

Announcements for
Thursday, March 19, 2026

4th Week of Lent

1st Reading: Jeremiah 7.23-28

Gospel: Luke 11.14-23

Welcome • Itaomikskaonaotoni • Bienvenue

The 4th Station: Jesus Meets His Mother



The 4th Station:

Jesus Meets His Mother

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

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

Leader: Do not be afraid, Mary... he will reign over the house of Jacob forever"

Mary meets her suffering Son, heart pierced. Like her, stand faithful beside Jesus in our trials—her "yes" leads to Resurrection hope.

Prayer: Lord Jesus, through your meeting with Mary, fill us with love so indifference does not vain your death's fruits. Amen.

The 4th Station: Jesus Meets His Mother

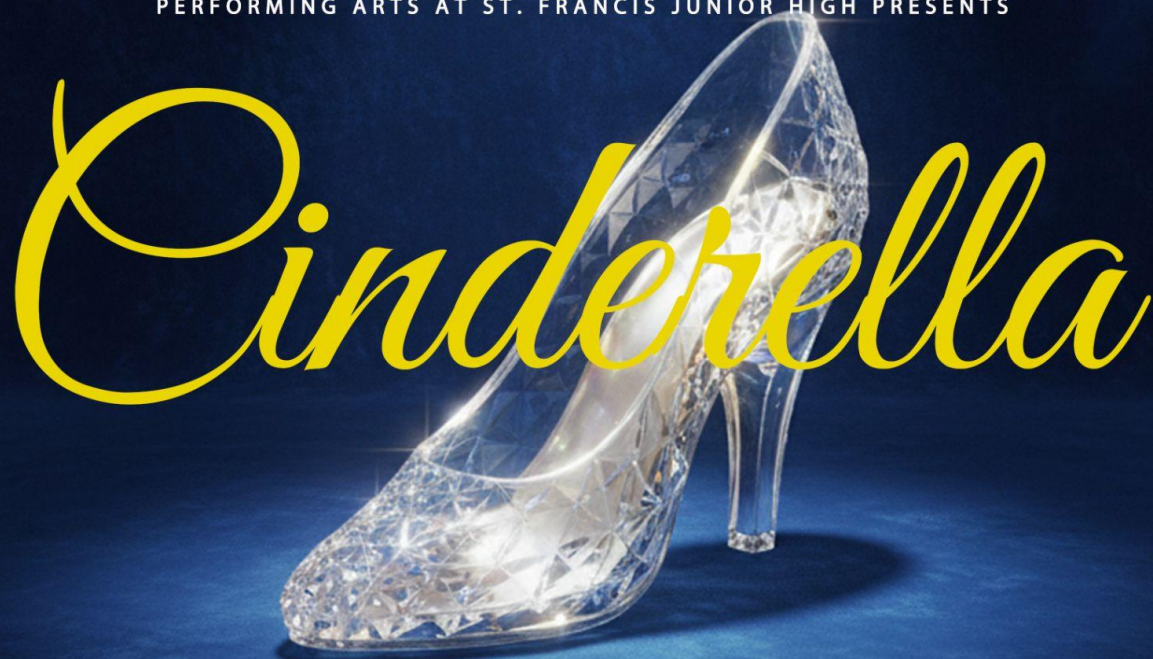
All: Our Father, who art in heaven, hallowed be thy name.
Thy kingdom come, thy will be done, on earth as it is in
heaven. Give us this day our daily bread, and forgive us our
trespasses, as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.

Amen.





PERFORMING ARTS AT ST. FRANCIS JUNIOR HIGH PRESENTS



May 10th - May 14th

TICKETS ON SALE NOW

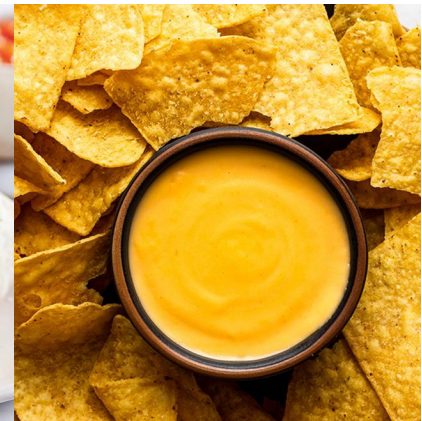
Check School Website For Details

Canteen

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

TODAY

Chicken Burger, \$5.50




A graphic for the Dungeons and Dragons Club. It features a black silhouette of a dragon flying against a background of wavy, horizontal bands of purple, red, and orange. The text is centered on the graphic.

Dungeons and Dragons Club
Want to come and play on Fridays after school? Sign up in room 122!

