

Weekly Update – Jan. 21

Hot Lunch – Term 2

-  Ordering opens Jan. 14, closes Jan. 28 at 12pm.
-  Hunger Lunch Reminder:  **Ash Wednesday, Feb. 18**
 -  Families encouraged to donate what they would normally spend on hot lunch.
 -  Donations will be collected through **Munchalunch** in support of **Holy Childhood**.

School Registration – Important Information

-  Ensure you have cheques ordered if you do not currently have any
-  We will once again use our two-step registration process this year.

PART 1: Online Registration

-  Families will receive a Google Form link during the week of January 26th to complete the online portion.
-  If you do not receive the link, please contact the office immediately.
-  Submit the form once per family only.

PART 2: Paper Package

-  Registration packages will be sent home February 5.
-  Includes:
 - Student Verification Form
 - Pre-Authorized Debit (PAD) Agreement

Update Your Information

-  changes to address, phone numbers, emergency contacts must be emailed to the office.

Payment Information (CISVA Policy)

-  Cash payments will NOT be accepted
-  Tuition and fees will be collected by direct withdrawal only.
-  **Please take Note: Everyone is now required to provide a new voided cheque upon registration. As per our auditor's request, this must be submitted annually; even if no account changes have been made.**
-  **Cheques (made out to the parish) are expected for:**
 - Fundraising
 - Parent Participation
 - Optional Capital Expenditure
(submitted in person with the package)

Registration Drop-Off

-  Packages must be returned **in person** on: **Tues., Feb. 10 or Wed., Feb. 11**
-  Parents will be admitted into the school to line up and submit packages.
-  Registration packages
 - **Require Part 1 completed first**
 -  Should NOT be sent to school with students

| Registration Package Return Times (Google Form Complete) | | |
|--|------------------|--------------------|
| | Tuesday, Feb. 10 | Wednesday, Feb. 11 |
| Family Last Names A-K | 8:30-10:00 AM | 1:30-3:00 PM |
| Family Last Names L-Z | 1:30-3:00 PM | 8:00-10:00 AM |

Registration Reminders

-  *Google Form must be completed by Feb. 11*
-  *A \$80 late fee will apply if the form is not submitted by this date.*
-  *If you are unable to return your registration package on the assigned dates/times, please notify the office in advance.*

2-4-1 SPORTS CAMP AT SFDS – Feb. 12, 13

-  Fun mix of traditional sports, creative games, movement skills & confidence-building.
-  **Feb. 12, 13** in the SFDS gym (outdoor play if weather permits).
-  Open to students in **Grades 1-5**.
-  Register using the link [here](#)
- **Junior Coaches (Gr. 6-7):**
 -  Students can apply to help lead the camp.
 -  Must be endorsed by a school administrator.
 -  Questions: geoff@241play.org
-  **We are allowing for single day registration, pricing as follows:**
 -  1 Child  1 day: **\$60**   Both days: **\$110**
 -  2 Children   1 day: **\$115**   Both days: **\$210**
-  **3 Children**  1 day: **\$165**   Both days: **\$305**

Canadian Red Cross Youth Leadership Course **Hosted right here at our school**

-  Thursday, Apr 24, 2026 at SFDS School
-  Facilitated by Dr. Laura

 Special thanks to Christ the Redeemer Parish (West Vancouver) for hosting:

- Stay Safe and Babysitting / Care for Others courses
- Offered over February 12, 13 before CEC & Family Day

 Students enjoy learning alongside friends and classmates

 Families value these leadership opportunities during Pro-D days

 A wonderful chance for students to build confidence, responsibility, and leadership skills they can use at home and in the community.

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Mark Your Calendars!



Parenting for Purity – *Jason Evert*



February 24, 2026



7:00–8:30 PM

How can parents compete with sexting, internet pornography, and other powerful influences drawing young people away from a life of purity?

