

Announcements for  
**Tuesday, March 17, 2026**

**4th Week of Lent**

1st Reading: Ezekiel 47.1-9, 12

Gospel: John 5.1-16

Welcome • Itaomikskaonaotoni • Bienvenue

# The 2<sup>nd</sup> Station: Jesus Carries His Cross



# The 2<sup>nd</sup> Station: Jesus Carries His Cross

Leader: We adore you, O Christ, and we bless you.

All: Because by your holy Cross you have redeemed the world.

Leader: If any man would come after me, let him deny himself and take up his cross and follow me" (Mt 16:24).

Jesus shoulders the Cross for us. In school and life, carry your daily crosses with Him—discipleship leads to glory.

Prayer: Christ, who accept the Cross to show God's saving love, grant us faith in your infinite love as we pass on the Cross's sign.  
Amen.

All: Our Father...

# The 2<sup>nd</sup> Station: Jesus Carries His Cross

All: Our Father, who art in heaven, hallowed be thy name.  
Thy kingdom come, thy will be done, on earth as it is in  
heaven. Give us this day our daily bread, and forgive us our  
trespasses, as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.

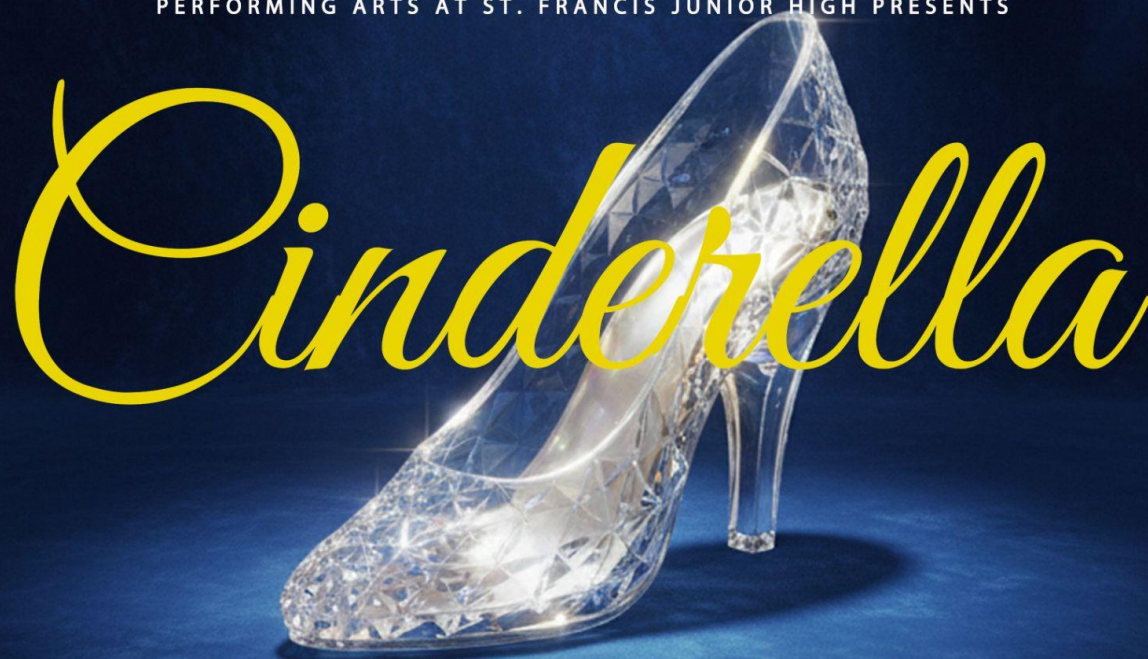
Amen.



  
 Happy   
St. Patrick's  
 Day  




PERFORMING ARTS AT ST. FRANCIS JUNIOR HIGH PRESENTS



***May 10th - May 14th***

**TICKETS ON SALE NOW**

**Check School Website For Details**

# Canteen

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

**TODAY**

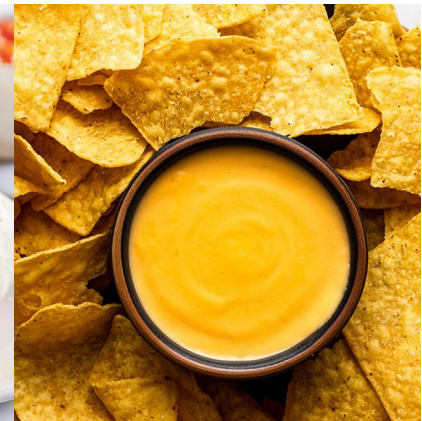
**Mini Cheese Pizza, \$5.75**

**Wednesday**

**Baked Spaghetti, \$4.50**

**Thursday**

**Chicken Burger, \$5.50**



**\*NEW\***

# Student Academic Support at Lunch

Beginning this Wednesday, students who are not meeting academic expectations (completing homework, missing assignments/tests etc.) will be referred to Academic Support in the Library during lunch on Wednesdays and Thursdays.

**If you are referred, you will remain in the library for the entire length of lunch.**

# A few reminders:

Slurpees and Energy Drinks are not permitted inside the school.

**No exceptions.**

Please remember that you should not be on your phones at lunch.

# GAUSS/PASCAL

## Volunteers Needed for GAUSS/PASCAL

I am looking for a few participants who would like to help with the showcase tonight. Please see Mr. Laforge in 219 today at lunch!

**NO INTRAMURALS**

# Showcase Volunteers

A reminder that if you are volunteering at the showcase tonight, please be here for 5:45 and meet Ms Williston in the gym foyer. Please wear a St. Francis shirt if you have one!

