GENERAL STEWART NEWSLETTER

May 2022



School Council

Our next meeting is
May 25 at 7:00 p.m.
School Gym
Please join us!



Bell Times

Kindergarten
Monday - Thursday
8:05 a.m. - 11:13 a.m.
Friday (see webpage for Friday schedule)
8:05 a.m. - 11:50 a.m.

Grade 1 - 5
Monday - Thursday
8:05 a.m. - 11:50 a.m.
12:50 p.m. - 3:10 p.m.

Friday
8:05 a.m. - 11:50 a.m.

Principal's Message

Hello General Stewart Family! We are so excited that May is here! It hardly seems possible that we are nearing the end of the school year. Wow! You have all grown and learned so much this year and we still have a lot of great learning and exciting opportunities coming up! First up is our Enrichment Friday Activity that will take place on Friday, May 13th. In the first week of May, students will be choosing from some exciting learning opportunities that they will participate in for the entire day on May 13th. Next up is Marching Monday on May 16th and then our Totally Awesome Community Event on Thursday, June 2nd. On that evening, we will be holding a student market (please see the attached flyer) for students to make and share items of their own making. We will also be showing a movie on our inflatable outdoor screen! We are also looking at inviting local Food Trucks to come to the school so families can order from them if they would like. It should be an amazing evening! There are even more exciting things coming in June! Have a great month and we hope to see you at these events!

Chris Harris



GRIZZ'S CORNER

HOT LUNCH

May 11

Subway

SPECIAL DAYS

Hats on for Mental Health—May 4th

Enrichment Friday—May 13th

Marching Monday—May 16th

CLASS PHOTO Day—May 30th

NO SCHOOL

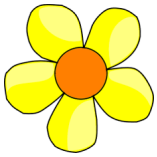
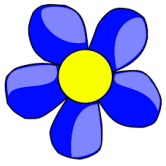
May 23—Victoria Day

May 24
PROFESSIONAL LEARNING DAY

General Stewart School Calendar



May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Division School Council Meeting Go-Girl	3 	4  Hats On for Mental Health!	5 Red Dress Day	6 Kindergarten	7
8	9 Go-Girl	10	11 Hot Lunch - Subway	12 Moose Hide Campaign Livestream	13 Enrichment Friday No Kindergarten 	14
15	16 Marching Monday  Go-Girl	17	18	19	20 Kindergarten	21
22	23 Victoria Day	24 No School for Students P/L Day	25 School Council Meeting 7pm Gym	26 	27 No Kindergarten	28
29	30 Class Group Photo Day - Lifetouch	31				

[Click here to visit our webpage Calendar]

June 2nd, 2022 @ 6PM

Community Engagement Night @ General Stewart

School Council is hosting a kids market, open to any General Stewart students/siblings. Do you have a budding entrepreneur? Please register for a table by Friday May 27th

JOIN THE KIDS' MARKET!!



Please arrive early to set up your table, post prices, and don't forget a cash float to give change!

The sky is the limit when it comes to what to sell! Ideas:

- treats/food
- jewelry/art
- grown/garden
- used toys/books

To register your child, please email Mr Harris, chris.harris@lethsd.ab.ca

OR snip this section and have your child return paper to the school.

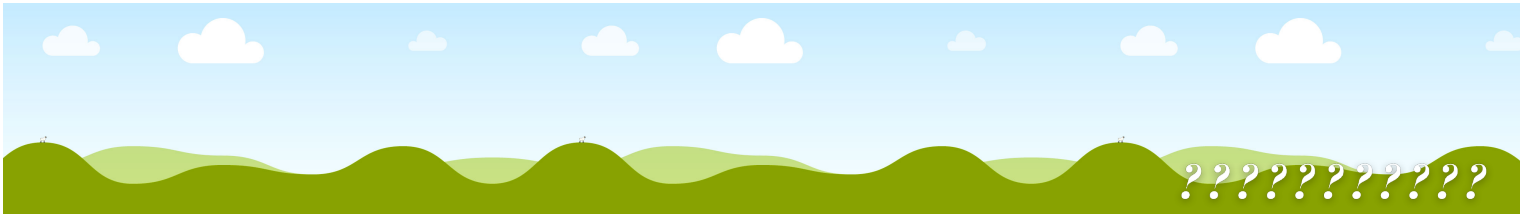
Child Name: _____

THE LOOP

MAY 2022

Lethbridge SCHOOL DIVISION

MHCB Wellness Team



Hello, Lethbridge School Division students, staff, families and community partners.
Welcome to the May issue of THE LOOP!