*No experience or materials necessary!

There will be DND this week from
12:30-2:30.
New DMs please be ready to play!

**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.

Are you interested in joining one of the SF Academies next year?

Applications are due on March 31st and tryouts/auditions will be held in April.

Questions? Go by the office for more information!



Est. 2024

NEW

Student Academic Support at Lunch

Academic Support at lunch will continue today in the Library.

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 or during breaks.

Wear Purple on Thursday, March 26th

MARCH IS EPILEPSY
Awareness Month



EPILEPSY
Toronto
See the Person

PURPLE
DAY
MARCH
26

Let's Celebrate Purple Day Together

Blackfoot Language Night - TONIGHT

MIOOHPOKIIKSI
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



SPRING MATH FAIR

Knots, bubbles, and surfaces.
An exploration of Topology

- Sunday, March 22
- 1pm-4pm
- Markin Hall,
M1035, University
of Lethbridge
- Parking in lot F

Fun math activities with bubbles
and knots, math games,
problems, and puzzles. Drop in
and have fun!



Free snacks and
refreshments.



Open to all
students K to 12.

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!



BADMINTON INTRAMURALS

	North	North Center	South Center	South
11:40	Lochan and Joseph vs Sayer and Dylan	Danica and Hamda vs Elai and Deng	Greyson and Aadam vs Aliyah and Ayanna	Livia and Lidia vs Milos and Logan
11:45	Zaid and Eliab vs Stefan and Liam	Brixlyn and Zoe vs Guadalupe and Audrey	David and Lincoln vs Adrian and Lawrence	Sayer and Dylan vs Bayabenne and Karissa
11:50	Danica and Hamda vs Livia and Lidia	Aliyah and Ayanna vs Zaid and Eliab	Milos and Logan vs Brixlyn and Zoe	Stefan and Liam vs David and Lincoln
11:55	Kaden and Ayden vs Ethan and Mikhael	Toby and Marcky vs Carter and Ari	Rylee and Candace vs Ryan and Kyle	Koko and Madie vs Harlie and Danica
12:00	Andriel and Daniel vs Landen and Ajay	Coen and Bentley vs Kaden and Ayden	Anna and Maui vs Toby and Marcky	Ethan and Mikhael vs Rylee and Candace
12:05	Carter and Ari vs Ryan and Kyle	Landen and Ajay vs Caspian and Kevin	Kaden and Ayden vs Koko and Madie	Toby and Marcky vs Andriel and Daniel



Badminton Practices

TODAY:

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.



BADMINTON PHOTOS

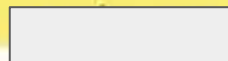
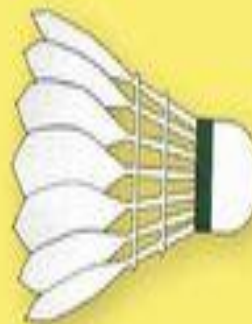
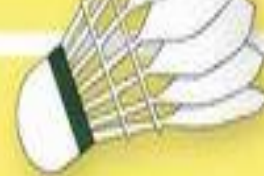
Please bring jerseys!!!

Meet in Room 221 at Lunch!!!

Grade 8 - TODAY (March 19)

NEXT WEEK

Grade 9 - Monday (March 23)





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.

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



2026 Outdoor Soccer Registration Open until March 22nd

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

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

WWW.ZEPHYRSOACHING.COM
coach.robdrup@zephyrscoaching.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





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 **





KAPOW POPS

Now Selling Every Thursday
Starting Feb 26 and Ending Jun 18

 **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

Starting April



**OUTDOOR
REGISTRATION**
IS OPEN!

WWW.LETHBRIDGETRACK.CA

TUESDAY & THURSDAY

5:30-7PM (COACHING)

SATURDAY

10:30-12PM (LTFC OPEN TRACK)

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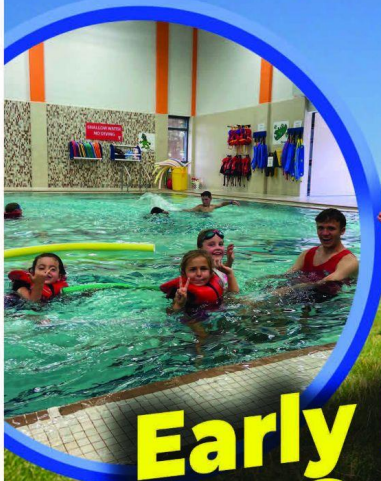
DAILY ANNOUNCEMENTS

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

 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)

 **DAILY ANNOUNCEMENTS**



Esports game today @ 4pm!
Doors open at 3pm!