistakes of community members.

* This protest will be a peaceful and silent protest we strongly encourage protesters not to engage with the facilitators and speakers at this lecture.

* For more information visit: <https://www.uofl.ca/peaceful-silent-protest>

Student Supports
Counseling Services

Silent Protest @ the University of Lethbridge regarding the invitation of Residential School denialist



Click to watch the authors discuss the book: "Valley of the Birdtail: An Indian Reserve, A white town, and the road to reconciliation"



Indigenous cooking classes

Women's memorial art walk

Exhibits at CASA



Hali Heavy Shield - Postcards from the Rez

Exhibition Opening January 28, 7pm - 9pm Hali Heavy Shield Postcards from the Rez. Hali Heavy Shield is a multidisciplinary artist and educator from the Blood Tribe (Kainai) of southern Alberta. Hali's work is influenced by experiences in her home community, including Blackfoot stories, significant sites, family, [...]

SEIRES Gallery Exhibition

DATES: January 28, 2023 - March 25, 2023



John Chief Calif - Past, Present, and Friendship

Exhibition Opening January 28, 7pm - 9pm John Chief Calif - Past, Present, and Friendship by Anishinabe, First Nations Chief Calif, was my adopted Grandfather. He had a profound influence on me as a child. I remember he would take for weeks and I would help him pick his herbal medicine. I understood as a [...]

SEIRES Gallery Exhibition

DATES: January 28, 2023 - March 25, 2023

LOCATION: Casa - Concourse Gallery

Interfaith Kitchen

All My Relations

Indigenous Youth Cooking Program

This is a great opportunity for youth to cook many different recipes, including traditional recipes, learn from Elders, discover how nutrition is important for the mind, body, heart, and spirit and learn new skills in the kitchen.

7 sessions: Every Thursday from February 16 - March 30, 2023 4:15pm-6:15pm

Each session provides:

- A recipe and all ingredients (plus extra to take home to your family)
- Information on nutrition
- Information on kitchen and food safety

Cooking classes create connections and help bring a sense of well-being to everyone!

For more information or to register please contact Janine Jackson 403.320.4232 ext 215 or janine.jackson@famc.ca

FAMILY CENTRE
Suite 205, 200-4 Ave. S. Lethbridge, AB T1J 4G9 403-320-4232 www.famc.ca

Facebook: Lethbridge Family Centre Indigenous: ethandjones77 Instagram: @familycentre_les

Women's Memorial March Lethbridge

Last day to submit for display February 7, 2023, noon. (Artwork submitted after deadline will be displayed in 2024.)

If you would like to contribute to the Artboard, please email admin@lhmethbridge.com.

Art will be printed on chloroplast signs. Emerges: Height 32" X Width 24" The chloroplast sign will then be attached with screws into 30" X 24" A frame signs.

TUE FEB 14 AT 1 PM
2023 Women's Memorial March Artboard Walk Feb. 14 - March 18

Location: River Park - Coalbanks Trail (North of the Enmax Building) Lethbridge, AB T1J 4G9 403-320-4232

Interested

Kitsikakomimm...



KITSIKAKOMIMM



I LOVE YOU

CALL FOR PARTICIPATION!

The Lethbridge School Division Indigenous Education Department would like to invite you to be a part of the Kitsikakomimm project.

Our goal is to collect donations for the SAGE Clan. The SAGE clan is a grassroots community patrol that specializes in helping the homeless and those suffering from addiction. The SAGE clan patrols at night in the Lethbridge downtown area and provides snacks, water, clothes, and a person to talk to.

High schools and middle schools collecting:

- water
- hygiene items
- socks
- gloves
- hats, etc.

Elementary schools collecting:

- valentines cards
- pictures
- inspirational notes

All cards, pictures, and notes can be sent to Melanie Morrow @ Division Office!



Highlights...

Lethbridge Christian Literacy Night



Lakeview Inuit Kit!

Lakeview Buffalo Kit!

Bulletin boards at Lakeview!



BLACKFOOT WORDS

Love

Kitsikakomimm (git-si-ga-go-mimm)

Be brave

iiyikitapiiyi (ii-ga-gee-mat)

Hope

itotsihtaa (e-dots-sih-da)

Happy

i'taam (e-dahm)

Beautiful

niitsi (nit-seew)

Show kindness

ikimm (ik-imm)

Work Hard

iika'kimaat (ig-ga-gee-mat)

Feel grateful/be appreciative

iniiyi'taki (inii-yi-daki)

Fleetwood Tipi's!



Fleetwood Buffalo Kit



Beautiful new rug above the Park Meadows front office!



Healthy Albertans.
Healthy Communities.
Together.

Child, Youth & Family
Addiction and Mental Health

Online ADHD Parent Group

This is an educational group for parents and caregivers who want to learn about ADHD. The purpose of this group is to provide current introductory information around ADHD. This virtual open group consists of six, one hour, stand-alone sessions on such topics as: what is ADHD, medication and ADHD, ADHD and nutrition, exercise and sleep, parenting a child/adolescent with ADHD, ADHD and self-regulation, and ADHD and navigating the professional/school system. Participants can choose to attend from 1 to all 6 sessions. The group topic and Zoom link will be sent out each week to registrants.

Upcoming Dates

Thursdays, January 12 – February 16, 2023
6:00 - 7:00 p.m.

Tuesdays, February 28 – April 4, 2023
12:00 - 1:00 p.m.

