



NOTICE TO PARENT OR GUARDIAN OF RELIGIOUS PERMEATION

Section 58.1 of the *Education Act* requires a school board to give notice to a parent or guardian when courses of study, education programs, institutional materials, instruction or exercises include subject matter that deals primarily and explicitly with religion. All of the schools in this division are Catholic Separate Schools, the essential purpose of which is to fully permeate Catholic theology, philosophy, practices and beliefs, the principles of the Gospel and teachings of the Catholic Church, in all aspects of school life, including in the curriculum of every subject taught, both in and outside of formal religion classes, celebrations and exercises. Every course of study and educational program, all institutional materials, instruction and exercises will at all times include subject matter that deals primarily and explicitly with religion.



FAIR NOTICE LETTER

Dear Parents / Guardians,

The Holy Spirit Catholic School Division is committed to providing safe learning environments for all students, staff, school visitors and community members. When a student behaves inappropriately, principals use progressive discipline to help a student take responsibility for their actions, change their behavior and learn from their mistakes.

When students' behaviors pose a potential threat to safety or serious harm, the Southwest Alberta Regional Violence Risk Threat Assessment Protocol (VTRA) helps principals take further steps to protect the well-being of students and staff. The protocol helps schools respond quickly to threatening incidents such as: possession of a weapon or a replica weapon, bomb threats or plans, verbal, written or electronic (internet, text) threats to kill or injure oneself or others or other threats of violence, fire setting.

The Southwest Alberta Regional VTRA Protocol outlines how a school responds immediately to threatening behavior. Principals may first bring together a School Threat Assessment Team, which ideally includes the principal / associate principal, a school based counsellor / jurisdictional lead and police of jurisdiction. If the situation is serious the principal may also consult the Superintendent of Schools and call in members of the Community Threat Assessment Team. This community team may include representatives of community agencies who work with us to keep our schools safer such as, but not limited to, local police, children's mental health organizations or Child and Family Services. Parents / guardians will be notified as soon as possible in the Stage I - VTRA Process. If parents / guardians cannot be reached, but a concern for safety still exists due to threatening behavior, the threat assessment may still proceed. Personal information shared throughout this process will respect and balance each individual's right to privacy with the need to ensure the safety of all.

This letter complies with procedure 2 of *Administrative Procedure 322: Violence Threat / Risk Assessment (V-TRA) Protocol*, which states that parents / guardians will be provided with "fair notice" that each threat will be taken seriously. Should you wish to further review this Administrative Procedure, please visit our website at www.holyspirit.ab.ca.

If you have any questions regarding the Holy Spirit Catholic School Division's use of the Southwest Alberta Regional V-TRA Protocol, please contact the Director of Support Services at the St. Basil Catholic Education Centre. We appreciate your support in ensuring our schools are safe environments for our students, staff and community partners.

Sincerely,
Ken Sampson, Superintendent of Schools



ALBERTA
EDUCATION

*Office of the Minister
MLA, Red Deer-North*

While some students participate in year-round schooling and have been in the classroom for a few weeks – the first day of school for many students and teachers is quickly approaching. I am pleased to welcome back all the students and teachers who are returning and give a warm welcome to those who will be joining us for the first time. I hope you had the chance to rest, relax and recharge over the summer and are ready for an exciting and productive school year.

I am truly thankful for everyone's collaborative efforts in providing a safe and healthy learning environment particularly over the last two years and look forward to a smooth return to in-person instruction. We remain committed to ensuring the health and safety of staff, and students. As we head into the school year, I encourage all students and staff to continue exercising regular personal hygiene and staying home when not feeling well. As I have said in the past it is important that individual family choices continue to be respected related to masking and vaccination. No student or staff member should be stigmatized for their choices.

While the last couple of years has taught us resilience and perseverance, we understand the impacts Covid-19 has had on our young learners' education and mental well-being. We are committed to ensuring our students feel connected and supported in their academic and mental-health needs. Alberta's Government is pleased to commit \$110 million over three years to improve mental health services, provide specialized assessments from qualified therapists and psychologists, and help students get their learning back on track after the pandemic. This is in addition to the over \$1.4 billion in Learning Supports Funding provided directly to school authorities each year. This funding envelope includes the Specialized Learning Supports (SLS) grant, the Nutrition grant, and Program Unit Funding (PUF), which support student mental health, specialized assessments and allow school authorities to provide supports to students and staff.

