



## FATHER LEONARD VAN TIGHEM SCHOOL

25 Stoney Cres. W, Lethbridge, AB T1K 6V5

<https://flvt.holyspirit.ab.ca/>

Principal: Shannon Collier

Associate Principals: Justin Molas & Cason Machacek

Phone: 403-381-0953 Email: [flvtooffice@holyspirit.ab.ca](mailto:flvtooffice@holyspirit.ab.ca)

## Principal Greeting:

SEPTEMBER 2026

The entire staff of Father Leonard Van Tighem School extends a very warm welcome to all of our families, both new and returning. We are grateful that you have chosen to be part of our school community and are excited to begin an important new chapter in the history of FLVT.

This school year marks an exciting transition as **Father Leonard Van Tighem becomes a Grade 6–9 school**, providing students with a junior high experience designed specifically to support the unique academic, social, emotional, and spiritual needs of adolescents. As students enter these important years of growth and development, our goal is to provide a learning environment where they feel a strong sense of belonging, are encouraged to discover their interests and talents, and are challenged to become confident, responsible, and faith-filled young people.

Our mission, **"Many Hands Building a Better World,"** continues to guide who we are and what we do. Alongside our **Van Tighem Virtues**, we strive to build a Christ-centred learning community where our Catholic faith is lived, celebrated, and woven throughout the daily life of our school. We want our students to recognize that they have an important role to play in making our school, our community, and our world a better place.

Our transition to junior high also brings expanded opportunities for students **to explore their passions, develop new skills, and begin connecting their learning to the world beyond school**. Through our Career and Technology Foundations (CTF) programming, students will have opportunities to experience a variety of hands-on and career-connected areas such as **Photography, Videography, Shop, Foods, Fine Arts, Sports Medicine, Athletic Training, E-sports, Agriculture, Physical Pursuits, Winter Pursuits, Coding and Robotics, Broadcast Journalism, Business Management, Clothing Design, Cosmetology, and other areas of exploration**. These experiences allow students to discover their strengths, develop practical skills, work collaboratively, and begin considering the many possibilities that await them in high school, post-secondary education, and the world of work.

As a Grade 6–9 school, we are also committed to providing opportunities for **student leadership, athletics, clubs, fine arts, service, faith development, and school-wide activities**. We believe junior high should be a time when students discover who they are, develop meaningful relationships, take on new responsibilities, and learn to use their gifts in service to others.

We recognize that transitioning to a junior high model is an exciting change for our students, families, and staff. We are committed to making this transition a positive one by maintaining strong relationships, clear communication, and a focus on what matters most—**the well-being, growth, faith, and success of every student**.

We look forward to working in partnership with our students, families, staff, St. Martha Parish, and our broader community to provide an exceptional Catholic junior high experience. Together, through many hands and many hearts, we will continue **Building a Better World**.

Welcome to the 2026–2027 school year at Father Leonard Van Tighem School. We are excited for all that this new chapter will bring!

# PRINCIPAL MESSAGE

## A Little about Me:

I was born and raised in Lethbridge and am proud to be a graduate of the Holy Spirit Catholic School Division, having completed my high school education at Catholic Central High School in 1989. Following graduation, I attended Lethbridge Polytechnic (formerly Lethbridge College) and the University of Lethbridge, where I earned a Diploma in Recreation and Leisure Lifestyle, a Bachelor of Arts, and a Bachelor of Education. In 2015, I completed a Master of Education in Educational Leadership.



This year marks my **30th year in education**, and I can honestly say that I am just as excited and grateful to serve students, families, and colleagues today as I was when I began my teaching career in 1996. Throughout my career, I have had the privilege of working in both rural and urban schools and of teaching and supporting students from Kindergarten through Grade 12. These experiences have shaped my belief that every student deserves to be **known, valued, challenged, and supported** within a caring and faith-filled learning environment.

My faith has always been an important part of who I am. I received my sacraments, from Baptism through Marriage, at St. Basil's Parish here in Lethbridge, and today my family worships at St. Martha's Parish. I am blessed with two adult children, Brady and Kyra, both of whom attended Father Leonard Van Tighem School from Kindergarten through Grade 9. They continue to speak fondly of the relationships they formed, the opportunities they experienced, and the many wonderful memories they made as FLVT students. Having my own children attend this school has given me an especially meaningful connection to the FLVT community.

It is both an **honour and a blessing** to serve as Principal of Father Leonard Van Tighem School. I am grateful for the opportunity to work alongside our dedicated staff, supportive families, parish, and community partners as we continue to build a welcoming and Christ-centred Catholic learning environment. Together, we strive to create a school where every student feels a sense of belonging and is encouraged to grow academically, spiritually, socially, and emotionally.

As I reflect on 30 years in education, I am reminded that the greatest privilege of this profession is the opportunity to make a difference in the lives of young people. The relationships we build, the faith we nurture, the opportunities we provide, and the belief we place in every student can have an impact that extends well beyond their years at school.

I look forward to another year of learning, growing, celebrating, and building community together. May God continue to bless Father Leonard Van Tighem School, our students and families, and all those who contribute to making our school such a special place. May He guide us in our work and give us the wisdom, compassion, and courage to provide meaningful, nurturing, and inspiring learning opportunities for every student entrusted to our care.

Blessings,

Mrs. Shannon Collier     Mii ss ta Ki an nis Ki a Kii

# FAITH CORNER

## Father Leonard Van Tighem: Faith Corner

### Open Doors, Open Hearts: September Faith Corner

#### Scripture Focus

*"They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers." — Acts 2:42*

**Inquiry Reading** As we step into a new school year, our divisional Faith Plan theme invites us to **Love God** by encountering Him through the Mass and the Sacred Heart of Jesus. In a fast-paced world filled with daily distractions, notifications, and busy schedules, Pope Francis reminds us in *Dilexit Nos* (#84) that the Eucharist offers us a gentle pause to reconnect. When we gather at the table—both at Sunday Mass and around our own family dinner tables—we make room to nourish our lives with the presence and love of Christ.

#### Ponder & Reflect:

- In our family's busy weekly routine, how can we create intentional moments to step back, pause, and center ourselves to reconnect with God and with others around us?*

#### Family Prayer & Action

- Inquiry Question for the Dinner Table:**

*"Where did you see, hear, or feel God's kindness in your week?"*

- Family Prayer:**

*Lord Jesus, open the doors of our hearts as we begin this new school year. Help us to seek You in the quiet, find You in the Mass, and share Your love and kindness with everyone we encounter in our journey and deeper commitment to loving you. Amen.*





## About the Lethbridge's Parish's

Catholic worship in Lethbridge is anchored by two Roman Catholic parishes: All Saints Parish, which serves the local community across its worship sites at Our Lady of the Assumption on the south side, St. Basil's on the north side, and the reopened St. Patrick's Church, and St. Martha's Parish, which serves the west side community. Together, these vibrant faith communities foster active sacramental life, youth ministry, and local outreach across the city.

