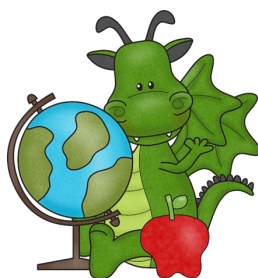




École AGNES DAVIDSON SCHOOL

February, 2021

- 3– Winter Walk Day
- 4-Pivot Point Survey Closes
- 9– Lumberjack Day
- 10-LOTGO 11:30am and 12:00pm delivery (Chef Stella)
- 11-Modified Sugar Shack (Welcome Kona Ice)
- 11-Aggie’s Brew Cut-off on Power School
- 11-School Council 7pm
- 12-Red and Pink Day
- 15-Statutory Holiday No School
- 16-No School
- 17-No School
- 18-Teacher’s Convention (no school for students)
- 19-Teacher’s Convention (no school for students)
- 22-All Students In Their New Placements (in-person/at-home)
- 22-Malincounda Virtual Drumming
- 23-Malincounda Virtual Drumming



I Read Canadian

During the month of February students will participate in the “I Read Canadian” even. Mrs. Masuk has identified Canadian authors with a maple leaf emblem on the spine of each book. Every time a students reads or listens to a Canadian author they will be invited to write the title of the book on a leaf to add to a GIANT maple tree we are creating in the school.

For more information about this event, please visit <https://ireadcanadian.com/day/> or send Mrs. Masuk an email for more details.

Can we create a tree as big as this?

Could we create an even BIGGER tree?

Snuggle up with your children and enjoy a Canadian author!



Pink Shirt Day

On Wednesday, February 24th, 2021 schools from across Canada will wear **pink** to support bullying prevention and kindness. We are excited to see all the pink shirts in support of lifting each other up and treating each other with dignity and respect!



Town Hall

February 2nd, 2020
6:30-8:00p.m

In response to Covid-19, changes were made to school organizations and instruction delivery. Are there changes that impacted students in a positive way that should continue and be built on?

Visit <https://www.lethsd.ab.ca/>



Science Fair (March 26-27th, 2021)

We invite all our students in Gr. 4-5 to participate in this year’s Virtual Regional Science Fair hosted by the Southern Alberta Technology Council. The Science Fair is open to all students in grades 4-12. Prior participation in a school fair isn’t a required prerequisite, so please encourage your science savvy students to come and submit their science projects.

See below for additional information from the Southern Alberta Technology Council.

We will accept online video submissions of student projects . The SATC team is currently working to release more information and a registration page soon at www.satclethbridge.ca

We will also provide regular updates through our social media accounts so please like our Facebook page and Twitter account and follow us for updates and the most recent information:

www.facebook.com/satclethbridge/ and <https://twitter.com/satclethbridge>

See [link](#) for 2020 virtual projects!

Carnaval

We are excited to be hosting our annual winter carnival. The official event will take place from February 8-12th. Other activities will take place throughout the month of February. Students will engage in a variety of hands on and digital viewing activities. We look forward to snowshoeing, bead-ing, modified sugar shack, LOTGO pancake break-fast style, drum-ming and more!



Registration 2021/2022

A friendly reminder that registration is delayed due to the new boundary recommendations. Please keep your eyes posted on the Division and school websites for registration opening. You can also anticipate an email from Mrs. Terra Leggat inviting families to register for the 2021/2022 school year.

All registrations will be moving to an online process.

New Student Online Registrations Forms will be available from our website when registration begins.

Student Online Re-Registrations Forms (Students returning) will be sent to a parent email account when registration begins. These must be fully completed and submitted to be enrolled at Agnes Davidson.

School Council

February 11th, 7pm

Our February meeting will be once again hosted virtually. Click [HERE](#) join!



Aggie's Brew and More!!!!

We are so super excited to expand the fundraiser assortment via Cupper's Coffee!

Besides the Aggie's Brew signature blend, the Agnes Davidson account is set up by Cuppers Coffee & Tea with more options.

