



March 11th, 2025

Dear Parents and Guardians,

Academy Information Night & St. Francis Showcase

Our Academy/showcase Information Night was a huge success! We had a large number of families turn out, and it was wonderful to see such strong interest in our programs. A huge thank you to our staff for showcasing all the amazing opportunities St. Francis has to offer. Your dedication and enthusiasm truly made the evening special!

Get Your Tickets for Newsies!

Our talented students have been working incredibly hard to bring you this year's production of *Newsies*! Tickets are now available for purchase on our **school website** <https://sfjh.holyspirit.ab.ca/musical> —don't miss this amazing show!

Lenten Reflection: Preparing the Way of the Lord

The beginning of the good news about Jesus the Messiah, the Son of God, as it is written in Isaiah the prophet:

"I will send my messenger ahead of you, who will prepare your way"—

"A voice of one calling in the wilderness, 'Prepare the way for the Lord, make straight paths for him.'"

(Mark 1:1-3)

During this Lenten season, we look to **St. John the Baptist** as an example of preparation, humility, and faith. As he called others to repentance, he also recognized that **the true renewal comes from Christ**, who baptizes us with the Holy Spirit.

Pope Francis reflects on John the Baptist in this Jubilee year, reminding us that **true transformation begins when we embrace God's greatness** and turn our focus to serving others. He writes:

Hope for our common home – this Earth of ours, so abused and wounded – and the hope for all human beings resides in the difference of God. His greatness is different. And let us start again from this originality of God, which shone in Jesus and which now binds us to serve, to love fraternally, to acknowledge ourselves as small. And to see the least, to listen to them and to be their voice. Here is the new beginning, our Jubilee.

As we continue our **Lenten journey**, may we open our hearts to God's presence, seeking renewal and preparing the way for Christ in our lives and the lives of those around us.

Jackie Kraemer, Principal, St. Francis Junior High School

Canteen

The canteen offers regular menu items including hamburgers, chicken burgers & wraps, pizza subs, hot dogs, nachos, muffins, cookies, chips and various beverages. There are also exciting daily specials such as cheezy garlic fingers on Monday, mini pizza on Tuesday, etc. The daily special menus are posted on the daily announcements. Payment can be by cash, debit tap, or through buying prepaid canteen cards on [School Cash Online](#). Canteen cards can be purchased in increments of \$20.00. Your student can then purchase items at the canteen by just telling the canteen staff their name and that they have canteen funds. The staff will keep track of your student's spending and will let them know when funds are getting low.

CANTEEN
news

Canteen Specials



Monday: Cheesy Garlic Fingers - \$5.25

Tuesday: Mini Pepperoni Pizza - \$5.75

Wednesday: Weekly Special

Thursday: Alternating each week, Beef and Cheese Tacos - \$5.25, and Chicken Burgers - \$5.50

Upcoming Weekly Specials

February 26: Baked Spaghetti - \$4.50

March 5: French Toast and Hashbrowns - \$5.00

March 12: Taco in a bag - (Pre-order online for \$6.00 plus School Cash Online processing fee)

March 19: Chicken Nuggets - \$5.00

March 26: Baked Spaghetti - \$4.50

Wildcat Athletics News

All practices and games are on the [St. Francis Athletic Calendar](#) (clickable link). Refer to it often for up to date changes.

- **BASKETBALL:** The season is wrapping up, with Zones taking place in the next week or so. Well done to all our athletes!
- **BADMINTON:** Tryouts start on the 27th February, and we are excited to begin our 2025 season!
- **WRESTLING:** Wrestling practice continues every week on Tuesdays and Thursdays.



School Fees

School Cash Online

Holy Spirit School Division uses [School Cash Online](#) for the payment of all school items such as fees, canteen cards, club/athletic fees and spirit wear.

Additional fees for upcoming option classes and co-curricular activities will be added as they are applicable.

If you have already registered for School Cash Online at another school in the Holy Spirit School Division, you will see the 2024-2025 St. Francis school fees in September. If you are new to Holy Spirit, you will need your student's ASN to register which can be found in PowerSchool.

If you prefer to pay by cash or cheque you can always do so by coming into the office. (Credit and debit cards are no longer accepted.)



St. Francis Junior High uses [PowerSchool](#) as its student information system. It provides parent and student portals which gives users access to real-time information including attendance, grades and assignment descriptions and report cards.

Be sure to log in to your Parent PowerSchool portal often to monitor your student's academic progress. If you are unsure of how to access PowerSchool please contact the school at 403-327-3402.

March 5: Ash Wednesday Mass - 1pm

March 10: Academy Information Night 5:15

Showcase 6pm.