### Mass Times @ All Saints

#### **All Saints Parish:**

- **Assumption- 2405-12 Ave. S.**
- **St. Basil's- 604-13 Street N.**
- **St. Patrick's- 917- 4<sup>th</sup> Ave. S.**

#### **Mass Times:**

##### Saturday

- 5:00 p.m. – Assumption
- 7:00 p.m. – St. Basil's

##### Sunday

- 7:30 a.m. – St. Basil's (Incense may be used)
- 9:00 a.m. – Assumption
- 11:00 a.m. – St. Basil's
- 6:00 p.m. – Assumption

##### Monday

- 7:00 p.m. – St. Basil's

##### Tuesday

- 7:00 p.m. – Assumption

##### Wednesday

- 12:05 p.m. – St. Basil's

##### Thursday

- 12:05 p.m. – Assumption

##### Friday

- 9:00 a.m. – Assumption

**Open for Prayer:** Assumption Church will be open for prayer Monday to Friday from 9:00am – 4:00pm except for holidays.

#### **Eucharistic Adoration**

- Tuesday at Assumption Church from 8 – 10:00 pm
- Every first Friday at Assumption. Adoration will begin following the 9:00am Mass and end with Benediction at 7:45pm

### Mass Times @ St. Martha's

#### **St. Martha's Parish**

- **St. Martha's Church- 355 Columbia Blvd W.**

#### **Mass Times:**

- Mon, Wed-Fri: 9:00am
- Tue: 7:00pm
- Sat: 5:00pm
- Sun: 9:00am & 11:00am

#### **Open for Prayer**

- Rosary: 40min before Mass
- Divine Mercy Chaplet: Fridays at 3:00pm
- Liturgy of the Hours: Wednesdays, Thursdays, Fridays at 8:05am

#### **Eucharistic Adoration**

- Wednesdays: 9:30am-3:00pm
- Fridays: 9:30am-8:00pm (schedule permitting)

#### **Reconciliation**

- Saturday: 4:00pm or by appointment

#### **Reconciliation**

- Monday: 6:00-6:30 p.m. at St. Basil's
  - Tuesday: 8:00-10:00 p.m. at Assumption
  - Saturday:
    - 3:30-4:30 pm at Assumption
    - 6:00-6:30 p.m. at St. Basil's
  - Sunday: 4:30-5:30 pm at Assumption
- Or by appointment, please phone the parish office.





What's happening in our Parishes this month:

## September

**Event: Parish BBQ with Bishop McGratten**

**Date:** September 20th

**Time:** 3:30 PM – 5:00 PM

**Details:** Enjoy great food, fellowship, and hear about the exciting vision for our parish and Diocese through our Forward in Faith campaign.

**Event: Fraud Prevention Presentation**

**Date:** Monday, September 28, 2026

**Time:** 6:30 PM (Doors open) | 7:00 PM – 8:30 PM (Presentation)

**Details:** Lethbridge Police Economic Crimes Unit features refreshments and an open Q&A covering AI & deepfakes, grandparent & emergency scams, and digital phishing & government impersonation.

### Podcasts & More

- **FORMED:**
  - The premier Catholic "Netflix," offering thousands of video studies, feature films, and audiobooks to enrich family faith life (subscription access available through Cason).
- **Sunday Homilies with Fr. Mike Schmitz:**
  - Fast-paced, inspiring weekly homilies that bridge Scripture with practical, real-world application for daily life.
- **All Things Catholic with Dr. Edward Sri:**
  - Clear and insightful reflections exploring Catholic theology, Scripture, and practical virtues to deepen your everyday walk with Christ.
- **Taste & See by Paradisus Dei:**
  - Weekly guided meditations and reflections on the upcoming Sunday Mass readings, helping prepare your heart for the Eucharist.
- **Abiding Together:**
  - Warm, living-room-style conversations hosted by Sister Miriam, Michelle Benzinger, and Heather Khym, offering a place of rest, encouragement, and connection in Christ.
- **The Catechism in a Year & The Bible in a Year:**

Transformative daily journeys guided by Fr. Mike Schmitz that unpack Sacred Scripture and Church teaching step-by-step over 365 days.

### Opportunities for Service

St. Martha's Outreach deeply appreciates the parish's generous support, from volunteers preparing meals, muffins, and sandwiches to those serving food and water. You can continue supporting this ministry by donating water, peanut butter, jam, care package items, or \$25 grocery cards in the gathering area, or by contacting Ken Hakstol at 403-382-9856 to get involved.

### Formation Groups

**TMIY (That Man is You!)**

All men and high school-aged boys are invited to "Revelation of the Father," a That Man Is You! (TMIY) program running Fridays from September 18 to December 11 at the CCHS East Campus library. Each session runs from 6:00 a.m. to 7:30 a.m., beginning with a free breakfast followed by prayer, a Catholic speaker video, and group discussion aimed at fostering fellowship and growth in faith. No registration is required—simply join on the first morning, or contact Savio Baptista at 403-894-2408 or [savbaptista@gmail.com](mailto:savbaptista@gmail.com) with any questions.

### Special Masses

**St. Patrick's Consecration Mass:**

To mark the historic milestone of its official consecration on September 24, 1952, all are welcome to attend a special anniversary Mass of prayer and thanksgiving at **St. Patrick's Church on Thursday, September 24, 2026, at 7:00 p.m.**



ST. JOHN PAUL II  
please pray for us from heaven.

Help the Church to share the love of Jesus with the world.  
Bless young people and help us follow God  
with courage and joy.  
Teach us to dream big and trust in God's plan for our lives.

Please bless our families and help them grow  
in love and peace.  
Protect all children and help every home be filled  
with kindness and faith.

Pray for our world, especially where there is sadness, fighting, or injustice.  
Help us to be peacemakers who share love wherever we go.

St. John Paul II,  
pray for us and lead us closer to Jesus and Mary.



