



Coalbanks Chronicle

Welcome!

The staff at Coalbanks Elementary School are so excited to welcome you to another school year! Mr. Joey Gentile, Mr. Jim Kerr, teachers, and support staff are looking forward to getting to know all the new faces and seeing the returning students. Char Taylor & Cheryl Jackson our administration team will be in the office to assist with anything you need.

You can also visit our website:

[Coalbanks Elementary School](#)

September 2025

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Bell Times

Warning Bell 8:25 am
Start time 8:30 am
Recess 10:15-10:30
Lunch recess 12:00 pm—12:30
Lunch 12:30—1:00 pm
Dismissal 3:35pm
*Friday Dismissal 12:00 pm



403-394-9076

Office Hours

Monday-Thursday: 8:00am-4:00pm
Friday: 8:00am-1:00pm

We Are a Green School

Being that we are a green school, our goal is to be environmentally friendly as possible. In order to reduce the amount of paper used within our school, our newsletters will be available online. Visit: [Coalbanks website](#) to sign up for newsletters and to view our calendar. You can also stay updated regularly through Facebook, & our website.



Important

- *All guests/visitors must sign in at the office. Volunteers must have a volunteer form completed prior to volunteering at Coalbanks.
- *Students who are picked up early must be picked up by parent/guardian at the office.
- *Late students must check in at the office upon arrival.



Late or Absent Reminder!

If your child is going to be absent or late, please notify SafeArrival in one of 3 ways:

1. Website go.schoolmessenger.ca
2. The [SchoolMessenger App](#)
3. Call Toll Free 1-866-879-1041

*Please do not call the school to report your child late or absent.

Meet the Teacher Night

Meet the teacher night will be held Monday September 8th. from 6:00 to 7:00 p.m.

6:00-6:25 First sessions conducted in all rooms

*6:25-6:30 5 minute break to move to additional rooms if you need to see an additional teacher

6:30-6:55 Second session conducted in all rooms

**If you need to see a second teacher this session will be identical to the first session

6:55-7:00— wrap-up

We are looking forward to seeing you then!

We will also be set up in the Commons Area to help families set up their Power School and School Cash Online accounts.

After School Plans

Please be sure to make arrangements with your child(ren) regarding after school plans before school starts every day.

At the end of the day, when picking up your child(ren), please be sure to have a meeting spot arranged outside.

Thank you for helping to minimize the number of students that require assistance in the office.

SCHOOL COUNCIL

Please join us at our first School Council meeting, the date is TBD.

The meetings are held in the school Commons Area.

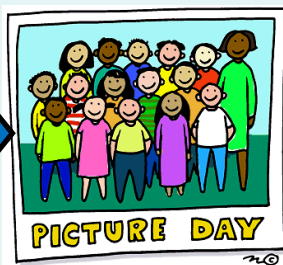
School Council is a group of parents and staff who work together to enhance the learning experience of all of our students. School Council is also a place for parents to have opportunities to be involved in decisions at Coalbanks.

All parents/guardians are welcome to attend one or all meetings; it is a great way to connect with other Coalbanks parents. By attending the regularly scheduled School Council meetings, parents can keep informed of school issues and take an active role in their child's education.



School Photos

School Photos will be
September 23 & 24



Supervision

For the first 2 weeks of school our teachers will be meeting students in the morning at 8:15am at their designated drop off & pick up area. Teachers will also escort classes outside at the end of every day. Please ensure you have a designated meeting area to ensure every child's safety. Students who walk home independently are expected to head home after the bell.

Parking

A reminder to parents that our parking lot may get very busy.

*For safety reasons do not drop off students in the parking lot.

*Handicap parking should only be used by those who need it.

*Please be courteous and do not park in or in front of anyone's driveway.

*No parking ever in the bus parking zone or in the front of the school

8:00am—4:00pm

Nut Aware

We have students and staff in our school who have severe allergies to nuts. Any exposure to nuts could cause a very strong re-action, possibly resulting in death.

We need your support in making our school a "NUT AWARE ZONE." This means that no nut products are allowed in the school.

If, by any chance, a child brings something with nuts we will direct him or her to the office and will keep the snack contained until it can be picked up at the end of the day.

If you have any questions or concerns, please do not hesitate to contact the school administration.

As always your support is appreciated.



