

Announcements for
Wednesday, September 9, 2026

23rd Week of Ordinary Time

1st Reading: 1 Corinthians 7.1, 17, 25-31++
Gospel: Luke 6.20-26

Welcome • Itaomikskaonaotoni • Bienvenue

Canteen

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

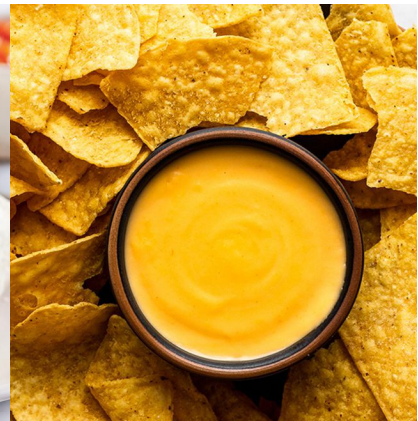
Weekly Specials

WEDNESDAY

NO SPECIAL

THURSDAY

Chicken Burgers, \$5.50





TEAMWORK TRIATHALON

SEPTEMBER 11TH

Purpose: Promote student fitness, student wellness, a sense of belonging and school spirit for our entire student body. Students will also be running/jogging/walking around Henderson Lake. Students who place in the top 12 of their grade will be asked to compete at the City Cross Country meet that will take place on Sept 29th. Permission forms will be emailed out/sent home, & permission forms will need to be returned before students will be allowed to participate.

TEAMWORK Triathlon

**FRIDAY
THE 10TH
11TH**



Events:

Truck Pull, Gym Riot, Fun Run

TEAMWORK Triathlon

**FRIDAY
THE 10TH
11TH**



Homerooms begin
planning your dress up
theme today!!



EXAMPLES



TEAMWORK Triathlon preparation

Things to bring:

Backpack

Water bottle

Snack

Light Jacket

Sunscreen

Hat



CROSS COUNTRY

Cross Country practice today at
3:00!

You are still able to sign up and all
are welcome!

WILDCATS

Sr. Volleyball **Grade 9s**

Sr. Boys Practice	Sept 10	3:00pm
Sr. Girls Practice	Sept 10	5:30pm

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

WILDCATS

Jr. Volleyball

Grade 8s

Jr. Girls Practice	TODAY	6:00pm
Jr. Boys Practice	TODAY	7:30pm
Jr. Boys Practice	Sept 10	4:15pm
Jr. Girls Practice	Sept 10	6:45pm

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

WILDCATS

DV Volleyball Tryouts

Grade 7s

DV Boys

TODAY

3:00pm - 4:30pm

DV Girls

TODAY

4:30pm - 6:00pm

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

WILDCATS

PRESEASON VOLLEYBALL TOURNAMENT

**SR Boys & SR Girls
Saturday, September 12th
@ FLVT**

NOT PLAYING SCHOOL
OR DIDN'T MAKE TEAM?
THIS LEAGUE IS FOR YOU!

**REGISTRATION
IS NOW OPEN!**

YQL FALL LEAGUE

YOUTH VOLLEYBALL

GROW. COMPETE. HAVE FUN.



AGE DIVISIONS & SCHEDULE

	GRADE 1-3 CO-ED	1x per week
	GRADE 4-6 CO-ED	1x per week
	GRADE 7-8 CO-ED	2x per week
	GRADE 9-12 GIRLS	2x per week

 **LEARN FROM EXPERIENCE**
Coached by experienced,
passionate volleyball coaches.

 **SKILLS THEN GAME PLAY**
Each week includes skill development
followed by game play.

 **NEW FACILITY!**
1272 30 St N, Lethbridge

Fees from \$200-\$315 per session.



SESSION 1: WEEK OF SEPT 14 • 5 METES
SESSION 2: WEEK OF OCT 19 • 5 METES



REGISTER NOW AT:

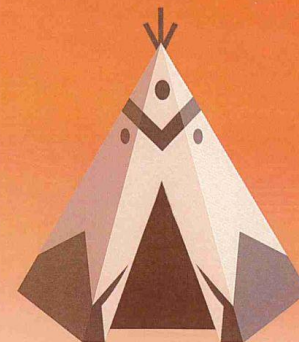
<https://app.teamlinkt.com/register/find/yqlselectsvolleyball>



Limited spots available.



YQL
Get Selected



Double Ball Give it a Try



Kick Ball Give it a Try



Lacrosse Tournament



4K + 7K Run



28K Trail Run



2K Archery Run



Cultural Activities



Blanket Exercise



Artisan Market



SEPTEMBER 30TH

**NATIONAL DAY FOR TRUTH
AND RECONCILIATION**

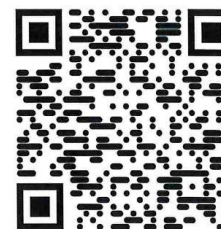
7:00 AM - Blackfoot Half-Marathon
8:00 AM - Tipi Raising (Informal)
10:00 AM - Opening Ceremony
11:00 AM - Give-It-A-Try Events
11:00 AM - 4K and 7K runs
11:00 AM - Cultural Activities
1:00 PM - Lacrosse Tournament
1:00 PM - Artisan Market
2:00 PM - Blanket Exercise
2:00 PM - 2K Archery Run
5:00 PM - Closing Ceremony



NICHOLAS SHERAN

(NORTH OF THE SCHOOL,
LAVAL & COLUMBIA BLVD)

Everyone is invited. Come
together to learn, experience, play
and build connections through
sport, culture and community.



LEARN MORE AND REGISTER FOR THE GIVE IT A
TRY EVENTS, RUNS, AND LACROSSE TOURNAMENT

LETHBRIDGESPORTCOUNCIL.CA/BUFFALOGAMES



**REGISTRATION IS UNDERWAY FOR
2026/2027!**

Spots fill quickly so don't delay!

**See our website for more
information!**

**Interested in hockey but don't want the significant time or
financial commitment that often comes with this great sport?**

**We offer an organized non-checking recreational hockey league
for all genders aged 5-17. All skill levels are welcome.**

One hour, once a week. Season runs from October to March.

www.lethbridgerechokey.com

WELCOME BACK BBQ

September 21st

5:30pm - New Family Blessing

6:00pm - Family BBQ

\$5 per family (to cover food & supplies.
Price includes hot dogs, chips, and drinks).

Donations are also welcomed.







7\$ At the DOOR
TICKETS

Location:
Excite Lethbridge!

10am-6pm
September 26, 2026

Bunka Hashi Festival



 @Bunka Hashi
 @bunkahashi_festival
 @BunkaHashi festival

~Artist Alley~
~Tabletop Games~
~Exhibitor Area~
~Cosplay Contests~
~Dance and Music~
~Panel Discussions~
~Performances and More~



For more information
chair@bunkahashi.com



Picture Day

Friday, September 18th

All students and staff will have their photos taken (no cost).



Are You Missing Your Shoes?



**Please
go to
the
office to
claim
your
shoes**

**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