

THE CHINOOK WEEKLY



WEEK OF FEBRUARY 3 - FEBRUARY 7

IMPORTANT DATES

- **TUES FEB 4-** REPORT CARDS SHOULD BE AVAILABLE ON POWERSCHOOL IF YOU HAVE ANY QUESTIONS CONTACT THE OFFICE
- **WED FEB 5** - GROCERY CARD SALES

WEEKLY CONTEST TO WIN A GIFT CARD!

Two Truths and a Lie about Ali Derksen:

I have been snowboarding since I was 16.

I once hiked up an active volcano.

I played base in a band when I was in high school.

WHAT IS THE LIE?

Drop your answer off in the jar in the office for a chance to win a prize! Winner announced every Friday.

CALLING FOR CANNED FOOD DONATIONS

What: CANstruction is an annual event that supports local food banks. Teams raise funds to purchase cans, and design intricate/unique structures that are built and displayed in Centre Village mall. This is the first year we have had a student team participate (it is often largely businesses, engineers, etc. that put together a structure).

Who: Our team consists of some Gr 12 students - Jovin B, Ashton S, Jamie M, Marco R, Jasper B, and Bogdan S. (If you know these gentlemen, you know our planning meetings have been hilarious and great.)

When: The build takes place on March 6th. Structures will be on display at Centre Village Mall for one month, and then all cans and additional funds are donated to the local food banks.

How can I help: Wow thank you so much for asking! Fundraising, cans, and word of mouth are all amazing ways that you can support this initiative.

We are building SPONGEBOB out of cans. So, if you're popping into No Frills, those yellow cans will be absolute gold for our design. Any can that you would be willing & able to contribute we would be grateful for, and we'll work it into our design.

[Click here for more information](#) or email Eva at eva.gorny@lethsd.ab.ca



THE **C** HINOOK WEEKLY



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ATHLETICS SCHEDULE

- TUES FEB 7- JV/SV Women's BBall hosts W.R. Meyers @ 6-7:30
- WED FEB 8 - Grade 9 Boy's BBall @ ISCC @ 5:15
 - Grade 9 Girl's BBall @ ISCC @ 4:00



Healthy Lethbridge

RECOVERY ALBERTA PRESENTS

In person ADHD parent group

An educational group offering introductory information on ADHD to parents and caregivers. Participants are asked to register in advance for the five sessions covering:

- **What is ADHD and how to talk to you child/teen about it**
- **How medication, nutrition, exercise, and sleep impact ADHD**
- **How ADHD impacts self-regulation and the importance of co-regulation**
- **Tools for parenting a child/teen with ADHD**
- **Navigating school systems and community services**

Tuesdays from 6 to 7:30 p.m., February 25 to March 25, 2025.

**Recovery Alberta Child, Youth and Family Addiction and Mental Health Clinic,
Melcor Centre (Suite 120A 200 - 4 Ave. S.).**

To register, call Access Addiction & Mental Health

1-888-594-0211

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Graduates!

**SEND A
BABY PHOTO
TO YOUR
ADVISOR!**



Send a digital picture to your advisor through Teams chat by March 3rd. It will be shown at Grad Gala. The sooner the better!



Online Store

Shop Now Until January 26th 23:59 MT

ORDER YOUR **Apparel Today!**

1. Scan the QR Code with your mobile device or go to:

https://store.vbsapparel.ca/coyote_athletics_apparel/shop

2. Select your styles, quantities & sizes

3. Add to cart & continue to checkout

4. Enter your details and place order



All orders will be processed after the store has closed. Please allow approximately **4 weeks processing time** to receive your order.

Powered by vbs apparel

Still need a Grad Photo?

No Worries
There are still appointment times available in February and March.
Book online by following the link [HERE](#).



[HTTPS://CHSGRAD2024.ITEMORDER.COM/SHOP/HOME/](https://CHSGRAD2024.ITEMORDER.COM/SHOP/HOME/)

GRAD HOODIE PICKUP

See Zak in the office



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TIME IS RUNNING OUT

DEADLINE TO ORDER YOUR YEARBOOK IS

FEB. 13TH

\$50
SCHOOLCASHONLINE
OR SEE ZAK IN THE OFFICE

Undergraduate Info Sessions

2nd Thurs of the month | 4-5 pm (PST) | Online (via Zoom)



UBC Forestry

There is another upcoming undergraduate information session for any students interested in more information about UBC Forestry programs. Learn about:

- Exploring major environmental challenges in their first year and using this knowledge to select a major later
- Our undergraduate programs, including Natural Resources, Urban Forestry, and Indigenous Land Stewardship
- Meeting our advisors and getting questions answered
- Exciting career paths in forestry and co-op opportunities
- Life at UBC and our vibrant campus
- Financial aid and scholarship options
- Clubs and extracurricular activities

The next online info session will be Thursday, February 13.

