



ST. FRANCIS JUNIOR HIGH

Principal's Message

February 13, 2026

Dear St. Francis Families,

Thank you so much to our parent community for taking the time to complete the Schollie Survey. Your voice matters deeply. The feedback you provide even what may seem small helps shape our decisions, strengthen our programming, and ensure we continue growing as a vibrant Catholic learning community. Like the smallest seeds, your input has the power to create meaningful change.

In this spirit, I have been reflecting on the Parable of the Mustard Seed (Matthew 13:31–32). Jesus reminds us that the Kingdom of Heaven begins as the smallest of seeds, yet grows into the largest of garden plants. Junior high can often feel like that mustard seed stage with small beginnings, uncertain growth, and lots of potential. Our students are in a season of rapid growth: academically, socially, emotionally, and spiritually. Small daily habits studying for a test, choosing kindness, practicing a skill, saying a prayer grow into strong character, deep faith, and confident young leaders.

As a staff and community, we are called to be learners alongside our students. Growth requires humility. It requires us to plant seeds of patience, resilience, forgiveness, and courage and always trusting that God brings the growth in His time. Each of us, students and adults alike, are always learning.

This week we also reflect on the life of St. Bernadette Soubirous, the eldest child of a poor French family, best known for her Marian visions near Lourdes. Bernadette was young, uneducated, and from humble beginnings, yet God chose her for something extraordinary. Her story reminds us that holiness does not require status or perfection. It requires openness, faith, and trust. Like Bernadette, our students may feel small in the world yet God can work powerfully through young hearts willing to listen.

bringing to light the best we can become



ST. FRANCIS JUNIOR HIGH



Our prayers continue to be with the community of Tumbler Ridge during this incredibly difficult time. As a Catholic school community, we stand united in prayer for healing, peace, and comfort for all those affected. May we be a people who respond to tragedy with compassion, vigilance, and faith.

Congratulations to all of our basketball teams on a fantastic season! Your commitment, teamwork, and perseverance have been inspiring. Best of luck to our Senior Boys and Senior Girls teams as they head into playoffs we are cheering you on!

Our performing arts students are also hard at work preparing for Cinderella. The cast and crew have been putting in long hours to prepare for the opening show on May 10th. Tickets will be available shortly after Family Week stay tuned! We are so proud of the dedication and talent already shining through rehearsals.

A huge "Thank You" for the overwhelming generosity towards our new program The Learning Lab. Our start up would not be possible without the donations we have received. There has been an overwhelmingly positive response by students who have enjoyed the nutritious snacks we have provided. We look forward to sharing our achievements as the year goes on.

Thank you for being partners in Catholic education. May we continue planting seeds of faith, learning, and love, trusting that God will grow something beautiful in our midst.

Respectfully,

Jackie Kraemer, Principal

St. Francis Junior High School

School Fees

School Cash Online

Holy Spirit School Division uses [School Cash Online](#) for the payment of all school items such as fees, canteen cards, club/athletic fees and spirit wear.

Additional fees for upcoming option classes and co-curricular activities will be added as they are applicable.

If you have already registered for School Cash Online at another school in the Holy Spirit School Division, you will see the 202 -202 St. Francis school fees in September.

If you are new to Holy Spirit, you will need your student's ASN to register which can be found in PowerSchool. If you prefer to pay by cash or cheque you can always do so by coming into the office.



St. Francis Junior High uses [PowerSchool](#) as its student information system. It provides parent and student portals which gives users access to real-time information including attendance, grades and assignment descriptions and report cards. Be sure to log in to your Parent PowerSchool portal often to monitor your student's academic progress. **Use District Code: RHZW** If you are unsure of how to access PowerSchool please contact the school at 403-327-3402.

TEACHER OFFICE HOURS:

Each meeting availability is posted on the school website. Please call the office to schedule a teacher meeting.

**Current St. Francis Students: Semester one, 2025-2026
report cards are currently available in PowerSchool**



Chocolate Fundraiser



REMINDER: There are still some outstanding chocolate fees. Please have the money brought into the school office as soon as possible, or pay for the chocolates on SchoolCash Online.



Canteen

CANTEEN

news

Wildcat Athletics News



NO SCHOOL OR SPORTS: Feb 16 - Feb 20

All practices and games are on the St. Francis Athletic Calendar(clickable link). **Refer to it often for up to date changes.**

March 6 & 7: Senior Zones: **Boys @ SF & CCH East**
Girls @ LCI

2026/2027 SCHOOL REGISTRATION

Registration Update Forms are now available for you to complete for each student who will attend one of our schools in the 2026/2027 school year. This form will be available in School Engage. Please call the office if you need any more help.