I sincerely appreciate all the teachers, support staff, school boards, administrators and parents who work tirelessly throughout the school year to prepare students for success and ensure they have the proper supports. Your efforts are both noticed and appreciated.

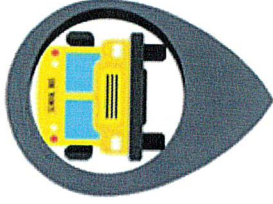
The school year ahead holds tremendous potential and opportunities for students and educators alike. I am proud of what we have accomplished, and what we continue to work towards – improving education and supporting young Albertans. I wish everyone a happy, healthy, and successful 2022-2023 school year!

Sincerely,

Adriana LaGrange
Minister of Education

OUR SOUTHLAND RIDERS CAN USE...

MyBusStop



REAL-TIME SCHOOL BUS TRACKING FOR:

- ROUTE STOPS
- ROUTE SCHEDULES
- TRAFFIC
- BUS LOCATION
- BUS PROGRESS
- POSSIBLE DELAYS

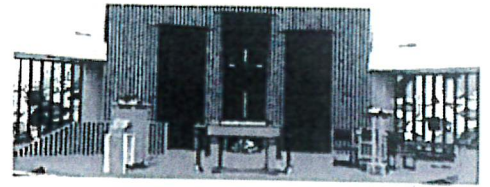
FATHER LEONARD VAN TIGHEM SCHOOL'S CODE:
3RS5TK36LO

For more information, visit: www.holyspirit.ab.ca/transportation/mybusstopapp



St. Martha's Parish

355 Columbia Blvd W • Lethbridge AB • T1K 5Y8
Tel: 403-381-8891 • Fax: 403-381-8884
www.stmarthasparish.ca • office@stmarthasparish.ca



Parents and Guardians,

Registration for sacramental preparation is now starting at St. Martha's Parish! This fall, we will begin preparation for the sacrament of Confirmation. Confirmation is open to students entering Grade 6, and since the past couple years have been so hectic, we are especially inviting those entering Grade 7 to Grade 9 who may not have had the opportunity to participate over the past couple of years.

Classes will be at St. Martha's and the dates will be announced in September. Parents and students are expected to attend each session. In order to participate in Confirmation preparation, your child must be baptized, and should have completed their First Communion. If your child has not been baptized and/or completed First Communion but is interested in catching up on their sacraments, please contact me and we will make the necessary arrangements.

Please find the registration form attached to this document and once completed, please scan it back to sacraments@stmarthasparish.ca. You may also bring the completed form to St. Martha's Parish on weekdays between 9:00 AM and 4:00 PM. Please attach a copy of your child's baptismal certificate. When your child's registration form is received, you will be added to our email list and contacted with further details in September.

We are looking forward to having you and your child with us for this round of sacramental preparation! If you have any questions, please do not hesitate to reach out.

In Christ,

ZACHARY HAMPTON

Zachary Hampton
Sacramental Preparation Coordinator, St. Martha's Parish

Phone: 403-381-8891

Email: sacraments@stmarthasparish.ca

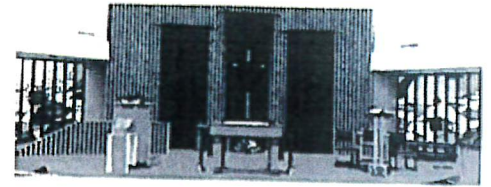


St. Martha's Parish

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Tel: 403-381-8891 • Fax: 403-381-8884

www.stmarthasparish.ca • office@stmarthasparish.ca



Parents and Guardians,

Registration for sacramental preparation is now starting at St. Martha's Parish! This fall, we will be celebrating the sacrament of First Reconciliation. First Reconciliation is open to students entering Grade 2, and since the past couple years have been so hectic, we are especially inviting those entering Grade 3 to Grade 5 who may not have had the opportunity to participate over the past couple of years.