Students can **REGISTER HERE**.

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WHAT'S HAPPENING IN OUR COMMUNITY

2025 OUTDOOR RECREATIONAL SOCCER REGISTRATION INFORMATION

www.lethbridgesoccer.com - 403-320-5425 (KICK)

ONLINE ONLY:

Saturday February 1st - Sunday March 23rd

all registration must be done online REGISTER YOUR PLAYER BY THEIR BIRTH YEAR

**payments must be made online using RAMP*



IF YOU ARE USING KIDSPORT OR JUMPSTART

YOU MUST REGISTER YOUR PLAYER AND PAY ONLINE WWW.LETHBRIDGESOCCER.COM BEFORE APPLYING FOR FUNDING THROUGH JUMPSTART, KIDSPORT OR CITY OF LETHBRIDGE FAP

REGISTER:

www.lethbridgesoccer.com

Request Fee covers 2 PLAYERS ONLY - \$40.00 - Payable at office or over the phone -Player requests MUST be sent by email to kristy@lethbridgesoccer.com

Age Group	Birthyear	Fee	# of sessions	***Days Playing***	***Fields***	***Times will alternate**
U4 - CoEd/ Parent & Tot	2021	\$150.00	10 (30 min sessions)	Monday	Servus Sports Centre Indoor Field	5:00pm &/ or 5:45pm
U5 - CoEd	2020	\$150.00	10 (45 min sessions)	Monday	Outdoor Servus Sports Centre Field	5:00pm &/ or 6:00pm
U6 - CoEd	2019	\$150.00	10 (45 min sessions)	Wednesday	Outdoor Servus Sports Centre Field	5:00 &/ or 6:00pm
U8 Boys	2017 & 2018	\$225.00	18 (55 min sessions)	Monday & Wednesday	College Field	5:00pm & or 6:00pm &/or 7:00pm
U8/ U10 Girls	2015, 2016, 2017, & 2018	\$225.00	18 (55 min sessions)	Monday & Wednesday	College Field	6:00pm
U10 Boys	2015 & 2016	\$225.00	18 (1 hr sessions)	Tuesday & Thursday	College Field	5:00pm & or 6:00pm &/or 7:00pm
U12 Boys	2013 & 2014	\$225.00	18 (1hr sessions)	Monday & Wednesday	St. Teresa School (North)	5:00pm &/ or 7:00pm
U12/ U14 Girls	2011, 2012, 2013 & 2014	\$225.00	18 (1hr sessions)	Monday & Wednesday	St. Teresa School (North)	6:00pm
U14 Boys	2011 & 2012	\$225.00	18 (1 hr sessions)	Tuesday & Thursday	Gilbert Paterson School (South)	5:00pm & or 6:00pm &/or 7:00pm
U16 CoEd	2009 & 2010	\$225.00	18 (1 hr 10 min sessions)	Monday & Wednesday	Winston Churchill School (North)	6pm & 7:30pm

D&D for Teens

Location: YMCA of Lethbridge (74 Mauretania Rd W) or online via Discord

Date: Wednesday, February 5, 2025

Time: 6:00 p.m. - 8:00 p.m.

Set out on an epic adventure with Dungeons & Dragons! No experience required - our expert DMs will teach you everything you need to know to play.

Our online play is via our LPLTeenZone Discord server, and in-person will be hosted with our friends at the YMCA of Lethbridge. Any LPL or Chinook Arch teens in grades 7-12 can join in. We play every Wednesday evening from 6-8pm.

All spots are now filled. Registration for March/April will open mid-February.

Event dates

Every week on Wednesday ends on February 19, 2025, 6:00 p.m. - 8:00 p.m.

Beyond the Birds & Bees

Pro-Choice YCL

Register on Eventbrite

How to Talk to Youth & Teens About Sexual Health

LETHBRIDGE FEB 12TH 6:30 - 8:30 PM @ THE CALT MUSEUM AND ARCHIVES