Alberta Education requires these forms to be completed every year. This process helps our schools with their planning and allows you to review and update the information on file for your child to ensure that it is accurate. You will also be asked to renew legal declarations and update preferences/consents.



HOCKEY

DANCE

ELITE ATHLETE

SOCCER

BASEBALL

2026-2027

ST. FRANCIS ACADEMIES

INFORMATION NIGHT

February 25th
7:15PM

School Gym





PERFORMING ARTS AT ST. FRANCIS JUNIOR HIGH PRESENTS

Disney

Cinderella



A Cinderella who does not lose her glass slipper? This play reimagines one of the world's most beloved characters with a refreshingly quirky, irreverent twist. Come on out & support St. Francis fine arts...this is one walk down memory lane you won't want to miss.

A classic fairytale with a witty contemporary touch.


When: May 10th - May 14th

Tickets will be available soon on www.eventbrite.ca



SCHOOL'S OUT!

February 17 - 20 & March 13 | 10 a.m. - 4 p.m.
Main & Crossings Branches



Visit the library on school closure days and enjoy a
variety of fun crafts, games, and other activities!
Free, drop-in program.



SPELLING BEE & MINI BEE

March 14 | 1 - 5 p.m. | Main Branch

Join the Fun at the Spelling Bees! Calling all young word wizards! Love spelling and friendly competition? Don't miss the Spelling Bee & Mini Bee. The Mini Bee is for children in grades 1-3, and the Spelling Bee is for grades 4-6.

How to Participate: Sign up today to have fun, build your skills, and learn new words.

Prize: Winners take home a trophy celebrating their spelling mastery!

For more details, visit lethlib.ca/events.

Univeristy of Lethbridge
Conservatory of Music

Digital Music Production Classes

**For Beginners &
Intermediate/Advanced**

Section 1: Beginners (Thursday, 5 - 6 p.m.)

Section 2: Intermediate/Advanced (Thursday, 6-8* p.m.)

**WINTER 2026: JANUARY 15, 22, 29, FEB 5, 12, 19, MARCH 5,
12, 19, 26**

NO CLASS: FEB 26

LOCATED AT CASA (230 8 ST S)

*this class will be split into 2, 60-minute classes (i.e. 6 - 7, or 7 - 8).



Univeristy of Lethbridge
Conservatory of Music

Beginner Ukulele

For Ages 8 - 12

Friday, 2:30 - 3:15 p.m. | Location: Casa (230 8 St S)

Come and explore the joyful sounds of the Ukulele
in a fun and supportive small group environment.
We can't wait to make music with you!

**WINTER 2026: January 16, 23, 30, Feb 6, 13, 20, March 6,
13, 20, 27 (No Class Feb 27)**





**LETHBRIDGE
LITTLE LEAGUE**

**HOUSE LEAGUE
BASEBALL REGISTRATION
JANUARY 6TH TO FEBRUARY 28TH**



REGISTER NOW AT:

www.lethbridgelittleleague.com



LETHBRIDGE LITTLE LEAGUE

2026 Spring House League Registration Open
January 6 - February 28

Lethbridge Little League is the governing association for Little League Baseball within the City of Lethbridge. Players who are interested in playing baseball in Lethbridge should register using the information below. We are excited for another exciting season of Little League Baseball.

Register online at: www.lethbridgelittleleague.com

<u>AGE</u>	<u>DIVISION</u>	<u>FEE</u>	<u>GAME DAYS</u>
4-5	T-Ball	\$165	Mon/Wed
6-7	Coach Pitch	\$165	Tue/Thurs
7-8	Rookie	\$225	Mon/Wed
9-11	Minor	\$285	Tue/Thurs
10-12	Major	\$285	Mon/Wed
13-14	Teenage	\$285	Tues/Thurs
15-16	Teenage	\$285	Mon/Wed

******Make up games and special events may be scheduled on Friday-Sun.

******* Please note **residency and school attendance eligibility rules** apply: **Players can play in the league where they either live or go to school.** Please email info@lethbridgelittleleague.com to learn more about eligibility rules.

Since 1993

Soccer Day Camps



...more than just a soccer camp!



**Early Deals,
Big Savings,
Ends March 31, 2026**



- ✓ July & August weeks
- ✓ Morning & Full Day sessions
- ✓ Ages 5 to 13
- ✓ Before & After Care available

**For more
information:**

 royalsoccer.com

 800-427-0536

For location & registration details visit our website.