There will be two options for First Reconciliation classes, which will be for parents and students at St. Martha's. Those dates will be announced in September. By signing up for First Reconciliation, your child will be automatically enrolled for First Communion in Spring 2023. **Please note that in order to participate in First Communion next spring, your child must complete First Reconciliation this fall.**

Please find the registration form attached to this document and once completed, please scan it back to sacraments@stmarthasparish.ca. You may also bring the completed form to St. Martha's Parish on weekdays between 9:00 AM and 4:00 PM. Please attach a copy of your child's baptism certificate. If your child has not been baptized but is interested in catching up on their sacraments, please contact me and we will make the necessary arrangements.

There is a \$25 registration fee per sacrament to cover the cost of materials, but that may be paid in the fall. When your child's registration form is received, you will be added to our email list and contacted with further details in September.

We are looking forward to having you and your child with us for this round of sacramental preparation! If you have any questions, please do not hesitate to reach out.

In Christ,

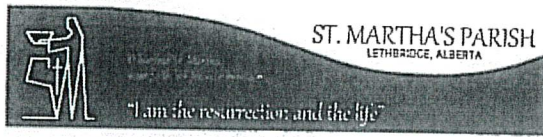
ZACHARY HAMPTON

Zachary Hampton

Sacramental Preparation Coordinator, St. Martha's Parish

Phone: 403-381-8891

Email: sacraments@stmarthasparish.ca



Sacramental Preparation Registration

(Please Print)

CHILD'S FULL NAME: _____ Male Female
Last Name First and Middle Names

Home Address: _____
Street Address Town/City Province Postal Code

Date and Place of Birth: _____
mm/dd/yyyy Town/City Province

Does your child have any food allergies, learning disabilities, or other health concerns? Yes No

If yes, please explain: _____

We **MUST** have a copy of your child's **Baptismal Certificate**.

Name of the Church You Attend: All Saints St. Martha's Other: _____

Date, Church and City of child's baptism: _____

Name of Child's School: _____ Grade: _____

FATHER'S FULL NAME: _____
Last Name First and Middle Names Religion

Home Phone: _____ Cell Phone: _____ Work Phone: _____

E-Mail Address: _____ Date of Birth (mm/dd/yyyy): _____

Home Address: _____
(if different from child's) Street Address Town/City Province Postal Code

MOTHER'S FULL NAME: _____
Present Last Name Maiden Name First and Middle Names Religion

Home Phone: _____ Cell Phone: _____ Work Phone: _____

E-Mail Address: _____ Date of Birth (mm/dd/yyyy): _____

Home Address: _____
(if different from child's) Street Address Town/City Province Postal Code

Contact person: Mother Father Both

Contact person other than parents:

Name: _____ Phone # _____

May we have your permission to share your child's name as a candidate on the parish website, our parish bulletin & bulletin boards, to prayer partners, and to school newsletters? Yes No

May we have your permission to use your email address to communicate Sacramental Preparation Information and additional Parish Information with you (your email will not be shared with any other person or place)? Yes No

Signature of Parent/Guardian

Date

- First Communion
 - First Reconciliation
 - Confirmation
- Please select the sacrament from the list above**

*The fee of \$25.00 covers the expenses of material used in the preparation process.
 NB If you are unable to afford this fee it will be waived.*



Super powers for super school lunches

With September upon us, making school lunches is back on the agenda. With a little planning and creativity, packing school lunches can be a lot less daunting and can even help your family save money. Lunches that include whole grain foods, vegetables and fruits, and protein foods provide the nutrients and energy needed for children to play and engage at school while also supporting healthy growth and development. Here are some ideas and tips to help make preparing lunches easier and more affordable.

Unleash your meal planning

Taking the time to plan meals for the week can

take the guesswork out of what to make for meals, including lunches. Here are some tips for successful meal planning:

- Make meal planning a family activity. For example, use dinner time to brainstorm meal ideas or to build a grocery list together. Involving kids in the meal planning process teaches them life skills such as budgeting, organizing, reading recipes, and writing a grocery list.
- Plan for leftovers. Increasing dinner servings so that there are leftovers for lunch is a great way to simplify school lunch prep the next day.

Healthy Children

September 2022 Family Newsletter

- Save your meal plan to use again. Once you have a few weeks of meal plans ready, you can use them in rotation or look back at them for ideas for future weeks.