CMHA Mental Health Week
#GetReal May 2-8 2022

Alberta Health Services

If you're looking for an addiction and/or mental health service, help is available. 24/7.

- **Emergency – 911**
- **Addiction Helpline – 1-866-332-2322**
- **Mental Health Helpline – 1-877-303-2642**
- **Alberta Mental Health (AMH) services – 1-888-594-0211** NEW
  - **Available Monday to Friday starting at 8:30 a.m.**
  - **AAMH staff are available to help you and will complete a clinical interview over the telephone to determine your needs. Our team will provide options in order to connect you with the most appropriate resources or services in your area.**

CES

MyHealth.Alberta.ca | Alberta Health Services | Alberta Government

Virtual Education Sessions

CLICK HERE to sign up for the CES newsletter
CLICK HERE to register for sessions
(or click on the title of session)

May 4 Promoting Resilience and Self-Regulation (2-7 Years) 6:30-8:30 PM
May 5 From Finsta to FOMO: Understanding Social Media Use in Teens 6:30-8:30 PM
May 9 Brain Science: Sciences of Hope and Resilience 6:30-8:30 PM
May 10 Easier Than You Think -Workshops for Parents and Natural Supports: Parents of 0-11-year-old kids 1:00-3 PM
May 17 Easier Than You Think -Workshops for Parents and Natural Supports: Talking to teens about sex, sexuality, and sexual health 1:00-3 PM
May 24 Supporting LGBTQ2S+ Children and Youth: A Workshop for Parents and Family Members 1:00-3 PM

Need Support?

KidsHelpPhone.ca 1 800 668 6868 — Kids Help Phone

KIDS ACROSS CANADA CAN NOW TEXT 686868 AND BE CONNECTED TO TRAINED HELPERS — Kids Help Phone Jeunesse, J'écoute bgc

24hr free Mental Health HELPLINE 1-877-303-2642 — Alberta Health Services

Text4Hope 393939

24hr free ONLINE support for Albertans togetherall.com

ADDICTION HELPLINE — Alberta Health Services — 1-866-332-2322

Black Youth Helpline — TOLL FREE 1-833-294-8650

Please support the
CHINOOK CHILD AND YOUTH ADVOCACY CENTRE

RENOVATION PROJECT

Did you Know?

Prevalence rate for childhood sexual abuse in Alberta is estimated at 34%.

That is 1 in 3 children.

Together we can make a difference!

(AASAS 2020)

Be a champion for abused kids.

By purchasing a **teal heart** you can show your support through a small donation.

Through your support of the Chinook Child and Youth Advocacy Centre, you will be helping us raise funds for our renovation project that will ensure children and youth who have experienced abuse have a safe, and child friendly space to share their story and receive support through the entire investigative, judicial, and healing process.

Reveal Your Teal!

CHINOOK CHILD AND YOUTH ADVOCACY CENTRE

Shaw Birdies for Kids Presented by ALTALINK

Make your donation go even further. When you donate through Shaw Birdies for Kids presented by AltaLink, we receive 100% of your donation, plus up to 50% in matching funds.

Scan to Give

OR

RUNWILD.CA

10 YEARS RUNNING

RunWild with Us! is supporting our Chinook Child and Youth Advocacy Center through their virtual format! All proceeds stay in Lethbridge!

Registering online at runwild.ca means the students get to race and they get a race package, t-shirt and a medal. The sooner you register, the more likely you will receive your package in time for the May 15 race, but again, being virtual, you can select your own route, your own date and your own time!

