

Announcements for
Monday, September 14, 2026

24th Week of Ordinary Time

1st Reading: Numbers 21.4-9 or

1st Reading: Philippians 2.6-11

Gospel: John 3.13-17

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

MONDAY

Garlic Fingers, \$5.25

TUESDAY

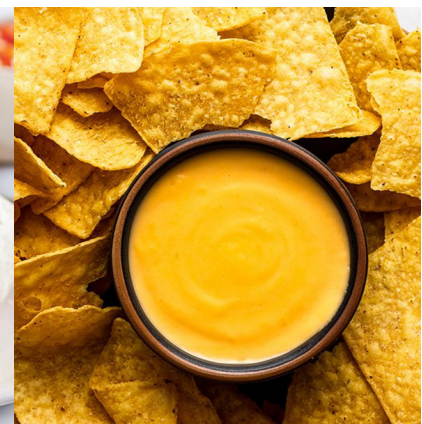
Mini Cheese Pizza, \$5.75

WEDNESDAY

NO SPECIAL

THURSDAY

Beef & Cheese Taco, \$5.00



WILDCATS

Sr. Volleyball Grade 9s

Sr. Girls Practice	TODAY	4:15pm
Sr. Boys Practice	Sept 15	7:00am
Sr. Girls Practice	Sept 15	5:30pm

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

WILDCATS

Jr. Volleyball

Grade 8s

Jr. Boys Practice	TODAY	3:00pm
Jr. Girls Practice	TODAY	5:30pm

Jr. Boys GAME , Sept 15 @ Wilson	4:00pm
Jr. Girls GAME , Sept 15 @ Wilson	4:00pm

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

WILDCATS

DV. Volleyball

Grade 7s

Dv. Boys Practice	Sept 15	3:00pm
Dv. Girls Practice	Sept 15	4:15pm
Dv. Boys Practice	Sept 16	3:00pm
Dv. Girls Practice	Sept 16	4:15pm

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

WILDCATS

VOLLEYBALL TOURNAMENT

JR Boys & JR Girls

**Friday, Sept 18 & Sat, Sept 19
@ FLVT**

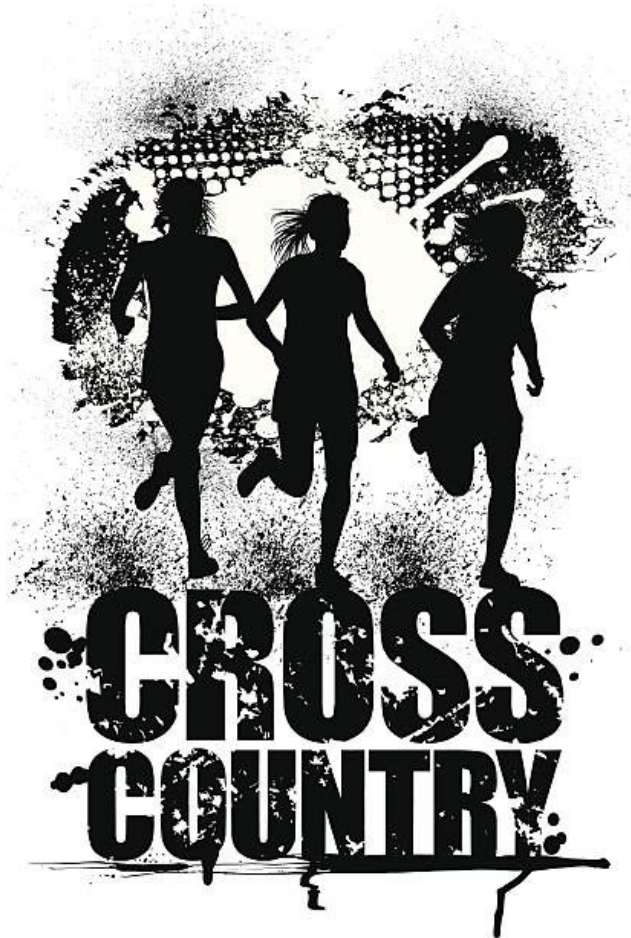
VOLLEYBALL PARENT MEETING

**Tuesday, Sept 15th
@ 6:00pm**

All Parents & All Teams

Cross Country/Run Club

**Mon - Thurs (3:00pm - 4:00pm)
until Oct 8th Weather Dependent**



YOU'RE INVITED!

COME CELEBRATE OLA'S
70TH ANNIVERSARY



September 22 2026

OLA School

5:30 pm

Inviting former
students, community
members, and
current families!



Holy Spirit
CATHOLIC SCHOOL DIVISION



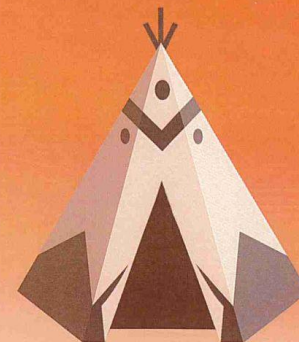
Inspiring Action for Positive Change

— 70th ANNIVERSARY —
1956 2026

Join us for our
opening blessing,
meet the teacher
night, and a birthday
celebration!

OLA
1956-2026





 **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**

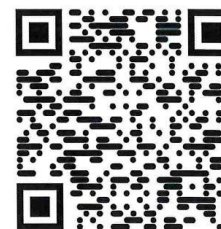
 **Artisan Market**

 **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

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





**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.lethbridgerechockey.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.





Picture Day

Friday, September 18th

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







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

**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



**Our first Mario Kart practice will be today
after school from 3pm-4pm!**

**If you were not able to come to the meeting
last week but would still like to join, please
come!**