



Year End Update - June 2025

Dear St. Francis Community,

As we reach the end of another full and busy school year, I want to take a moment to reflect on our achievements, express my thanks, and look forward to the future.

Reflecting on Our Accomplishments

I want to celebrate all of our athletic teams, including cross country, volleyball, basketball, badminton, and track and field. Our athletes have shown great dedication and sportsmanship throughout the year.

Our Fine Arts and Performing Arts departments have been outstanding, with various concerts, dance performances, and visual arts displays. The Newsies musical was another amazing way to bring our community together and showcase our collective gifts and talents.

Our students have continued to excel academically, demonstrating their dedication to learning and their thirst for knowledge. Despite any challenges, they have remained focused, engaged, and determined. Our teachers have gone above and beyond to provide innovative and interactive learning experiences, ensuring that our students receive the best education possible.

We would like to congratulate our Grade 9 classes for an especially productive and successful year as leaders. We have appreciated your willingness to serve and for the contributions that you have made to the school throughout your time at St. Francis. We pray that you have a wonderful high school experience, guided by your faith.

For our Grade 7 and 8 students, we would like to thank you for the contributions you have made to the school throughout the school year and congratulate you on a productive and successful school year. We are blessed that you have chosen St. Francis for your junior high school experience and look forward to serving you next school year.

To the families that will be leaving us, thank you for entrusting St. Francis to teach your children. We hope that we have enriched their lives just as much as they have impacted ours over the course of their time with us. For those who are continuing on with us, we look forward to your continued leadership. To all of our new students and parents that will be joining us in the fall, St. Francis welcomes you and can't wait for you to become a part of Our Sacred Home.

Looking Forward

St. Francis has implemented a PHONE-FREE policy. Students will be required to keep their cell phones and other personal electronic devices stored in their lockers from 8am – 3pm, and will not be able to access them at any point during the day. This decision is grounded in compelling research and a growing concern about the impact of phones on student mental health, academic performance, and social development. We are committed to providing the best possible environment for your child to learn, grow, and connect. See below for the full phone-free policy.

Our class lists are almost ready and will be shared on the first day of school. On Tuesday, September 2nd, we will welcome our Grade 7 students in the morning and our Grade 8/9 students in the afternoon. Students will receive their schedules on the first day of school, and supply lists will also be posted to our website. **We encourage you to purchase a Chromebook for your child if possible.**

❖ Grade 7	8:00am – 11:35am
❖ Grade 8/9	12:15pm – 3:00pm

Staffing Update

As we reflect on this year, we take a moment to express our gratitude and say farewell to Mrs. Hay and Mrs. Martin. Their years of dedicated service at St. Francis have made a lasting impact, and we wish them every success in their future endeavors. Best of luck in your retirement!

I am also pleased to introduce the new staff members who will be joining our school this year:

- Miss Couture (Teacher)
- Mrs. Easthope (Teacher)
- Mr. Baker (Teacher)
- Miss Maier (Teacher)
- Miss Mucha (Teacher)
- Mrs. Lloyd (Teacher)
- Mrs. Bloor (Teacher)
- Mr. Veluw (Teacher)

A Restful Summer

As we conclude this school year, I hope everyone can take time to rest, recharge, and enjoy the summer break. Reflect on the accomplishments and growth of the past year, and return refreshed and ready for the new challenges and opportunities that lie ahead.

Thank you for your ongoing support and partnership. Have a wonderful and safe summer!

Mrs. Jackie Kraemer

Principal, of *Naatowapoomahpis*, 'Our Sacred Home'

NEW FAMILY ORIENTATION EVENING

St. Francis will be hosting a special evening on Wednesday, August 27th at 5:00pm, to welcome new families in Grades 7-9. Come to learn more about our school and have your questions answered. We look forward to seeing you there!!

This “Back to School” information is subject to change over the summer.
Be sure to watch the SFJH website and look for newsletters in your email (later in August) for updated information about Back to School.