We are now able to sell Decaf Aggie's Brew, 3 different Teas and 3 different Frappe's:

Aggie's Brew Signature Blend: \$20.00/ lb, Cost: \$15.00/lb

(Freshly Roasted, Medium/Dark Blend, Notes of Dark Chocolate, Stone Fruit Sweetness and Almond)

Available in:

- Rancilio Espresso
- Home Espresso
- Bialetti
- Keurig
- Drip/pour over
- French Press
- Turkish
- Whole Bean

Aggie's Brew Signature Blend Decaff: \$20.00/lb, Cost:\$15.00/lb

(Freshly Roasted, Medium/Dark Decaff Blend)

Available in:

- Rancilio Espresso
- Home Espresso
- Bialetti
- Keurig
- Drip/pour over
- French Press
- Turkish
- Whole Bean

Tea Varieties: \$12.95/tube, Cost:\$9.75/tube

(Loose leave, all non-caffeinated, herbal infusions)

Varieties available:

- **Unity** - Ginger, licorice, lemongrass, ayurvedic herbs
- **Mulled Market Spice** - Rooibos, cinnamon, ginger, cardamom
- **Summer Berry** - Rooibos, cherries, cranberries, currants, blueberries, hibiscus, rosehip

Frappe Powders: \$12.95/tube, Cost:\$9.75/tube

(Mix with hot milk or blend with ice and cold milk)

Varieties available:

- **Double Chocolate Frappe**
- **White Chocolate Frappe**
- **Matcha Green Tea Frappe**

School Council keeps 25% of the proceeds



February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Winter Walk	4 Pivot Point Survey Closes 11pm	5	6
7	8	9 Lumberjack Day	10 LOTGO 11:30am and 12:00pm delivery (Chef Stella)	11 Modified Sugar Shack (Welcome Kona Ice) Aggie's Brew and More Cut-Off School Council 7pm	12 Red and Pink Day	13
14	15 Statutory holiday No School	16 No School	17 No School	18 Teacher's Convention No School for Students	19 Teacher's Convention No School for Students	20
21	22 Malicounda Virtual Drumming All Students In Their New Placements at- home/in person)	23 Malicounda Virtual Drumming	24 Malicounda Virtual Drumming Pink Shirt Day	25	26	27
28	29					

February Piitaiki'somm (B-da-gee-soum)

Indigenous Education Newsletter

English: Eagle
Blackfoot: Piitaa
(B-daa)
French: Aigle
Spanish: águila

February is known as the Eagle Moon because it is the month where eagles enter courtship and find their mates. "Eagles engage in dramatic displays that involve swooping flights, aerial stick exchanges and cartwheeling. Many of these behaviours also test the strength and agility of the potential mate".



A very warm welcome to
JORDAN HEAD.



Jordan has recently joined our Indigenous Education Department as a Blackfoot language and cultural consultant.

Jordan is the eldest of 8 children and was born on the Kainai Reserve in 1952. Following Federal Government Policy, he was sent to the St Mary's Indian Residential School at the age of 6 and left at the age of 17 with a High School Diploma. As a child, Jordan did not speak a word of English before being sent to the Residential School. He spent a lot of his childhood with 2 sets of grandparents and a set of great-grandparents.

In 1986, he returned to the Ceremonies and Elders to seek guidance. Returning to the ceremonies and listening to the Elders brought him back to being grounded. He continues to participate in Cultural Ceremonies and shares his knowledge to his children and groups that request for his attendance. Jordan wants to support the Government initiated process of Truth and Reconciliation.





Pink Shirt Day February 24th

An Indigenous story from Saskatchewan that ties beautifully with the lessons of Pink Shirt Day.



'Catalyst for a movement': People around the world don ribbon skirts after Sask. girl shamed for wearing hers | CBC News

A 10-year-old Saskatchewan girl's life has been brightened by the colourful ribbon skirts of women across the globe after she was shamed for wearing her own.

CBC / Jan 5

Ribbon Skirt Resources

Elementary Level:

- Ribbon Rescue by Robert Munsch
- My Ribbon Skirts by Shelly Nelson

Middle & High School:

<https://www.theglobeandmail.com/canada/article-calls-grow-for-ribbon-skirt-day-after-indigenous-student-wearing-one/>

<https://globalnews.ca/news/7325763/alberta-indigenous-women-skirts/>

<https://www.leechlakenews.com/2019/09/30/the-ribbon-skirt-part-1/>

The Ribbon Skirt



"Ribbon skirts are a long, handmade skirt that are shaped similarly to the teepee".

"Traditionally they would have been made from hide and decorated with hand collected natural materials".



