

THE DIVISION DISPATCH

Year 9 | NUMBER 6 | March 6, 2025

ICE AWARDS SCHOLARSHIP SHOWCASE



ICE SCHOLARSHIP

Climbing to New Heights

Innovation, Creativity, Entrepreneurship



9th annual

MARCH 27, 2025
6:30 P.M.

Winston Churchill High School

THE SHOW >

Scholarship showcase event set for March 27 at WCHS

Lethbridge School Division's 2025 ICE Scholarship Showcase event has been set for March 27 at 6:30 p.m. at Winston Churchill High School.

Every year, the showcase gives students from across the Division the opportunity to

set up tables to highlight some of the amazing things going on throughout our Division.

The event, which is free to the public, features student displays of innovation, entrepreneurship and creativity. Learn more about this exciting event here: [SHOWCASE](#). ■

BLACK HISTORY >

Schools throughout Division celebrate Black History Month

Each February, people across Canada participate in Black History Month events and celebrations that honour the legacy and contributions of Black people in Canada and their communities.

The 2025 theme for Black History Month was: Black Legacy and Leadership: Cele-

brating Canadian History and Uplifting Future Generations.

For a look at what some of the Black History Month events and initiatives that took place throughout the Lethbridge School Division in February, please visit our website: [BLACK HISTORY MONTH](#). ■

HEALTH/SAFETY >

Health and Safety Corner

Ladder safety

10 Ladder Safety Rules

- 
Choose the right ladder
- 
Check for damages or issues before each use
- 
Ensure physical capability of using a ladder
- 
Set up the ladder on a flat and stable surface
- 
Set up in a safe place
- 
Never lean or reach away from the ladder
- 
Always maintain a three point of contact
- 
Only take small items up or down a ladder
- 
Apply the 1:4 rule
- 
Climb down cautiously

SafetyCulture

From the May, 2023 OHS safety survey, we asked: What do you feel is your biggest safety concern?

Today's topic provides information related to that concern!

The Lethbridge School Division is prioritizing ladder safety during the installation of holiday decorations.

One essential tool for safe installation of décor is the ladder. There is no substitute for ladders!

- Chairs, table and other furniture are not designed for use as an elevated work platform.
- Choosing the right ladder is crucial, consid-



ering the height and stability required for the task.

- Do not forget to inspect the ladder for defects or damage prior to use.
- Proper ladder placement on a stable and level surface is vital to preventing accidents.
- Always face the ladder and maintain three points of contact with the ladder.
- When using an extension ladder be sure to use the 1:4 ratio.
- Never stand on the top two rungs.
- Don't overreach (keeping your belly button between the rails is a good rule of thumb).

In conclusion, let's prioritize safety. ■

SUPT. MESSAGE >

Superintendent Mike Nightingale

I hope you are having a good week.

As I write this, we went from one of the warmest days ever in March, to snow. If the forecast is correct, we should be back to warm temperatures by the time you read this. Fingers crossed for a mild

spring moving forward, which will lead to plenty of opportunities to get outside and enjoy our beautiful city.

Last week, the provincial budget was announced. While these announcements provide a general idea of direction, they lack detailed information as to what the numbers mean for individual school divisions. We were pleased to see there have been changes to the Weighted Moving Average, as our Board of Trustees had been advocating passionately for improvements to the funding formula.

The Weighted Moving Average process for funding school divisions is particularly challenging for grow-



MIKE NIGHTINGALE

ing divisions like Lethbridge. Although there has been improvement, we still face the issue of not having all our students fully funded as enrollment grows. It was good to see some increases to

learning support grants, as well as operations, maintenance and transportation grants. We were hoping to see increases to the base grant rate as well, which is the largest part of our budget. Unfortunately, base grant increases didn't materialize. One aspect of the budget that looks

promising is a new grant to help school divisions address rapidly rising costs for technology infrastructure and cybersecurity. Once we get our detailed budget, we will be able to more clearly understand how this impacts our division.

As always, I want to thank you for your dedication and work. Your efforts are truly appreciated, and they make a difference for our school communities every day. ■



PRETTY IN PINK >



Pink Shirt Day recognized by Division schools

On Feb. 26, Lethbridge School Division was awash in a wave of pink!

Schools hosted a number of events and initiatives as students

and staff were decked out in pink to recognize Pink Shirt Day.

Visit our website for just a few photos from the day: [PINK](#). ■

PRIZES!!! >

Read The Dispatch!



Every month, The Division Dispatch delivers valuable information to Division staff.

If this engaging content isn't enough to make you want to read the monthly newsletter, we have another incentive!

When you read The Dispatch, reach out to us to enter your name in a draw for a prize.

Just click here to enter: [CONTEST](#).

The Division Dispatch contest winner for the month of February was Matt Vandenburg. ■



Inkblot



Employee & Family Assistance Plan Services

<https://org.inkblottherapy.com/asebp>

For contract employees with ASEBP benefits, each calendar year you will receive an allotment of hours which include four hours each of individual counselling and couples/family counselling.

Some of the services provided include: <ul style="list-style-type: none">• Mental health management• Stress reduction and management• Relationship and family support	Additional reasons to reach out to Inkblot may include: <ul style="list-style-type: none">• Work-related issues• Relationship issues• Family conflict• Work life balance• Stress, depression, anxiety• Addiction• Violence/abuse• Loneliness• Burn-out• Youth therapy• Grief/bereavement
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Inkblot EFAP offers you quick and easy access to the mental health supports you need, no matter when or where you need them. And appointments can be booked in 24-72 hours from when you first reach out. **These hours are individual to you. Your dependants (i.e. a spouse or children) will also receive their own allotment of EFAP hours each year.**

One of the many benefits of this EFAP is that once your allotted counselling hours are used, you don't have to stop seeing your chosen practitioner. If you feel that you would benefit from additional sessions, you can continue seeing them and they will simply bill you directly, at a discounted rate (\$110 for in-person session and \$90 for virtual). You can then submit your receipt to ASEBP for reimbursement through your [psychology services benefit](#) and/or [health spending account](#) (if eligible).

Your EFAP offers more than just mental health supports. Through Inkblot's WorkLife Advisory Services, you can also access:

- **Health consultations:** receive advice from a registered nurse or dietitian for things like nutrition support, smoking cessation, etc.
- **Legal advice:** seek advice for things like real estate law, family law, and more.
- **Financial advice:** guidance on managing debt, saving for the future, etc.
- **Career coaching:** get support with making a career change or having difficult discussions with colleagues.
- **Life transitions:** from becoming a new parent to planning for retirement, your EFAP can help with it all.

As a digital-first organization, Inkblot offers the majority of their services online, but phone and in-person services are available too.

ASEBP's dedicated Inkblot web portal also allows you to book appointments (virtual, in-person or over the phone), reach out to your provider between sessions via a secure chat feature, access WorkLife Advisory Services, and read up on the latest wellness news via the Inkblot Wellness .

Your EFAP is completely confidential, voluntary, and accessible at your own convenience.