

Announcements for
Wednesday, October 21, 2026

29th Week of Ordinary Time

1st Reading: Ephesians 3.1-12++
Gospel: Luke 12.39-48

Welcome • Itaomikskaonaotoni • Bienvenue

Catholic Education Week

Wednesday, October 21st

The Virtue Of Courage



Canteen

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

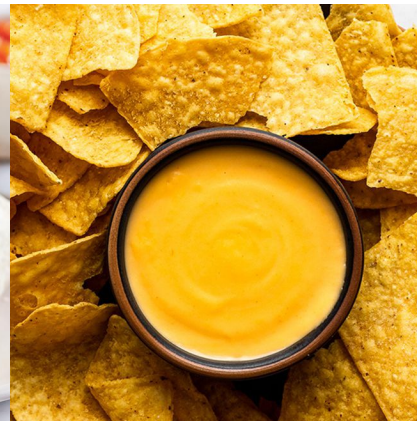
Weekly Specials

TODAY

THURSDAY

Baked Spaghetti, \$4.50

Chicken Burgers, \$5.50



CONGRATULATIONS

TO ALL OUR AWARD RECIPIENTS



*If you have received an award,
please remember to send thank you cards
to our generous donors for their support.*

Awards available in the office, for those that did not attend.



There will be a new picture clue each day
from a scary \ halloween movie.

To enter your answer, go to the library and
put your answer in the box, with your first,
last name, and class .

Winner gets a secret surprise.



Halloween

Guess the movie by the hair



Put your name, class and guess in the box in the library -
winner gets a prize.

WILDCATS

Sr. Volleyball

Grade 9s

HOME GAMES

Sr. Boys vs Churchill	TODAY	4:00pm
Sr. Girls vs Churchill	TODAY	5:15pm

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

WILDCATS

Jr. Volleyball Grade 8s

Jr Boys	PRACTICE	TODAY	6:30pm
Jr. Boys Game @ Fairbairn	Oct 22	4:00pm	
Jr. Girls Game @ Fairbairn	Oct 22	4:00pm	

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

WILDCATS

Dv. Volleyball **Grade 7s**

HOME GAMES

Dv. Boys Game vs Fairbairn	Oct 22	4:00pm
Dv. Girls Game vs Fairbairn	Oct 22	4:00pm

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

WILDCATS

Volleyball Tournaments

Sr. Boys & Sr. Girls @ FLVT

Oct 22 - Oct 24

Dv. Boys & Dv. Girls @ Wilson

Oct 23 & Oct 24

Jr. Girls @ GS Lakie Oct 23

Jr. Boys @ GS Lakie Oct 24

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

WILDCATS

Want a Chance to win big?



The Boys and Girls both
DIG this sport and they
hope their performance
SERVES your
expectations!
Come support your
wildcats!



Dungeons and Dragons Club

Meeting this week Friday after school from
12:30-2:30. Don't forget your lunch!

New members welcome :)



YQL SELECTS
VOLLEYBALL CLUB

WINTER TRYOUTS 2026  *Come Get Selected*

U13 & U14 (Girls Only)

U13 TRYOUTS (Girls Only)

- Sunday, Nov 29, 2026: 10:00 AM - 12:00 PM
- Monday, Nov 30, 2026: 5:00 PM - 6:30 PM

U14 TRYOUTS (Girls Only)

- Sunday, Nov 29, 2026: 1:00 PM - 3:00 PM
- Tuesday, Dec 1, 2026: 7:30 PM - 9:00 PM

GET REGISTERED TODAY
to secure your spot!

LOCATION:
1272 30 St N

 **\$25.00**

 Bring Volleyball Alberta
tryout registration





REGISTER TODAY AND SECURE YOUR SPOT!

<https://leagues.teamlinkt.com/yqlselects> 



YQL
SELECTS
VOLLEYBALL CLUB

Boys
TRYOUTS 2026

 *Come Get Selected*

U15 (BOYS TRYOUTS)

 **SUNDAY NOV 29**
4:30-6:30 PM

 **TUESDAY DEC 1**
5:30-7:00 PM

 **LOCATION:**
1272 30 St N

 **\$25.00**
 Bring copy of your
VA tryout registration

 **REGISTER ON**
WEBSITE
UNDER Tryouts TaB

REGISTER TODAY AND SECURE YOUR SPOT!

<https://leagues.teamlinkt.com/yqlselects>



CCH WRESTLING PROGRAM

Junior High students at St. Francis
are invited to participate in the
CCH Wrestling Program.



Holy Spirit Wrestling

Season runs November to March

Mon/Wed/Thurs 7-9pm

Parent Info Meeting

Wednesday, Oct. 28

LCI Large Lecture Theater

Contact: Mr. Comchi at CCH

for more details.

Phone (403) 327-4596

comchid@holyspirit.ab.ca



BRIDGE
ATHLETICS
FOUNDATION

BUILDING
STRONGER
GIRLS.
STRONGER
COMMUNITIES.

GIRLS ONLY BASKETBALL

TRAIN • SUPPORT • GROW

A SAFE, SUPPORTIVE SPACE FOR GIRLS TO
DEVELOP THEIR SKILLS, BUILD CONFIDENCE
AND BE PART OF SOMETHING BIGGER.

PEER TO PEER TRAINING

Learn from each other.
Share knowledge.
Build friendships.

SHOOTING

Get as many
quality shots
as possible.

CERTIFIED COACHES

Coaches will guide
and help with technical
development but
not control the gym.

