

# September 26, 2025

## Haul for Fall

General Stewart will be running our annual food drive kicking off October 3. This year donations will go to My City Care.

## General Stewart Elementary School Student Teachers

We are excited to have four Ed 2500 student teachers from the University of Lethbridge in our building for the next few weeks. They will be supporting in Kindergarten and Grade Two for the mornings.

## Orange Shirt Day

On Monday September 29, Lethbridge School recognizes Orange Shirt Day. Orange Shirt Day is a commemorative event held annually to honour the children who attended residential schools and never returned home, as well as the Survivors and their families. The day promotes reconciliation by encouraging Canadians to wear orange shirts to acknowledge the history and ongoing impacts of residential schools and to affirm the message that "Every Child Matters".



# All General Stewart Students have a orange shirt that they can choose to wear on Monday. Our GS shirts were designed by students and our Indigenous Lead Teachers in 2024. The following is an overview of what each symbol represents and why they are on the shirts.

## General Stewart Orange Shirt Day 2023-2024 Collaboration

**Constellations:** First Nations people used the stars as a map and have stories passed on for generations about the constellations.

**Sweetgrass:** one of the four sacred plants. Used for smudging, protection, and cleansing the mind. Sweetgrass has anti-inflammatory properties.

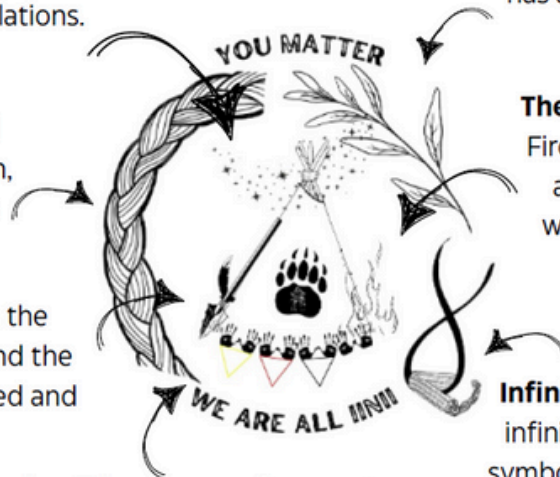
**The Spear:** the spear represents the ingenuity of First Nations people and the various ways in which they harvested and hunted.

**4 Triangles:** Triangles are often use to symbolize children or people. The number 4 is very important in the Blackfoot culture. There are four seasons, directions, sacred plants, and four stages of life. When Blackfoot naming ceremonies take place, four stories are told before the name is given.

**Sage:** one of the four sacred plants. Blackfoot people tend to use sage for smudging during mourning. Sage has anti bacterial properties and is/was used as a wash.

**The Fire:** the fire is an essential part of life. Fire provides smoke and heat to dry meat and hides. Provides heat for food and water and warmth. It provides light and protection from predators.

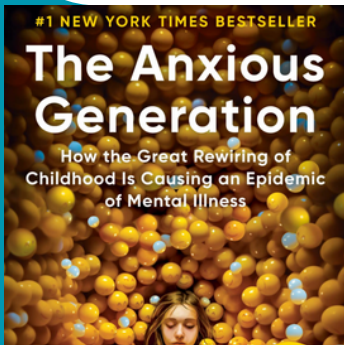
**Infinity Symbol + Métis Sash:** The infinity symbol and Métis Sash are symbols of Métis culture. The infinity symbol is on the Métis flag and symbolized the union of two cultures and celebrates that Métis culture will live on forever.



# Looking to Volunteer?

Our school loves volunteers. Whether helping in the classroom, on field trips or helping behind the scene, there is always a way to support. Please reach out to your classroom teacher to find out the best way to help. All volunteers working with students require a completed yearly volunteer form which you can get from the office.

**VOLUNTEER OPPORTUNITIES:**  
**Book Fair- Miss Saunderson is looking for help with the Book Fair on October 15 from 12:00-2:00pm**



*School Council Book Club.*

*Contact the school for a free copy! Book Club runs prior to School Council Meetings*

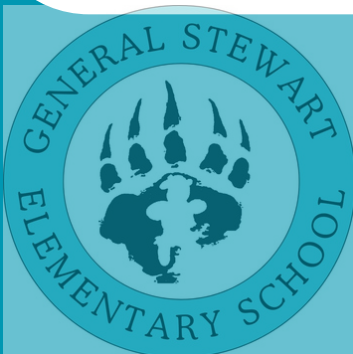
## Important Dates:

**Monday September 29- Division Orange Shirt Day**

**Tuesday September 30- National Day for Truth and Reconciliation- NO SCHOOL**

**Friday October 3- Assembly 11:30am. All are welcome to attend**

**Friday October 10- Haul for Fall Food Collection Day!**



Weekly updates will come out on Fridays so that all our families can be aware of what is happening in the upcoming week!

[WWW.GS.LETHSD.AB.CA](http://WWW.GS.LETHSD.AB.CA)

**Dogs on the School Grounds**  
Just a reminder is a City of Lethbridge Bylaw that dogs are not allowed on the school grounds.

## Hot Lunches

Hot Lunch orders are due Wednesday October 8 through School Cash Online.

The next hot lunch will be hot dogs on October 15



# THE GREAT LITTLE COUPON BOOK FUNDRAISER

**\$15**

**FOUNDERS**  
- CAFÉ & BAKERY -

RECREATION *recrex* EXCELLENCE



**Pita Pit**

**COBS  
BREAD**

THE CHOPPED  
**LEAF**

PIZZA  
**PAPA JOHN'S**

THE  
**MANGO TREE**



**COULEE CLIMBING**  
INDOOR BOULDERING & FITNESS



**Booster Juice**

And Many More!

Available for purchase on SchoolCash Online  
Orders Due Sep 29<sup>th</sup> by 10pm

Half of the fundraiser proceeds will go back to the school to support our new outdoor learning space.

✦ Coupon Booklet Pick Up Oct 3 before 12:30pm

# GENERAL STEWART HAUL FOR FALL FOOD DRIVE

**COLLECTION WILL BE DONATED TO MY  
CITY CARE ON OCTOBER 10<sup>TH</sup>**



Items Needed:

- Canned meat and fish (tuna, chicken, etc.)
- Canned fruit
- Canned soups
- Kraft Dinner
- Peanut butter
- Pasta sauce
- Healthy school snacks (granola bars, fruit cups, crackers)