# BADMINTON PHOTOS

*Please bring jerseys!!!*

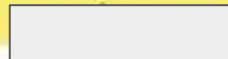
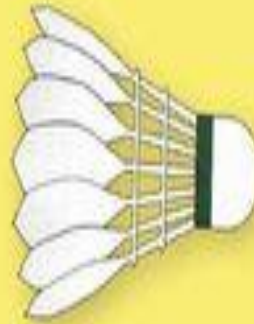
Meet in Room 221 at Lunch!!!

**Grade 7 - Wednesday (March 18)**

**Grade 8 - Thursday (March 19)**

**NEXT WEEK**

**Grade 9 - Monday (March 23)**





# Upcoming Blackfoot Language Night

MIOOHPOKUIIKSI  
PROJECT

.....

## 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

.....

 Children of St. Martha School  
206 McMaster Blvd. West, Lethbridge



 March 19, 2026

 4:45pm - 6:45pm



# Arts Alive and Well

If you're in Grade 9 and want the opportunity to have your art displayed in the Southern Alberta Art Gallery this Spring, please speak with Mrs. Ankermann **THIS WEEK!!!**

Artwork to be submitted can be: drawing, painting, sculpture, printmaking, collage, mixed media, textiles, pottery, jewellery, photography, or new media!



 **DAILY ANNOUNCEMENTS**

HOP ON OVER FOR OUR

*Easter  
Candy grams*

FOR SOME EASTER FUN MEET US  
AT THE MIRRORS ON MARCH 9-  
12 AND 16-19TH

*\$2.50*



*The Southern Alberta Technology Council (SATC) would like to invite students to the 2026 Lethbridge Regional Science Fair and Science Olympics taking place on April 10th (evening) and April 11th (whole day) at the University of Lethbridge Science Commons building.*

*The Science Fair and Science Olympics are open to all K-12 students.*

*Prior participation in a school fair is NOT a required prerequisite, so we encourage science-savvy students to submit their science projects.*

*For more information and to pre-register visit [www.scifusion.ca](http://www.scifusion.ca).*

*We also provide regular updates through our [Facebook](#) page.*

# *Mrs Elliott's Tea Room!*



**If you are interested, the Tea Room will be open Tuesday's at lunch, in Room 122!**

**DAILY ANNOUNCEMENTS**



BASKETBALL MINI CAMP W/ U OF L  
PRONGHORNS



OFF THE  
**RECORD**



BUILDING SAFER COMMUNITIES



MARCH 28 | 1PM-3PM

UNIVERSITY OF LETHBRIDGE -  
CO-OP CENTER FOR SPORT &  
WELLNESS GYM

**\*12-17 YEARS OLD\***  
**\* NO COST \***



PLEASE COMPLETE THE E-FORM  
PROVIDED TO REGISTER


**TODAY**

**E-SPORT  
PHOTOS**

MARCH 17

During LUNCH room  
221 (Ms Willistons  
room)

**EDO  
HOT  
LUNCH**



14\$ per dish

[ORDER NOW](#)

School Cash Online

Our Leadership group will be hosting a Hot Lunch fundraiser from Edo Japan on March 26th, featuring chicken or beef with vegetables (carrots/broccoli/cabbage, no mushrooms), served over your choice of rice or Yakisoba noodles.

All proceeds go towards the purchase of supplies for school-wide Leadership assemblies, projects and activities.



Some personal items have been turned into the office recently.

**Are you missing anything?**

**Please check the lost & found in the office & by the back stairs, near the gym if you are missing any personal items!**



# ***Badminton Practices***

<b>TODAY:</b>	Grade 9s	3:00 - 4:15
	Grade 8s	4:15 - 5:30
<b>Wednesday:</b>	Grade 9s	3:00 - 4:15
	Grade 7s	4:15 - 5:30
	Grade 8s	5:30 - 6:45
<b>Thursday:</b>	Grade 7s	3:00 - 4:15
	Grade 8s	4:15 - 5:30
	Grade 9s	5:30 - 6:45

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



# Attention all Gamers



# tomorrow at lunch in the eSports Lab



## **2026 Outdoor Soccer Registration Open until March 22nd**

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**Printouts of the details are available  
in the hall outside of the office**

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

**COACHES**

Danny Robdrup  
Lucas Authier  
Brooklyn Filipenko



ZEPHYRS  
TRACK CLUB

TRACK  
TRACK  
TRACK  
TRACK

# 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



**DAILY ANNOUNCEMENTS**

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](http://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)

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](http://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](mailto:orcasecretary@gmail.com) if you have other questions or need more information



# TRADES4U

APRIL 1, 2026  
6:30PM - 8:30PM



**OPENTO STUDENTS IN  
GRADE 9 TO GRADE 12**

- Hands-on experience to try a trade
- Spend an evening learning from local skilled tradespeople
- Evening event to accomodate parents/guardians
- Limited spots per business

**REGISTER TODAY!**

Registration opens on March 7, 2026  
Registration closes on March 21, 2026

\*\*For more information , please contact your Divisions Off Campus Coordinator \*\*

Starting April



# **OUTDOOR REGISTRATION**

***IS OPEN!***

[WWW.LETHBRIDGETRACK.CA](http://WWW.LETHBRIDGETRACK.CA)

**TUESDAY & THURSDAY**

**5:30-7PM (COACHING)**

**SATURDAY**

**10:30-12PM (LTFC OPEN TRACK)**

**U OF L COMMUNITY STADIUM**