In this seminar, Jason Evert shares practical communication strategies, helpful resources, current statistics, and faith-based guidance to support parents as the *primary educators* of their children when it comes to sexuality.

What to expect:

- Virtual presentation (Zoom)
 - 1 hour total
 - 30-minute presentation
 - 30-minute live Q&A talk followed by a 30-min. Q&A
 - Best suited for parents of children in Grades 5–7
 - Viewing together at school to encourage rich discussion
 - The more parents who attend, the better the conversation!
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Start Talking to Your Kids about Sex: A Practical Guide for Catholics

Dr. Julia Sadusky



March 3, 2026



7:00–8:30 PM

When should we start talking to our children about sex? How do we do it in a way that is age-appropriate, faith-filled, and free from shame?

In this presentation, clinical psychologist Dr. Julia Sadusky equips parents with the confidence and tools needed to have healthy, foundational conversations with elementary-age children—*long before* puberty begins.

Dr. Sadusky emphasizes the importance of:

- Teaching children the goodness of their bodies

-  **Helping them understand boundaries and how to respond if boundaries are crossed**
-  **Addressing cultural and social media influences *before* they shape a child's understanding**

Waiting too long can mean children learn first from culture rather than family and faith.

Details:

-  **Best suited for parents of children in Grades 2–6**
-  **Virtual presentation (Zoom)**
-  **Viewing together at school**
-  **Stronger discussions with greater parent participation**

Key Dates

- Jan. 19–27: Young Actors' Project (Drama classes for all students) 
 - Jan. 24: St. Francis de Sales Feast Day Fri. 
 - Jan. 26: Early dismissal ( Mon., 2:00 PM)
 - Jan. 30: Fire & Ice  Grade 7 Basketball Tournament (Fri. @ SFDS) 
 - Feb. 1–8: Catholic Schools Week 
 - Feb. 10–11: In-house registration for the 2026–27 school year 
 - Feb. 12–13: Catholic Educator Learning Days (No school) 
 - Mon., Feb. 16: Family Day (No school) 
 - Tues. Feb. 24 - **Parenting for Purity Presentation**
 - Tues. Mar. 3 - **Start Talking to Your Kids about Sex**
 - Friday, Apr. 24: **Canadian Red Cross Babysitting Course @ SFDS**
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Extracurricular Practices and Events - Jan 26-30

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|--|--------------------------------------|------------------|--|--|
| 7:45-8:45 am | Grade 6 Boys Coach Newton Mrs. Muir | Grade 7 Boys Coach Jeffrey | Choir | Grade 7 Boys Coach Jeffrey Mrs. Licerio | Grade 6 Boys Coach Newton 7:45-8:30  FIRE & ICE TOURNAMENT |

| Lunch | Grade 5 Boys + Grade 5 Girls Coach Johnny Mrs. Wihak | Grade 6 Girls Coach Johnny Mr. Regush | Gr. 5 Boys + Grade 5 Girls Coach Johnny Mrs. Wihak | Grade 7 Girls Mrs. Licerio | |
|-----------------|---|--|---|--|---|
| 3:15-4:15 pm |  Grade 5 Boys 2:30pm vs. St. Michael's (HOME)  Grade 6 Boys 3:30 pm Vs. St. Michael's (HOME)  Grade 7 Girls St. Pius X TOURNAMENT (12:30 PM -3:00) (AWAY, leaving the school at 11:20am) EARLY DISMISSAL | Grade 7 Girls Mrs. Licerio PRACTICE CANCELLED  Gr. 7 boys 2:30 pm vs. St. Michael's (AWAY, leaving the school at 2:00pm)  Grade 5 Girls Exhibition 3:00pm vs. OLM (HOME) | |  Grade 6 girls 2:30pm and  boys 3:30pm vs. Holy Cross (HOME)  Grade 7 Girls vs. Holy Cross 3:00pm (AWAY, leaving the school at 2:15pm) |  FIRE & ICE TOURNAMENT |