








Weekly Update – Oct. 8

Walkathon – *This is it! Friday, we WALK!*




Let's work together to reach this year's \$45,000 goal!

-  Each student is encouraged to raise at least \$100.
-  Pledges accepted until **Oct. 14, 2025**.
-  Extra pledge sheets are available on our website.
-  More info: bit.ly/sfdswalkathon

Parent-Teacher Goal Setting Conferences 2025



-  Thank you for your patience as we fine-tuned our new sign-up system.
-  All parents should now have a **parent account**.
-  Use your account to **select a convenient meeting time** with your child's teacher(s).

Playground Safety Drill



-  Our first drill of the year went smoothly!
-  Students took it seriously and followed directions well.
-  All students were safely inside the school in **under two minutes**.

Virtue of the Month –

Studiosness : Seeking knowledge to grow closer to truth.








-  Ask your child to share about the saint they're studying who demonstrates this virtue.
-  Click the Parent Guide VIP [link](#) to explore ways your family can practise studiosness together.

Family Fun Night: Cookie Decorating!

-  Look for details using this [link](#).
-  Sign up in advance by returning the form sent home with the **oldest or only child** on Monday.



CISVA Cross Country Meet

-  SFdS has come in **24th out of 35 schools** — an **improvement from last year's 26th place!**
 Thanks to the **commitment and leadership of students** who helped us gain points with their **stamina and school spirit.**
-  **Special Shoutouts!**
 -  Giovanni Van Dolder – **7th overall** in Gr. 5 boys
 -  Eric Botsio – **11th overall** in Gr. 5 boys
 -  Lorenzo Luongo – **11th overall** in Gr. 4 boys
 -  Jett Poirier– **15th overall** in Gr. 4 boys

PEC News










- Questions or feedback?

 Fundraising: SFdS.PEC.feedback@gmail.com

 Volunteering: participation.sfds@gmail.com








Key Dates

-  Friday Oct. 10 – **WALKATHON!** (Arrive Deer Lake 8:45; noon dismissal)
-  Mon., Oct. 13 – Thanksgiving (No school)
-  Tue., Oct. 14 – All walkathon pledges/donations due to school
-  Wed., Oct. 22 – Conferences (2:00 dismissal;  popcorn sale)
-  Thurs., Oct. 23 – Conferences (No classes);  Used Uniform Sale (9–3:30)
-  Friday Oct. 24 – Pro-D Day (No school)
-  Mon., Oct. 27 – **NO** Early Dismissal or popcorn sale



Please check the website calendar regularly for updates.

Extracurricular Practices and Events - Oct 13 -17

	Monday	Tuesday	Wednesday	Thursday	Friday
8:05-8:55	Thanksgiving Day (No School)	Volleyball Grade 7 Mrs.Wagner	Choir Mrs. Walmsley	Volleyball Grades 5 Mr. Penney	
LUNCH		Volleyball Grade 6 Mrs. Luongo	Volleyball Grade 7 Mrs. Wagner	Volleyball Gr. 7 boys Mrs. Licerio Mr. Cachero	 Grade 7 Volleyball Tournament 9-3 @ SFDS gym Mrs. Wagner
3:10-4:10 pm		 Gr. 7 Girls Game @ Holy Cross 2:30 exhib 3:00pm league  Boys Soccer Game @1:45 Vs St. Helen's (Burnaby Lakes Sports Complex - West Field #3)	Staff Meeting  Gr. 7 Girls @ 3:00 league & 4:00 exhib (vs. OLM)	 Gr. 5 Volleyball Game @ 3:00pm (vs. OLM) <i>Boys Soccer Practice Grade 5 3:10-4:10 Mr. Botsio & 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**