Thursdays, April 20 – May 25, 2023
6:00 - 7:00 p.m.

To register, call Access Addiction & Mental Health
1 888 594 0211



**Alberta Health
Services**

Child, Youth & Family
Addiction and Mental Health

Healthy Albertans.
Healthy Communities.
Together.

Keep Calm and Parent On: Online Parenting Group

This psychoeducational group is designed for parents/caregivers who want to understand the foundation in which to support their child/teens self-regulation in conflict, while preserving/obtaining a healthy parent/child relationship. Co regulation will also be a focus providing opportunities for parents to reflect on their own ability to self-regulate when in conflict. This group is offered through power point presentations, opportunities for self-reflection, and discussion of specific topics. Parents/caregivers will gain a greater understanding and insight of the provided topics.

This virtual group will be offered for 6 weeks in a row for one hour each, one day a week. This is an open group, which means those registered can choose to attend from 1 to all 6 stand- alone sessions. The group topic and Zoom link will be sent out each week to registrants.

Session One – Understanding How Brain Development, Child Development and Self-Regulation Can Impact Parent Effectiveness

Session Two – Effective Communication Supports Effective Parenting

Session Three – Identifying & Understanding How Parenting Styles and Healthy Boundaries Impact Parenting Effectiveness

Session Four – Understanding Anger and Conflict Management to Supports Effective Parenting

Session Five – Understanding the Types of Family Roles and the Impact Chronic Conflict Can Have on Families

Session Six – Importance of Understanding Stress and How Self Care Supports Effective Parenting

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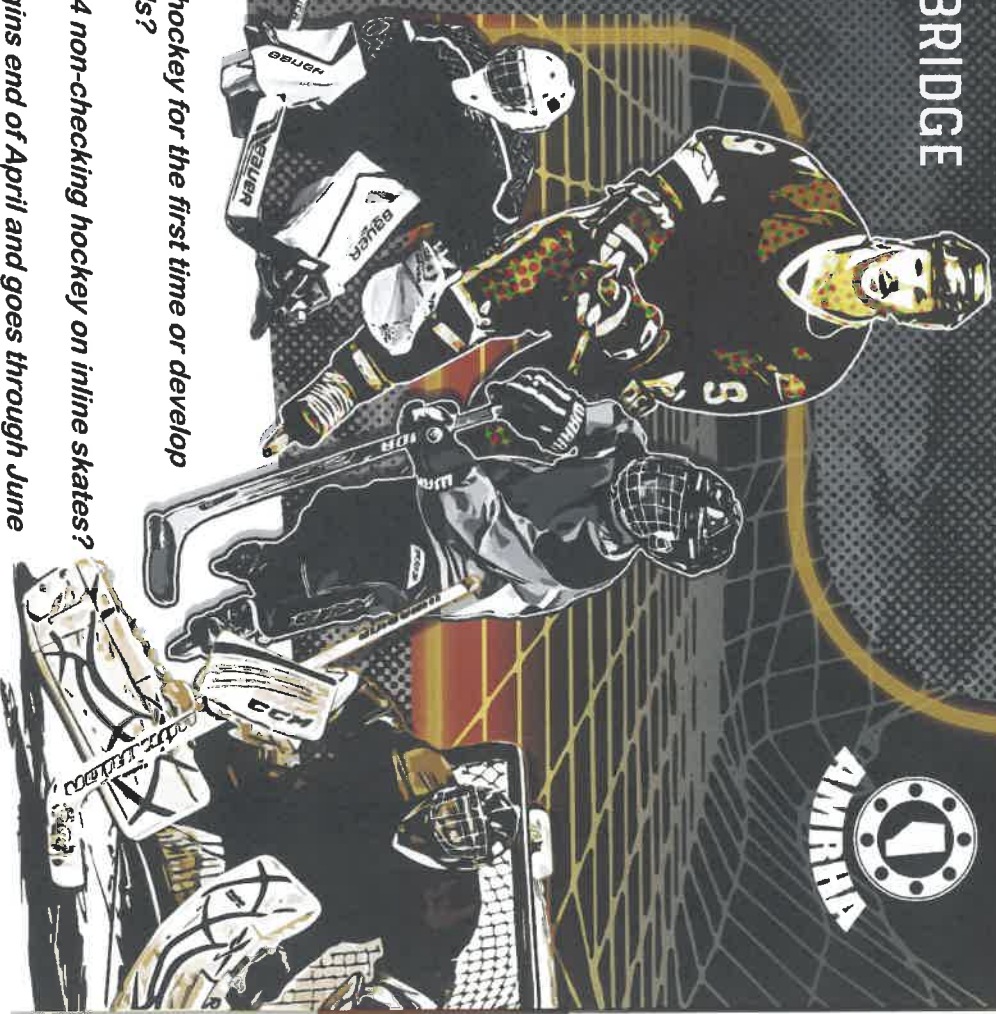
12:00 - 1:00 p.m.

To register, call Access Addiction & Mental Health

1 888 594 0211

ROLLER HOCKEY LETHBRIDGE

ALL THRILL NO CHILL



Want to get into hockey for the first time or develop your hockey skills?

Want to try 4-on-4 non-checking hockey on inline skates?

*2023 Season begins end of April and goes through June
Ages 7 to Adult!*



www.rollerhockeylethbridge.ca for more information and registration link