Please make sure to visit our
website regularly

[Coalbanks Elementary](#)



Follow the link below for bus information
[TRANSPORTATION](#)

Terry Fox Walk/Run

The school's date for The Terry Fox National School Walk Day is still being determined.

We will be encouraging families to join us and we are hoping all participants can donate a toonie for Terry. Toonies for Terry will be collected in the school office.

The Terry Fox Foundation has raised over 400 million dollars worldwide for cancer research. This money has been used to produce better treatments for all types of cancer.



One day, millions of students and educators, thousands of schools, one dream—a world without cancer

Cheer & School Clubs

Cheer is happening again at Coalbanks Elementary, from October 8, 2025 to March 25, 2026. All information & forms are available on our website: CoalbanksElementary

For more information please contact:
Peak Elite Cheerleading Samantha Paradee
403-328-3990 info@peakelitecheerleading.ca

***At the end of any club time, please pick up your child(ren) on time**



All school purchases need to be paid through School Cash Online.

School Cash Online will notify you when fees like recorders, hot lunch, etc. are due and are posted when available to be paid.

SchoolCashOnline



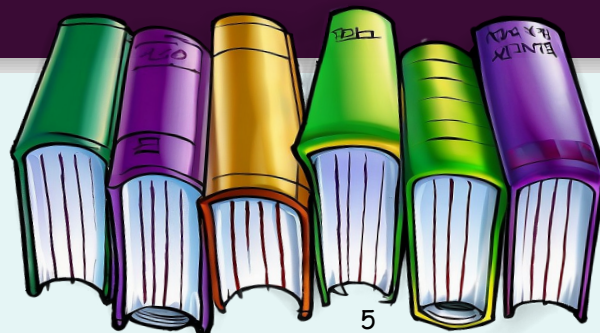


FIND YOUR GROOVE AT THE LIBRARY

Sign up for a free library card (or renew your existing one) during the month of September and you might just score a funky sweatshirt or nifty tote bag



lethlib.ca/join





September 2025 Nutrition Services

Spend less, stress less, nourish more



Fueling our children with the right kind of foods and drinks is essential for both mental and physical health and can have a direct impact on their immune system and their ability to learn and play.

With grocery costs on the rise, the balance between nourishment, time, and cost can become increasingly challenging. So, what can we do to shift the balance in our favour?



Your Guide to Fuel Healthy Futures

Canada's Food Guide is a fantastic tool for creating nutritious meals and snacks. This snapshot shows the proportions and types of foods that we can incorporate into our diets to ensure we are fueling our bodies well.



**Make water
your drink
of choice.**

For more ideas for kid-friendly recipes, tips for safely storing food, information on reading food labels, and more, check out the Canada's Food Guide [website](#).



Shopping Seasonally

Taking advantage of seasonal produce is a great way to stretch your budget. When your favourite veggies and fruits aren't in season, utilize frozen or canned options!

Try these items this fall:

- **Squash and pumpkins**
 - Try these freezer-friendly [no bake bites](#)!
- **Apples, grapes, and pears**
 - Nature's fast food, easily packed in a lunch.
- **Carrots and potatoes**
 - Carrot sticks are a great crunchy addition to lunches!
 - Use leftover potatoes to make [potato pancakes](#) to freeze and use for lunches.
- **Cabbage, kale, and broccoli**
 - Add kale to this [creamy smoothie recipe](#).
 - Bake and freeze these [savory broccoli and cheese muffins](#).
 - Shred your cabbage and add to wraps, salads, bowls, and more!



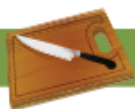
When shopping for pre-packaged foods like granola bars, crackers, or cereals, check the nutrition facts table or look for [front-of-package labelling](#) and choose options that are lower in saturated fat, sodium, and sugar.

Prepared monthly by Alberta Health Services South Zone Dietitians, Nutrition Services

Time-saving Tips



Just like our grocery budget, our time is a valuable resource. These tips can help balance your time, budget, and nutrition.



Ingredient Prepping

Ingredient prepping follows the same idea as meal prepping, but it allows for more meal variety. By washing and chopping vegetables like lettuce and peppers, and cooking and slicing chicken in advance, putting together wraps, salads, and sandwiches can be done with ease.