Outreach and Education

To Register: Call 403-327-5724
counsellingintake@LFSFamily.ca

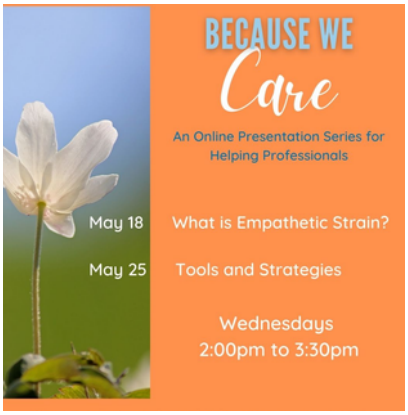
Supports for our adult community



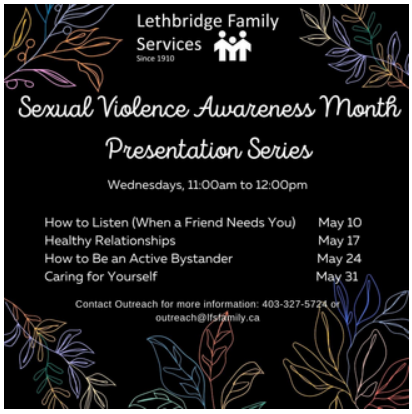














Age 18+

Centre for Sexuality

Click to access LGBTQ supports

We teach
We train
We advocate

LEARN MORE ABOUT THE CENTRE FOR SEXUALITY

MNS Tutoring

Math and Science

Grade 6-12

Private academic support for students in all **math** and all **science** courses (Grades 6 to 12).

Please see our new website for details:
MNSTUTORING.COM

Do you know a young person struggling with addiction?

Need support? Please contact
Lethbridge Youth Treatment Centre
at 403-388-7600

The Lethbridge Youth Treatment Centre is a three phase, voluntary, inpatient, drug and alcohol treatment program that serves clients between the ages of 12 and 18.

Promoting Mental Health and Wellness

true balance
COUNSELLING

FREE LEARNING SERIES
SPRING 2022

April 27

Worries, Anxiety and Our Children • Learn what anxiety is, why we feel anxious and how we know when anxiety becomes a problem • Learn about the pandemic's impact on anxiety and ways to help children cope with anxiety

Presented by: Aleigha Arksey, Provisional Psychologist

May 4

Keys to Healthy Communication

• Understand how to gain your partner's perspective • Explore the behaviors that fuel conflict • Learn tips to increase connection

Presented by: Kelly Weitz, Provisional Psychologist

May 11

Building Self-Compassion • Decrease stress quickly by implementing self-compassion techniques • Enhance your ability to regulate emotions • Learn to relate to yourself with warmth and positivity

Presented by: Damaris Malpica, Provisional Psychologist

May 18

Strengthening the Brain's Emotional Control Center

• Understand how the brain works • Learn effective strategies to build children's emotional intelligence • Explore ways to support children to regulate emotions

Presented by: Aleigha Arksey, Provisional Psychologist

May 25

What is Grief?: Understanding My Loss

• Learn about the common misconceptions of grief • Understand the different types of loss • Explore strategies to cope during the difficult times

Presented by: Kelly Weitz, Provisional Psychologist

June 1

Thankful for My Body: Healthy Body Image for Teens

• Explore the impact of media on body image • Learn tips for healthy eating and body image • Understand intuitive and mindful eating

Presented by: Sarah Henderson, Provisional Psychologist

In-Person 6:30-7:30 PM
Online 8:00-9:00 PM
Limited In-Person Registrations

For More Information or To Register For A Presentation:

403-327-2333

truebalancecounselling@gmail.com

www.truebalancecounselling.ca

Alberta Health Services

To register call
Alberta Mental Health (AMH)

1-888-594-0211 NEW

Age 5-8 **Fearless Feathers** is a four session, virtual group designed to address anxiety in children. You will need access to a device able to run the Zoom application.

Age 11-14 **UP Group** is our introductory group that offers children and youth evidence-based skills to help manage many of life's challenges and difficulties related to emotions and mental health.

ADHD Parent Information Group is a parent group focusing on: understanding ADHD, working with schools, medication, self-care and parenting strategies.

Tuesdays 1:30-2:30 pm (Apr.26- May 31)
Tuesdays 6:30-7:30 pm (Apr.26- May 31)

Sessions are open format so you can choose the number of sessions to attend.

Keep Calm Parent On
Tuesdays 6:30-7:30pm

This Zoom group will be offered 6 nights in a row for one hour each 45 minutes of presentation and 15 minutes of discussion. This will be an information sharing group, it is not therapeutic.

This Parenting Group is designed to provide support to parents who are struggling with high levels of conflict in the home with their children/teens with or without a mental health diagnosis. Through power point presentations, and discussion, parents/caregivers will gain a greater understanding and insight with the provided topics to support effective parenting to manage conflict in the home and a healthy parent/child relationship.



MyHealth.Alberta.ca

Alberta Health Services

Alberta Government

Talking about residential schools is difficult. If you are experiencing pain or distress, help is available.

