

Weekly Update –September 15

AGM & Meet the Teacher Night (final reminder)

- All parents are invited to our **Annual General Meeting (AGM) & Meet the Teacher Night**
 -  **Thursday, September 17**
 -  **School Gym**
 -  Doors open at **6:00 p.m. Please join us for wine and cheese.**
 -  Presentations begin at **6:30 p.m.**, followed by classroom teacher presentations
 - Hear updates from the **Parish Education Committee (PEC)**, learn about this year's goals, and review **parent commitment expectations**
 -  **Adults only** — the evening will conclude at approximately **8:30 p.m.**
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CROSS COUNTRY PRACTICE CANCELLED

- **Friday's Cross Country practice is cancelled due to the Terry Fox Walk/Run.**
 - **Regular practices will resume next week.**
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TERRY FOX WALK/RUN - FINISH IT! **Friday, Sept. 18** **1:30–2:30 p.m.**

-  Grades 1–7 will walk/run with their classes from school, across Kingsway, and onto the Central Valley Greenway trail.
-  The participation area will be clearly marked with cones.
-  Students will receive a sticker where they can write the name of someone they are running/walking for.
-  Parents are welcome to participate!
-  Parent volunteers will help students safely cross Kingsway and return to school.
-  Kindergarten students are welcome to participate if directly supervised by a parent. Students whose parents cannot come will remain in their classroom to play.
-  Gym strip may be worn all day.
-  Please ensure the general walking permission slip has been submitted to your child's classroom teacher before the event.
-  We ask each student to donate a minimum of \$2 (a toonie) to the Terry Fox Foundation. Please be generous!
-  Our goal is \$1,000 for cancer research.
- Every donation makes a difference. Together, we can Finish It!

 **Donate:** [Terry Fox School Fundraising Page](#)

SAFER SCHOOLS TOGETHER — FAMILY SESSIONS

Due to high demand, Safer Schools Together continues to offer complimentary monthly Family Sessions on important digital safety topics:

-  Establishing Safe, Caring & Respectful Digital Communities
-  Establishing Family Practices for Safeguarding Against Cyberbullying and Sextortion
-  One session is offered each month.
-  Registration is required.

 Register: [Erase Family Sessions](#)

B&A CARE

- We are at capacity on Tuesdays and Wednesdays again this year.
 -  Drop-in care will not be available on Tuesdays or Wednesdays.
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MEDICAL INFORMATION

-  Medical forms were sent home earlier this week.
 -  Please return completed forms along with your child's medications as soon as possible.
 - If your child has a new medical concern that the school should be aware of, please contact Mrs. Amelia Hara at ahara@sfd.school so we can make the necessary accommodations.
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HEALTH TIPS FROM FRASER HEALTH

Back-to-school season is here!  Help your child get off to a healthy start with Fraser Health's Healthy Back to School Guide, including tips for:

-  Healthy sleep routines
-  Nutritious meals
-  Balanced screen time
-  Mental wellness

 When health questions come up, Fraser Health Virtual Care connects families with nurses and dietitians for trusted advice from home.

 [Healthy Back to School Guide — Fraser Health](#)

 **Virtual Care: 1-800-314-0999**

 **Web chat: [Fraser Health Virtual Care](#)**



We're excited to host our first **Truth & Reconciliation Day Camp** and provide a positive day of basketball, development, and fun for our young athletes with the help of Fastbreak Basketball. Please see this [link](#) on our website for more information.



Limited spots will be available!



Parking, Drop-Off & Pick-Up Safety Reminders

Please help us keep our students safe by following these important guidelines:

-  Morning drop-off area: The area near the baseball backstop is for 5-minute drop-offs only. Please drop off and move along so others can use the space.
-  Kindergarten families: Please park in the lot near Arcola by Tim Hortons.
-  Additional parking: The large parking lot across from the rectory always has space available.
-  Alleys: Alleys are out of bounds for drop-off, pick-up, and parking—even when it rains.



Thank you for showing your children that their safety matters, rules are for everyone, and we all have a responsibility to follow them at all times.



Second Week – Punctuality *Still* Matters!

- Please plan your morning routine so your children **arrive on time**
 - Ideally, students should arrive by **8:30 a.m.** so they have time to socialize and reconnect with classmates
 -  **Orange cones** will mark each class's lineup area outside the front doors
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Knights of Columbus Dinner & Dance!

- The SFDS Parish Knights of Columbus are hosting a dinner and dance on **Saturday, September 26**
-  All ages welcome!
-  Details may be found by clicking the link on our [website](#) to learn more, including ordering your tickets!
- We hope to see you there!
- We are still looking for parent volunteers to set up and clean up that evening! Details include:
 - all the volunteer positions will be the day-of (Sat 26) and break down as follows:
 - Setup (3h, 3 people): Likely in the mid-morning to afternoon.
 - Cleanup (2h, 3 people): After the event, so most likely starting at 10pm.
 - Entrance, and 50/50 draw (2h each, 2 people).

PLEASE CONTACT THE OFFICE IF YOU ARE AVAILABLE TO VOLUNTEER. YOU WILL GET CREDIT FOR THE HOURS SERVED.

Upcoming Events

Wednesday, Sept. 16  PEC Meeting, 6:30 p.m.

Thursday, Sept. 17  AGM & Meet the Teacher, 6:30 p.m.

Friday, Sept. 18  Terry Fox Walk/Run, 1:30 p.m.

Sept. 22  **Confirmation Meeting (Gr. 7 parents) 7:00**

Wednesday, Sept. 23  Primary Choir Begins 8:00

Monday, September 28  Early Dismissal 2:00 p.m. & Popcorn Sale

Thursday, Sept. 24  Intermediate Choir Begins 8:00

Saturday, Sept. 26  Knights of Columbus Dinner/Dance

Sept. 28–Oct. 1  Grade 7 Camp Latona

Monday, Sept. 28  Orange Shirt Day School Assembly

Tuesday, Sept. 29  St. Mary's Cross Country Meet (*Grade 7 away*)

Wednesday, Sept. 30  No School: National Day for Truth and Reconciliation

Friday, Oct. 9  School Walkathon

Saturday, Oct. 24  Women's Retreat

Extracurricular Practices and Events: Sept 21-25, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
8:05-8:55	Cross Country Grades 2-7 Gr. 6 Girls Volleyball Mrs. DiFran & Ms. Casey Gym	Cross Country Grades 2-7	PrimaryChoir Mrs. Walmsley	Intermediate Choir Mrs. Walmsley	Cross Country Grades 2-7
LUNCH			Gr. 6 Girls Volleyball Mrs. DiFran & Ms. Casey Gym	Gr. 4/5 Girls Volleyball Skills Development Mr. Penney Gym	Gr. 7 Girls Volleyball Grade 7 Mrs. Luongo Gym
3:15-4:10	Gr. 4/5 Girls Volleyball Skills Development Mr. Penney Gym	Gr. 7 Girls Volleyball Grade 7 Mrs. Luongo Gym Boys Soccer Grades 4-5 3:10-4:10pm Mr. Donovan Back Field	Staff Meeting Sr. Boys Soccer Grades 6-7 3:20-5:00pm Mr. Botsio & Mr. VanDolder Gravel Field	Boys Soccer Grades 4-5 3:10-4:10pm Mr. Donovan Back Field	Boys Soccer Grades 6-7 3:20-5:00pm Mr. Botsio & Mr. VanDolder Gravel Field

IMPORTANT NOTES:

Students who are members of a team should have their **PE strip at **school every day** in case we need to move practice times**