Jump ahead with meal preparation

- If you can, make time to bake from scratch. Having healthy snacks on hand, such as wholegrain muffins, bannock or granola makes it easy to put a lunch together. Freezing large batches of baking can provide grab-and-go snacks for a few months at time. For recipe ideas go to [Inspiring Healthy Eating](#).
- Wash and cut fresh vegetables and fruit ahead of time. Having ready-to-eat produce on hand helps bring lunches together quickly.
- Repurpose food. If you have vegetables that need to be used up, bring them together to create soup, chili, or stir-fry that you can freeze and use for lunches in the future.
- Involve kids in lunch prep. For example, get them to chop cucumbers, portion out low-fat yogurt, or spread hummus on pita. Not only does this help them develop food literacy skills, it increases the chances that they will eat what they pack.

Using your meal plan to build your grocery list helps ensure that you don't forget anything you need and are less likely to buy things impulsively.

Become a grocery shopping champion

Once you have a meal plan and a grocery list, grocery shopping becomes a lot more efficient. Being prepared helps reduce the chance of buying food that doesn't get eaten.

Less food waste helps save money while also reducing the impact on the environment. Here are a few tips for grocery shopping:

- Shop the sales. Check out flyers, coupons and apps, then plan for lunches based on items that are priced well.
- Consider shopping for a mix of fresh, frozen and canned produce. Frozen or canned (packed in water or juice) vegetables and fruit are a great alternative, are equally nutritious, and often less expensive than fresh options.
- Try not to grocery shop when you're hungry. This can help you stick to your grocery list and avoid adding unneeded items to your cart.

Pack lunches like a pro

With meal planning and preparation under your belt, putting it all together is a breeze! Here are some tips to consider when packing up school lunches:

- Use reusable containers, like water bottles, containers, and food wraps. Using these items in place of single use alternatives is an environmentally friendly option that also reduces costs in the long term. Make sure you choose containers that your kids can open on their own. It helps them access their food and also builds their independence and confidence.
- Use an insulated lunch bag and containers. Keeping foods at the right temperature (hot or cold) is important to keep food safe to eat. For tips on

Healthy Children

September 2022 Family Newsletter

keeping hot food hot and cold food cold, check out [Keeping school lunches safe](#).

The power of community

If you don't have enough food for school lunches, it's okay to reach out for help. There are often programs and services available to ensure kids have access to breakfast, lunch and snacks at school. Schools may also have options to assist with other school related costs. You can call Alberta 211 or reach out to your school principal or teacher for information on programs and supports at school or in your local area.

For more tips, go to:

- [Create a healthy grocery list](#)
- [Meal planning template](#)
- [Tips for making lunch](#)
- [Tips to spend less money on food](#)



Back-to-school lunch hacks for your teen

With back-to-school season in full swing, making school lunches is back on the agenda. With a little planning and creativity, packing school lunches can be a lot less daunting and can even help your family save money (a welcomed benefit if you have growing teens at home). Lunches that include whole grain foods, vegetables and fruits, and protein foods provide the nutrients and energy needed for teens to grow and develop while also supporting their learning and engagement at school. Here are some ideas and tips to help make preparing lunches easier and more affordable.

Meal plan for success

Taking the time to plan meals for the week can take the guesswork out of what to make for meals, including lunches. Here are some tips for successful meal planning:

- Get your teen involved in meal planning. For example, use dinner time to brainstorm meal ideas or to build a grocery list together. Involving teens in the meal planning process teaches them life skills such as budgeting, organizing, reading and preparing recipes and writing a grocery list.

Healthy Teens

- Plan for leftovers. Increasing dinner servings so that there are leftovers for lunch is a great way to simplify school lunch prep the next day.
- Save your meal plan to use again. Once you have a few weeks of meal plans ready, you can use them in rotation or look back at them for ideas for future weeks.

Make a plan for 'eating out'. Talk to your teen about when they will buy a school lunch from the cafeteria, canteen or off campus and make a plan together. Discuss how often they will buy food from the cafeteria or other food vendors, and talk with them about how to make nutritious food choices from the menu. Talk about considerations for buying food from convenience stores where options may be limited.