# PLEASE WELCOME

## Nicole Goudreault – Grade 6 Teacher



My name is Nicole Goudreault and I am happy to introduce myself as a Grade 6 teacher starting at Father Leonard Van Tighem for the 2026/2027 school year. I'm from a small northern Alberta town called Peace River. I grew up in a family of 6 doing competitive swimming, Ukrainian dance, and lots of camping. After graduating in 2020 and taking a gap year, I moved to Lethbridge in order to pursue a career in teaching; a dream inspired by both my mom and my former teachers. Since then, I've had opportunities to teach here in Lethbridge, even completing one of my practicums here at FLVT. When I'm not in the classroom, you can find me swimming laps at the pool, spending time with my nieces, and hitting the local disc golf course. I'm excited to join the FLVT family and look forward to building relationships with the school community!

## Colby Lindseth – Grade 6 Teacher



Hi everyone, I am a recent UofL graduate and have made a home in Lethbridge over the last six years. I enjoy lots of outdoor recreational activities such as golf, tennis, and taking my dog for a walk. I came to the community to play volleyball at Lethbridge College, and since then have helped coach a variety of volleyball teams with a passion towards inspiring volleyball players in southern Alberta. I look forward to a great upcoming school year!

## Kade Langevin – Grade 8 & Junior High Teacher



Hi, my name is Kade Langevin and I have been a teacher for just over a year now. I have mostly been in high schools and middle schools around Lethbridge. I grew up right here in town and attended the U of L. Growing up I was involved with too many sports to list, with my favorite being rugby. Additionally in my free time I enjoy watching movies and playing guitar. For the last 6 years I have been a head coach of the Rugby program at Chinook high school, this has been a super rewarding experience and has taught me many valuable lessons with regards to both coaching and teaching. I am excited to start the year here at F.L.V.T. and get to know all of the students.

# PLEASE WELCOME

## Hannah Dingwall – Junior High PSIII Teacher



Hi everyone! My name is Miss Hannah Dingwall, and I'm one of the super-cool PSIII students joining FLVT this fall. I'll be working alongside Mr. Cason Machaeck until the end of December, teaching Grade 7, 8, and 9 Physical Education, as well as helping coach Grade 7 volleyball.

I completed my first degree in Kinesiology at the University of Lethbridge and am now in the final stretch of my education degree, majoring in Physical Education. As you can probably tell, I have a passion for physical activity, sports, and creating positive experiences for students through PE. I'm incredibly thankful for the opportunity to be part of the FLVT school community, get to know the students and staff, and share my love of being active. I'm looking forward to a fun and exciting fall!

## Jonathan Thornton – Junior High PSIII Teacher



Hi, I am Mr. Thornton to the students, and I am pleased to be a PSIII intern at Father Leonard Van Tighem School this Fall. I have been tasked with the privilege of teaching Grade 7 Math, which I am highly anticipating. Mathematics is of great interest and enjoyment to me, and I hope to share that joy and purpose with the students this year by weaving in knowledge of quotidian use and career options. When I am at home, I spend time with my wife of three years, and my daughter of two months. I also enjoy a gallimaufry of hobbies: studying Scripture, weight-lifting and running, movies and tv shows, many sports, chess, all kinds of learning, reading, LEGO, music (movie scores are a favourite of mine) and collecting rare words.

## Amber Brown – Junior High PSIII Teacher



Hello! My name is Amber Brown, and I am very excited to join the Father Leonard Van Tighem School community as a PS III Intern Teacher from the University of Lethbridge. I am currently completing the final semester of my Bachelor of Education program and have fulfilled the requirements for my Bachelor of Arts in English. I will be teaching Grade 8 English Language Arts alongside Mrs. Collier from September through December.

I grew up in Hinton, Alberta, and moved to Lethbridge in 2022 to attend the University of Lethbridge. I completed the majority of my K-12 education in French immersion. My love for literature, writing, and text analysis led, in part, to my decision to pursue teaching English.

Outside of school, I enjoy spending time with my son, reading, watching movies, and playing board games. I have also worked with It's A Blast for nearly three years, supporting children through the school year and summer program at all participating elementary schools.

As a teacher, I value student voice and choice and aim to create engaging, meaningful learning experiences that give students opportunities to be creative and connect learning to their own lives. I am very excited to begin my internship at Father Leonard Van Tighem School, get to know the students and families, and become part of the school community!



## Holy Spirit Catholic School Division

*...where students are cherished and achieve their potential*

# SafeArrival (How to Report an Absence)

## What is Safe Arrival?

<https://www.holyspirit.ab.ca/safe-arrival>

SafeArrival is an absence management system that improves student safety and makes it easy for you to let the school know about your child's absence. You are asked to report your child's absence in advance whenever possible using one of these convenient methods!

**SM Home Mobile App:** To download and use the free SchoolMessenger Home mobile app:

- Provide your email address to the school during registration.
- Get the app from the Apple App Store or Google Play Store (or from the SchoolMessenger Canada website).
- Tap Sign Up to create your account.
- Select Attendance from the menu, and then select Report an Absence.

**Website:** To use the web or mobile version:

- Provide your email address to the school during registration.
- Go to the SchoolMessenger website. Users in Canada can access the SchoolMessenger Canada Website.
- Click Sign Up to create your account. Select Attendance from the menu, then select Report an Absence.

**Toll-Free phone (833) 225-4644:** Absences can be reported in advance: 24 hours a day, 7 days a week! For any school day in the school term, any time up till the cut-off time on the day of the absence.



# NEED TO FIND INFORMATION FOR FATHER LEONARD VAN TIGHEM FOR THE 2026-2027 SCHOOL YEAR

FLVT website: <https://flvt.holyspirit.ab.ca/>

(Please note: information for students attending St. Kateri Elementary School, Early Learning to Grade 5, can be found on their website <https://sks.holyspirit.ab.ca/>)

Safe Arrival – Reporting Absences, Lates, Early Departures, etc:  
<https://home.schoolmessenger.ca/>

FLVT Bell Times: [https://flvt.holyspirit.ab.ca/bell\\_times](https://flvt.holyspirit.ab.ca/bell_times)

FLVT Calendars

School based events: <https://flvt.holyspirit.ab.ca/calendar>

Co-curricular Athletics: **Athletic Calendar**

Co-curricular Performing Arts: [https://flvt.holyspirit.ab.ca/performing\\_arts](https://flvt.holyspirit.ab.ca/performing_arts)

Bussing Information: <https://flvt.holyspirit.ab.ca/transportation>

Fee Payments: <https://holyspirit.schoolcashonline.com/>

FLVT School Supplies: [https://flvt.holyspirit.ab.ca/supply\\_lists](https://flvt.holyspirit.ab.ca/supply_lists)

FLVT School Council Meeting Dates & Minutes:  
[https://flvt.holyspirit.ab.ca/school\\_council](https://flvt.holyspirit.ab.ca/school_council)

Divisional Website: <https://www.holyspirit.ab.ca/>

FLVT Facebook: <https://www.facebook.com/flvthawks/>

FLVT Instagram: <https://www.instagram.com/flvthawks/>

FLVT Student Handbook: [https://flvt.holyspirit.ab.ca/student\\_handbook](https://flvt.holyspirit.ab.ca/student_handbook)



# 2026 HALLOWEEN FUNDRAISER



## Product Information



- 24/16g Original Potato Chips
- \$10.00



- 24/10g Popcorn Twist
- \$10.00



- 24/16g Cheese Sticks
- \$10.00



- Variety Pack 30/32g
- \$18.00



Opening Mass  
Tuesday, September 15th  
@ 10:00 am

Come join us.



