



Weekly Update –September 30

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.



Limited spots available!



Hot Lunch Ordering- Closes Friday October 2nd at 6pm.

You will not have another opportunity to order hot lunch until January 2027.

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 with more information and you can also pledge online at <http://bit.ly/sfdswalkathon>



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

Stay tuned to see which class is in the lead so far for pledge collection...



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.



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!



Upcoming Events

Sept. 28–Oct. 1 Grade 7 Camp Latona

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

Fri., Oct. 9 School Walkathon

Mon., Oct. 12 Happy Thanksgiving (No School)

Extracurricular Practices and Events: Oct. 5-9

	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 Final Practice	Primary Choir Mrs. Walmsley Music Room CISVA Cross Country Meet Grades 2-7 FINALISTS ALL DAY at Swanguard Stadium	Intermediate Choir Mrs. Walmsley Activity Room	12:05 dismissal from Walkathon @ Deer Lake
LUNCH	Gr. 4/5 Girls Volleyball Skills Development Mr. Penney Gym		Gr. 6 Girls Volleyball Mrs. DiFran & Ms. Casey Gym	Gr. 4/5 Girls Volleyball Skills Development Mr. Penney Gym	
3:10-4:10pm	 Gr. 7 V-ball game (3:15) vs St. Michael's <i>Jv. Boys Soccer vs. Fatima Exhibition Team  Town Ctr Field #2 (3:00) (leave by 2:00)</i> <i>Sr. Boys Soccer vs. SPX  Myrtle Field (3:15) (leave by 2:15)</i>	Gr. 7 Girls Volleyball Grade 7 Mrs. Luongo Gym <i>Jv. Boys Soccer vs. Fatima League Team  Bby Lake Field #4 (1:45) (leave by 1:00)</i>	Staff Meeting <i>Sr. Boys Soccer Grades 6-7 3:10-4:30pm Mr. Botsio & Mr. VanDolder Gravel Field</i>	<i>Jv. Boys Soccer Grade 4-5 Mr. Donovan Back Field</i>	

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**