



Weekly Update –September 23

The St. Francis de Sales School Walkathon 2026

Oct. 9, 2026 at Deer Lake Park

ONE SCHOOL. ONE PARISH COMMUNITY.

Get ready, St. Francis de Sales! It's that time again! We're lacing up our shoes and coming together for a fun, energetic, school community Walkathon! Our goal is to raise an incredible \$45,000 to support our students and make a difference in our school community.



ROOT DOWN. STEP UP.

ROOT DOWN

Our CISVA theme is Rooted in Faith and our school is built on strong roots — faith, friendship, family, community, and the people who help our children grow.

STEP UP

Now it's our turn to step up for our school! Every step, every cheer, every donation, and every act of support brings us closer to our goal.

Your child was sent a package on last friday with more information you can also pledge online at <http://bit.ly/sfdswalkathon>



IT'S MORE THAN A WALK — IT'S A CELEBRATION!

The Walkathon will be a day filled with school spirit, movement, music, laughter, and fun.

Students will have the chance to:

-  Get moving and walk with their friends
-  Enjoy music and plenty of school spirit
-  Cheer each other on
-  Take part in fun challenges and games
-  Celebrate reaching our fundraising milestones
-  Help our whole school community grow stronger

And remember — you don't have to be the fastest walker to make a difference!

Every single step counts and every dollar too!

 LET'S REACH \$45,000 — TOGETHER!

  First Tally due on Friday!

ROOT DOWN. STEP UP. LET'S GO,
ST. FRANCIS DE SALES!

<http://bit.ly/sfdswalkathon>

  **TERRY FOX WALK/RUN - FINISH IT!**

-  Our goal is **\$1,000** for cancer research.
- \$680.80 raised in cash, and \$155 in online donations so far....
- Every donation makes a difference. Together, we can Finish It!

 You can still donate: [Terry Fox School Fundraising Page](#)

Orange Shirt Day School Assembly

Our National Day for Truth and Reconciliation **School Assembly** will take place on **Monday, September 28**, led by our **Grade 6 students**.

- Students are strongly **encouraged to wear an orange shirt** with their school uniform.
-  **School sweaters are not needed** on this day.

SAFER SCHOOLS TOGETHER — FAMILY SESSIONS (reminder)

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](#)

Before & After School CARE (reminder)

We are **at capacity** on **Tuesdays and Wednesdays** again this year.

-  **Drop-in care will not be available on Tuesdays or Wednesdays.**
 - Thank you for your understanding and cooperation.
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Truth & Reconciliation Day Basketball Camp Wednesday, September 30

We're excited to host our **first Truth & Reconciliation Day Basketball Camp** with **Fastbreak Basketball!**

-  A positive day of **basketball, skill development, and fun** for our young athletes.
 -  Please see the [link](#) on our website for more information and registration details.
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 **Limited spots available!**

Knights of Columbus Dinner & Dance! **Saturday, September 26**

-  The SFDS Parish Knights of Columbus are hosting a dinner and dance.
 -  All ages welcome!
 -  Click the link on our website to learn more and order your tickets.
 -  We can't wait to see you there!
 -  **2 Parent Volunteers Needed** to help with clean-up/take-down after the event
 **Saturday, Sept. 26 | 10:00 p.m.**  **Approximately 2 hours**
 -  Volunteer hours will **count toward your required volunteer hours**
 -  Please contact the school office if you are available to help. Thank you for supporting our school community!
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CREDIT FOR THE HOURS SERVED.



Women's Retreat: *Abiding in His Mission*



Saturday, October 24 | 9:00 a.m.–3:30 p.m.

St. Clare of Assisi Parish Hall (2888 Delahaye Dr., Coquitlam)

- 🌸 **Keynote Speaker: Rachel Wong**
- 🎫 **Tickets are available for purchase after all Masses.**
- 👩 **All women are invited!**

🎓 **Little Flower Academy**

Little Flower Academy has information to share about its admissions process and upcoming Open House.

🔗 Please click the link on our [website](#) for more information and details.



Upcoming Events

Monday, September 28 🍷 School Assembly @ 9:15 ⌚ **2pm Dismissal** 🍿 **Popcorn Sale**

Thursday, Sept. 24 🎤 Intermediate Choir Begins 8:00

Sept. 28–Oct. 1 🏕️ Grade 7 Camp Latona

Saturday, Sept. 26 🏰 Knights of Columbus Dinner/Dance

Monday, Sept. 28 🍷 Orange Shirt Day School Assembly;

🍿 Early Dismissal 2:00 p.m. & Popcorn Sale

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

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

Friday, October 9 🚶 School Walkathon 🐛🐜🐞🐟🐡🐢🐌🐕

Saturday, Oct. 24 🙏 Women's Retreat

Extracurricular Practices and Events: Sept 28 -Oct. 2

	Monday	Tuesday	Wednesday	Thursday	Friday
8:05 -8:55	<i>Cross Country Grades 2-7</i> <i>Gr. 6 Girls Volleyball Mrs. DiFran & Ms. Casey Gym</i>	<i>Cross Country Grades 2-7</i> CANCELLED due to  <i>St. Mary's Cross Country Meet for Gr. 2-6 ALL DAY</i>		Intermediate Choir Mrs. Walmsley	<i>Cross Country Grades 2-7</i>
LUNCH	<i>Gr. 4/5 Girls Volleyball Skills Development Mr. Penney Gym</i>		National Day For Truth and Reconciliation (No School)	<i>Gr. 4/5 Girls Volleyball Skills Development Mr. Penney Gym</i>	
3:10 -4:10	Early Dismissal at 2pm <i>JV Boys vs. HC  Bby Lake Field #2 (1:30) (leave by 12:30)</i>	<i>Gr. 6 V-ball game  St. Michael's (3:15) (leave by 2:30)</i> <i>Gr. 7 Girls Volleyball Grade 7 Mrs. Luongo Gym Boys Soccer Grades 4-5 3:10-4:10pm Mr. Donovan Back Field</i>		<i>Boys Soccer Grades 4-5 3:10-4:10pm Mr. Donovan Back Field</i>	<i>Boys Soccer Grades 6-7 3:20-4:30pm Mr. Botsio & Mr. VanDolder Gravel Field</i> Gr. 7 Volleyball Tournament at STM until Saturday

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**