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.

Current St. Francis students:
2024-2025 reports will be available from Friday June 27, on PowerSchool.

Office Hours

St. Francis school office will be closed for the summer on July 3. If you require assistance over the summer, please contact the Holy Spirit office at 403-327-9555. The St. Francis office will reopen on August 21.



First day back for students

First day back for students is September 2, 2025:

- Grade 7 only: Tuesday, September 2 8:00am - 11:35am
- Grade 8 & 9 only: Tuesday, September 2 12:15pm - 3:00pm

First full day for **all** students: Wednesday, September 3 - 8:00 am - 3:00 pm

School Supply List

St. Francis encourages families to consider the purchase of an acceptable electronic device such as a chromebook for their student(s) for the 2025-2026 school year. Detailed information on acceptable devices as well as the school supply list is attached later in the Newsletter.

Bell Times

Bell times for the 2025-2026 school year are as follows...

- Monday -Thursday: 8:00 am - 3:00 pm; lunch 11:35 am - 12:15 pm.
- Friday: 8:00 am - 12:30 pm

The full bell schedule is later in the Newsletter.

Options - Developmental and Investigative

All students had the opportunity to complete a Developmental Options pick sheet and return them to the office in June. Students will select their Investigative Options in the first week of school in September.

Lockers

Each student will be assigned a locker and a lock.
Students must use the lock provided by the school.



Transportation

Transportation Registration forms for 2025-2026 have been emailed to eligible families. These forms must be completed by June 30, 2025 to ensure transportation for September for your student. There will be no charge for transportation for 2025-2026 but **you must register your student before June 30**. If you did not receive an emailed form and feel your student is eligible for bussing or if you have any questions, please contact Mrs McPherson in the office at 403-327-3402. Maps/schedules will be posted on the Southland website mid to late August. Parents are to check the maps for their school and find the one that is in their neighborhood. These maps can also be found on the Division website - it links over to the Southland site. The school division Transportation Update is attached later in the Newsletter.



St. Francis Website

Check out the St. Francis website sfjh.holyspirit.ab.ca for lots of useful information:

- | | | |
|-------------------------------|----------------------------|-----------------------|
| ❖ current news items | ❖ upcoming events calendar | ❖ bell times |
| ❖ teacher contact information | ❖ school fees information | ❖ daily announcements |
| ❖ academic information | ❖ athletic calendar | ❖ student handbook |

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 in the announcements each day.

Payment can be by cash, debit tap or, the easiest method is to buy prepaid canteen cards through [School Cash Online](#). Canteen cards can be purchased in increments of \$20.50. Your student can then purchase items at the canteen by just telling the canteen staff their name and that they have money on their card. The canteen staff will keep track of your student's spending and will let them know when funds are getting low.

School Fees

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

SchoolCashOnline
©KEVGROUP

If you have already registered for School Cash Online at another school in the Holy Spirit School Division, you will see the 2025-2026 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.)

Wildcat Athletics News

The co-curricular athletic year at St. Francis will start with cross country and volleyball and will continue with basketball (November), badminton (March) and track & field (May). Practice and game times will be posted on the [St. Francis Athletic Calendar](#) on the website. Be sure check it often for up to date times and last minute changes!



Volleyball tryouts will begin as soon as school starts in September! Watch the newsletter coming out in late August for the tryouts and first practice times for volleyball and cross country!!



NEW CELL PHONE POLICY 2025-2026

Beginning next school year, St. Francis Junior High will implement a **phone-free policy** for all students during the school day. Students will be required to keep their phones and other personal electronic devices **stored in their lockers from 8:00 a.m. to 3:00 p.m.**, and are not allowed to access them at any point during the day.

WHY?

- improve attention and focus
- enhance social interaction
- student mental health
- brain development



VIOLATIONS

1st Offence: picked up by the student at the end of the day

2nd Offence: picked up by a parent or guardian

3rd Offence: family meeting to create a support plan for the remainder of the school year

WHAT?

