📬 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:

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

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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!

👥🗣️✍️**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

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📚**Scholastic Book Fair is coming back!**

🆘 **Volunteers Needed in the library**:

- 📅Wednesday, Oct. 21 ⏰ 3:00–6:00 p.m.
- 📅Thursday, 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!**

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- 🙋‍♀️👼 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.

📝 PEC NEWS

- 💡 Fundraising feedback → **SFdS.PEC.feedback@gmail.com**
- 🙋 Volunteering questions → **participation.sfds@gmail.com**

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