



# St. Francis de Sales – Weekly Update

## #3



17 September 10, 2025

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### Terry Fox Walk/Run – Friday, Sept. 12 (1:30–2:30 pm)

- Kindergarten students may participate **with a parent present**. (They dismiss early.)
- Students may wear **gym strip all day**.
- Please bring at least a **toonie donation**. (\$2)
- Each year we raise nearly **\$1000** for the Terry Fox Foundation—thank you!

 [Donate Online](#)

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### Staying Healthy

Tips and updates from **Fraser Health**:


<https://www.sfdsschool.ca/news/helpful-information-from-fraser-health>

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### AGM & Meet the Teacher – Thursday, Sept. 11

- **BBQ** for parents (adults only).
- **AGM** at 7:00 pm.
- **Meet the Teacher** at 7:45 pm.

 Details on our school [website](#).

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## → 📱 Stay Connected with Seesaw

- Please **download Seesaw** before Sept. 11 to follow your child's learning journey.
- Available for mobile devices—easy updates right to your phone!  
🔗 [Download Seesaw by clicking on this [link](#).]

## 🏀 Basketball Opportunity

Learn more about the **Jr. NBA Program** on our [website](#)!

### Extracurricular Practices and Events - Sept 15-19

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:05-8:55</b>	Cross Country Grades 2-7  Volleyball Grade 6 Mrs. Luongo Gym	Cross Country Grades 2-7  Volleyball Grade 7 Mrs. Wagner Gym	Choir Mrs. Walmsley	Cross Country Grades 2-7  Volleyball Grades 5 Mr. Penney Gym	Cross Country Grades 2-7
<b>LUNCH</b>	Volleyball Grades 5 Mr. Penney Gym	Volleyball Grade 6 Mrs. Luongo Gym	Volleyball Grade 7 Mrs. Wagner Gym		
<b>3:05-4:05pm</b>	Volleyball Skills Clinic Grades 5-7 Mrs. DiFrancesco	<i>Boys Soccer Grade 5 Mr. Botsio &amp; Mr. VanDolder</i>	Staff Meeting	Volleyball Grade 7 Mrs. Wagner  <i>Boys Soccer Grade 5 Mr. Botsio &amp; Mr. VanDolder</i>	

**IMPORTANT NOTES:**

**\*\*Students who are members of a team should have their PE strip at school every day in case we need to move practice times.\*\***

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**Key Dates - Bookmark our [website](#) to make it a habit to refer back to it.**

- **Sept. 16** – Confirmation Parent Mtg (7:00 pm)
  - **Sept. 16** – PEC Meeting (6:30 pm)
  - **Sept. 22–25** – Grade 7 Camp Jubilee
  - **Sept. 23** – St. Mary's Cross Country Meet
  - **Sept. 29** – Early Dismissal 2:00 pm + Popcorn Sale
  - **Sept. 29** – Orange Shirt Day
  - **Sept. 30** – Truth & Reconciliation Day (No School)
  - **Oct. 10** – Walkathon! (Noon dismissal at Deer Lake)
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## **Thank You!**

Your support makes our school community strong. We're looking forward to a wonderful month together!