Meal prep to stay ahead of the game

- Teach your teen how to bake from scratch. Having prepared snacks on hand, such as wholegrain muffins, bannock or granola makes it easy to put a lunch together. Freezing large batches of baking can provide grab-and-go snacks for a few months at time. Teens can help choose and bake recipes that they will enjoy. For recipe ideas go to [Inspiring Healthy Eating](#).
- Get your teen to help prep fresh vegetables and fruit ahead of time. Having ready-to-eat produce on hand makes it easy for teens grab food when putting their lunch together on their own.
- Repurpose food. If you have vegetables that need to be used up, bring them together to create soup, chili or stir-fry that you can freeze and use for lunches in the future.

September 2022 Family Newsletter

Talk with your teen about how using a meal plan to build your grocery list ensures you don't forget what you need and makes you less likely to buy things impulsively.

Win at grocery shopping

Once you have a meal plan and a grocery list, grocery shopping becomes a lot more efficient. Being prepared helps reduce the chance of buying food that doesn't get eaten. Less food waste helps save money while also reducing the impact on the environment. Here are a few tips for grocery shopping:

- Shop the sales together. Ask your teen to help you use flyers, coupons and apps and plan lunches based on items that are priced well.
- Consider shopping for a mix of fresh, frozen and canned produce. Frozen or canned (packed in water or juice) vegetables and fruit are a great alternative and are equally nutritious and often less expensive than fresh options.
- Tackle grocery shopping as a team. Grocery shopping is a great opportunity to engage your teen in [how to read food labels](#). Understanding % daily value, ingredient lists and nutrition claims can help them make informed food choices when they buy food on or off campus.

Pack lunches like a pro

With meal planning and preparation under your belt, putting it all together is a breeze! Here are some tips to help your teen pack up school lunches:

Healthy Teens

- Use reusable containers, like water bottles, containers, and food wraps. Using these items in place of single use alternatives is an environmentally friendly option that also reduces costs in the long term. Make sure you choose containers that your kids can open on their own. It helps them access their food and also builds their independence and confidence.
- Use an insulated lunch bag and containers. Keeping foods at the right temperature (hot or cold) is important to keep food safe to eat. For tips on keeping hot food hot and cold food, check out [Keeping school lunches safe](#).

Lean into community resources

If you don't have enough food for school lunches, it's okay to reach out for help. There are often programs and services available to ensure teens have access to breakfast, lunch, and snacks at school. Schools may

September 2022 Family Newsletter

also have options to assist with other school related costs. You can call Alberta 211 or reach out to your school principal or teacher for information on programs and supports at school or in your local area.

For more tips, go to:

- [Create a healthy grocery list](#)
- [Meal planning template](#)
- [Tips for making lunch](#)
- [Tips to spend less money on food](#)

Community Education Service



Improving emotional health and well being

Juno House™: Specializing in adolescent girls and young women's mental health presents the Juno House Therapeutic Model of Treatment™

Healthy Brains = Healthy Children Ways We Can Build Healthy Children & Teens

Andrea Halwas, BA, MFA, PhD, REACE, Registered Expressive Arts Therapy Consultant, Associate Therapist & Educational Coordinator at Juno House

Before High School graduation, one third of adolescent girls will experience depression, anxiety disorders, self-harm or an eating disorder.

At **Juno House** www.junohouse.ca we believe in the extraordinary healing power of parents and caregivers. We believe that you can learn all of the skills that you need to become your teen's emotional coach. We believe that talking does not grow neurons; experience grows neurons. We will share steps and strategies from the Juno House Therapeutic Model that will give you effective emotional coaching tools for your children as they develop through adolescence and into young adulthood.

You will learn about:

- Neuroscience and the developing brain,
- Brain integration of the left and right brain,
- How anxiety develops,
- The background of emotions and how to understand them in your child,
- The five emotional coaching steps,
- Strategies to help guide your adolescent through the challenges they will face in their academic, peer, and emotional environments.

FREE LEARNING

September 29, 2022
10:30 AM – 12:00 PM

Registration Required

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and **Juno House**.

CES@ahs.ca <http://community.hmhc.ca/>

Community Education Service



Improving emotional health and well being

The Gift of Gratitude: Creating Gratitude Jars

Michelle Hume BFA, ECE,RTA
Viewpoints Facilitator

FREE LEARNING

Come join us to explore the
gift of gratitude!

Through extending appreciation to others we can build ourselves up at the same time. We'll work on some mental health hacks, and discuss some cheap and cheerful activities you can try out with the whole family!