## FLVT ANNUAL JR HIGH AWARDS 2025-2026

Sponsorship towards our Celebration of Excellence  
are now being accepted.

Please email [flvtoffice@nolyspirit.ab.ca](mailto:flvtoffice@nolyspirit.ab.ca)  
for more information



**WELCOME**

# FLVT SCHOOL COUNCIL MEETING DATES

**Tuesday, September 15th**

Tuesday, October 20th

Tuesday, November 17th

Tuesday, December 8th

Tuesday, January 12th

Tuesday, February 9th

Tuesday, March 9th

Tuesday, April 13th

Tuesday, May 11th

Tuesday, June 15th

**Next**

**Meeting**

**VOLUNTEERS  
NEEDED**

**FLVT SCHOOL  
LIBRARY 7PM**



# ≡ CANTEEN MENU ≡

## MEALS

|                       |        |
|-----------------------|--------|
| HOT DOG .....         | \$2.50 |
| HAMBURGER .....       | \$4.50 |
| CHEESE BURGER .....   | \$5.00 |
| NACHOS & CHEESE ..... | \$5.00 |
| PIZZA SUB .....       | \$5.00 |
| <hr/>                 |        |
| CUP OF SOUP .....     | \$2.50 |

## SALADS & WRAPS

|                                                |        |
|------------------------------------------------|--------|
| CHICKEN CAESAR SALAD .....                     | \$7.00 |
| GRILLED CHICKEN<br>VERMICELLI SALAD .....      | \$7.50 |
| TACO SALAD .....                               | \$7.50 |
| DILL PICKLE PASTA SALAD .....                  | \$4.00 |
| CHICKEN WRAP<br>(RANCH, CAESAR, BUFFALO) ..... | \$5.00 |

## SNACKS & TREATS

|                          |        |
|--------------------------|--------|
| MUFFINS .....            | \$2.50 |
| CINNAMON BUNS .....      | \$2.50 |
| APPLE TURNOVERS .....    | \$2.50 |
| CANDY BAGS .....         | \$2.00 |
| STRAWBERRY PARFAIT ..... | \$3.50 |
| ICE CREAM .....          | \$2.50 |
| POPSICLES .....          | \$1.00 |

## DRINKS

|                       |        |
|-----------------------|--------|
| CHOCOLATE MILK .....  | \$2.50 |
| GATORADE .....        | \$3.00 |
| WATER .....           | \$1.00 |
| ICE TEA .....         | \$2.00 |
| FLAVOURED WATER ..... | \$1.50 |

☆ Check newsletter for daily specials! ☆



### LUNCH CREDITS/TAB AVAILABLE!

Wondering how to pay for lunches and/or snacks in the canteen?

**Lunch credits/tab will be available again this year!**

The students use the credit to purchase their food & drinks.



### PAYMENT OPTIONS INCLUDE:

School Cash Online, cash, cheques payable to Kayla Knowles or pay by e-transfer to **kkchapman15@gmail.com** and "Debit tap" is also available.

♥ Thank you for supporting our school canteen! ♥

# SchoolCash Online

**School Fees** – please login to SchoolCash Online

The Holy Spirit School Division uses School Cash Online which provides you with the convenience of paying online for school items such as school fees, trips, co-curricular fees, etc. Go to <https://holyspirit.schoolcashonline.com/> to register online. Once you have registered your child, you will be able to see all fees owing for your student. All fees are posted on the website, under the “Our School” tab on our main page and attached to this newsletter. Having troubles finding your child’s student number for SchoolCash Online – send an email with your child’s full name (and grade level) to **flvtooffice@holyspirit.ab.ca**

---

**FLVT SCHOOL PICTURE DAY IS  
WEDNESDAY, SEPTEMBER 23**





# HOLY SPIRIT FLVT 2026-2027 SCHOOL YEAR CALENDAR

Aug 25 First day for staff  
Aug 28 Opening Mass

O – 5  
I – 0

| AUGUST '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 |    |    |    |    |    |

| SEPTEMBER '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 |    |    |    |

Sept 1 First day for students  
Sept 7 Labour Day  
Sept 23 Div. Board Meeting  
Sept 30 National Day for Truth and Reconciliation

O – 20 (25)  
I – 20

Oct 12 Thanksgiving Day  
Oct 13 PD Day  
Oct 14 PD Day  
Oct 28 Div. Board Meeting

O – 21 (46)  
I – 19 (39)

| OCTOBER '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 |

| NOVEMBER '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 |    |    |    |    |    |

Nov 11 Remembrance Day  
Nov 12 Div. PD Day  
Nov 13 PD Day  
Nov 25 Div. Board Meeting

O – 20 (66)  
I – 18 (57)

Dec 16 Div. Board Meeting & last day for FLVT students before Christmas break

**Dec 17 & 18 No school for FLVT students**

Dec 21-31 Christmas break  
Dec 25 Christmas Day  
Dec 26 Boxing Day

O – 14 (80)  
I – 14 (71)

| DECEMBER '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 |    |    |

| JANUARY '27 |    |    |    |    |    |    |
|-------------|----|----|----|----|----|----|
| 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 4 First day after break  
Jan 25 PD Day  
Jan 27 Div. Board Meeting

O – 20 (100)  
I – 19 (90)

Feb 15 Family Day  
Feb 16 & 17 Non-operational days – NO Staff or Students  
Feb 18 & 19 SWATCA Teachers  
Feb 18 & 19 CUPE – with the exclusion of EAs  
Feb 24 Div. Board Meeting

O – 17 (117)  
I – 15 (105)

| FEBRUARY '27 |    |    |    |    |    |    |
|--------------|----|----|----|----|----|----|
| 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           |    |    |    |    |    |    |

| MARCH '27 |    |    |    |    |    |    |
|-----------|----|----|----|----|----|----|
| 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 24 Div. Board Meeting  
Mar 25 Last day before Easter break  
Mar 26 Good Friday  
Mar 29 Easter Monday  
Mar 26-31 Easter break