All Cell phones, earbuds and smartwatches,
including all bluetooth
headphones and
fitness trackers



Cell phones off



Learning on

St. Francis Junior High School Is Going Phone-Free in 2025–2026

Beginning next school year, St. Francis Junior High will implement a phone-free policy for all students during the school day. Students will be required to keep their phones and other personal electronic devices stored in their lockers from 8:00 a.m. to 3:00 p.m., including during breaks and lunch.

This decision is grounded in compelling research and a growing concern about the impact of phones on student mental health, academic performance, and social development. We are committed to providing the best possible environment for your child to learn, grow, and connect.

Why a Phone-Free Policy?

Over the past decade, schools have experienced a significant rise in issues related to device use during the school day. Research, including Jonathan Haidt's *The Anxious Generation*, identifies several key concerns:

- *Brain Development:* Adolescent brains are still forming critical executive functions. The constant feedback loops of phones and social media interrupt that growth.
- *Mental Health:* Youth anxiety, depression, and self-harm rates have risen significantly since phones became commonplace in schools. Online comparison and digital dependence are major contributors.
- *Academic Disruption:* Even when not in use, phones lower attention and retention. Device-free environments lead to improved participation, comprehension, and academic performance.
- *Social Disconnection:* Students are increasingly isolating themselves with their phones during lunch and breaks. Removing phones allows for stronger face-to-face interaction and peer relationships.

Schools that have already gone phone-free report fewer discipline issues, better attendance, more engaged classrooms, and increased student well-being.

What Does “Phone-Free” Mean?

To make the policy clear and consistent, the following devices are not permitted on students during the school day:

- Cell phones (including both smartphones and basic phones)
- AirPods, earbuds, and Bluetooth headphones
- Smartwatches, fitness trackers, or similar connected accessories

These items often continue to disrupt learning and social engagement even when phones are stored away.

All devices must be turned off and stored in lockers. Devices kept in clothing or backpacks will be considered in violation of the policy.

Consequences and Enforcement

Our goal is not to punish, but to give students the opportunity to be fully present and engaged. However, consistent enforcement is key to the policy's success.

If a student violates the policy:

- *1st Offence:* The device will be taken to the office and can be picked up by the student at the end of the day. The incident will be logged.
- *2nd Offence:* The device must be picked up by a parent or guardian.
- *3rd Offence:* A meeting will be scheduled with the family to create a support plan for the remainder of the school year.

There will be no verbal warnings before consequences are applied. All staff will enforce the policy consistently from the first bell to the last.

Exceptions

Medical exceptions will be granted only with documentation from a licensed healthcare professional. These must be pre-approved and are limited to the specific medical need for which they are intended. No other phone use is permitted under this exception.

Parent Concerns

We understand that this change may feel difficult at first, especially for parents who are used to being able to contact their child throughout the day. However, this policy supports students in becoming more independent, confident, and resilient. Most students adapt more quickly than expected.

To help you and your child with this transition, try discussing a few common school-day situations at home, such as forgotten items or changes in plans, and brainstorming together how to handle them without relying on a phone. Encourage your child to use available resources and problem-solve. These are great learning opportunities and can have a big impact on your child's growth.

Frequently Asked Questions (FAQ)

What if I need to contact my child?

Please call the school office. We will ensure your child receives the message.

What if my child needs to contact me?

Students can request to use the school phone at the office.

What about emergencies like lockdowns?

Phones can interfere with emergency protocols by spreading misinformation and disrupting communication. Our trained staff will ensure student safety and communication through official channels.

What if my child has a medical condition that requires them to use a phone?

A medical exception may be granted upon submission of documentation. Use will be restricted to that purpose only.

Why not just ban phones during class, but allow them at lunch?