September 21, 2022
6:30 PM – 8:00 PM

Registration Required



Closer to Home
COMMUNITY SERVICES

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and [Closer to Home Community Home](#).

CES@ahs.ca <http://community.hmhc.ca/>

Community Education Service



Improving emotional health and well being

Words Matter! Supporting Children and Youth through the lens of Mental Health Literacy

Kathy Jarrell MSW RSW
Education Consultant, Alberta Mental Health Literacy Project
Alberta Health Services

While there is a positive trend to more openly talk about the mental health of our children and ourselves, there is a lot of confusion about what the terms we use actually mean! What is the difference between a mental health problem, a mental health issue, a mental disorder, and stress and anxiety, for example?

Join Kathy Jarrell, Education Consultant with the AHS Mental Health Literacy Project, for an engaging talk to clarify the terms we use. Leave the session feeling more confident about the concepts, the science and ways to learn more. Let's not just talk about mental health....let's talk with shared understanding!

September 27, 2022
6:30 PM - 8:00 PM

Click here to
Register
Free online event

This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with the **Mental Health Literacy Project.**

Community Education Service



Improving emotional health and well being

Screen Time & Teen Mental Health

Brae Anne McArthur, Ph.D., R.Psych.,

Director, University of Calgary Psychology Clinic,

Assistant Professor (Teaching), Department of Psychology,

University of Calgary

Teens have experienced significant life disruptions due to the COVID-19 pandemic, including school closures, social distancing, missed milestones, and family stress (e.g., income loss, parent mental illness). While teens have begun to return to normal activities and routines, the potential for the COVID-19 pandemic to have significant consequences on teen mental health and well-being has gained considerable attention.

Join Dr. Brae Anne McArthur, a Registered Psychologist, to discuss the current state of youth mental health and the relationship between screen use activities and mental health outcomes for teens. You will leave this session with a broader understanding of screen use as both an effective (i.e., engaging with others via social connection for support) and ineffective (i.e., long duration of passive screen use) mechanism for teen mental health outcomes.

Sept 19 2022
6:30-8:30pm

**Click here to
register**
FREE
online event

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & **University of Calgary**.



September 7, 2022 @ 6:30
Henderson Ice Center

Free event- ages 5 and up.
Bring skates, helmet, and
gloves. We provide the rest!

Register for this event at:
www.cometryringette.ca/events/

What is Ringette?

Ringette is a fast-paced team sport played on ice. Similar to Hockey, the objective is to work as a team to get the ring in the opponent's net.

- Learn to skate
- Start as young as 5 years old
- Goalie camps available
- Building strong, fit & confident athletes
- Non-contact sport with full protective equipment
- Travel! Play locally, provincially, nationally & even internationally

**Register now for
the 2022/2023
season**

For more information or to register, visit our website at
www.Lethbridgeringette.ca

Follow us online





ACPSA

POWERCHAIR SOCCER TRY-IT DAY



SEPT 10TH 10AM-2PM

UNIVERSITY OF LETHBRIDGE NORTH GYM

Interested? Contact chase.petruska@uleth.ca or 403-371-8964



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 10, 2022 - spots fill quickly so don't delay!

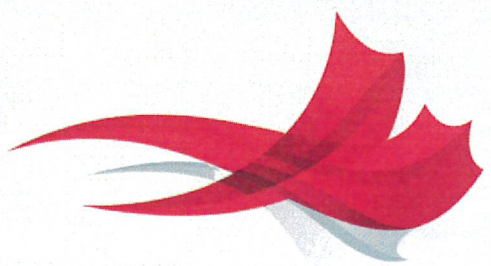
www.lethbridgerechokey.com



CANSKATE FALL REGISTRATION IS NOW OPEN!



To register visit:
SouthernAlbertaSkating.ca



SOUTHERN ALBERTA
SKATING ACADEMY

southernalbertaskating@gmail.com



Classes start Oct.2nd
Sun 10:15-11am Civic
Wed 5:30-6:15pm Henderson
Thur 5:30-6:15pm NicSheran

Teen/Young Adult
Sunday 5:30-6:30pm ENMAX



Name:

PreSale Sheet



Support our group and save!

This discount card brings you maximum savings at many local merchants all year long.

Turn the page over to see all of the fantastic offers and merchants!