March 17: School Division Collaborative Day - No School for Students

March 18: School Division Spiritual Development Day - No School for Students

April 14: Beginning of Quarter 4 - New Investigative Options

April 18: Good Friday - No School for Students

April 21-25: Easter Break - No School for Students

**UPCOMING
EVENTS**

Nutrition Month

March 2025 Nutrition Services

Focus on Vegetables and Fruits

March is Nutrition Month and this year we are encouraging Albertans to eat more vegetables and fruits! Most people are aware that vegetables and fruits are an important part of a healthy eating pattern – they are packed with vitamins, minerals and fibre. Including vegetables and fruits daily may help to reduce your risk of heart disease, stroke, and certain types of cancer. Eating vegetables and fruits everyday can sometimes be challenging – 80% or more of Albertans are not getting enough.

Tips to Save Money

Food costs have increased recently. Here are our top 3 tips to save money on vegetables and fruits:

Tip #1: Buy frozen or canned vegetables and fruit.

People often ask if frozen or canned vegetables and fruits are just as nutritious as fresh. The truth is, fresh, frozen, and canned are similar in terms of their nutrition. Produce that is canned or frozen is picked at its peak ripeness and there is less risk of spoilage before it's eaten. Less waste, lower cost, and you can stock up during sales! Frozen and canned options are also time-savers as the preparation has already been done for you. Buying frozen or canned produce offers year-round variety that otherwise might not be available. Try adding frozen or canned vegetables into pasta sauce, casseroles, soups or stir-fry. Frozen or canned fruit can be added to yogurt, cereal, baking or smoothies.

Tip #2: Reduce waste.

Vegetables and fruits are among the top wasted foods in households. To help reduce waste, [plan your meals](#) before you head to the grocery store, so you only buy what you intend on using.

Take inventory of what vegetables and fruits you already have in the fridge, freezer, and on your shelves. Note that 'best before' dates are not the same as expiration dates. Expiration dates are about food safety, whereas 'best before' dates are about freshness. So just because a food is past its 'best before' date doesn't mean it needs to be tossed! Find out more [here](#). When buying fresh, consider what options are best for your family, for example, pre-washed and pre-cut fruits, vegetables and salads can be convenient, but are more expensive. However, if this means you are more likely to eat them instead of throwing out unprepared produce, then this may be an option for you. It can also be helpful to pre-wash and cut your produce for easy access during the week, so you are more likely to eat it and less likely to have waste. To help preserve freshness, store produce in the fridge vegetable drawer when possible. Find more storage tips [here](#).

Tip #3: Be aware of prices.

Compare stores and sales using flyers or [apps](#) (many of your favorite stores will price match)! Check unit prices- often a bag of apples, onions, potatoes or carrots will cost less than bagging your own individual pieces. Buy produce with varying degrees of ripeness so they are ready to eat at different times. If you can use it right away (or [freeze](#) it) buy produce that is discounted and nearing its best before date – that 50% off bag of broccoli might be perfect for tonight's supper! Some stores offer 'less than perfect' produce that is just as healthy and delicious at a lower cost.

Adding More Veg + Fruit in Your Day

Start with small changes, add a little extra vegetables and fruits where you can.

Canada's Food Guide encourages us to aim for ½ our plate to be vegetables and fruits. This may seem hard to do - start with small changes. Any increase has health benefits! Here are a few ideas to get you started:

Break out the blender: try smoothies packed with frozen fruits (and even vegetables)!
Add extra vegetables to your current meals: add peppers or zucchini to spaghetti sauce, layer veggies on your sandwich or pizza, double the amount of vegetables in soups or stews.
Start snacking: incorporate fruit cups or unsweetened applesauce, raw veggies with hummus, or whole fruits like apples or oranges into your snack routine for easy, grab-and-go options.

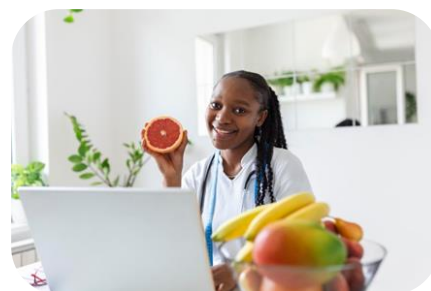
Get inspired! Check out these resources for more ideas and recipes:

- [Food Guide Kitchen](#) (filter by vegetables and fruits)
- [Eat More Vegetables and Fruits](#)
- [Dietitians of Canada recipes](#)

Upcoming Events & Classes

We offer classes on a variety of nutrition topics including:

