

OCTOBER

AT

PROBE



[HTTPS://GPRO.LETHSD.AB.CA/](https://gpro.letbsd.ab.ca/)

Principal Message

Hello everyone! Welcome to October! We have a number of planned opportunities to connect with families this month including Parent teacher Interviews. As you are aware, we have changed formats this year, going back to the individual interview slots. We also have a new report card for this school year, so teachers will be showing you what it will look like and how it is different than past years. Please check out the Calendar for all of the up-to-date information!

I know that there is a great deal of uncertainty at this time regarding students, schools and what is next. We don't know exactly what will happen but we or the Division will share out information when we are able to do so.



Nutrition Break and Recess Change

Hello Dr. Probe families. I am writing this to let you know about some changes that we will be making in our daily schedule to better meet the needs of our students and staff. We currently have two nutrition breaks but each one is split into separate Grade 1 and 2 and Grades 3,4, and 5 breaks. While this schedule has been in place for a while, as the size of our school and staff have gotten smaller, it has become unworkable to provide supervision for split recess and nutrition breaks at all of these times for all of our students. Therefore, starting this week, we have made an adjustment where we will still have our two nutrition breaks, but we will now have all of our students go outside for recess from 10:30 until 10:50 and then come inside to eat from 10:50 until 11:02. Then, for their second break, they will all go outside from 1:00 until 1:20 and then eat from 1:20 – 1:32. We have already made a change this year to have all of our grade 1 – 5 students spend recess together on Fridays and it has gone well. None of these changes will impact our start and end times, nor will they have any affect of bus schedules. This change will help us to be more efficient and help streamline our daily schedules. Thank you for your understanding and if you have any questions, please feel free to email me at chris.harris@lethsd.ab.ca . Thank you!



Links

- [School Calendar](#) – Please refer to this as it has the most up-to-date listing of events.
- [School Bell Times](#)
- [School Supply Lists](#)
- [School Handbook](#)
- If you have any questions or concerns, please do not hesitate to contact me:

Chris Harris, Principal chris.harris@lethsd.ab.ca

Parent Teacher Interviews

Conferences will be available on Wednesday, October 22nd from 1:00-7:00. Parents/guardians will be able to book online for a 15-minute slot. Bookings will open at 8:00AM on October 3rd and close on October 20th at 8:00AM. You will be able to book by going to the Probe website, and clicking on the "bookings" link.

Volunteers



There are many ways to help out by volunteering at Dr. Probe. If you are interested in helping with hot lunches, Book Fairs or reading with students, please let us know. You can email shea.mellow@lethsd.ab.ca to make it happen!

Heap the Jeep




Heap the Jeep is fast approaching! We will be collecting food this week until Friday, October 3rd when the Lethbridge Food bank will pick up our food donations. Gary Moe Dodge has kindly provided a Jeep for our students to load up on the 11th! Prior to that day, we will be storing the food in our front foyer.



Terry Fox Run

Thank you to everyone who was able to attend our Terry Fox Run this year. With the weather that presented itself, our students and staff were able to demonstrate how they were inspired by Terry and his Legacy. Here are some photos from that day. We would also like to thank Tim Horton's for their generosity in providing us with treats for our staff and students at the conclusion of our Terry Fox Walk!





Dr. Probe School Council – Next Meeting
Wednesday, October 1st @ 6:30 PM
This is the AGM and elections will be held for all of the positions.



Probe Senior Choir

The Dr. Probe Senior Choir is open to students in grades 3-5 from 3:30 - 4:30 on Wednesdays after school and runs until the end of May 2025. It is an exciting opportunity and we look forward to their performances this year!

In Addition

While we do not need one right now, we will be looking for an accompanist for our Senior Choir in the new year. If you are interested in helping out with this role, please keep a watch out for a request sometime early in the new year.

West Elementary BINGO

Indigenous students and families of West Coulee Station,
Dr. Gerald B. Probe, Nicholas Sheran, Coalbanks, and Mike
Mountain Horse

YOU ARE INVITED!

Where? Coalbanks Elementary (230 Coalbanks Boulevard West)

When? October 2nd, 2025 @ 5:30pm

Come enjoy some food, BINGO, and win prizes!



**GRAND
PRIZE
PS5**



October Wellness

What a fantastic start to the school year! It was so nice to see our students back in our school. In September, we had the opportunity to visit all the classrooms and read the book “In My Heart” to start discussing feelings. This year, Jen Robinson (Student Support) and Kevan Lomness (Teacher Counsellor) are working collaboratively at the school. We are able to support students and families in a variety of ways. We often help students with regulation, social skills, and problem solving and families to access necessary resources. Please reach out with any questions or to connect. Mrs. Lomness will be meeting with each class monthly using the “Little Spot” program to teach social-emotional learning adapted to each grade level. Social-emotional learning is an educational approach that focuses on developing the social and emotional skills necessary for personal and academic success.

October Wellness Tips

A new school year generally means getting back to some routines as a family that we often relax in the summer. Kids thrive when there is predictability and structure. Building routines as a family can empower your kids and make the return to school easier on you all.

Here are some ideas:

- Involve your kids in packing lunches and getting school supplies packed and ready. Do as much as you can the night before so your mornings are calmer.
- Set a regular time for bed and a bedtime routine for school nights. This might include bedtime stories, yoga, and/or cuddles.
- Set a consistent wake up time in the morning that gives everyone time to get ready slowly and calmly.
- Get some breakfast. Choose foods that will provide your body and brain fuel for the day.
- Create a saying, motto or mantra that feels special to your family and signifies the start of a new school day. For example, “Today will be as great as I make it”.
- At drop off, let your child walk away from you and into the school to foster independence and confidence.

It may take some practice and a bit of time but once routines become more solidified, everything tends to run much smoother.

Angel Tree

If your family accesses Angel Tree, the deadline to register is November 17! Please use this link to register (or reach out to the Wellness Team if you need assistance with this):

Apply for Angel Tree — Lethbridge Family Services

<https://www.lfsfamily.ca/register>

[« Previous](#)

October 2025

[Next »](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 A&W Hot Lunch (orders due Sept 14) Senior Choir 3:30 pm School Council 6:30 pm	2	3 Heap the Jeep	4
5	6	7	8 Senior Choir 3:30 pm	9	10	11
12	13 No School: Thanksgiving	14	15 Subway Hot Lunch (Orders due Sept 28) Senior Choir 3:30 pm	16	17 Popcorn (Orders due Sept 28)	18
19	20	21 Kindergarten PT Interviews: No School for Kindergarten	22 No School for Students (P/T Interviews and Prof. Learning for staff)	23 No School for Students (P/T Interviews and Prof. Learning for staff)	24 No School for Students (P/T Interviews and Prof. Learning for staff)	25
26	27 School Photo retakes	28	29 Senior Choir 3:30 pm	30	31 Halloween Parade	