Dialog: Hi Mr./Mrs. . My name is . I'm with the (group/team) and we're doing our Gold Card Pre-Sale today. (Point to card at top of page.) Have you seen the Gold Card? It has lots of discounts that are good for a whole year. The money goes to (group/team) . It would really help our (group/team) if you could buy one or two. How many would you like? That's great! The cards will be available on (date). Collect Money Now!

family • friends • neighbors • church • other students • parents' friends • co-workers

	NAME	ADDRESS	TELEPHONE	QUANTITY	TOTAL
1				[___ X\$25]	
2				[___ X\$25]	
3				[___ X\$25]	
4				[___ X\$25]	
5				[___ X\$25]	
6				[___ X\$25]	
7				[___ X\$25]	
8				[___ X\$25]	
9				[___ X\$25]	
10				[___ X\$25]	
11				[___ X\$25]	
12				[___ X\$25]	
13				[___ X\$25]	
14				[___ X\$25]	
15				[___ X\$25]	

SUBWAY Lethbridge Locations
 Free sub with purchase of a sub of equal or lesser value and 2 medium fountain drinks (Excluding Bottled Beverages) **5 USES ONLY** (Must Present at Time of Purchase Can Not be Combined with Any other sales or promotions)

Expires September 30, 2023

SUBWAY Lethbridge Locations
 Free sub with purchase of a sub of equal or lesser value and 2 medium fountain drinks (Excluding Bottled Beverages) **5 USES ONLY** (Must Present at Time of Purchase Can Not be Combined with Any other sales or promotions)

Expires September 30, 2023



\$10 OFF a \$60 PURCHASE

1 time use only. Coupon must be handed to the cashier at the time of purchase. This coupon cannot be combined with any other offer. Not valid online. Limit one coupon per customer, per transaction. Taxes extra.
 Expires September 30, 2023



199999991822

CANADIAN TIRE
 Lethbridge Locations

\$10 Gift Card with any purchase of \$100 or more
 Not Valid with any other sales or promotions
 Gift Card must be used on your next visit ONE TIME USE ONLY - MUST BE TURNED INTO CASHIER
 Expires June 30, 2023

MCDONALD'S
 Lethbridge Locations

FREE Sandwich with purchase of Same Sandwich Extra Value Meal
 Same Sandwich Extra Value Meal (one use per visit) Can Not be Combined with other sales or promotions
 Expires September 30, 2023

FRESH!! Lethbridge Locations

FREE Salad, Wrap, Bowl or Burrito with Purchase of the Same and 2 Beverages
 Free Item must be equal or lesser value
 ONE TIME USE ONLY - MUST BE TURNED INTO CASHIER Not Valid with any other sales or promotions.
 Valid Thru September 30, 2023

Lethbridge Locations - Unlimited Use for 1 Year

 FREE Sandwich with purchase of Same Sandwich Extra Value Meal (One use per visit, not valid with other offers)	 \$5 OFF any Regular Priced Food Purchase over \$25 (Limit one use per visit) (Dine in Only)	 10% OFF Best available rate (restrict. Apply) 877-670-7088 CODE: 1000007297	 10% OFF Best available rate (restrict. Apply) 877-670-7088 CODE: 1000007297	 FREE Flatbread Sandwich with purchase of a Twister Sandwich (All Lethbridge Locations)
 FREE Sandwich w/purch of another Sandwich, Reg Fries, & Reg Drink @ Regular Price (Mayor McGeeh Dr loc)	 40% OFF Any Regular Priced Pizza & Bread	 50% OFF Adult Lunch Buffet w/purch of Adult Lunch Buffet & 2 Soft Drinks	 \$3 OFF Large Pizza, \$2 OFF Medium Pizza (pick up only)	 FREE Whopper with purchase of a Whopper Combo
 FREE Order of Breads/sticks or Cheesy Bread w/purch of 2 Large Pizzas	 \$5 OFF the purchase of any 2 Large 14" Pizzas (Delivery & Takeout)	 \$1.00 off minimum \$5.00 purchase ① ② ③ ④ ⑤ (5 Uses only)	 For All Fundraising Needs Contact Momentum Fundraising @ www.momentumfundraising.ca or 1-866-561-5554	
 5% OFF your next car rental. 800-261-7331 enterprise.com (CODE: L360094)	 15% OFF Regular Priced Purchases			

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