O – 19 (136)  
I – 19 (124)

Apr 1-2 Easter break  
Apr 5 First day after break  
Apr 26 PD Day  
Apr 28 Div. Board Meeting

O – 20 (156)  
I – 19 (143)

| APRIL '27 |    |    |    |    |    |    |
|-----------|----|----|----|----|----|----|
| 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 |    |

| MAY '27 |    |    |    |    |    |    |
|---------|----|----|----|----|----|----|
| 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 24 Victoria Day  
May 25 Spiritual Dev. Day  
May 26 Div. Board Meeting

O – 20 (176)  
I – 19 (162)

Jun 23 Div. Board Meeting  
Jun 24 Last day for students  
Jun 25 Last day for teachers

O – 19 (195)  
I – 18 (180)

| JUNE '27 |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| 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 |    |    |    |

| JULY '27 |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| 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 |

No students  
Stat Holidays  
School PD/Div. PD/Spiritual Dev./Collab. Days  
Div. Board Meetings  
First and last days for students  
First and last days for teachers

# FLVT Grade 6

## Bell Times 2026-2027

| Monday-Thursday            |                      | Friday       |             |
|----------------------------|----------------------|--------------|-------------|
| Warning Bell               | 8:45-8:50            | Warning Bell | 8:45-8:50   |
| Morning Prayer             | 8:50 – 9:00          | 1            | 8:50-9:39   |
| Period 1                   | 9:00-9:45            | 2            | 9:41-10:30  |
| Period 2                   | 9:45-10:27           | 3            | 10:32-11:23 |
| <b>Recess</b> (15 minutes) | 10:27 – 10:42        |              |             |
| Period 3                   | 10:42-11:19          |              |             |
| Period 4                   | 11:19 – 12:06        |              |             |
| <b>Lunch</b> (45 minutes)  | <b>12:06 – 12:51</b> |              |             |
| Period 5                   | 12:51 – 1:33         |              |             |
| Period 6                   | 1:33-2:15            |              |             |
| <b>Recess</b> (15 minutes) | <b>2:15 – 2:30</b>   |              |             |
| Period 7                   | 2:30 – 3:05          |              |             |
| Period 8                   | 3:05 – 3:50          |              |             |

# Junior High 7-9

## Bell Times 2026-2027

| Monday-Thursday    |               | Friday       |             |
|--------------------|---------------|--------------|-------------|
| Warning Bell       | 8:45-8:50     | Warning Bell | 8:45-8:50   |
| Morning Prayer     | 8:50 – 9:00   | 1            | 8:50-9:39   |
| Period 1           | 9:00-9:45     | 2            | 9:41-10:30  |
| Period 2           | 9:47-10:32    | 3            | 10:32-11:23 |
| Period 3           | 10:34-11:19   |              |             |
| Period 4           | 11:21 – 12:06 |              |             |
| Lunch (45 minutes) | 12:06 – 12:51 |              |             |
| Period 5 Options   | 12:51 – 2:12  |              |             |
| Period 6           | 2:14-2:59     |              |             |
| Break (6 minutes)  | 2:59 – 3:05   |              |             |
| Period 7           | 3:05 – 3:50   |              |             |



FLVT FINE ARTS



BE PART OF THE

# DRAMA CLUB

Explore performance, storytelling, and stage

ACTING

creativity in a dynamic group setting.

IMPROVISATION

GAMES

WEDNESDAYS 4:00-5:00 PM

STARTING IN OCTOBER

Open to performers and creatives Grade 6-7

Sign up with Ms. Beaulac : Room 41

# E-SPORTS CLUB



CO-OP GAMES - TOURNEYS - PC & SWITCH FOR GAMERS IN GRADE 6-9

**LAST FRIDAY OF  
EVERY MONTH**

**11:30AM  
- 1:00PM**

**STARTING IN OCTOBER**

**LIMITED SPOTS  
SIGN UP REQUIRED**

**SIGN UP OPENS A WEEK BEFORE**

**SEE MS. BEAULAC FOR MORE DETAILS**

BEAULACA@HOLYSPIRIT.AB.CA

# STAY SAFE AROUND THE SCHOOL BUS

WAIT FOR THE BUS TO LEAVE – THEN CROSS SAFELY.

**DON'T CROSS  
IN FRONT OF  
THE BUS.**



The driver may not  
see you.  
**It's not safe.**



**OTHER DRIVERS  
CAN'T SEE YOU  
IF THE BUS  
IS STILL THERE!**



 **DO WAIT**

**FOR THE BUS  
TO LEAVE.**

When the bus leaves  
and you can see  
the road in both  
directions, then  
cross safely.



**MAKE SURE THE ROAD IS CLEAR.**



**LOOK  
LEFT**



**LOOK  
RIGHT**



**THEN  
CROSS**



**BE PATIENT. BE ALERT. BE SAFE.**  
**WE ALL GET HOME SAFELY.** ❤️



**LOOK OUT  
FOR EACH  
OTHER**



**RESPECT  
THE DRIVER**



**BUCKLE UP  
EVERY TIME**



**SAFE CHOICES  
EVERY DAY**



NOT PLAYING SCHOOL  
OR DIDN'T MAKE TEAM?  
*THIS LEAGUE IS FOR YOU!*

**REGISTRATION  
IS NOW OPEN!**

# YQL FALL LEAGUE

**YOUTH VOLLEYBALL**

*GROW. COMPETE. HAVE FUN.*

## AGE DIVISIONS & SCHEDULE

|                                                                                     |                            |             |
|-------------------------------------------------------------------------------------|----------------------------|-------------|
|  | <b>GRADE 1-3</b><br>CO-ED  | 1x per week |
|  | <b>GRADE 4-6</b><br>CO-ED  | 1x per week |
|  | <b>GRADE 7-8</b><br>CO-ED  | 2x per week |
|  | <b>GRADE 9-12</b><br>GIRLS | 2x per week |



### LEARN FROM EXPERIENCE

Coached by experienced,  
passionate volleyball coaches



### SKILLS THEN GAME PLAY

Each week includes skill development  
followed by game play.