- Healthy Eating for Pregnancy
- Feeding Babies
- Mealtime Struggles (Picky Eating)
- Preventing or managing chronic disease



For a complete list of workshops that are available anywhere in the province click [here](#)

Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

Find services in your zone at:
ahs.ca/Nutrition

For more information on this or other nutrition topics, go to www.healthyeatingstartshere.ca



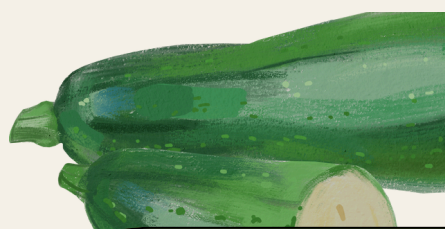


Nutrition Month



March is Nutrition Month, and we're berry excited to focus on Vegetables & Fruits for 2025!

While most Albertans know that these foods are vital for growing strong, healthy bodies, families often face challenges such as affordability and picky eating behaviours.



Setting the Plate

- Teach kids how to explore different vegetables & fruits in their diet!
 - The [Canada Food Guide](#) recommends that half of your plate be vegetables & fruits.
 - Include vegetables and fruits with snacks. Cut-up vegetables and fruits can be a great snack for children and adults.

Cost and Affordability

- Fresh, frozen, and canned vegetables and fruits have similar nutritional value.
- Frozen and canned options are often more affordable and store longer!
 - Look for low sodium canned vegetables and fruits packaged in water.
- Check unit prices to get the best price.

Reducing Waste

- Use up leftover vegetables & fruits in recipes like stir-fries, soups, or smoothies.
- Use every part of the vegetable & fruit! Potato peels can be used to make crispy chips and broccoli stems can be used in stir-fries.
- Lunch box tips: Pack vegetables & fruits in separate containers to prevent moisture transfer which can make them soggy.

Routines

- Offer vegetables & fruits at meals and snack. Let children decide if they want to try them and how much to eat.
- Children may be more likely to try foods that they help to prepare. You can give them small jobs such as washing the vegetables.
- Try starting the day with smoothies made with frozen vegetables & fruits or top yogurt or cereal with chopped fresh fruit!

Additional Information

- [10 reasons to buy frozen vegetables and fruits](#)
- [Tips to Spend Less Money on Food](#)
- [Reduce Food Waste](#)
- [Storing vegetables and fruits](#)
- [Feeding Toddlers and Young Children](#)

Find a Dietitian

- For nutrition information, call Health Link at 811 to speak with a dietitian. AHS dietitians offer one-on-one or group support - find one near you at ahs.ca/Nutrition.



Nutrition Month Calendar for Children- March 2025

Slow Down
Sunday

Make it
Monday

Tips
Tuesday

Wacky
Wednesday

Trivia Time
Thursday

Fun
Friday

Supportive
Saturday

Visit:
bit.ly/NM2025CalendarChildren
or scan here

SCAN ME



Celebrate Nutrition Month with a calendar full of nutrition tips, tricks, and take-homes.



Click on the underlined links to learn more!



Alberta Health
Services

Created by Registered Dietitians,
Essential partners in health

1

Questions about nutrition? Phone 811 to speak to a registered dietitian for FREE.



2

Try vegetable and fruit yoga! Mimic the shapes of fruits or veggies. For example, stretch tall like celery.



3

Blend up some fun! Smoothies are a fun and tasty way to pack in your vegetables and fruits.



4

Aim to fill half your plate with vegetables and fruits at each meal and include at least 1 with each snack.



5

Click [here](#) for creative ideas to offer vegetables and fruits!



6

Eating plenty of colourful vegetables and fruits gives your body different vitamins and minerals that help you stay healthy!



7

Did you know that bananas are actually berries, but strawberries aren't?



8

To learn more about vegetables and fruits, check out [Canada's Food Guide](#) website!



9

Plan to use [recipes](#) that use up leftovers.



10

Plant your own vegetable garden with [these tips](#)!



11

Canned foods are budget-friendly and nutritious! Click [here](#) for 8 staple canned goods.



12

Use coupon or discount food apps to compare prices before shopping.



13

Did you know that frozen vegetables and fruits are often less expensive and just as nutritious as fresh ones?



14

Try out imperfect produce when grocery shopping. They are often more affordable and just as tasty!



15

Wondering how you can eat healthy on a budget? Read [here](#) for tips.



16

Follow a father and child as they plant seeds and watch them grow in [Growing Vegetable Soup](#).



17

Start and decorate a compost bin for your vegetable and fruit scraps!



18

Use overripe bananas for muffin recipes or freeze them for smoothies.



19

Vegetable scraps can be stored in the freezer until you have enough to make a soup broth.