National Indian Residential School Crisis Line: 1-866-925-4419
Hope for Wellness Help Line: 1-855-242-3310
Mental Health Help Line: 1-877-303-2642

Alberta Health Services

Go To Mental Health Literacy Training
May 18

For all school personnel or community professionals who work with children and youth to boost shared mental health literacy amongst staff and to provide information on how to identify, support, and make effective referrals for youth who are struggling with mental health problems or disorders. CLICK HERE for the registration link.





Come Celebrate Mental Health Week

#GETREAL ABOUT MENTAL HEALTH!

Free Activity Day @ YMCA

MAY 5, 2022

COME FOR ONE OR ALL ACTIVITIES:

12PM-2PM: **FREE SWIM**

3PM-5PM: **BOUNCY CASTLE/FREE PLAY**

HEIGHT RESTRICTIONS 34-60"

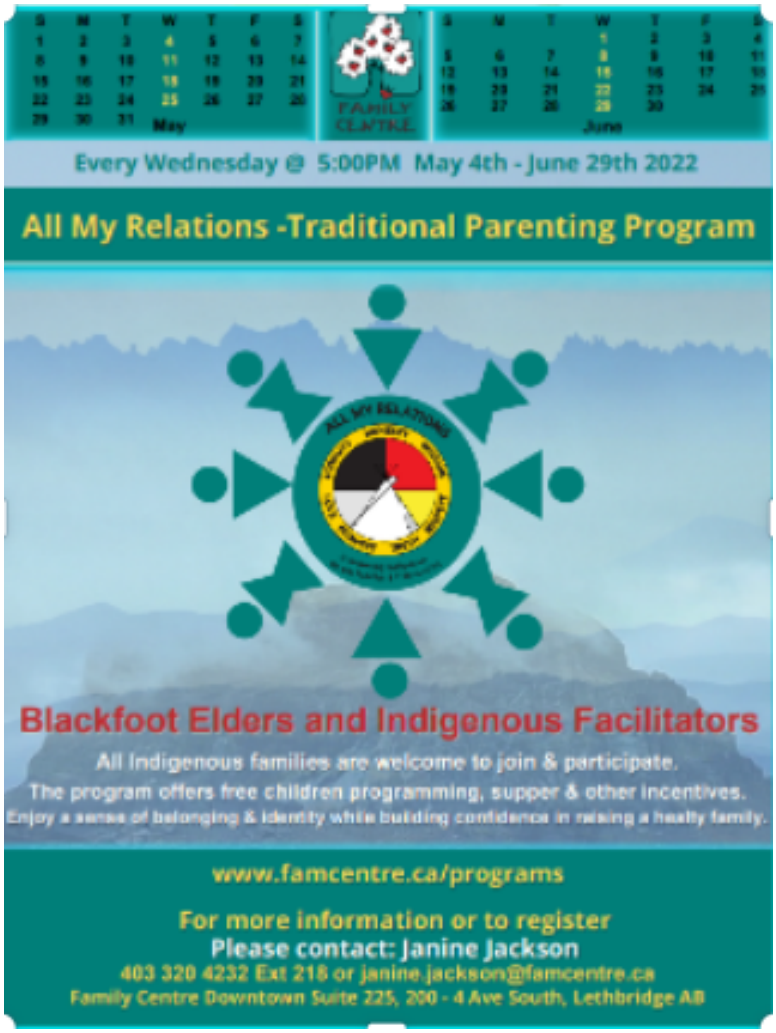
6PM-8PM: **YOUTH REC ROOM/INDOOR PLAY ACCESS**

Stop by the MHCB booth for your Entry Bracelets!

LIMITED SPACES AVAILABLE
18+ MUST PROVIDE GOVERNMENT ISSUED PHOTO ID
140-74 MAURETANIA RD W, LETHBRIDGE, AB

MHCB Wellness Team
LETHBRIDGE SCHOOL DIVISION

Lethbridge SCHOOL DIVISION



TEA & HOBBY NIGHT

WHAT? Are you working on a project of your own? Would you like to work on it in the company of others? Then come hang out at the Métis office!

WHEN? Thursday, April 28th, May 12th, May 26th from 6:00pm-9:00pm

HOW? Simply let us know if you plan to come!

403-328-7828

info@lethbridgemetis.com

Lethbridge Metis

CAN'T MAKE IT?

No worries! Keep you eyes and ears open for more Tea and Hobby nights at the Métis office.