### NEW FACILITY!

1272 30 St N, Lethbridge

**Fees from \$200-\$315 per session.**



SESSION 1: WEEK OF SEPT 14 • 5 METES  
SESSION 2: WEEK OF OCT 19 • 5 METES



**REGISTER NOW AT:**

<https://app.teamlinkt.com/register/find/yqlselectsvolleyball>



**Limited spots available.**



**YQL**  
Get Selected





# 2026 *LCBC IGNITE!*

## Lethbridge Cougars Basketball Club: Fall Development Program Signup

- Grades: 4-7 - Athletes **MUST** be enrolled in the Holy Spirit Catholic School Division
- Goal: Skill Development & Exhibition Games
- Evaluations: September 11 at CCH East **West**
  - Grade 4-5 CO-ED from 1:00-2:30
  - Grade 6-7 BOYS from 2:00-3:30
  - Grade 6-7 GIRLS NO Evaluations
- Fee: \$100.00
- Location: Ecole St. Mary's: 422-20<sup>th</sup> Street South

|                                                                                                            |                                                                                 |
|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| <b>Grade 4-5 CO-ED (6 sessions)</b><br><b>MONDAYS</b><br>5:00-6:15 OR 6:15-7:30 (will change week to week) | <b>PROGRAM RUNS:</b><br>September 14, 21, & 28<br>October 5, 19, & 26           |
| <b>Grade 6-7 BOYS (6 sessions)</b><br><b>TUESDAYS</b><br>5:30-6:45 OR 6:45-8:00 (will change week to week) | <b>PROGRAM RUNS:</b><br>September 15, 22, & 29<br>October 6, 20, & 27           |
| <b>Grade 6-7 GIRLS (6 sessions)</b><br><b>WEDNESDAYS</b><br>6:30-8:00pm                                    | <b>PROGRAM RUNS:</b><br>September 16, & 23<br>October 7, 21, & 28<br>November 4 |

### IMPORTANT NOTES:

- Please arrive 5 minutes early.
- Bring court shoes, shorts, and a water bottle.
- *"LCBC Ignite!"* T-shirt included.
- **ONLY 40 SPOTS AVAILABLE PER AGE GROUP**
- REGISTER FAST → [lethbridgecougars.ca](http://lethbridgecougars.ca)
- Deadline to Register: Friday September 11th
- Contact: [lethbridgecougarsbasketball@gmail.com](mailto:lethbridgecougarsbasketball@gmail.com) for more information.
- Teamlinkt app will be used for scheduling.

Building foundations and inspiring athletes to excellence on and off the court.





# 2026 LCBCU15/U17 FALL ACADEMY! - Lethbridge Cougars Basketball Club FALL PROGRAM SIGNUP



- IF YOU ARE IN GRADE 8-12, ENROLLED AT A HOLY SPIRIT DISTRICT SCHOOL, YOU ARE INVITED TO BE A PART OF **"LCBC FALL ACADEMY!"** LCBC'S FALL DEVELOPMENTAL PROGRAM
- **Program Includes:** On court skill development and competitive game play, basketball specific athletic performance training.
- **LOCATION:** CCH West Campus

| Grade 8-9 BOYS Academy includes:                                                                                                                | PROGRAM RUNS:                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ● 7 on court sessions<br>WEEKLY ON SUN. @ <b>CCH WEST</b>                                                                                       | <u>Sun, Sept. 20 - Nov. 1, 2026</u><br>● 1:00 PM - 2:30 PM                                                                                                   |
| ● 7 athletic performance training sessions<br>WEEKLY ON SUN. @ <b>CCH WEST</b><br><b>TENTATIVE! CONFIRMATION IN PROCESS</b>                     | <u>Sun, Sept. 20 - Nov. 1, 2026</u><br>● 2:30 PM - 3:30 PM                                                                                                   |
| Grade 10-12 BOYS Academy includes:                                                                                                              | PROGRAM RUNS:                                                                                                                                                |
| ● 7 on court sessions<br>WEEKLY ON Friday's & 2 Sunday's<br>@ <b>CCH WEST</b>                                                                   | <u>Sun, Sept. 20 &amp; Fri, Sept. 25, Oct. 2, 9, 16, 23, &amp; Sun. Nov. 1, 2026</u><br>● 5 - Friday's 2:00 PM - 3:30 PM<br>● 2 - Sunday's 2:30 PM - 4:00 PM |
| ● 7 athletic performance training sessions<br>WEEKLY ON Friday's & 2 Sunday's<br>@ <b>CCH WEST</b><br><b>TENTATIVE! CONFIRMATION IN PROCESS</b> | <u>Sun, Sept. 20 &amp; Fri, Sept. 25, Oct. 2, 9, 16, 23, &amp; Sun. Nov. 1, 2026</u><br>● 5 - Friday's 1:00 PM - 2:00 PM<br>● 2 - Sunday's 1:30 PM - 2:30 PM |

## IMPORTANT NOTES FOR "LCBC U15/U17 FALL ACADEMY!":

- Program Fee \$60 paid in full with registration. **LIMITED SPOTS AVAILABLE !**
- **REGISTER FAST** → [lethbridgecougars.ca](http://lethbridgecougars.ca) or Scan Qr Code Above.  
Deadline to Register: Friday, September 18th or until spots are filled
- CONTACT [lethbridgecougarsbasketball@gmail.com](mailto:lethbridgecougarsbasketball@gmail.com) for more information.
- TeamLinkt App will be used for schedule/attendance.







# LCBC U15/U17 Girls Fall Training Registration - Presented By: Hoops & Dreams Collective



## Preamble:

We are excited to announce that Lethbridge Cougars Basketball Club (LCBC) is partnering with Hoops and Dreams Collective (HDC) to offer a preseason training weekend for female basketball players in grades 8-12 who are attending a Holy Spirit Catholic School!

Hoops and Dreams Collective (HDC) is a developmental basketball program founded by former U of L women's basketball player, Lauren Taal, that uses the game as a tool to help female athletes build confidence — both on and off the court. HDC sessions go beyond fundamental skill work to include leadership, problem-solving, and personal growth. All HDC coaches are current or former USPORT or higher-level athletes and coaches, committed to giving back through their experiences. They believe deeply in the philosophy: "If you see it, you can be it." Their athletes have gone on to play at a variety of levels including: ACAC, USPORT, and NCAA. They take pride in helping every athlete — regardless of stage — grow in skill, confidence, and character.

## Weekend Itinerary: Friday Oct 30 & 31 (3 sessions each group)

[GirlsLCBC/HDC October TrainingSchedule](#)

Sessions will take place at CCH West Campus

### Group Rate (for 3 Sessions):

\$100 per athlete (each athlete will be guaranteed 5 hours of instruction over the course of 2 days and will go home with a HDC t-shirt).

### Session Details:

Each group will be scheduled for 3 sessions which will include a focus on offensive skill development (ball-handling, shooting, footwork, finishing) and controlled, competitive drills to apply the skills learned.