20

Fun Fact: Best before date and expiry date aren't the same thing! [Learn more before you spend more!](#)



21

Did you know you can regrow celery? Just cut the stalks, place the base in water, and plant it once roots grow!



22

Wondering how to reduce your food waste? Look no further than [this handout](#).



23

Have a vegetable dipping station! Check out these [colouring pages!](#)



24

[Get your kids involved in prep!](#) Try cutting vegetables and fruits into fun shapes.



31

25

Need some child friendly recipes? See the following resources: [AHS](#) and [Have A Plant](#).



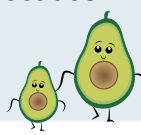
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Fruit detectives! Teach kids how to identify vegetables and fruits by their colour, smell and taste with their eyes closed.



27

Don't forget about Avocados! Avocados are fruits too.



28

Check out the [Toolkit for Educators: Explore Fruits and Veggies](#) for fun ideas and resources!

29

Adults offer different foods; children decide whether to eat them. Learn more about feeding roles [here!](#)



Concussions and children: What parents need to know

There are lots of ways for children to be active both indoors and outdoors. While we can help protect children during activities to prevent injuries, such as wearing a helmet or other protective gear, there are always some risks, like scrapes, bruises and concussions.

Whether it's from playing a sport or a fall on the playground, it's important for parents to know the signs and symptoms of a concussion and how to prevent them. If you think your child could have a concussion or a head injury, seek help from a healthcare provider. When it comes to concussions, your immediate attention is needed to help your child heal. Encouraging protective gear, like helmets, is important to make sure children are protected from concussions.

What is a concussion?

A concussion is a brain injury that can range from mild to severe. A concussion can result from any blow or hit to the face, head, neck or body where a person's head gets jarred. This can happen from playing sports, and from other activities, such as biking, playing in the playground, or even falls at home.

Since concussions affect the brain, they can lead to a range of symptoms that affect many parts of a child's life. For school-aged children, concussion symptoms can look like any of the following:

- Mental
 - Having a hard time remembering things that happened before or after the injury

Healthy Children

March 2025 Family Newsletter

- Having a hard time focusing on tasks
- Growing confusion
- Physical
 - Headaches
 - Dizziness
 - Blurred vision
 - Vomiting (throwing up)
 - Seizure or convulsions
 - Loss of consciousness (knocked out)
 - Ringing in ears
 - Neck pain
- Behavioral
 - Easily upset or angered
 - Sadness
 - Anxiety
 - Changes in sleep patterns

If your child shows any of these symptoms, they should stop their activity right away. Even if you're not sure if it's a concussion – **when in doubt, sit it out**. Even in suspected cases of a head injury or concussion, see a healthcare provider.

Concussion myths

Myth: My child did not lose consciousness, so they don't have a concussion.

Fact: You don't have to lose consciousness to have a concussion. Any incident involving the head or neck should be taken seriously.

Myth: While my child is resting after a head injury, they can use their screens.

Fact: After a concussion occurs, the first 48 hours should have limited screens, including phones, tablets and TVs.

Myth: Concussions heal quickly.

Fact: Healing from a concussion or brain injury can vary greatly. Concussion symptoms can last up to 4 weeks and may take months to heal. With each following concussion, it will take a longer time to heal.

Myth: The doctor said my child has a mild concussion, so they can't do any activity or go to school.

Fact: In the first 24 hours after an injury, children can do light activities such as walking and bathing. In mild concussion cases, returning to school may not need clearance from a doctor. However, in moderate or severe cases, seek and follow the advice of a medical doctor. A gradual return to school might be helpful. See the Return-to-school strategy recommendations here: [After a concussion: Return-to-school strategy](#).

Preventing concussions

Here are some ways parents can help reduce the risks of concussions:

Show them the correct hand signals to use. Teach them to cross the road at marked crosswalks or intersections. Get started with these [pedestrian safety tips for parents and children](#).

- Wear protective gear. Always ensure your child wears a proper fitting [helmet](#) in activities that have a high risk of falling, such as bike rides and contact sports. Learn about fitting helmets for different activities.
- Always buckle up correctly. Make sure your child is secured in an appropriate car seat [car seat](#) or booster seat [booster seat](#) that is installed correctly. Your child is safest in the back seat until they are 13 years old.

Healthy Children

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- Help your child plan and prepare before starting a sport or activity.
- Teach your child about [playground safety](#).
- Encourage your child to talk about how they are feeling. Tell a parent, teacher or coach if they don't feel well.