Lethbridge Public Library | CONNECTING YOU

Branch: Main Branch
Venue: Main Branch: Community Meeting Room

Drop by the Main Branch on Friday afternoons at 3pm to celebrate the things you love!

- April 29 = MCU
- May 6 = Mario Kart
- May 20 = Star Wars
- May 27 = K-pop
- June 3 = Anime
- June 10 = Drag Race

We'll have crafts, games, prizes, and more. Anyone in grades 7-12 is welcome to attend.

Big Brothers Big Sisters
OF LETHBRIDGE AND DISTRICT

The Big Brothers Big Sisters mentoring programs provide youth with a role model to talk to and share the experiences of growing up with. Through regular outings, a relationship is developed between the mentor and the mentee, which is built on trust and common interests and is supported by our experienced caseworkers. The result is a life-changing experience for both the mentor and the mentee.

432 youth have actively participated in a mentoring match thus far this year!

For more information on how to sign up a child please call 403.328.9355 or visit our website www.BeBig.ca

#ignitepotential

bgc Lethbridge

YOUTH DROP-IN!

MONDAY
AGES: 11-14
6:30pm-9:00pm

TUESDAY
AGES: 14-18
6:30pm-9:00pm

FREE DROP-IN CENTRE FOR ALL YOUTH IN THE COMMUNITY!

SNACKS, GIVEAWAYS, VIDEO GAMES, PHYSICAL ACTIVITY, TABLE TOP GAMES, LEADERSHIP ACTIVITIES, MENTORS AND SO MUCH MORE!

COUNSELLING SUPPORT & ABILITY SUPPORT

Offering a variety of expertise and backgrounds

- Trauma
- Play therapy rooms
- Art therapy
- Grief and loss
- Mental Health/Anxiety/Depression
- Interpersonal relationships
- Societal/systemic barriers
- Emotional regulation
- Family conflict

*Works with all insurance benefits and subsidies may be available

Family support for children with disabilities

- Behavioural/Development consults and aide
- Hourly respite
- Extraordinary child care
- Community support aide
- Domestic support
- Psychologists

*Must have approved FSCD agreement before accessing services

FamilyTies Association

Empowering families and strengthening Southern Alberta communities.

Visit our website for more information **www.familyties.ca** or to book an appointment call **403.320.8888**

FAMILY CENTRE

Family Centre North
1103 – 3 Avenue North
403-320-8138

Adult Cooking Classes:
Mondays 1-3pm
Tuesdays 9:30-11:30am
Thursdays 1-2:30pm (Zoom Class)
Fridays 9:30-11:30am
Call 403-320-8138

Food Explores ages 9-12
Fridays May 20 & 27 1:30-3:30pm

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

Drop In play, no registration required

Nature Play: Mondays & Fridays 9:30-11am (excluding May 6)

Discover Together: Saturday May 14 10-11:30am

RAP (Radom Acts of Play): $25 per child ages 6-12 Thursdays Apr 21 - June 23 3:30-5pm

Parent Café: Tuesdays Apr 5 - Jun 28 9:30-11am

Worry Dragons: Fridays May 6-27 2:00-3:00pm

Family Centre Downtown
#225, 200 – 4 Avenue South
403-320-4232

Drop In play, no registration required

Play Zone: Tuesdays 3:30-5pm
Wednesdays & Fridays 9:30-11am

Come Build With Us: Fridays 1:30-3pm

Me & My Dad: Saturdays 10-11:30am

Kids Have Stress Too (Grades 4-6):
Fridays May 6-20 2:00-3:00pm

Raising Resilient Children
Thursday, May 5 6:00-8:00pm

Hassle Free Mealtimes with Children
Thursday, May 12 6:00-8:00pm

Local Community Supports

Wood's Homes

Working For Children's Mental Health Since 1914

Phone 403-317-1777
www.woodshomes.ca

The CORE is a short-term place for young people (under 18) to stay who are not living at home for various reasons, or who are struggling with family or placement conflict. Crisis support is available to youth, parents and/or guardians, and community professionals at any time and/or for resource and referral information. Call 403-317-1777 or visit our website www.woodshomes.ca for more information.

Wood's Homes Youth Support Navigators support youth aged 12-24 who need help navigating the youth serving system in Lethbridge. Our ultimate goal for those who are assisted through the program is to be connected to the appropriate supports throughout the community. For more information contact Kelsey at Kelsey.desroche@woodshomes.ca or 403-308-0493.

