



Weekly Update – Feb. 11

Dear CISVA Community,

We write with deep sorrow following the incident in Tumbler Ridge, British Columbia on February 10, 2026. We recognize the grief and concern felt by staff, students, and families across our province.

Let us pray for the souls of those who lost their lives, for healing for the injured, and for consolation for their families and friends. Schools are requested to lower flags to half-mast for the next seven days.

Support is available for anyone affected by trauma. The Hope for Wellness Helpline provides 24-hour crisis support across Canada at 1-855-242-3310 or through online chat.

May the peace of Christ strengthen all of our communities in the days ahead.

Our Lady of Sorrows pray for us.

In faith and solidarity,

Sandra Marshall - Superintendent of the CISVA



Pancake Lunch – Shrove Tuesday: Feb. 17

- Students will enjoy a pancake lunch in celebration of Shrove Tuesday
- A fun tradition as we prepare for the Lenten season, starting on Ash Wed.
- We are grateful to our parent volunteers who prepare this extra experience.



Hunger Lunch – Wednesday, Feb. 18 for a short liturgy/prayer service

- Students will take part in our annual Hunger Lunch experience
- This fast helps us stand in solidarity with those who experience hunger daily
- Each student will receive a simple Portuguese bun.

Families who have not already donated through **Munchalunch** are encouraged to donate the cost of a typical hot lunch (approx. **\$5-\$7**)

Feel free to send an **extra-large morning snack** if you wish.

Students should bring their **own water bottles**.



Ash Wednesday Mass 9:15 a.m.

- Staff and students will attend a special Ash Wednesday Mass

- Parents are welcome to attend.
-  Mass will be longer than a typical school Mass due to the distribution of ashes.

SAVE THE DATE!!! Spring is just around the corner, and so is our annual **Spring Fair!**

 Join us at  Rene Memorial Park on  **May 23, 2026**, for a day of food, entertainment, and togetherness. Planning is in full swing! 

Vancouver Kiwanis Music Festival – **March 10**

- Look for a permission slip coming home next week
- Thank you in advance for your **help, support, and cooperation**

Primary Choir begins **Feb. 10** Music Room Thursdays at **8:00 AM**

- Students in **Grades 2 and 3** will be participating

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.
- Parents are invited to shop for books, during the day and after school.

Spring Break Fun

- Register for **2-4-1 Sports Camp** (Grades 1–5)
- Limited spaces available – use this [link](#)

Jr. NBA

- Spring Break Basketball Camp(s)  8:30–10:30 a.m.
 - Camp details and registration [link](#)(s) can be found on our school website
 - Students may register for one week or both
- Basketball Camp at SFDS - see the link on our [website](#) to learn more about how the Jr. NBA program may be enjoyed by your child during this new series of afternoons.

⌚ Free Parent Webinar – Beyond Food Battles with Dr. Deborah MacNamara

- Screens aren't the only battleground--learn how to foster connection at the table without pressure
- Choose a session:
 - Feb 10 – 4:00 pm
 - Feb 11 – 12:00 pm
 - Feb 14 – 10:00 am
- Register via the [link](#) on our website

📚 Readathon – Olympic Theme! 🔥

- We are less than 10 days away from Read-a-thon!
- Launches on **Friday, Feb. 20** – watch your inbox for details
- This year we have spiced things up again with lots of fun and prizes... including daily prizes just for participating in reading  and fundraising .
- The first step is to get your kids signed up!
- Use the "join fundraiser" feature at this [link](#)
- Find helpful tips for parents at this [link](#).
- *Donations* can be made now, but remember: reading minutes ONLY count starting February 20 at 12:01am. (Any minutes logged before will be deleted before the event starts.)

📅 Key Dates

- 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 
- Thurs., Feb. 19 - Family Bingo Night - Doors open at 6pm
- Fri., Feb. 20 - Readathon begins  
- Mon., Feb. 23 - Early Dismissal; popcorn sale 
- Tues., Feb. 24 - **Parenting for Purity Presentation** 
- Wed., Feb. 25 - Pink Shirt Day (Wear a pink shirt with your uniform.)  
- Tues., Mar. 3 - **Start Talking to Your Kids about Sex** 
- Fri., Mar. 6 - Readathon ends  
- Fri., Mar. 13 - **Learning Updates go home** 
- March 16-27 - Spring Break  
- March 16-20: **2-4-1 Sports Camp** at SFDS School 
- **Mar. 16-20; Mar. 23-27 Jr. NBA**

- Fri., Apr. 24: **Canadian Red Cross Babysitting Course @ SFDS** ❤️

Extracurricular Practices and Events - Feb 16-20

	Monday	Tuesday	Wednesday	Thursday	Friday
7:45-8:45 am	FAMILY DAY NO SCHOOL	Grade 5 Boys and Girls Coach Johnny	Choir	TBA	Grade 5 boys @ St. Bernadette's Tournament All morning
		Grade 6 Boys Coach Newton			Grade 6 Boys Coach Newton
Lunch	NO SCHOOL	Grade 6 Girls Coach Johnny Mr. Regush	ASH WEDNESDAY HUNGER LUNCH Gr. 5 Boys & Girls Coach Johnny PRACTICE CANCELLED	Grade 7 Girls Mrs. Licerio	Grade 5 Girls@ St. Bernadette's Tournament All Afternoon
					Open Gym Basketball Scrimmage
3:15-4:15 pm					

*Grade 5 Boys and girls practice will continue to prepare for upcoming tournaments

**PLEASE AWAIT NOTIFICATION REGARDING PLAY-OFF STATUS TBD