Social development is just as important as academics. Phone-free lunches encourage meaningful peer interaction and community building. In order to support this and offer other options, staff will be organizing clubs and activities at lunch.

Wouldn't it be better to teach responsible use instead of banning phones?

Yes, and part of that is creating boundaries. Experts agree that developing brains aren't yet equipped to self-regulate phone use in unstructured settings.

In Summary

This policy represents a cultural shift, one we believe is critical for our students' long-term well-being and success. Thank you for partnering with us to make this happen. With your support, we can provide a healthier, more focused, and more connected school environment at St. Francis Junior High.

St. Francis Supply List



Acceptable Devices

St. Francis is implementing a PHONE-FREE policy

Chromebooks are an ideal solution as they can be inexpensive and meet all the requirements of acceptable devices. You may want to provide a different device rather than a Chromebook.

Other acceptable devices include:

- Tablet with 9.7" screen (minimum). *Ex: Apple iPad, Samsung Galaxy, Lenovo Tab, Microsoft, etc...*
- Laptop with Apple OS or Windows OS. *Ex: Apple, Samsung, Acer, Sony, Windows, Lenovo etc...*

Devices must meet 9-7" screen requirement, have good battery life and the ability to run Google Suite for education. *As always some school owned devices will be available for students to use while at school on a limited basis. We provide students with the necessary technology for their education needs. However, some students may find it easier to have access via personal Chromebooks to do their work.*

2025-2026

- ☐ Accommodation where applicable: Parents of St. Francis students may consider the purchase of an **acceptable device** for their student for the 2025-2026 school year.
- ☐ Multi-line scientific calculator (preferred: Texas Instrument Ti-30XS MultiView, Ti-34 MultiView)
- ☐ 2 Boxes of Kleenex
- ☐ 3-ring binders (2 is recommended) Zip closures work best
- ☐ Paper (2 pkgs of lined, unlined, graph)
- ☐ 2 - 6 duo-tangs (1 per subject is recommended)
- ☐ 10 dividers
- ☐ 10 pens (blue or black)
- ☐ HB pencils - at least 24, but 48 would be preferred
- ☐ 2 erasers
- ☐ 2 red pens
- ☐ White out (optional)
- ☐ Pencil crayons/coloured markers/white board markers
- ☐ Glue stick
- ☐ Scissors
- ☐ Ruler
- ☐ Geometry set
- ☐ Dictionary/Thesaurus (optional but nice to have)
- ☐ Gym strip (T-shirt/sweatshirt, shorts or sweatpants, socks, non marking running shoes, deodorant, a bag to store articles in)
- ☐ Day planner/Agenda
- ☐ **French Immersion:** French Dictionary, Bescherelle (verb book), French/English dictionary, 2-4 duo-tangs, 2 black whiteboard markers
- ☐ Headphones (wired, not bluetooth)

St Francis 2025-2026 SCHOOL YEAR CALENDAR

Aug 25 First day for staff
Aug. 26 LLT
Aug 27/28- New Teacher Orientation
New Teacher Orientation as well as
First Aid/SIVA for those interested
Aug 29 Opening Mass - Division

O – 5
I – 0

AUGUST '25						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Oct 13 Thanksgiving Day
Oct. 14 -Spiritual Development Day
Oct. 15 - Divisional Collaboration Day
Oct 22 - Div. Board Meeting

O – 22
I – 20

OCTOBER '25						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Dec 17 Div. Board Meeting
Dec 19 Last day before break
Dec 20 - Jan 4 Christmas break

O – 15
I – 15

DECEMBER '25						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Feb 2 - First Day of Q3
Feb 16 Family Day
Feb 17 + 18 - Non-operational
Feb 19 & 20 SWATCA

O – 17
I – 15

FEBRUARY '26						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Apr 2 Last day before Easter break
Apr 3 Good Friday
Apr 6 Easter Monday
Apr Easter break
Apr 13 First day after break
Apr 17 Last Day of Q3
Apr 20 First Day of Q4
Apr 29 Div. Board Meeting

