

# Weekly Update – April 1

Our staff wish all our families a blessed and joyful Easter! As we celebrate the resurrection of Jesus, may our hearts be filled with hope, peace, and love. In this holy season, we are called to *proclaim our faith* through our words, our actions, and the way we care for one another. We feel most blessed to be able to count on your helpful words, your thoughtful actions, and your caring ways.

May the light of the risen Christ shine in your homes and guide you always.

Happy Easter! 


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**Supporting our Seminarians** - Calling for all mite boxes! At our first school mass after Easter on April 8, students will bring up their mite box collections as part of the offertory procession. Please do all you can to help make this a meaningful experience for your children, as a way of understanding that - as Easter people - we support others year round.

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## **Spring Plant Sale is Now Open + Win a Pilates Class**

Our Spring Plant Sale is now open, and you can start placing your orders today!

It's the perfect time to plan for Mother's Day gifts and your spring garden. We have a beautiful selection of patio planters, hanging baskets, lavenders, and fresh herbs and veggies — plus everyone's favorite strawberry baskets for the kids! 

 **Top 10 purchasers win a \$50 Pilates class (Active Pilates  – small group reformer classes)**

 Browse & order here: [stfrancisdesalesschool.growingsmilesfundraising.com](https://stfrancisdesalesschool.growingsmilesfundraising.com)

 **Order Deadline: April 21 at 7:00 PM**

 **Delivery Date: Tuesday, May 5**

 **Pick-Up Dates: May 6 & 7 (Wednesday & Thursday)**

(Depending on order volume, pick-up may begin on delivery day.)

 Sponsorships & donations are welcome — thank you for your support!

Best,  
**Spring Plant Sale Team 2026**

🎵 **Intermediate Choir continues** 📍 Activity Room 🕒 Wednesdays at **8:00 AM**

- Students in **Grades 4 to 7** are participating
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🎵 **Primary Choir continues** 📍 Music Room 🕒 Thursdays at **8:00 AM**

- Students in **Grades 2 and 3** are participating
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📖 **Spelling Bee – April 13** 📍 Location: School gym 🕒 Time: 10:45 a.m.

- We are excited to host our **annual school Spelling Bee**
  - Parents of students in the **Spelling Club** are welcome to attend
  - Come enjoy this **fierce but friendly competition!**
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🙏 **Virtue of the Month – Obedience**

- This month, students will learn about **obedience**
- Defined as: *Saying “yes” to the loving will of God and those He has set over us*
- Families are encouraged to **practise this virtue together**

☀️ **Look to the saints for inspiration:**

- Mother Mary
- St. Juan Diego
- St. Frances Xavier Cabrini
- Obedience helps us to **want what God wants**, leading to **true freedom and joy**






📖 **Family Support:**

- Ideas for supporting this virtue at home can be found on **page 33** (see [link](#))
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🌿 **Fraser Health – April Focus: Outdoor Play & Physical Activity**

- 📎 Please see the [link](#) for more information
- Regular physical activity supports:
  - ❤️ Cardiovascular fitness
  - 💪 Muscle strength
  - 😊 Mental well-being
  - 🤝 Positive social connections





### **Benefits of outdoor play:**

-  Sit less, move more, and play longer
  -  Healthier eyes (reduced risk of nearsightedness)
  -  Better sleep patterns
  -  Improved mood (reduced anxiety and depression)
  -  Greater connection to nature
- Let's encourage our children to **get outside and play!**
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### **Family Fun Night – Board Game Bonanza!** Apr. 9 School gym 6-8 p.m.

- Your child should have brought home a **flyer**
  - Please return the **RSVP section** to confirm your attendance
  - Thank you for supporting this **FUN-raiser!** 
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### **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! 

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### **Key Dates**

- Apr. 2 - Holy Thursday (dismissal at 12 **noon**)  
- Apr. 3 - Good Friday (No school)  
- Apr. 6 - Easter Monday (No school)  
- Apr. 9 - Family Fun Night: Boardgame Bonanza! 6:00-08:00
- Apr. 10- Gr. 7 Retreat to Abbey in Mission 
- Apr. 13 - School Spelling Bee
- Apr. 14 - Juvenile Girls' Soccer Game 1:30, Burnaby Lake West
- Apr. 15 - PEC Meeting 6:30
- Apr. 16 - Senior Girls' Soccer Game 1:30, Burnaby Lake West; class pictures
- Apr. 21 - Senior Girls' Soccer Game 1:45
- Apr. 22 - Juvenile Girl's Soccer Game 1:45
- Fri., Apr. 24: **Canadian Red Cross Babysitting Course @ SFDS** 
- Sat. Apr. 25 - First Communion Rehearsal 10:00
- Sun. Apr. 26 - First Communion 3:00 Mass  
- May 1 - Confirmation 7:00 Mass  
-   **Saturday, May 23**  -  **Spring Fair!**   

## Extracurricular Practices and Events - Apr. 6-10

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>8:00-8:40 am</b>	<b>Easter Monday</b>	<b>Long Distance @ SFDS</b> (Grades 3-7) Mrs. DiFran Mrs. Licerio	<b>Choir</b> <b>Long Jump</b> (Grade 3) Mr. Penney Mrs. Panganiban	<b>Primary Choir</b> <b>Long Jump</b> (Grades 6,7) Mr. Penney Mrs. Paone	<b>Long Distance @ SFDS</b> (Grades 3-7) Mrs. Licerio Mrs. Mendonca	
<b>LUNCH</b>		<b>No School</b>	<b>Shot Put</b> (Grades 6 & 7) Mr. Regush Mrs. Goh	<b>Discus</b> (Grades 6 & 7) Mrs. Nash Mr. Regush	<b>Shot Put</b> (Grades 4 & 5) Mr. Regush Mrs. Goh	<b>Long Jump</b> (Grades 4,5) Mr. Penney Mrs. Panganiban
<b>3:10-4:10 pm</b>		Juvenile girls (Gr. 3-5) soccer practice on <b>back field with</b> Mr. Van Dolder, Mr. Yoo, and Mr. Lim <b>Short Distance @ SFDS on the Gravel Field</b> (Grades 3-7) Mrs. Luongo Mrs. Nash Mrs. Hara	Senior girls (Gr. 6/7) soccer practice on <b>Gravel Field</b> Mr. Witham & Mr. Donovan	<b>Short Distance @ SFDS on the Gravel Field</b> (Grades 3-7) Mrs. Luongo Mrs. Nash Mrs. Hara	Juvenile girls (Gr. 3-5) soccer practice on <b>Gravel Field</b> Mr. Van Dolder, Mr. Yoo and Mr. Lim	

\*\*\*\*PLEASE HAVE GYM STRIP AT SCHOOL EVERYDAY IN CASE WE NEED TO MOVE PRACTICE TIMES.\*\*\*\*

\*\*Junior and Senior Girls soccer players are exempt from all short distance track practices until the end of their soccer season.\*\*

**Soccer Practices** will be moved **indoors** to the **gym** if it's **raining** hard.