Women from various Indigenous communities wear Ribbon Skirts. Men wear Ribbon Shirts.

The Ribbon Skirt represents many things. It "represents strength, womanhood, and identity". The long skirt connects you to the land.



For some time, Indigenous peoples were told they weren't allowed to wear their traditional clothing.

Traditionally the ribbon skirt was worn in Ceremonies. Today it is worn at all kinds of celebrations and gatherings.



Professional Learning Resources:

<http://empoweringthespirit.ca/>

<http://www.fnmiprofessionallearning.ca/>

<http://www.learnalberta.ca/content/aswt/>

<http://www.learnalberta.ca/content/fnmigv/index.html>

<https://essentialconditions.ca/>



THE LOOP

FEBRUARY 2021



MHCBC Wellbeing Team



Hello, Lethbridge School Division staff and families!

Welcome to the February issue of THE LOOP! With continued pandemic restrictions, concerns around our mental health is a priority. We hope THE LOOP connects you with the community supports and services you may require to support and promote positive mental health for yourself and others. Please reach out for support when you need it.

Lean into others. Talk things through. We are here to help. We are in this together.

A Virtual Conversation about Learning and Mental Health During a Pandemic

Join... Alison Lux (AHS Mental Health Therapist)
Jim Kerr (LethSD Engagement Consultant) &
Kathy Mundell (LethSD Counselling Coordinator)



Date: Wednesday, Feb 24 on TEAMS 6:30-7:30 pm
Register by Feb 19 by emailing kathy.mundell@lethsd.ab.ca
A teams link will be emailed to you.

AHS, in collaboration with The Mental Health Foundation, offers FREE online programming for parents and caregivers of children and youth. Sessions are offered online through the Zoom app".

For more information:

WEBSITE: cyfcaregivereducation.ca
email: CYFCaregiverEducation@ahs.ca
phone 780-342-6885 Sessions include:

Parenting Groups: Parenting Skills that Promote Positive Mental Health

- Parent Education and Reflection (P.E.A.R.)
- Resiliency in the Face of Stress & Anxiety Group

Mental Health Literacy Series

"Mental Health Literacy (MHL) is the knowledge and understanding that helps us become responsible, effective and successful in living full and healthy lives. With good mental health literacy we learn how to take better care of ourselves, our loved ones and our communities. We are empowered and provided with the skills that we need to help us build better lives, better systems of care and a better society". [CLICK HERE to access Mental Health Awareness Videos and Information Sheets.](#)

Caregiver Education

February Sessions

- Lunch & Learn Webinars (Tuesdays noon-1:00pm)
 - Parenting Teens in the 21st Century Part 1 (Feb 1)
 - Parenting Teens in the 21st Century Part 2 (Feb 8)
 - Positive Communication that Promotes Growth (Feb 2)
 - Calming Our Bodies and Minds (Feb 9)
 - Resilient Mindsets (Feb 16)
 - Collaborative Problem Solving (Feb 23)
- Caregiver Education Sessions (Wednesdays 6-7:30pm)
 - Strategies that Promote Positive Mental Health (Feb 3)
 - More Than Just a Bad Day: Understanding Depression and Self-Injury in Youth (Feb 10)
 - Keeping Scattered Kids on Track: Understanding and Supporting Children and Youth with ADHD (Feb 17)
 - Mindfulness: Benefits for the Whole Family (Feb 24)
- SEEDS: Growing Parenting Skills (Thursdays 6-7:30pm)
 - Supporting Your Child With Structure and Routine (Feb 4)
 - Managing Meltdowns and Shutdowns (Feb 11)
 - Helping Our Kids Figure Things Out (Feb 18)
 - Effective Consequences (Feb 25)



Children, Youth & Families Addiction & Mental Health



Health Foundation

Need Support?

KidsHelpPhone.ca
1 800 668 6868

Kids Help Phone

KIDS ACROSS CANADA CAN NOW TEXT
686868
AND BE CONNECTED TO TRAINED HELPERS



24hr free ONLINE support for Albertans

togetherall.com

ADDICTION HELPLINE



1-866-332-2322

Things are changing rapidly, and it is more important than ever for youth to explore opportunities and take informed next steps following high school graduation. Career Transitions is seeking your feedback to shape the future of career exploration for students in Southwestern Alberta by providing your opinions and ideas through these brief surveys:

[Teacher Survey](#), [Parent Survey](#), or [Student Survey](#)

Deadline FEB 7



Career Transitions is partnering with awesome business and industry professionals to showcase occupations available here in Southwestern Alberta. [CLICK HERE](#) to register for the following exciting sessions.

