

Announcements for
Monday, October 19, 2026

29th Week of Ordinary Time

1st Reading: Ephesians 2.1-10
Gospel: Luke 12.13-21

Welcome • Itaomikskaonaotoni • Bienvenue

Catholic Education Week

Monday - October 19th

The Virtue Of Joy



Canteen

Our regular menu items are available for purchase. You can purchase items with Cash, Debit Card, or with prepaid Canteen Cards.

Weekly Specials

MONDAY

Garlic Fingers, \$5.25

TUESDAY

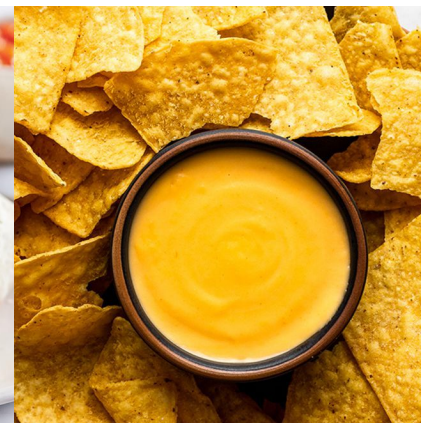
Mini Cheese Pizza, \$5.75

WEDNESDAY

Baked Spaghetti, \$4.50

THURSDAY

Chicken Burgers, \$5.50





Halloween Dance
October 29th!

Tickets will be sold from
October 19-22

5 DOLLARS PER PERSON

Tickets can be purchased online!





BRIDGE
ATHLETICS
FOUNDATION

**BUILDING STRONGER GIRLS.
STRONGER COMMUNITIES.**



GIRLS ONLY BASKETBALL

TRAIN • SUPPORT • GROW

A SAFE, SUPPORTIVE SPACE FOR GIRLS TO DEVELOP THEIR SKILLS, BUILD CONFIDENCE AND BE PART OF SOMETHING BIGGER.



PEER TO PEER TRAINING

Learn from each other.
Share knowledge.
Build friendships.



SHOOTING

Get as many quality shots as possible.



CERTIFIED COACHES

Coaches will guide and help with technical development but not control the gym.



COMMUNITY

Stronger girls.
Stronger teams.
A stronger community.



OPEN GYM DATES



OCTOBER
25



NOVEMBER
8



NOVEMBER
22



DECEMBER
6



3:00 PM – 4:30 PM



LETHORIDGE POLYTECHNIC



MEMBERS ONLY

MEMBERSHIP FEE: \$129 / YEAR

JOIN TODAY!



SCAN TO REGISTER



FIND US ON



BRIDGE ATHLETICS FOUNDATION

MORE THAN BASKETBALL



WILDCATS

Sr. Volleyball

Grade 9s

Sr. Boys Practice	Oct 20	7:00am
Sr. Girls Practice	Oct 20	6:30pm

Practice times may change. Check the [SFJH Athletic Calendar](#) for up to date information.

WILDCATS

Jr. Volleyball Grade 8s

HOME GAMES

Jr. Boys v.s. ICS	Oct 20	4:00pm - 5:15pm
Jr. Girls v.s. ICS	Oct 20	5:15pm - 6:30pm

Practice times may change. Check the
[SFJH Athletic Calendar](#) for up to date information.

WILDCATS

DV. Volleyball Grade 7s

Dv. Boys, Oct 6 - **GAME @ ICS** 4:00pm
Dv. Girls, Oct 6 - **GAME @ ICS** 4:00pm

Practice times may change. Check the
[SFJH Athletic Calendar](#) for up to date information.

WILDCATS

Want a Chance to win big?



Come to the Boys and
Girls games to be
entered into a draw!

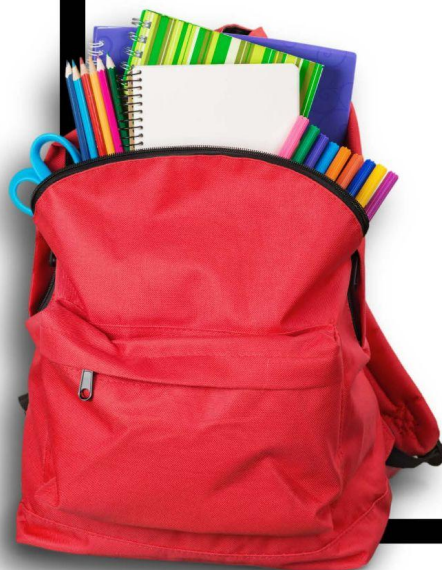
GAUSS/PASCAL

Important meeting TODAY
at 11:40 in room 219 for all
participants. Others can still
sign up!

BACK TO SCHOOL SALE!

YEAR BOOKS

ORDER NOW to **GUARANTEE** your
copy at the **LOWEST PRICE** of the year!



SCAN ME



Jostens

\$37.00

ART FRIDAYS

Every Friday from **12:35–1:35** in **Room 210**,
Mrs. Ankermann & Mrs. Rowe are bringing students
together to create a **COLLABORATIVE ART PIECE!**

- 🎨 Different artists
- ✨ Different styles & ideas
- 🖌️ Be creative
- 💡 Try something new
- 🤝 Create one collaborative piece together



If you have any questions please ask!

**Welcome
back!**

**...come check out
your library!**

LIBRARY FAQ'S

How many books can I check out at a time?

Three!

How long can I keep my library books?

3 weeks

(but you can renew the book if you need more time)

Where do I return my books when I am done?

In the book drop bin in the library.

**What if Miss Rasmussen isn't there
when I want to check out a book?**

*There is a self-checkout clipboard at her desk
- Follow instructions and print neatly!*

Do I have to be quiet in the library?

Yes Please! The library is a designated quiet space.

Miss Rasmussen's Hours

Mondays 9:15-3:15

Tuesdays 12:30-3:00

Wednesdays 11:15-3:15

Thursdays 12:30-3:00

OCTOBER ROSARY

**October is the month of the Holy Rosary.
Come pray the Rosary with us in the chapel!**

- When: Every Wednesday in October**
- Time: 11:40 AM (during lunch)**
- Where: School Chapel**

**If you do not have a rosary, extras will be
provided.**



**Esports practice today after school from
3pm-4pm!**