

Announcements for
Thursday, September 10, 2026

23rd Week of Ordinary Time

1st Reading: 1 Corinthians 8.1b-7, 11-13

Gospel: Luke 6.27-38

Welcome • Itaomikskaonaotoni • Bienvenue

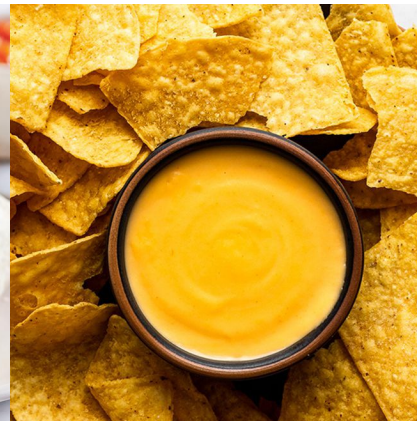
Canteen

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

Weekly Specials

THURSDAY

Chicken Burgers, \$5.50



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

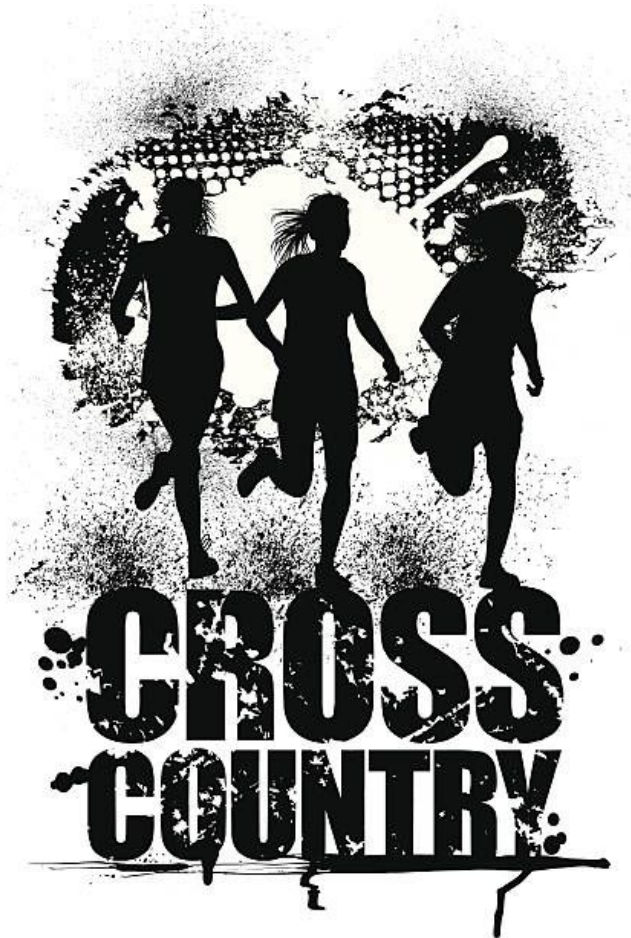
Sunscreen

Hat



Cross Country Practices

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



WILDCATS

Sr. Volleyball **Grade 9s**

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

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

WILDCATS

Jr. Volleyball Grade 8s

Jr. Boys Practice
Jr. Girls Practice

TODAY
TODAY

4:15pm
6:45pm

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

WILDCATS

PRESEASON VOLLEYBALL TOURNAMENT

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



**TEAMWORK
TRIATHALON
TOMORROW**

**PLEASE BRING IN YOUR
PERMISSION FORMS**

WELCOME BACK BBQ

September 21st

6:00pm - Family BBQ

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

Donations are also welcomed.



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



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

PE Students

Please remember that each homeroom is responsible to bring 6 cell phones, one for each group for the Healthy Heart Scavenger Hunt in PE class today. Keep your phone in your pocket until you receive instructions for the activity.