February 4 - Primary Care Nurse
March 2 - Pediatric Nurse



Basic Welding Class

Age 17+ Cost \$546
8 Tuesdays February 2-March 23
Stepping stone to the Welding Apprenticeship Program

February/ March Scholarship Deadlines

- [Kin Canada Bursaries](#) \$1000 (Feb 1)
- [Terry Fox Humanitarian Award](#) \$28000 (Feb 1)
- [CPA Scholarships](#) \$4000 (Feb 28)
- [Stacey Levitt Award](#) \$4000 (March 1)
- [John Hasselfield Endowment Foundation](#) \$400 (Mar 1)
- [Pathways to Medicine Scholarship](#) \$27000 (Mar 1)
- [Quest for Excellence](#) \$1000 (Mar 13)
- [Calgary Stampede Grade 12 Western Art](#) \$2000 (Mar 17)
- [Ray Jolliffe Memorial Scholarship](#) \$2000 (Mar 31)
- Indigenous Scholarship Opportunities**
- [Inspire Scholarships and Bursaries](#) (Feb 1/Aug 1)
- [Award for Indigenous Student High School Achievement](#)
- [RBC Aboriginal Student Award Program](#) \$4000 (Feb 28)
- [Belcourt Brosseau Métis Awards](#) \$1000-10000 (Mar 31)



Sign up today for a discounted fee of \$37



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

HEALTHY RELATIONSHIPS

ONLINE WORKSHOP

February 12, 2021
1:00 - 2:00 pm

HAVING CARING CONVERSATIONS

LEARNING TO LISTEN WITH PURPOSE

FEBRUARY 19, 2021
11:00 AM - 12:00 PM

BECOMING AN ACTIVE BYSTANDER

Online Workshop
February 24, 2021
11:00 - 11:45 am

Healing Journey

A Therapy Group for Women

12 week online counselling group
Fridays, 9:00 am - 11:30 am
Starting February 12 - April 29.



Centre for Sexuality

[Click to access LGBTQ supports](#)

Online Workshop Series for Alberta K-12 Teachers and Staff

Building Comfort and Skill in Teaching Sexual Health

Date: March 12th, 2021
Time: 10:30am to 2:30pm (1-hour lunch break)
Location: Zoom \$50
[CLICK HERE](#) to register

youthspace.ca

Youthspace.ca is an online crisis & emotional support chat. We listen without judgement, and keep chats confidential & anonymous. Text: 778-783-0177

Youthspace Online Resources
Mental Health, Suicide and Self Harm, Care Tools & more

Black Youth Helpline

BRIDGING CULTURES | REACHING YOUTH | IMPACTING CHANGE

TOLL FREE 1-833-294-8650

Black Youth Helpline serves all youth and specifically responds to the need for a Black youth-specific service, positioned and resourced to promote access to professional, culturally-appropriate support for youth, families and schools.

Kids Help Phone

PHONE 24/7 BY CALLING 1-800-668-6868
TEXT CONNECT TO 686868..

Kids Help Phone & We Matter address Indigenous youth crisis.

[CLICK HERE](#) for more information.

Through ongoing collaboration, both partners work together to support Inuit, Métis and First Nations youth in their well-being.



CREATING CONNECTIONS

A safe space for teens to talk and learn about finding balance in their lives and tearing down stigmas around addiction and mental health

Meet on ZOOM
Ages 13-18
Wednesdays
5-6 pm
To register:
Text 403-634-7000



Nominate a youth, adult or senior who has contributed to the well being of Lethbridge

Nominations open on March 1, 2021

There are 6 Award Categories:

- Volunteer of the Community Awards
- Leaders of Tomorrow Award
- The Good Neighbour Award
- Spirit of Volunteerism Award
- Community Inclusion Award
- Business Supporter Award

[CLICK HERE](#) for more information and the nomination form.

Do you have a child struggling with anxiety, depression or another mental health concern? Please call intake at 403-381-5278.



Fearless Feathers is a 4 session virtual group designed to address anxiety in children aged 5 to 8. You will need access to a device able to run the Zoom application.

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