Chinook Sexual Assault Centre

Healing starts with believing

For all genders and all ages throughout Southern Alberta

#ibelieveyou
#UHavethePower

It is not your fault.
403-694-1094
1 (844) 576-2512

502- 740 4TH Avenue S

MOVING FORWARD

An opportunity to connect with peers in a safe, flexible, open-minded environment

Every Tuesday
2:30 PM to 4:30 PM
Registration required
Cost: Free (unlimited sessions)
Participants: Female Identifying Individuals

Age 18+

The Family Preservation Program

The Family Preservation Program works collaboratively with the Family Resource Network to provide programming for youth and their families. Referrals are received by self-referral, community, and Network partners. Activities offered by the Family Preservation Program include: parent/teen mediation, caregiver/youth/ family groups, family activities, community connection and referral, cultural groups, including working with local Elders, private mentorship sessions, and outreach support.

Programming is offered at flexible times, including evenings and weekends, to ensure that scheduling is not a barrier to those who need support.

For more information contact:
grace.landry@mcmansouth.ca or call **403-715-3202**

macayla.ternes@mcmansouth.ca or call **403-308-7463**

MOBILE FOOD SUPPORT

Lethbridge Food Bank

Mobile Food Support is a service provided by Lethbridge Food Bank that allows community members access to food support at various locations around Lethbridge. It is open to **ANYONE** who may need a little extra food assistance.

STEP BY STEP
WALK UP
CHECK IN
RECEIVE FOOD

HOW TO ACCESS
WE ONLY NEED YOUR FIRST NAME, LAST NAME, AND POSTAL CODE. EMAIL IS OPTIONAL.

Mobile Food Support

Lethbridge Food Bank

May 2022 Locations

May 3rd at 4pm- University Drive Alliance Church (55 Columbia Blvd W)
May 10th at 4pm- Seventh Day Adventist (2606 16th Ave S)
May 16th at 4pm- YMCA (#140, 74 Mauretania Rd W)
May 24th at 5pm- Nord-Bridge Seniors Centre (1904 13th Ave N)

CLICK HERE TO DONATE!

Domestic Violence Action Team

www.dvat.ca

The Family Violence Info Line
(403-310-1818)
Toll-free to Albertans
24/7 support
Service in over 170 languages

Alberta has the third highest rate of self-reported family violence among Canadian provinces, yet family violence is preventable. November is Family Violence Prevention Month in Alberta. It is a time for promoting change in attitudes and behaviours as we strive to address, reduce, and ultimately, eradicate family violence.

Responding to Domestic Violence Disclosure in The Workplace

- 1.5 hour online presentation
- It has been shown that disclosures often occur within a person's informal support network such as family, friends or professionals within the community. This presentation will provide working professionals with the knowledge and tools to respond to Domestic Violence disclosures in the workplace.

Registration for sessions can be found at:
www.imagineinstitute.ca/bookings

Mental Health 101

Friday May 6, 9:00-12:00

No cost to participants

This session introduces the concept that mental health affects five out five people. Mental health is everyone's concern and recognizing that mental health is more than the absence of mental illness, helps build awareness and understanding related to providing safety and connection for those in need. In this session we look at characteristics of different types of mental illness with the lens of a caring community. The real-life testimonials and strength-based language make this a good starting point to understanding where we can influence mental health in our families, workplaces and communities.

Workplace Wellness: Reflective Practice

Monday and Tuesday May 16-17, 9:00-3:00

No cost to participants

This 2-day series is a tool that translates and supports the space between various levels of accountability within an organization. Participants will have the opportunity to build a common language that creates space for growth at all levels of an organization. Together, we will then apply the activating competencies of assertiveness, perseverance, and respectful curiosity to their context. Supervision is often associated with stress and anxiety in the workplace; however, this session explores how to communicate and consolidate learning within supervisory relationships.

The second part of this session takes a more practical approach to documentation and communication within the separate roles of supervision. By exploring the power of curiosity, mentoring, and relationships, this session focuses on tools for supervisors to support a space for reflective supervision. It attempts to address the fear of, "What if I say what I really feel?" and the supervisor's fear of, "Now that I know about it, what do I do?" We look forward to learning together and supporting the human needs that show up at work.