Mornings Starting from **\$165***/week

Full Days Starting from **\$249***/week

* Limited time, discounts vary, see website
Additional discounts for week 1 & 6 (4 day weeks)



LETHBRIDGE POLICE SERVICE PRESENTS

Youth Police Academy

ARE YOU BETWEEN AGES 12-16 AND WONDERED WHAT IT'S
LIKE TO BE A POLICE OFFICER?
JOIN US FOR OUR THREE DAY YOUTH POLICE ACADEMY



APRIL 7-9 2026



8:00 AM - 4:00 PM



LETHBRIDGE POLICE
HEADQUARTERS 135 1 AVE S

DEADLINE TO APPLY: MARCH 20TH

FOR MORE INFO AND
APPLICATION



Does your child love swimming? Looking for a summer cross-training opportunity? Want to make new friends, set and achieve goals, develop skills, and have a LOT of fun doing it in a flexible and supportive team atmosphere?

Come swim with us!

LETHBRIDGE ORCAS SUMMER SWIM CLUB 2026 Registration

**Registration Begins March 1st.
Early bird pricing until April 15!**

Check out our registration evenings for more information or view the 2026 parent handbook on our website:
lethbridgeorcas.com

Wednesday March 11th - 5:00 - 7:00pm

Thursday March 12th - 5:00 - 7:00pm

@Nicholas Sheran Arena Lobby

Suitable for swimmers of all levels, ages 5+

Paraswimmers Welcome

Please email orcasecretary@gmail.com if you have other questions or need more information

CHALLENGE YOUR BRAIN!



- TRY MATH KANGAROO PROBLEMS WITH HELP FROM UNIVERSITY MATH PROFESSORS.
- PERFECT FOR BEGINNERS AND MATH ENTHUSIASTS ALIKE. OPEN TO STUDENTS K TO 12.
- FREE SNACKS AND REFRESHMENTS!
- SUNDAY, FEBRUARY 1
1PM-3PM
- MARKIN HALL,
M1035
PARKING IN LOT F



Pacific Institute *for the*
Mathematical Sciences



In-Person DBT Skills Group for Adolescents and Parents

A six-week group for adolescents and their parents aged 13 through 17 who struggle managing emotions and behaviors. Participants must register in advance:

You will learn...

- How to become more mindful and self-aware
- Better manage feelings of anxiety and depression
- Reduce impulsive behavior & learn new coping skills
- Have healthy relationships and better communication

This six-week curriculum follows a set agenda in which new information is taught & practiced weekly, followed up with homework tasks. Skill sets include Mindfulness, Distress Tolerance, Emotional Regulation, Interpersonal Effectiveness, and Walking the Middle Path.

Thursday's from 6 to 7:15p.m., February 26th to April 2nd, 2026.

Recovery Alberta Child, Youth and Family Addiction and Mental Health Clinic, Melcor Centre (Suite 120A 200 - 4 Ave. S.).

**To register, call Access Addiction & Mental Health
1-888-594-0211**

**MIOOHPOKOLIKSI
PROJECT**

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Blackfoot Language Night

**Come together
around story and games.
All ages. All learners.
Join us for dinner, trying,
laughter, and learning with
fluent Blackfoot speakers**

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**Father Leonard VanTighem School
25 Stoney Crescent West**



February 26, 2026



5:00pm - 7:00pm



WWW.ZEPHYRSCOACHING.COM
coach.robdrup@zephyrscoaching.com

COACHES

Danny Robdrup
Lucas Authier
Brooklyn Filipenko



ZEPHYRS TRACK CLUB

Costs:

\$90 for Outdoor Season April 14th through June

\$20 Singlet

Details:

Tue/Thu 6-7:15pm @ CIVIC TRACK | Ages 8+

Train for:

Sprints - Mid/Long Distance - Long/Triple Jump -

Run Jump Throw Wheel - Discus/Javelin



2026 OUTDOOR RECREATIONAL SOCCER REGISTRATION INFORMATION

www.lethbridgesoccer.com - 403-320-5425 (KICK)

ONLINE ONLY:

Sunday February 1st - Sunday March 22nd

**all registration must be done online* REGISTER YOUR PLAYER BY THEIR BIRTH YEAR*

**payments must be made online using RAMP*

IF YOU ARE USING KIDSPORT OR JUMPSTART

YOU MUST REGISTER YOUR PLAYER AND PAY ONLINE WWW.LETHBRIDGESOCCER.COM BEFORE APPLYING FOR FUNDING THROUGH JUMPSTART, KIDSPORT OR CITY OF LETHBRIDGE FAP



REGISTER:

www.lethbridgesoccer.com

Request Fee covers 2 PLAYERS ONLY - \$40.00 - Payable at office or over the phone -Player requests MUST be sent by email to kristy@lethbridgesoccer.com

