













Weekly Update – Jan. 28





Volunteer Hours – Important Reminder

-  Thank you to families logging hours using **OnVolunteers**.
 -  Please record hours in the **correct category**, not Ad Hoc:
 -  **Field Trips** → Field Trips section
 -  **Library or Maintenance Help** → *School Support*
 -  **Basketball (coach/ref/driver)** → *Sports: Basketball*
 -  Correct logging helps us:
 - Accurately assign hours
 - Track remaining family requirements
 -  Hours entered in **Ad Hoc** will no longer be approved if another section applies.
-

Primary Choir Begins!

-  Starts **Thursday, Feb. 19**
 -  Thursdays at **8:00 AM**
 -  Music Room
 -  Open to students in **Grades 2 & 3**
 -  Permission slip coming home **Friday**
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Canadian Red Cross Youth Leadership Courses – Reminder

-  **Feb. 12 & 13**
 -  Christ the Redeemer Church
 -  Fun, faith-rooted safety and leadership training
 -  **Registration closes Feb. 4**
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Catholic Schools Week – Mass & Spirit Wear

-  Please wear **school uniforms to Mass this weekend**  Show parish pride
 -  **Tuesday:** Students may wear **SFDS spirit wear** instead of uniforms:
 -  SFDS basketball uniforms
 -  SFDS logo clothing
 -  Gym strip (if no spirit wear available)
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Readathon – Coming Soon!

-  A parent volunteer coordinator is in place — thank you!
-  Launches **Feb. 20**
-  Wraps up **March 6**
-  More details coming soon — get ready to READ!

Catholic Book Fair – Daughters of St. Paul

-  **February 19**
 -  **St. Francis de Sales School Activity Room**
 -  Featuring award-winning Catholic books for children and families
 -  Books designed to inspire faith, wonder, and family connection
 -  Visit the **SFDS** [website](#) for full details.
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A Parent's Guide to Growing Lifelong Readers - A Reflection:

When I was in 5th grade, my teacher gave us a list of book genres and required us to read one book from each. What appeared to be a headache-inducing snoozefest ended up introducing me to such literary worlds as science fiction, biography, and western. I'm still a historical fiction and mystery fan. I was raised on Laura Ingalls Wilder, Louisa May Alcott, and Encyclopedia Brown. But as an adult, I now also have my favorite non-fiction writers (Erik Larson) and I do love a good sci-fi tale (Connie Willis's *Doomsday Book*).

Reading is similar to eating. We want our children to try a wide variety. If you've read *Bread and Jam with Frances*, you know the envy she feels after committing to a diet of only bread and jam. At the end of the story, she lays out a marvelous feast including hard-boiled eggs! My own children will not touch hard-boiled eggs. Perhaps because I don't have Frances's adorable lunch-box-sized salt and pepper shakers.

The same goes for sugary snacks. I don't mind my children having one or two, but a menu of empty calories isn't good for anyone. Likewise, I have a child who loves books about Frenchies, aka French bulldogs, and there's nothing wrong with that. But I want her to read and enjoy better things too.

To encourage variety in our literary menus, I use techniques such as one for one: one book you choose, then one book I choose. Or when the books are longer, I will sub chapter for chapter. I'm also not above paying a reluctant child to read a specific title. You get the idea.

Another strategy I employ to get my children to read better books is to have a book club. "Let's read this title with a group of friends and then have a party to discuss!" It takes some work, but hopefully you may be



able to find a like-minded friend to co-host. We have had some wonderful book clubs. My daughter and her friends read *Back to the Bright Before*, a former Lion & Lamb title, and had a scavenger hunt. We also read another Lion & Lamb pick, *A Place to Hang the Moon*, and the author, Kate Albus, joined us via zoom for a discussion!

When I choose books for our [Lion & Lamb Catholic Kids' Book Club](#), I try to vary the genres as well as the topics. I also keep in mind how many female and male protagonists there are, not overdoing the "girl books" or the "boy books." Balance is the goal. That's why in each package we send at least one book that directly relates to our Catholic faith, and a variety of other titles that while they may not be explicitly Catholic, at the very least, they will not conflict with our faith. I do my best to fill our packages with books containing stories that support our shared Catholic values, hopefully guiding your children closer to the True, the Good, and the Beautiful.




God bless you,

Jessica



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**

🌱 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

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. 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 
- Wed., Feb. 11 “Twin Day” (stay tuned for details)
- Feb. 12–13: Catholic Educator Learning Days (No school)
- Mon., Feb. 16: Family Day (No school)
- Thurs. Feb. 19 - Catholic Book Fair: Daughters of St. Paul 
- 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**

Extracurricular Practices and Events - Feb 2-6

	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 Mrs. Muir
Lunch	Grade 5 Boys Coach Johnny Mrs. Muir	Grade 6 Girls Coach Johnny Mr. Regush	Gr. 5 Boys Coach Johnny Mrs. Muir	Grade 7 Girls Mrs. Licerio	Open Gym Basketball Scrimmage
3:15-4:15 pm	 Grade 5 Boys (Double Header) Vs. St. Helen's (AWAY, leaving at 1:50pm)  Grade 7 Girls vs. St. Michael's 3:00pm (HOME)	 Grade 7 Boys vs. Holy Cross 3:15 (AWAY, leave at 2:30pm)  Grade 7 Girls Exhibition vs. St. Pius X (HOME)	 Grade 6 girls @ 3:30 vs. SPX (HOME)	Grade 6 Girls Coach Johnny Mr. Regush	