O – 16
I – 16

APRIL '26						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Jun 18th - Last day Classes
Jun 19-25 Final Exams
Jun 24 Div. Board Meeting
June 25 Last day students
June 25 - End Q4
June 26 Last day for teachers

O – 20
I – 19

JUNE '26						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

SEPTEMBER '25						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Sept 1 Labour Day
Sept 2 First day for students
Sept 24 Div. Board Meeting
Sept 29 PD day (no students)
Sept 30 National Day for Truth and Reconciliation

O – 20
I – 20

NOVEMBER '25						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Nov 7 - Last Day of Q1
Nov 10 Wellness Day
Nov 11 Remembrance Day
Nov 12 First Day of Q2
Nov 26 Div. Board Meeting

O – 18
I – 17

JANUARY '26						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Jan 1 New Year's Day
Jan 5 First day after break
Jan 23rd - 30th Midterms/
Final Jan 26th - PD day
Jan 28 Div. Board Meeting
Jan 30 - Last Day of Q2

O – 20
I – 19

MARCH '26						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Mar 13 Div Collab Day (No Students)

O – 22
I – 21

MAY '26						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

May 12th - Student Retreat
May 18 Victoria Day
May 27 Div. Board Meeting

O – 20
I – 19

JULY '26						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Exam Days - Modified times
Holidays (No Staff or Students)
School PD/Div. PD/Spiritual
Dev./Collab. Days (No students)
Totals:

Operational - 195
Instructional - 181

SOME IMPORTANT DATES FOR 2025-2026

(Some of these dates may be subject to change)

September 1: Labour Day - No School
September 2: Grade 7, am; Grade 8 & 9, pm
September 3: First full day for all students
September 12: Teamwork Triathlon
September 19: School Photos
September 23: Welcome Back Meet & Treat Evening - 6:00 pm
September 29: School PD Day - No school for students
September 30: National Day for Truth and Reconciliation
October 2: School Opening Mass - 8:30 am
October 13: Thanksgiving Holiday - No School
October 14: School PD Day - No school for students
October 15: Divisional Collaboration Day - No school for students
October 20: Annual Academic Awards Night - 7:00 pm
October 24: School Photo Retakes
October 30: Parent/Teacher Interviews
November 3: School PD Day - No school for students
November 10: Division Wellness Day - No School
November 11: Remembrance Day Holiday - No School
December 22 - January 4: Christmas Break
January 23 - January 30: Exam Week: Gr 9 - PAT Finals; Gr 7 & 8 - Midterms
January 26: School PD Day - No school for students
February 2: Semester two begins
February 16 - Family Day Holiday
February 17 & 18: No school for students
February 19 & 20: Teacher Convention - No school for students
March 13: Divisional Collaboration Day - No school for students
March 26: Parent Teacher Interviews
March 3 - Good Friday
April 6 - April 10: Easter Break
May 12 - Student Retreat
May 18: Victoria Day Holiday
May 19: School PD Day - No school for students
June 4: Grade 9 Farewell - 6:00 pm
June 16: Year End Mass - 8:30 am
June 19 - 25: Exam Week: Gr 9 - PAT Finals; Gr 7 & 8 Finals
June 21: National Indigenous People's Day
June 25 - Last day of school for students



ST. FRANCIS JUNIOR HIGH

MONDAY TO THURSDAY

Period	Time
Warning Bell	7:58
HR	8:00 to 8:10
1	8:13 to 8:51
2	8:54 to 9:32
3	9:35 to 10:13
4	10:16 to 10:54
5	10:57 to 11:35
Lunch	11:35 to 12:15
Warning Bell	12:15
6	12:18 to 12:56
7	12:59 to 1:37
8	1:40 to 2:18
9	2:21 to 3:00



