



Weekly Update –October 14

Start Talking to Your Kids About Sex: A Practical Guide for Catholics

With Dr. Julia Sadusky

Corpus Christi Parish, Vancouver

Friday, October 30th | doors open at 6:30pm; presentation begins at 7:00pm

Parents, educators, caregivers, and youth ministers of Catholic children aged 0-18 will learn practical tips for talking about human sexuality with young kids and teens through a faithfully-Catholic lens.

Why Attend This Workshop

- Feel more prepared and confident discussing sensitive topics with children and teens
- Learn practical ways to bring a faithfully Catholic perspective to conversations about sexuality
- Ask questions during the live Q&A with Dr. Sadusky
- Connect with other parents, educators, caregivers, and youth ministers navigating these conversations

Registration is required. Please visit [Start Talking to Your Kids About Sex: A Practical Guide for Catholics](#) for more information.

**This is the same presentation we offered last year that some of our families attended and found very enlightening. Parents are strongly encouraged to attend.*



A HUGE THANK YOU TO OUR WALKATHON TEAM!

We are so proud of what our Walkathon Team accomplished in designing and organizing last Friday's Walkathon experience! Despite the wind, our staff, students, and families came together to enjoy a wonderful day in support of our school. The funds raised will help enhance our students' learning experiences, and we are so grateful to everyone who made the day possible.

Thank you to our Walkathon Team for all your hard work, creativity, and continued dedication to our first fundraising campaign of the school year!



Now... Keep Those Pledges Coming!

Please submit your final tally sheets and donations collected so we can track our fundraising progress.



Fundraising continues until October 16, so there's still time to collect outstanding pledges and help us reach our school-wide goal!

Every contribution makes a difference. Thank you for your continued support!

Donate online: bit.ly/sfdswalkathon

Remember, 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!



Cross Country Season: Overall Results

- **Grade 2:** Stella placed **8th** and Caterina placed **39th** out of 120 Grade 2 girls, helping SFDS achieve **26th overall**, alongside the strong efforts of our **Grade 5** runners who also achieved **26th overall**!
- **Grade 6:** Giovanni placed **11th** and Eric **20th** out of 120 Grade 6 boys. Madeline placed **19th**, Calista **23rd**, and Catherine **29th** among the Grade 6 girls. These outstanding individual performances helped SFDS secure an impressive **6th place overall out of 38 schools** in Grade 6!

Congratulations to all our runners for their hard work and fantastic achievements! 💙💛



Women's Retreat: *Abiding in His Mission*

 **17** 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:

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

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

Booking Information

- an email with instructions on how to book your appointment was sent last week
- **Booking opened:** 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:

-  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!  

PEC NEWS

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

Upcoming Events

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

Saturday, Nov. 7 Spirit Day (for grade 7 students)
Wednesday, Nov. 11 Remembrance Day (no school)
Friday, Nov. 20 Professional Development Day (no school for students)

Extracurricular Practices and Events - Oct. 19-23

	Monday	Tuesday	Wednesday	Thursday	Friday
8:05-8:55	Gr. 6 Girls Volleyball Mrs. DiFran & Ms. Casey Gym		Choir Mrs. Walmsley	Goal-setting Conferences (No School)	Pro-D for Teachers (No School)
LUNCH		 Grade 6 @ St. Matthew's tourney all day Mrs. Luongo	Gr. 6 Girls Volleyball Mrs. DiFran & Ms. Casey Gym		
3:05-4:05 pm	Gr. 6 Girls Volleyball  game @ St. Helen's (2:15pm) Gr. 7 Girls Volleyball  game @ St. Helen's (3:15pm) <i>SR Boys Soccer Game vs. St. Helen's</i>  <i>Empire Field</i> <i>(3:30pm)</i> Gr. 4/5 Girls Volleyball Skills Development Mr. Penney Gym	Gr. 7 Girls Volleyball Grade 7 Mrs. Luongo Gym	Goal-setting Conferences		

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**