








# 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 <b>A-K</b>	8:30-10:00 AM	1:30-3:00 PM
Family Last Names <b>L-Z</b>	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](mailto: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.



**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**










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#### **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 <b>Coach Newton</b> Mrs. Muir	Grade 7 Boys <b>Coach Jeffrey</b>	Choir	Grade 7 Boys <b>Coach Jeffrey</b> Mrs. Licerio	Grade 6 Boys <b>Coach Newton</b> <b>7:45-8:30</b>  <b>FIRE &amp; ICE TOURNAMENT</b>

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) <b>EARLY DISMISSAL</b>	Grade 7 Girls Mrs. Licerio <b>PRACTICE CANCELLED</b>  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)	 <b>FIRE &amp; ICE TOURNAMENT</b>