



— From the desk of —
Mr. Bekkering



In writing this, we find ourselves firmly planted in semester two at ICSS. High School staff and students have transitioned to new classes and our Middle School is established in familiar rhythms. Looking to the months ahead, we continue in the journey of learning and encouraging our students through these still uncertain times. We all long for restrictions to ease and resume some of the school programming that were deeply held joys: fine arts, athletics, assemblies/chapels, student activity days and clubs. In this season of waiting it is easy to despair and yet we are called to put our hope in our Father who does not change and challenged to flourish and be open to how He is shaping us even now.

I came across this prayer recently and I found it reflective and comforting at the same time. Maybe you will as well. We remain deeply appreciative of your support and prayer as we move forward together. God bless.

“My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think I am following your will does not mean that I am actually doing so.

But I believe that the desire to please you does in fact please you, and I hope that I have that desire in all that I am doing. I hope that I never do anything apart from that desire. And I know that if I do this you will lead me by the right road though I may know nothing about it.

Therefore I will trust you always. Though I may seem to be lost and in the shadow of death I will not fear, for you are ever with me and you will never leave me to face my peril alone. Amen.”

-Thomas Merton

Important Dates

February 24: Pink Shirt Day (Anti-Bullying Awareness)

March 10: Early Dismissal @ 2:05pm

March 15: Report Card Access for Students/Parents

March 18-19 – Parent Teacher Conferences (PM/AM)

**CALENDARS &
SCHEDULES**

2020-2021

[CLICK HERE](#) to access the **2020-2021 ICSS School Calendar**

[CLICK HERE](#) to access the **Week 1/2/3 Calendar**

[CLICK HERE](#) to access **Bell Schedule** (Regular and Early Dismissal)

STAY CONNECTED
(Click on Icon)



ICSS CANTEEN

WE ARE RE-OPENING OUR SCHOOL
CANTEEN TO STUDENTS ON **MARCH 2**
TUESDAY - THURSDAY

WHEN?

MIDDLE SCHOOL: BLOCK 2 BREAK

HIGH SCHOOL: LUNCH

WHAT?

SELECTION OF DRINKS/SNACKS
AND RE-HEATABLE ENTREE ITEMS

PURCHASING

STUDENTS/PARENTS CAN **PRE-LOAD TABS**
WITH CASH OR WITH DESIGNATED AMOUNT
THROUGH SCHOOLCASH ONLINE

NO CHANGE WILL BE EXCHANGED

FUNDRAISING

FUNDS RAISED WILL SUPPORT OUR COMPASSION
SPONSOR CHILD AND STUDENT EVENTS





ICSS SPRING 2021

PARENT/TEACHER CONFERENCES

THURSDAY, MARCH 18 (PM)

FRIDAY, MARCH 19 (AM)

We are pleased to be using School Conference Manager this Spring to schedule Parent-Teacher Conferences.

Step 1 – Pre-Register at <https://imhs-leth.schoolsoft.com> (DO NOT include “www” in the url)

You can set up a Parent Account by following the link above. Click the REGISTER NOW button and complete the registration form. Your login credentials (email and password) will remain in the system to make it easy to access the Conference Manager in the future.

In order to ensure that your email program does not block emails sent from the Conference Manager, we suggest adding appointments@schoolsoft.com to your address book.

Step 2 – Conference Manager Opens to Parents – THURSDAY, MARCH 11, 2021

You can access the Parent Login Page using the link in the Confirmation Email. If you do not receive a Confirmation Email, you can login by going directly to <https://imhs-leth.schoolsoft.com>.

If you do not have Internet access, you are welcome to contact the office @ 403-328-4783 and we will schedule your conferences on your behalf.

Step 3 – Book your Parent-Teacher interviews

Select the teachers with whom you want to book interviews. You will see each teacher’s schedule.

***Please Note:** Middle School Parent/Teacher Conferences will be scheduled by grade level teaching teams

After booking your appointments you can print off your schedule. You will also receive an email containing the teacher name, time and location of the conference. You can log into the system at any time to view your bookings, print, cancel or re-schedule appointments. You have the option of submitting comments or questions to the teacher as part of the booking process.

Important Dates:

1. Anytime – Pre-Registration begins
2. **March 11, 2021** – Start scheduling your interviews
3. **March 17, 2021** – Conference Manager closes at 9:00 PM
4. Parent Teacher Interviews
 - a. **March 18, 2021** from 5:30 PM – 8:30 PM
 - b. **March 19, 2021** from 9:00 AM – 12:00 PM

If you have any questions or need assistance, please feel free to contact the school.

CALLING ALL MAKERS!
SEEKING AUCTION DONATIONS

Made by Immanuel

DEADLINE: MARCH 1, 2021

Heads up, crafters! The Society is planning an online auction on March 17, 2021 featuring "Made by Immanuel" items.

We are asking students, parents and Society members of all ages to consider donating a "made by you" item to be auctioned for this fundraiser.

Form: <https://forms.gle/zzenR54TuME1wWEb6>

Deadline **extended** to: **March 1, 2021**

Not crafty but want to make a donation? We will be accepting donations of new, store-bought items or gift cards in early March. (Suggested value of donation: \$50). No submission form required.

Drop off date TBA.

THE LOOP

FEBRUARY 2021



MHCBC Wellbeing Team

Supports are available. You are not alone.

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

HELP PLEASE



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,



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 needs of 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.

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

[Indspire 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)



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

PRESENTED BY
volunteer lethbridge
non-profit leadership centre

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.



MINISTER'S YOUTH COUNCIL



Direct line to the minister... **what would you say?**

- We are looking for 40 junior and senior high school students.
- Students with diverse interests, identities, backgrounds, and perspectives.
 - Council will help to prepare Alberta students for success.

Information and steps on how to apply can be found on the website.

Application packages need to be submitted by March 24, 2021.

APPLY TODAY!



@AlbertaEd | alberta.ca/student-engagement.aspx

Alberta 

2021 OUTDOOR SOCCER REGISTRATION

Online Registration begins March 1, 2021 at noon – Sunday April 4, 2021



www.lethbridgesoccer.com

403-320-5425

Boys and Girls

U4 – U6 (Co-Ed) \$115.00

U7 - U19 (Co-Ed) - \$165.00

Season to start May 10 – July 10, 2021



LFC Competitive information will be made available online at lethbridgesoccer.com or visit our Facebook Page at Lethbridge Soccer Association. LFC Registration will open online March 1, 2021