### Philosophy:

For more information about Hoops and Dreams Collective and their philosophy, please visit:

<https://www.hdcollective.ca/about>

### Registration Links: Please scanqr code above or see links below to register:

[Group #1: Intermediate\(Grades8/9\)](#)

[Group #2: Advanced \(Grades 9/10\)](#)

[Group #3: Elite \(Grades 10/11/12\)](#)

---

Building foundations and inspiring athletes to excellence on and off the court.



## 2026-2027 INDOOR SOCCER REGISTRATION LYS LEAGUE

[www.lethbridgesoccer.com](http://www.lethbridgesoccer.com) // 403-320-5425 (KICK)



### ONLINE ONLY:

**August 1 - September 12, 2026**

INDOOR SOCCER SEASON STARTS: October 2026 - March 2027 ALL SESSIONS HELD AT THE SERVUS SPORTS CENTRE \*\*INDOOR LEAGUE IS BASED ON TOTAL NUMBER OF SESSIONS FOR THE SEASON\*\*

Register your player in their BIRTH YEAR (all age groups are from birth dates January 1 - December 31 of specified year)

Players will remain playing in their age groups no movement up or down an age group

Player Request Fee \$40.00 - 2 PLAYERS ONLY!

If there are not enough registrants per gender in U12 age group - Will be combined CoEd

| Age Group | Birthyear   | Fee      | # of games            | Days Playing                                   | **ESTIMATED START TIMES**  |
|-----------|-------------|----------|-----------------------|------------------------------------------------|----------------------------|
| U5 CoEd   | 2022        | \$285.00 | 17 (40 min. sessions) | Monday                                         | 5:00pm                     |
| U6 CoEd   | 2021        | \$285.00 | 17 (40 min. sessions) | Wednesday                                      | 5:00pm                     |
| U8 Boys   | 2019 & 2020 | \$285.00 | 17 (50 min. sessions) | Mondays and Saturdays                          | Mon 5:00pm and Sat 9:00am  |
| U8 Girls  | 2019 & 2020 | \$285.00 | 17 (50 min. sessions) | Wednesdays                                     | Wed 6:00pm                 |
| U10 Boys  | 2017 & 2018 | \$340.00 | 21 (55 min. sessions) | Mondays and Saturdays                          | Mon 6:00pm* - Sat 11:00pm* |
| U10 Girls | 2017 & 2018 | \$340.00 | 21 (55 min. sessions) | Wednesdays                                     | Wed 6:00pm                 |
| U12 Boys  | 2015 & 2016 | \$420.00 | 27 (55 min. sessions) | Mondays and Saturdays and a few select Fridays | Mon 6:00pm* - Sat 2:00pm*  |
| U12 Girls | 2015 & 2016 | \$420.00 | 27 (55 min. sessions) | Mondays and Saturdays and a few select Fridays | Mon 6:00pm* - Sat 2:00pm*  |
| U14 CoEd  | 2013 & 2014 | \$420.00 | 27 (55 min. sessions) | Mondays and Saturdays                          | Mon 8:00pm* - Sat 3:00pm*  |
| U16 CoEd  | 2011 & 2012 | \$420.00 | 27 (55 min. sessions) | Mondays and Saturdays and a few select Fridays | Mon 9:00pm* - Sat 6:00pm*  |
| U18 CoEd  | 2009 & 2010 | \$420.00 | 27 (55 min. sessions) | Mondays and Saturdays                          | Mon 9:00pm* - Sat 7:00pm*  |

\*\*Start times are subject to change due to registration numbers and are provided as a guideline only\*\*

### PLAYER EQUIPMENT:

U5 & U6, Timbits Jersey, shorts & socks will be provided for each player to keep.  
U8 - U18, Full Kit Jersey, Shorts & Socks will be provided for each player to keep.

Soccer Shoes or Soccer Cleats are acceptable, Shin Guards are MANDATORY - Not included in player fees

### PROGRAM DESCRIPTION:



U5 & U6 TIMBITS: This is our introductory level, where all sessions are run by our CSA Certified Coaches who will help your child build a love for the ball.

U8 - U12 FUNDAMENTAL: At this stage, individual player development is paramount. Developing soccer creativity skills in a fun environment.

U14 & U16 LEARN TO TRAIN: Golden Age of Learning, technical skills are introduced to the beginning of the tactical environment.

U18 LEARN THE GAME: Combining previously developed technical and tactical skills, into a more mature game setting.



REGISTRATION IS UNDERWAY FOR  
2026/2027!

Spots fill quickly so don't delay!

See our website for more  
information!

**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.**

**[www.lethbridgerechokey.com](http://www.lethbridgerechokey.com)**





7\$ At the  
DOOR  
TICKETS



For more information  
[chair@bunkahashi.com](mailto:chair@bunkahashi.com)

Location:  
Excite Lethbridge!

10am-6pm

September 26, 2026

# Bunka Hashi Festival



@Bunka Hashi



@bunkahashi\_festival



@BunkaHashi festival

~Artist Alley~

~Tabletop Games~

~Exhibitor Area~

~Cosplay Contests~

~Dance and Music~

~Panel Discussions~

~Performances and More~





## SCAN TO REGISTER



We work hard to remove barriers to participation.

Families are asked to pay what they can, when they can, if they can.

Full cost is \$200/month.  
Ask about full or partial fee assistance.

## CONTACT US

(403) 849-8162  
info@branchesarts.ca  
branchesarts.ca  
1805 9th Avenue North

## ABOUT US



Since 2020, Branches has created a safe and enriching space where children can learn, create, build community, and express themselves. Through music, visual art, games, and mentorship, we help young people grow in confidence, creativity, and connection while having fun along the way.

## OUR AFTER SCHOOL PROGRAM

- Group Instrument Classes
- Visual Art
- Snack & Community Time
- Activities & Crafts
- Ensemble Performance Opportunities
- Transportation from select schools may be available
- For children ages 8-12
- Monday to Thursday, 3:00-5:30
- Fridays at Youth One



**Instrument Options:**  
Guitar, Piano, Percussion  
Voice may be offered based on interest.



## 2026/2027 PROGRAMS

**Music, Art, Creativity & Community**

*Giving the gift of music, arts & community to the next generation.*



Ages 8-12

**Register Today!**

## WHAT WE OFFER AT BRANCHES



### Transportation

Transportation from select schools may be available. Contact us to learn more about school pick-up options.



### Snack & Community Time

Students begin their afternoon with a healthy snack and time to connect with friends, staff, and mentors in a welcoming community environment.