FRIDAY

Period	Time
Warning Bell	8:00
HR	8:02 to 8:12
1	8:15 to 8:55
2	8:58 to 9:38
3	9:41 to 10:21
4	10:24 to 11:04
5	11:07 to 11:47
6	11:50 to 12:30

Quarter Breaks

Start	End	Marks Due
September 2	November 7	November 12
November 12	January 30	February 2
February 2	April 17	April 23
April 20	June 25	June 25

HOLY SPIRIT CATHOLIC SCHOOL DIVISION



TRANSPORTATION UPDATE

2025/2026



Holy Spirit Catholic School Division partners with Southland Transportation Ltd. and Lethbridge School Division to provide school bus transportation services for students travelling to our Lethbridge schools.

We are currently working to implement the recent changes announced by the Government of Alberta regarding eligibility, distances, and funding for September 2, 2025. For the 2025/2026 school year, the school division will not be charging transportation fees for government-funded eligible riders.

To assist with planning and ensure sufficient space on busses, riders will be **REQUIRED TO REGISTER** in order to access transportation services for the 2025/2026 school year. If registration is not received prior to the end of the school year, there may not be space available.

ELIGIBILITY & FEES

Eligible - No Fee Required

The following eligible riders may access transportation for no fee:

- Kindergarten to Grade 6 students within the school division's boundaries who reside 1.6 km or more from their designated school.
- Grade 7-12 students within the school division's boundaries who reside 2 km or more from their designated school.
- Students accessing a Fine Arts Program of choice under the following circumstances:
 - K-6 students living inside the boundary of The Children of St. Martha School or Father Leonard Van Tighem School who require transportation to St. Patrick Fine Arts Elementary School.
 - Grade 7-9 students living in the Father Leonard Van Tighem School attendance zone, who attended Grade 6 at St. Patrick Fine Arts Elementary School in the prior school year, and wishes to continue with a Fine Arts Program of Choice by attending St. Francis Junior High School.

Eligible - Fee Required

Students are eligible to ride the bus for a fee under the following conditions:

- They are a Kindergarten to Grade 6 student attending Father Leonard Van Tighem School who require after-school child care at Children of St. Martha School, providing space is available on existing routes.

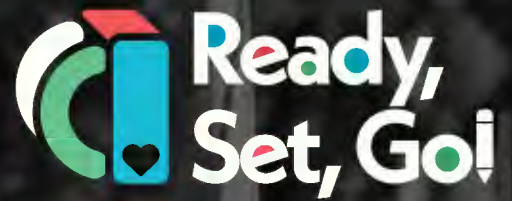
Fees for the 2025/2026 school year:

- \$25.00/month/student to a maximum of \$75.00/month/family.
- The school will assign fees to your School Cash Online Account once registration is complete

ADDITIONAL TRANSPORTATION NOTES:

- *Transportation services are provided to school at the beginning of the school day and from school at the end of the day to the student's primary residence. Students are not permitted to ride the bus to a friend's or relative's house, daycare, parent's workplace, etc...*
- *The Transportation Coordinator utilizes Government approved software to calculate the distance that a student lives from their designated school. This official distance informs both eligibility and funding.*

Empowering Families, One Backpack at a Time.



Ready, Set, Go! 2025

Join us for our annual back-to-school event, connecting over 500 families to community services and providing free school supplies to 1,500 students. For over ten years, local schools and charities have ensured every student is prepared for academic success and each family is supported.

To register your family for support with school supplies, register with MyCityCare using the link

lethbridgeymca.ca/ready-set-go

Event Details

August 20th | 12-6pm

YMCA of Lethbridge
140-74 Mauretania Rd W
Lethbridge, AB

August 21st | 12-6pm

MyCityCare
1401 28th St. N
Lethbridge, AB



Scan to
Register



MYCITYCARE





Spots still available in the
following age groups:

5-7 (Born 2018-2020)

12-13 (Born 2012-2013)

14-17 (Born 2008-2011)

Interested in hockey but don't want the significant time or financial commitment that often comes with this great sport?