<u>Age Group</u>	<u>Birthyear</u>	<u>Fee</u>	<u># of sessions</u>	<u>***Days Playing***</u>	<u>***Fields***</u>	<u>***Times will alternate***</u>
U4 - CoEd/ Parent & Tot	2022	\$135.00	10 (30 min sessions)	Monday	Servus Sports Centre Indoor Field	5:00pm &/ or 5:45pm
U5 - CoEd	2021	\$150.00	10 (45 min sessions)	Tuesday	Outdoor Servus Sports Centre Field	5:00pm &/ or 6:00pm
U6 - CoEd	2020	\$150.00	10 (45 min sessions)	Wednesday	Outdoor Servus Sports Centre Field	5:00 &/ or 6:00pm
U8 Boys	2018 & 2019	\$230.00	18 (1 hr sessions)	Tuesday & Thursday	Lethbridge Polytechnic Field	5:15pm & or 6:15pm
U8 Girls	2018 & 2019	\$230.00	18 (1 hr sessions)	Monday & Wednesday	Lethbridge Polytechnic Field	6:15 PM
U10 Boys	2016 & 2017	\$230.00	18 (1 hr sessions)	Monday & Wednesday	Lethbridge Polytechnic Field	5:15pm & or 7:15pm
U10 Girls	2016 & 2017	\$230.00	18 (1 hr sessions)	Monday & Wednesday	Lethbridge Polytechnic Field	6:15 PM
U12 Boys	2014 & 2015	\$230.00	18 (1hr sessions)	Monday & Wednesday	St. Teresa School (North)	5:00pm &/ or 7:00pm
U12 Girls	2014 & 2015	\$230.00	18 (1hr sessions)	Monday & Wednesday	St. Teresa School (North)	6:00pm
U14 Girls	2012 & 2013	\$230.00	18 (1 hr sessions)	Tuesday & Thursday	TBD	5:00pm, 6:00pm &/or 7:00pm
U14 Boys	2012 & 2013	\$230.00	18 (1 hr sessions)	Tuesday & Thursday	TBD	5:00pm, 6:00pm &/or 7:00pm
PLEASE NOTE If we do not get enough females registered in the U12 or U14 age groups (4 teams max.) - Age groups will be CoEd						
U16 CoEd	2010 & 2011	\$230.00	18 (1 hr 10 min sessions)	Monday & Wednesday	Wilson School	6pm & 7:30pm
U18 - CoEd	2008 & 2009	\$230.00	18 (1 hr 10 minute sessions)	Monday & Wednesday	Wilson School	6pm & 7:30pm

**** START TIMES CANNOT BE REQUESTED AS TIMES WILL ROTATE THROUGHOUT THE SEASON ****

Sessions will be scheduled during the Victoria Day long weekend (Monday evening)

****SEASON STARTS MONDAY APRIL 20 and be complete SATURDAY JUNE 20, 2026****

Jersey kits included in Registration price- Jersey, shorts and socks

U4-U6 Timbits: An introduction to soccer. All sessions ran by LSA Staff Coaches, with activities based around players exploring the soccer ball and getting comfortable with an invasion sport. Some small sided scrimmages may be played, but this environment is purely about the players gaining their first touches of a soccer ball.

U8-U10 Fundamental: Individual development is paramount by building a love of the ball. Sessions will challenge players creative side as well introduce them to skills needed in the game such as dribbling, passing and shooting. Scrimmages will be played, but no scores will be kept, and all players will be asked to experience all positions of a soccer match (goalkeeper, defender, midfielder, striker).

U12-U14 Learning The Game: This age is classed as 'The Golden Age Of Learning' where skills learnt in the earlier stages are now enhanced as well as an introduction to the tactical side of the game. Scrimmages will be played and although scores will be kept during the game, coaches and players are asked to keep games meaningful, competitive and to avoid blowouts at all costs. There will be no league standings.

U16-U18 Excel In The Game: Utilizing the technical understanding and tactical skills learnt in the previous three phases to excel in the game. Like the previous 'Learning the Game' phase, coaches are asked to avoid blowouts and keep games competitive throughout.





Walk-In Services:

Child, Youth & Family Mental Health & Addiction Clinic

We offer a free, single-session or “one at a time” mental health and addiction services for children, youth and families. The goal is that you leave with a clear plan of support and strategies to address the concern that brought you in.

Our service includes:

Therapy supports for children and youth ages 7-17.

Parenting supports for parents of children ages 0-17.

Hours: Thursday 11:30 AM – 4:30 PM (Registration starts at 11:30 AM. No new clients will be accepted past 3:15 PM)

Things to bring:

- Alberta Health Care Card.
- Identification for older youth and parents/guardians of children.
- A list of other therapists you are seeing (if any and if you have this available).
- Any relevant custody orders.

Location: Enter through the AHS doorway on the south side of Melcor Centre – 200-4th Avenue South. Walk down the long corridor into the main mall area. We are located on the main floor, Suite 120A.

Call 403-381-5278 for more information