



Weekly Update –October 7

From our Walkathon Team:

Hi SFDS Families,



ROOT DOWN.  **STEP UP.** Walkathon is just 2 sleeps away! We'll see everyone at



Deer Lake Park on  Friday, October 9  8:45am.

Keep those pledges coming!

Please **submit this Thursday's Tally** so we can track how much we have made this far!

Fundraising continues until **October 16**, so there's still plenty of time to collect pledges and help us reach our school goal!

Donate online: bit.ly/sfdswalkathon

And we have some exciting prizes up for grabs:



Top Primary Class Fundraiser: A class field trip to **Crash Crawly's!**
(<https://www.crash-crawlys.com/>)



Top Intermediate Class Fundraiser: A class field trip to **Ninja Tag!**
(<https://www.ninjatag.ca/>)



Prizes for our **top three individual student fundraisers** — details coming soon!

Walkathon Day Reminders

- **Arrival:** 8:45am at Deer Lake Park. Students should check in with their teachers near the swing sets.
- **Rain or shine!** Please dress for the weather and wear comfortable walking shoes. Many classes have also been busy creating their bug-inspired costumes and accessories!
- Please bring a **pocket snack and water**.
- **Pizza will be served to students at the end of the Walkathon.** If your child does not eat pizza, please consider packing them lunch.
- Families are welcome to **walk with us!**
- This is an **early dismissal day. Students will be dismissed from Deer Lake Park at 12:00 PM.**

- **Dress in your class colours:**
GREEN: Kindergarten & Grade 5
RED: Grade 1 & Grade 4
BLUE: Grade 3 & Grade 6
YELLOW/BLACK: Grade 2 & Grade 7

We're looking forward to a fantastic morning together. Keep collecting those pledges, get those costumes ready, and we'll see you at Deer Lake, as we **root down** and **step up** together!

ATTENTION ALL SFDS DADS!

Looking to get some exercise and take a break from the day-to-day grind? Come join us for a **fun and relaxed Sports Night!**

 **Tuesday, October 13**  **8:30 p.m.**  **SFDS Gym**

We're excited to be joined by former star high school athlete, **Father Mark!** 🙌

Interested in joining? Please **text** your **first and last name** to **Joe** at **+1 (778) 628-7103** so we can plan accordingly.

Come out, get active, and enjoy some time with fellow SFDS dads! 💙💛



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!
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Parent-Teacher Goal Setting Conferences 2026:

First Touchpoint of the year:

 **Wednesday, October 21**  **3:30–5:30 p.m.**

 **Thursday, October 22**  **9:00 a.m.–4:30 p.m.** (No regularly scheduled classes)

Booking Information

- Look for an email from the school office with instructions on how to book your appointment.
- **Booking opens:** Thursday, October 8 at **12:00 p.m. (noon)**
- **Booking closes:** Sunday, October 18 at **6:00 p.m.**

We look forward to connecting with families to set goals and support student success throughout the school year!

See our [website](#) for details about the format.

 **Used Uniform Sale**  Thursday, Oct. 22  9:00 AM–3:30 PM (during Goal Setting Conferences) For more information, click this [link](#)

Scholastic Book Fair is coming back!

Volunteers Needed in the library:

-  Tuesday, Oct. 21  3:00–6:00 p.m.
-  Wednesday, Oct. 22  9:00 a.m.–5:00 p.m.
-  after all weekend Masses

If you are available to help during any of these times, please contact Mrs. Hara at ahara@sfds.school.

Thank you for supporting our school community!  

Virtue of the Month: Reverence : Showing your deepest respect for God and the things of God!

-  Ask your child to share about the saint they're studying who demonstrates this virtue.
 -  Click the VIP Parent Guide [link](#) to explore ways your family can practise reverence together, including how to revere the beauty and goodness present in nature.
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PEC NEWS

-  Fundraising feedback → SFdS.PEC.feedback@gmail.com
 -  Volunteering questions → participation.sfds@gmail.com
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Upcoming Events

- Friday, October 9**  School Walkathon         
- Monday, Oct. 12**  Happy Thanksgiving (No School)
- Thursday, Oct. 15**  6pm PEC Meeting
- Monday, Oct. 19**  School **Photos**
- Wed/Thurs. Oct. 21, 22**  Goal Setting Conferences, *Scholastic Book Fair*
- Thursday, Oct. 22**  Used Uniform Sale
- Friday, Oct. 23**  Professional Development Day (No school for students)
- Saturday, Oct. 24**  Women's Retreat
- Monday, Oct. 26**  **Early** Dismissal; popcorn sale

Extracurricular Practices and Events: Oct 12 -16

	Monday	Tuesday	Wednesday	Thursday	Friday
8:05-8:55	Thanksgiving Day (No School)		Primary Choir Mrs. Walmsley Music Room	Intermediate Choir Mrs. Walmsley Activity Room	
LUNCH		Gr. 7 Girls Volleyball Grade 7 Mrs. Luongo Gym	Gr. 6 Girls Volleyball Mrs. DiFran & Ms. Casey Gym	Gr. 4/5 Girls Volleyball Skills Development Mr. Penney Gym Gr. 6 Girls Volleyball Tournament Mrs. Luongo  St. Patrick's Elementary, Vancouver (11-4: leave by 10)	Gr. 7 Girls Volleyball Tournament Mrs. Luongo  St. Patrick's Elementary, Vancouver (12:30-4:30)

3:10-4:10pm		Gr. 6 Girls Volleyball  game (3:00) vs. Holy Cross Gr. 7 Girls Volleyball  game @ Holy Cross (3pm) <i>Boys Soccer Grades 4-5 3:10-4:10pm Mr. Donovan Back Field</i>	Staff Meeting <i>JV Boys Soccer Game vs. St. Helen's</i>  <i>Empire Field (3:15pm)</i> <i>Sr. Boys Exhibition Soccer Game vs. Fatima</i>  <i>Town Center Field #2 (3:15pm)</i> <i>Mr. VanDolder Gravel Field</i> Gr. 6 Girls Volleyball  game (2:15) vs. OLM Gr. 7 Girls Volleyball  game (3:15pm) vs. OLM	<i>Boys Soccer Grades 4-5 3:10-4:10pm Mr. Donovan Back Field</i> <i>Sr. Boys vs. HC @ Bby Lake Field #4 (2:30) (leave by 1:30)</i>	<i>Boys Soccer Grades 6-7 3:10-4:30pm Mr. VanDolder & Mr. Yuen Gravel Field</i>
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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****