We offer an organized non-checking recreational hockey league for all genders aged 5-17. All skill levels are welcome.

One hour, once a week. Season runs from October to March.

Registration closes on September 15, 2025 - spots fill quickly so don't delay!

www.lethbridgerechockey.com





Holy Spirit
CATHOLIC SCHOOL DIVISION



Mental Health
Capacity Building



Mental Health Capacity Building Summer Program July 2025



*For registered events,
vouchers will be available at
the Family Outdoor Play
events booths*

All outdoor events will be
weather pending. Updates
will be shared on Holy Spirit
Catholic School Division
Facebook Page

		1 ^{STAT}	2 Family Play Outdoor Event Kick Off Legacy 5 pm-8 pm	3 Move your mood Surge fitness class Our Lady of Assumption 9:30-10:30 am	4 Mindful Friday	5
6	7	8 Family Outdoor Play Event Lakeview School park 10am-1pm	9 Creative Wednesday- Michaels' Registration Required 1:00-3:00pm	10 Move your mood Surge fitness class Our Lady of Assumption 9:30-10:30 am Family Outdoor Event Tot Lot Coaldale 12-2 pm	11 Mindful Friday	12
13	14 The Guild Group A 10-2 registration required	15 Family Outdoor Play Event St. Martha's School 10am - 1pm	16 The Guild Group B 10-2 registration required	17 Move your mood Surge fitness class Our Lady of Assumption 9:30-10:30 am Creative Thursday- Michaels' Registration Required 1:00-3:00pm	18 Mindful Friday	19
20	21 Evergreen Mini Golf Registration Required 11:00-1:00 pm	22 Family Outdoor Play Event Senator Buchanan 10am-1pm	23 Family Outdoor Play Event Nicholas Sheran School 5-8 pm Movie Mill Registration Required 12-2 pm	24 Move your mood Surge fitness class Our Lady of Assumption 9:30-10:30 am Creative Thursday- Michaels' Registration Required 1:00-3:00pm	25 Mindful Friday	26
27	28 The Guild Group A 10-2 registration required	29 Family Outdoor Play Event Our Lady of Assumption 10am-1pm	30 The Guild Group B 10-2 registration required	31 Move your mood Surge fitness class Our Lady of Assumption 9:30-10:30 am Creative Thursday- Michaels' Registration Required 1:00-3:00pm		



Summer





Holy Spirit
CATHOLIC SCHOOL DIVISION

Mental Health Capacity Building Summer Program

AUGUST 2025



Mental Health
Capacity Building

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Mindful Friday	2
3	4	5 Family Outdoor Play Event Mike Mountain Horse School Park 10am-1pm	6	7 Move your mood Surge fitness class Our Lady of Assumption 9:30-10:30 am Creative Thursday-Michaels' Registration Required 1:00-3:00pm	8 Mindful Friday	9
10	11 Coulee Climbing registration Required	12 Family Outdoor Play Event Chinook Lake Park 10am-1pm	13 Movie Mill 12-2 pm Family Outdoor Play Event Henderson Park 5-8 pm	14 Move your mood Surge fitness class Our Lady of Assumption 9:30-10:30 am Creative Thursday-Michaels' Registration Required 1:00-3:00pm	15 Mindful Friday	16
17	18 Evergreen Mini Golf 11-1 pm registration Required	19	20 Ready, Set, Go!	21 Ready, Set, Go!	22 Mindful Friday	23
24	25	26	27	28	29	30

For registered events, vouchers will be available at the Family Outdoor Play events booths

ALL OUTDOOR EVENTS WILL BE WEATHER PENDING. UPDATES/CHANGES WILL BE SHARED ON HOLY SPIRIT CATHOLIC SCHOOL DIVISION FACEBOOK PAGE