Intergenerational Wisdom

Wednesday and Thursday May 18-19, 9:00 - 4:00

No cost to participants

Intergenerational wisdom can be described as the sharing and transmission of knowledge, beliefs, and experiences from one generation to the next. Part of this includes intergenerational trauma where trauma and pain are transmitted through generations. However, there is more to intergenerational wisdom than passing on the hurt; it also includes the transmission of hope, strength, and resilience, which helps break the cycle of trauma. This Intergenerational Wisdom training is an extension of our Trauma-Informed Care training and will take on an Indigenous perspective. This training was built with the belief that there is resilience in education. Through the sharing of knowledge, it is possible to learn, grow, and find the capacity to create stronger relationships and a healthier future for everyone residing on the lands we share. Join us on this two-day training to reframe the way you think about intergenerational trauma and develop a deeper understanding of the trauma and resilience continually experienced in Indigenous communities in Alberta.

Supports for high school students

CAREER TRANSITIONS

www.careersteps.ca

Merry May! Career Transitions has a few more Virtual Career Exploration Sessions still happening this spring. Let us help guide you along your exploration journey! And if you can't make a session, not to worry! All the sessions are recorded and available on our website (www.careersteps.ca/exploration-sessions)

Occupational Therapist – Thur. May 12 4:30pm – Register HERE
Personal Trainer – Tues. May 17 4:30pm – Register HERE
Certified Travel Counsellor – Wed. May 25 4:30pm – Register HERE
Tattoo Artist – Tuesday, May 31, 2022 4:30pm – Register HERE

Click on the occupations below for the most recent session recording.
Archaeologist Branch Manager Cinematographer Crown Prosecutor
Dental Hygienist Kinesiologist Plumber Wind Turbine Technician

Thinking about volunteering? Check out our Volunteering for a Brighter Career recording! Learn why to volunteer, how to volunteer and how volunteering can positively impact you, your career, and your community. Find the video HERE.



CLICK on Scholarship for application information

Spring Scholarship Deadlines

Northern Alberta Development Council Bursary (Apr 30)
Woodman White Olsen & Co. LLP (May 1)
Lethbridge College Awards (May 1)
Dr. Ernest & Minnie Mehl Scholarships (May 1)
Keyera Energy – Peter J. Renton Memorial Scholarship (May 1)
Mildred Rowe Weston (May 1)
LethSD Canada 150 Ice Awards (May 9) ★
Rotary Club Scholarship Rotary Global Grants (May 12)
Global Citizen Scholarship Education First: Educational Tours (May 16)
Learning Matters Education Charity Bursaries (May 30)
MADD Canada Bursary (May 31)
Ray Joliffe Memorial Scholarship (May 31)
Fraser Institute Essay Contest (June 1)

ScholarTree

CLICK HERE to access ScholarTree
The #1 place to find scholarships or start a scholarship in Canada!

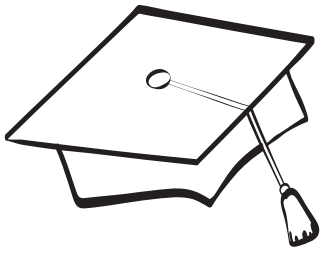


Alberta

Women in STEM Scholarship

Women studying in science, technology, engineering and mathematics, and working to advance gender equality in their field can apply.





Local University and College Information



SUMMER CAMPS

Elementary Ecosystem Explorers
• Ages 9 – 11 • July 11 to 15 • 9 a.m. to noon

Be a Builder
• Ages 12 – 15 • July 11 to 15 • 9 a.m. to 3 p.m.

Culinary Creations Boot Camp
• Ages 12 – 17 • July 11 to 15 • 9 a.m. to 4 p.m.

Dance Fusion
• Ages 11 – 14 • July 18 to 21 • 1 to 4 p.m.

Totally Dance Fusion
• Ages 6 – 10 • July 18 to 21 • 9 a.m. to noon

Let Sparks Fly Welding Camp
• Ages 12 – 16 • July 18 to 22 • noon to 4 p.m.

Forensic Explorers • Ages 11 – 14
• Session 1: July 18 to 22 • 9 a.m. to noon
• Session 2: July 25 to 29 • 9 a.m. to noon

Culinary Creations Tastes of the World
• Ages 12 – 17 • July 25 to 29 • 9 a.m. to 4 p.m.

Junior Ecosystem Explorers
• Ages 12 – 14 • July 25 to 29 • 9 a.m. to noon

Senior Ecosystem Explorers
• Ages 15 – 17 • Aug 8 to 12 • 9 a.m. to noon

Tiny Tots Mountain Bike Camp
• Ages 4 – 5 • Aug 9 to 12 • 8:30 to 9:15 a.m.

