



Dear Trailblazing Parents and Families,

What a fantastic turnout for our Parent Council meeting this past Thursday! We truly appreciate the time and commitment of all our parents who attended. Your support is invaluable to our school community. This week we're gearing up for our annual Terry Fox Run at Riverside Park. It's a fun event for our students, and we can't wait to see them participate.

A Few Things

Terry Fox

Thanks to the Town of Canmore we have permission to run a loop around the Bow River from Riverside Park again this year. Our Terry Fox run will take place on **Friday September 19th**. We will walk from school to the park and then complete a two kilometre loop. We will be raising funds for the Terry Fox Foundation. Families can make donations online <https://schools.terryfox.ca/97583> or students can bring in their spare change this week to their homeroom in an effort of "Toonies for Terry". Students will be running in homeroom groupings starting at 9:30am with the final group finishing by 11:30am.

Open House

We are excited to welcome our families into the school on **Thursday, September 18th from 6-7pm** to meet our teachers. Teachers will be in their classrooms and would love to share with you the day in the life of a Trailblazer and ways to get involved in our school community.

Pizza Days

Our Parent Council is pleased to offer Panago Pizza Days at LGMS. There are Gluten-Wise and Dairy Free options available. Total cost for 2 slices of pizza: \$120.00 (\$6 x 20 pizza days). **ORDER & PAYMENT will be due by September 19th, 2025.** [Pizza Days Order Form](#). This year the Parent Council will only be accepting e-Transfers as a form of payment. Please send your e-Transfers to our LGMS Treasurer at: lgmsfundraiser@gmail.com (no password required). Payment for more than one child can be combined in a single e-Transfer. **Please include your Student's NAME, Grade and Homeroom Teacher in the message field in the transfer.**

*No refunds will be issued. **Pizza days are supported by the Food for Learning Program.

Bike Safety

There have been some recent concerns raised in the community about bike users not following traffic laws. Please take a moment to talk with your child about safe riding practices, including:

- Wearing a helmet
- Following all traffic laws and signs
- Using hand signals
- Being aware of their surroundings
- Laws around ebike use and throttle bike use (Did you know they're different? I didn't!)

A short conversation can make a big difference in keeping our students safe in and around town.

Smudging

Smudging is a tradition, common to many Indigenous people, which involves the burning of one or more natural plants gathered from the Earth. The most common traditional plants used in smudges are sweetgrass, sage and alpine spruce. The Division recognizes that smudging and the use of herbs and tobacco are a part of the Indigenous traditional way of life and are, therefore, permitted in Division schools, subject to proper safety measures. Smudging is passed down from generation to generation. There are many ways and variations on how a smudge is done. The Canadian Rockies School Division supports the inclusion of Indigenous knowledge, customs and practices in its schools for the purpose of creating an atmosphere that is affirming to Indigenous students and families and that promotes respect for, and understanding of the Indigenous peoples of Canada among all students. Smudging is always voluntary. At LGMS, smudging may occur during special events and during Elder and Knowledge Keeper sessions. If families choose not to have their child(ren) participate or if they have specific requests around how their child(ren) should observe the ceremony, please notify the school in writing.

Other Resources

[Schools Healthier Together - Parent Resources](#)

[Alberta Health Services: Healthy Together](#)

[Government of Alberta: Children's Mental Health](#)

Important Dates in September

Thursday, September 18 - Open House/Meet the Staff - drop-in between 6pm - 7pm

Friday, September 19 - Terry Fox Run

Friday, September 19 - PLN Afternoon – Students dismissed at 12:00 pm

Friday, September 26 - School Wide House Activity

Monday, September 29 - Knowledge Keeper Visit

Tuesday, September 30 - School Closure - National Truth and Reconciliation Day

Tuesday, October 7 - Picture Retake Day

Monday, October 13 - Thanksgiving - No School

Friday, October 17 - PLN Afternoon – Students dismissed at 12:00 pm

Wednesday, October 22 - Grade 6 Immunizations

Wednesday, October 22 - Take Me Outside Day

If you have any questions or concerns, please feel free to contact us at the school either by phone (403) 678-6006 or email.

Kelly Proudfoot

Principal

Lawrence Grassi Middle School

&

Danelle Prescesky

Assistant Principal

Lawrence Grassi Middle School

“REACH FOR THE PEAKS - ATTEINDRE LES SOMMETS”