Get the Kids Involved

Giving children the chance to help prepare their own lunch and snacks saves you time, encourages them to try new foods, and teaches them new cooking skills

- Have fridge/pantry bins with [healthy snack options](#) for them to choose from.
- Let them build their own lunches from prepared ingredients using the [Lunch Generator](#) tool.
- Find more lunch and snack ideas in our full [resource list](#) for parents of school-aged kids.

Frugal Fares



Eating well doesn't have to break the bank. These tips can help you maintain a balanced plate on a balanced budget.



Plant-based Proteins

Plant-based proteins like lentils and beans are nutritious, cost-effective, and great on their own or mixed with meat to cut costs.

One easy way to incorporate more plant-based protein into your diet is through making this [Beans & Rice Master Mix](#) which can be made into a variety of dishes like these freezer-friendly [bean burritos](#).



Plan Ahead

Save more by utilizing the same ingredients across multiple meals. Choose recipes with fewer or overlapping items, like these ["10 ingredients or less" recipes](#).

Repurposing leftovers for lunches is a great way to reduce your costs and food waste. Visit [here](#) for a variety of ideas.

Buying in bulk, freezing day-old whole grain breads, batch baking and freezing homemade muffins, purchasing generic brands or discounted products, and looking for "imperfect" produce are all strategies to remember when creating your grocery list.

Upcoming Events & Classes

We offer classes on a variety of topics like [Healthy Eating for Pregnancy](#), [Feeding your baby \(0-12 months\)](#), [Feeding your child \(1-5 years\)](#), and [Preventing or managing chronic disease](#). For a complete list of workshops that are available anywhere in the province, click [here](#).

Contact

Have questions? Contact your local Registered Dietitian at Community Health Services:

Medicine Hat 403-502-8200
Brooks 403-501-3300
Lethbridge 403-388-6666

For more information on this or other nutrition topics, go to:
www.healthyeatingstartshere.ca



Questions? Email us at publichealthnutrition.southzone@ahs.ca



LETHBRIDGE BOOK & MAGAZINE FESTIVAL

15TH ANNIVERSARY

September 20, 2025 | 11 a.m. - 5 p.m.

Lethbridge Public Library - Main Branch

Featuring Authors

Linda Bailey | Crave Bakery | Maggie Helwig
Ryan North | Jessica Waite | Kevin Van Tighem |
and more!

Live Music | Food Trucks | Workshops | Author Signings | Marketplace

Celebrating Reading. Advocating Literacy.

For full events details visit thewordonthestreet.ca/lethbridge



CONNECTING
YOU





2025-2026 INDOOR SOCCER REGISTRATION LYS LEAGUE

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



ONLINE ONLY:

August 1 - September 8, 2025

INDOOR SOCCER SEASON STARTS: October 2025 - March 2026 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	2021	\$275.00	17 (40 min. sessions)	Monday	5:00pm
U6 CoEd	2020	\$275.00	17 (40 min. sessions)	Wednesday	5:00pm
U8 Boys	2018 & 2019	\$275.00	17 (40 min. sessions)	Mondays and Saturdays	Mon 5:00pm and Sat 9:00am
U8 Girls	2018 & 2019	\$275.00	17 (40 min. sessions)	Mondays and Saturdays	Mon 5:00pm and Sat 9:00am
U10 Boys	2016 & 2017	\$325.00	21 (55 min. sessions)	Mondays and Saturdays	Mon 6:00pm* - Sat 12:00pm*
U10 Girls	2016 & 2017	\$325.00	21 (55 min. sessions)	Mondays and Saturdays	Mon 6:00pm* - Sat 12:00pm*
U12 Boys	2014 & 2015	\$400.00	27 (55 min. sessions)	Wednesdays, Fridays and Saturdays	Wed 6:00pm* - Fri 5:30pm* - Sat 3:00pm*
U12 Girls	2014 & 2015	\$400.00	27 (55 min. sessions)	Wednesdays, Fridays and Saturdays	Wed 6:00pm* - Fri 5:30pm* - Sat 3:00pm*
U14 CoEd	2012 & 2013	\$400.00	27 (55 min. sessions)	Wednesdays and Saturdays	Wed 6:00pm* - Sat 5:00pm*
U16 CoEd	2010 & 2011	\$400.00	27 (55 min. sessions)	Mondays and Saturdays	Evenings
U18 CoEd	2008 & 2009	\$400.00	27 (55 min. sessions)	Mondays and Saturdays	Evenings

****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, that learnt 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.