Junior Jumpers Mountain Bike Camp
• Ages 6 – 8 • Aug 9 to 12 • 9:20 to 10:20 a.m.

Sweet Shredders Mountain Bike Camp
• Ages 9 – 10 • Aug 9 to 12 • 10:30 to 11:45 p.m.

Youth Rippers Mountain Bike Camp
• Ages 11 – 14 • Aug 9 to 12 • 11:45 a.m. to 1 p.m.

KODIAKS CAMPS

Basketball • Ages 9 – 14
• Session 1: July 25 to 29 • 9 a.m. – 4 p.m.*
• Session 2: Aug 8 to 12 • 9 a.m. – 4 p.m.*
* Friday sessions end at noon

Senior High Basketball
• Ages 14 – 18 • July 25 to 28 • 6 p.m. to 9 p.m.

Volleyball • Ages 11 – 14
• Session 1: Aug 2 to 5 • 9 a.m. to 4 p.m.
• Session 2: Aug 2 to 5 • 6 to 9 p.m.

Female Senior Volleyball
• Ages 14 – 18 • Aug 15 to 19 • 9 a.m. to 4 p.m.

Senior Volleyball
• Ages 14 – 18 • Aug 15 to 19 • 6 to 9 p.m.

LEARN MORE OR REGISTER TODAY AT:

lethbridgecollege.ca/summercamps
403.320.3288 • training@lethbridgecollege.ca

Lethbridge College



Kodi Cruise is Back!

Kodi Cruise is a great way to have your students from Grade 9 - 11 meet us, have fun, and learn more about Lethbridge College.

Your Lethbridge College reps are ready to set up noon-hour outdoor booths with games, door prizes, music, and snacks on your schools campus. A great opportunity for students to be engaged, have fun, learn about Lethbridge College, all outside of class time!

Contact us at futurestudent@lethbridgecollege.ca to book your schools Kodi Cruise today!



Student Awards and Scholarships Applications Are Still Open!

By filling out just one online application, students can apply for all the awards and scholarships that they qualify for at Lethbridge College. For more information:

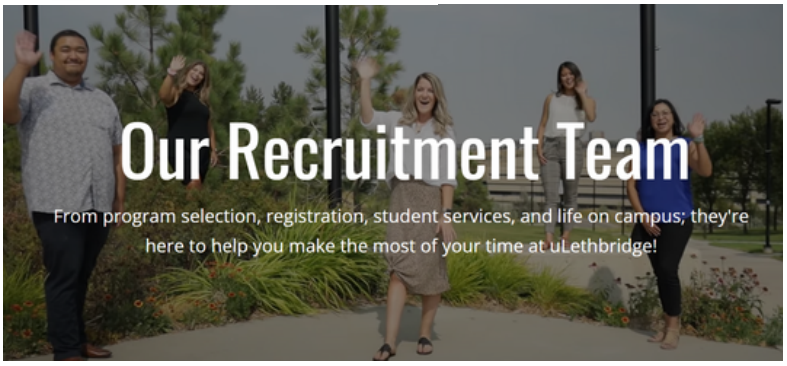
Lethbridge College

Email
awards@lethbridgecollege.ca
Phone
403-320-3372

University of Lethbridge

Request info

Book a tour







Join Us for Our University Transfer Mini Fair

Do you have student's thinking of heading to post-secondary this fall? Now is their chance to learn how starting a university degree at Lethbridge College makes sense – and get a chance to win free tuition for the first year as well.

Lethbridge College will host a University Transfer Mini Fair from **1 – 3 p.m. Friday, Apr. 29**, in the Garden Court Restaurant. All interested future students and families are invited to stop by and learn about university transfer opportunities in the college's General Arts and Science program. Students who apply on the spot for the General Arts and Science program will be entered into a draw to win free tuition for a year.

The two-year program is an ideal choice for students who may be uncertain about a career direction or who are looking for small class sizes, a supportive community anc instructors who know their name. About 95 per cent of General Arts and Science courses at Lethbridge College are transferable to colleges and universities across Canada and around the world.

To register for the free event, which will include food prepared by students in the Culinary program, go to www.lethbridgecollege.ca. For questions about the General Arts and Science program, the Mini Fair or other Lethbridge College programs, call 403-320-3322 or email futurestudent@lethbridgecollege.ca.