For more information, go to:

- [Concussion](#)
- [Preventing harm from falls at home and at play - tool kit](#)
- [Concussion guide for parents and caregivers](#)
- [Concussion: Sport and recreation](#)



Spring 2025 Program Guide



Parent Support - call 403-320-4232 ext 204, meet with a coach one on one to discuss parenting concerns & child behavior

Family Support Programs: Monthly Support Groups

Caregiver Connections Support Group	caregivers with a child, youth or young adult with a mental health diagnosis/concern/addiction. Call 403-320-4232 ext 214 for more info	2nd Wednesday 1:30-3:30pm At west side location
Strengthening Parents Network	parents with children who are neurodiverse Call 403-320-4232 to register	4th Thursday of the month 6-7:30pm

Family Centre West #10 230 Coalbanks Blvd. W. Lethbridge 403-359-8092

Drop In Play Programs: NO registration required

Title	Date	Time	Age	Fee
Play Zone-West	Mondays April 7 - June 23 (no program April 21, May 19)	9:30-11:00am	0-5 y	Free
Play Zone-West	Fridays April 4 - June 27 (no program April 18)	9:30-11:00am	0-5 y	Free
Discover Together	Saturdays April 26, May 24, June 21	10:00-11:30am	0-12 y	Free

Registered Play Programs: Register online www.famcentre.ca/programs

Baby PACT-West	Tuesdays April 8 - June 10	1:30-3:00pm	0-12 m	Free
SPLAT	Thursdays April 10 - June 12	9:30-11:00am	2-5 y	\$45/ +2kid \$75
Play Quest (after school program)	Mondays April 28 - June 23 (no program May 19)	3:45-5:45pm	5-10 y	\$25/child
Baby Play Time	Wednesdays May 14 - June 18	9:30-11:00am	2-18m	Free

Parent Education Programs:

Parent Cafe	Tuesdays April 8 - June 10 No registration required!	9:30-11:00am	0-5 y	Free
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Family Centre North

Interfaith Chinook Country Kitchen
1103 3 Ave. N. Lethbridge, AB 403-320-8138



Adult Cooking Classes: Call 403-320-8138 to register. Childcare provided.

Cooking Class	Monday - Friday	9:30-11:30am or 1:00-3:00pm	Free
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Children/Youth Classes: Register online www.famcentre.ca/programs

Big Chef Little Chef (Child & caregiver)	Please register for only one session per month as staff will use the same recipe.			
	Tuesdays April 8, May 13, June 10	10:00-11:30am	3-6 y	
	Wednesdays April 30, May 28, June 25	1:30-3:00pm	3-6 y	
Kids in the Kitchen	Fridays May 2 - May 23	1:30-3:30pm	7-9 y	
Young Chefs	Tuesday - Friday, April 22 - April 25	1:30-3:30pm	12-15+y	
Kids in the Kitchen	Fridays June 6 - June 27	1:30-3:30pm	10-12 y	

Facebook: @familycentreyql
Instagram: @familycentreyql

LinkedIn: @Family Centre Society of Southern Alberta
Website: www.famcentre.ca

Good day everyone,

Recently there have been lots of issues with pedestrian safety and vehicles not yielding to pedestrians throughout the city. For the month of March, members of TRU, the CPO's and the Alberta Sheriffs are going to do a project focusing on **pedestrian safety** in and around schools in Lethbridge.

One of the key issues we've observed is pedestrians, especially students, not being fully aware of their surroundings before crossing streets. This lack of attention poses a significant safety risk, as distracted pedestrians may not notice oncoming vehicles, even in designated crosswalks. Additionally, vehicles traveling through school and playground zones are often not as vigilant as they should be, leading to unsafe conditions for children and other pedestrians. Speeding and distracted driving are prevalent problems in these areas, further exacerbating the danger.

Objective of the project is to educate pedestrians (including their parents) on safe crossing practices, as well as enforcing these areas to deter nuisance type behaviours (vehicles parked across crosswalks or blocking driveways) and high risk driving behaviours (speeding, distracted driving, unsafe u-turns, failing to yield to pedestrians).

To help pedestrians cross safer, it's crucial that we encourage a greater level of awareness and responsibility. Pedestrians should be reminded to:

- 1. Always use designated crosswalks when available and wait for a clear signal, if applicable.**
- 2. Make eye contact with drivers before crossing, ensuring they are seen and acknowledged.**
- 3. Avoid distractions such as mobile phones or headphones when crossing the street.**
- 4. Look both ways even when at a crosswalk, as some drivers may not stop or may be unaware of the pedestrian right-of-way.**



Sgt. Danny Lomness

Sergeant i/c
Traffic Response Unit
Lethbridge Police Service
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