### Music Instruction

Students learn in group instrument classes that build foundational skills, confidence, listening, rhythm, and musical expression.



### Ensemble

Ensemble classes help students listen, collaborate, and perform together as a musical community.

## MUSIC & VISUAL ART



### Instrument Learning

We currently offer guitar, piano, and percussion. Voice may also be offered if there is enough interest.



### Visual Art

Visual art is a meaningful part of our program. Students have opportunities to explore materials, learn creative skills, and make real artwork they can be proud of.



### Activities & Crafts

Alongside visual art, students also enjoy fun hands-on crafts, games, and creative projects throughout the week.



### Performances

Throughout the year, students have opportunities to share what they have learned through informal presentations and showcase events.

## COMMUNITY & FRIDAYS



### Individual Support

Although much of our program happens in groups, we value each child as an individual. Mentoring, encouragement, and relationship-building are central to what we do.



### Fun Fridays at Youth One

On Fridays, we head to Youth One for an afternoon focused on fun, friendship, and recreation. Students can enjoy the climbing wall, ping pong, video games, and time to relax, play, and connect with friends.



### A Place to Belong

Branches is more than an after-school program. It is a place where children can learn, create, play, and build community.



Univeristy of Lethbridge  
Conservatory of Music

# Children's Choir

For Ages 6 – 10

Tuesday, 4:30 – 5:15 p.m. | Location: Casa (230 8 St S)

The focus of this dynamic young choir is on giving children the chance to experience the fun and joy of singing while at the same time growing as musicians and learning to use their singing voices in a healthy way. This choir also seeks to celebrate and learn from the diverse cultures and musical traditions that shape our community, including indigenous songs, stories, and perspectives shared respectfully through collaboration and learning. Their weekly rehearsals, led by conductor Nicole Garlock, are fun, organic and valuable. Performances throughout the year are the icing on the cake.

**Starts September 22, 2026!**

<https://www.ulethbridge.ca/music-conservatory/programs>



Univeristy of Lethbridge  
Conservatory of Music

# Beginner Ukulele

For Ages 8 – 12

Friday, 2:30 – 3:15 p.m. | Location: Casa (230 8 St S)

Come and explore the joyful sounds of the Ukulele in a fun and supportive small group environment. We can't wait to make music with you!

FALL 2026: Sep 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, 27

<https://www.ulethbridge.ca/music-conservatory/programs>





# September 2026



**Mon**

**Tue**

**Wed**

2

**Thu**

**Fri**

**Sat**

1  
FIRST DAY OF  
SCHOOL

3

4 

5  
Old Dutch  
School  
Fundraiser

6  
7  
Labour Day No  
School

8  
  
Mini pepperoni  
pizza \$5.50

9  
Meet the  
Teacher &  
Family  
Blessing 5-7 PM  
  
Kraft Dinner  
\$3.00 add pulled  
pork \$2.50

10  
  
Chicken burgers  
\$5.50

11  
Games  
Club  
11-1:15

12  
SR.Hawks  
Pre-Season  
Tournament  
@FLVT



13  
School  
Fundraiser  


14  
  
Cheesy garlic  
fingers \$5.50

15   
Opening Mass  
@FLVT  
- 10AM  
  
FLVT School  
Council - 7PM  
  
Mini pepperoni  
pizza \$5.50

16  
Baking Booster  
(registration  
required)  
4-5:15pm  
  
Loaded Nachos  
\$5.50

17  
  
Chicken burgers  
\$5.50

18  
Games  
Club  
11-1:15  
JR. Hawks  
Volleyball  
Tournament  
@FLVT

19  
JR.Hawks  
Volleyball  
Tournament  
@FLVT



20  
School  
Fundraiser  


21  
Spongebob the  
Musical  
Auditions (make  
sure you have  
signed up)  
  
Cheesy garlic  
fingers \$5.50

22  
  
Mini pepperoni  
pizza \$5.50

23  
School Picture  
Day for Both  
Schools  
Spongebob the  
Musical Auditions  
  
Chicken  
Nuggets (8)  
\$5.50

24  
Terry Fox Blast Off  
Run  
  
Spongebob the  
Musical Auditions  
  
Chicken burgers  
\$5.50

25  
E-Sports  
Club  
11-1:15

26



27  
Week of  
Truth and  
Reconciliati  
on

28  
  
Cheesy garlic  
fingers \$5.50

29  
Orange Shirt Day  
Every Child  
Matters  
LSSA X-Country  
@Nicholas Sheran  
Mini pepperoni  
pizza \$5.50

30  
NO SCHOOL  
  
National Day for  
Truth and  
Reconciliation

The most up to date events  
calendars can be found on our  
website  
<https://flvt.holyspirit.ab.ca/>  
The most up to date co curricular  
calendar can be found on our  
website  
[Co-curricular Calendar](#)



# October 2026



**Mon Tue**

**Wed**

**Thu**

**Fri**

**ADDITIONAL CALENDAR UPDATES STILL COMING**

The most up to date events calendar can be found on our website

<https://flvt.holyspirit.ab.ca/>

The most up to date co-curricular calendar can be found on our website

[Co-curricular Calendar](#)

1

Chicken burgers  
\$5.50

2

3

4

5  
**World Teachers Day**

Cheesy garlic  
fingers \$5.50

6

Mini pepperoni  
pizza \$5.50

7  
**SZJHAA Cross Country Meet**



Kraft Dinner  
\$3.00 add pulled  
pork \$2.50

8

**Color Day - Wear Purple**

Chicken burgers  
\$5.50

9

10

11

12  
**Thanksgiving NOSCHOOL**



13  
**NOSCHOOL Staff PD Day**



14  
**NOSCHOOL Staff PD Day**



15

Chicken burgers  
\$5.50

16

17

18

19  
**Picture retake day**

Cheesy garlic  
fingers \$5.50

20  
**FLVT School Council - 7PM**

Mini pepperoni  
pizza \$5.50

21

Taco in a bag  
\$6.50 (by pre  
order)

22  
**Brown Day**  
**SR. Hawks Classic Volleyball Tournament @FLVT**  
Chicken burgers  
\$5.50

23  
**SR. Hawks Classic Volleyball Tournament @FLVT**

24  
**SR. Hawks Classic Volleyball Tournament @FLVT**



25

26

Cheesy garlic  
fingers \$5.50

27

Mini pepperoni  
pizza \$5.50

28

Loaded Nachos  
\$5.50

29

Chicken burgers  
\$5.50

30  
**Halloween Dress up Day**

31  
**Halloween**