

Announcements for
Monday, January 5, 2026

The Epiphany of the Lord

1st Reading: 1 John 3.22 - 4.6

Gospel: Matthew 4.12-17, 23-25

Welcome • Itaomikskaonaotoni • Bienvenue



National Ribbon Skirt Day

Yesterday was National Ribbon Skirt Day!
You can learn more about how this day came to be, the cultural significance of ribbon skirts and more here:

https://www.nccih.ca/485/NCCIH_in_the_News.nccih?id=586





Jr Cougars Football Players



Meeting in the Library at lunch today.

- CCH coaches would like to meet with all students who played football this year or are interested in playing next year.

Canteen

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

Monday

Cheesy Garlic Fingers, \$5.25

Tuesday

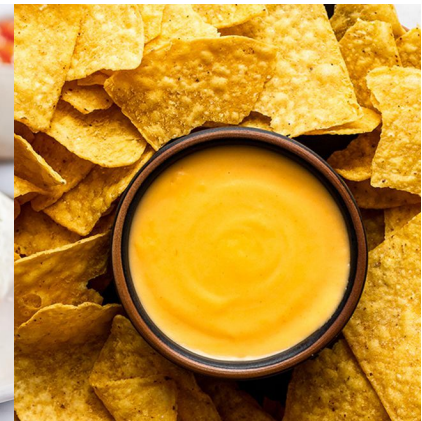
Mini Cheese Pizza, \$5.75

Wednesday

Baked Spaghetti, \$4.50

Thursday

Chicken Burger, \$5.50



P.E. Classes

You do not need to change into gym strip for PE for the next 2 weeks. You do need non marking running shoes, as we are doing the Dance Unit.

INTRAMURALS

Just Dance for Intramurals!

All Requests!

GAUSS (Grades 7-8) PASCAL (Grade 9)

Just a reminder that weekly questions were available over the Christmas break. This week's questions are now available. Also, don't forget to pay your fees via SchoolCash Online. Please let Mr. Laforge know if you want a t-shirt or not asap!

WILDCATS

Basketball Practices

SR Boys Gr 9

JR Girls Gr 8

JR Boys Gr 8

SR Girls Gr 9

TODAY

TODAY

TODAY

TODAY

3:00 - 4:30

4:15 - 5:45

5:30 - 7:00

6:45 - 8:15

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

WILDCATS

Basketball Practices

SR Boys Gr 9	TOMORROW	6:30 AM
SR Girls Gr 9	TOMORROW	3:00 - 4:30
DV Boys Gr 7	TOMORROW	4:15 - 5:30
DV Girls Gr 7	TOMORROW	5:15 - 6:30
JR Boys Gr 8	TOMORROW	6:15 - 7:30

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