COMMUNITY

Stronger girls.
Stronger teams.
A stronger community.

OPEN GYM DATES

OCTOBER
25

3:00 PM – 4:30 PM

NOVEMBER
8

LETHBRIDGE
POLYTECHNIC

NOVEMBER
22

MEMBERS ONLY

DECEMBER
6

MEMBERSHIP FEE: \$129 / YEAR

JOIN TODAY!

SCAN TO
REGISTER

FIND US ON

BRIDGE ATHLETICS
FOUNDATION

MORE THAN BASKETBALL



Halloween Dance *October 29th!*

Tickets will be sold from
October 19-22 from 5-8pm

5 DOLLARS PER PERSON

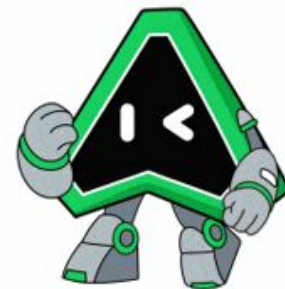
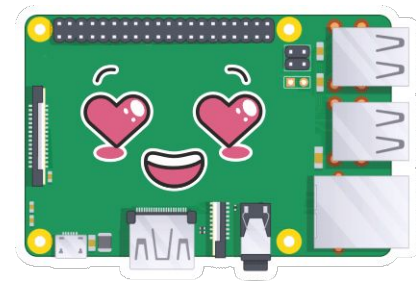
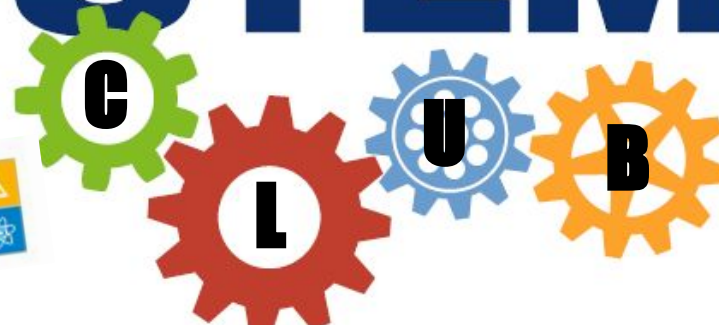
Tickets can also be purchased
with cash online!





SCIENCE | TECHNOLOGY | ENGINEERING | MATHEMATICS

STEM



Starting October 16th

4 Fridays after school from **12:30 to 3:00pm**

Students from the U of L are coming to St. Francis to share their fun, engaging **STEM** activities!

This club is

FREE!!

and

FUN

Registration forms are in the office.

Return completed form **this week!!** →

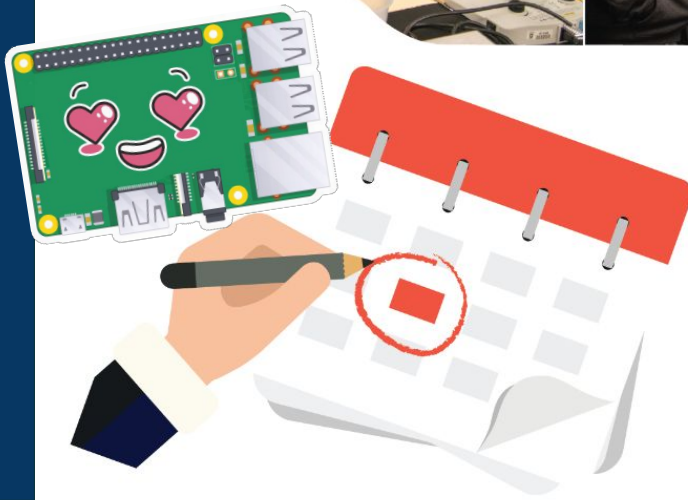
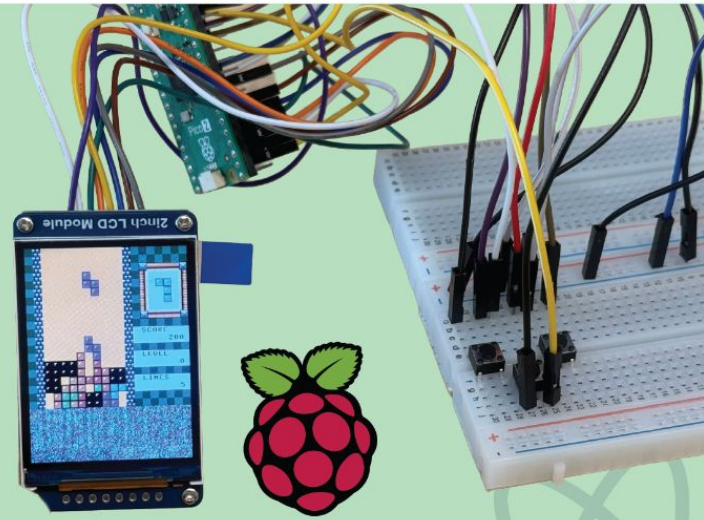
Mme.
Hinger
Room 204

Any questions?



Design & Code a Game Boy on Raspberry Pi

Thanks to the
Arconic Foundation,
there is **NO COST** to participate!



PLUS! Join us for
STEM Day
@ ULethbridge
at the end of the year.

ART FRIDAYS

Every Friday from **12:35–1:35** in **Room 210**,
Mrs. Ankermann & Mrs. Rowe are bringing students
together to create a **COLLABORATIVE ART PIECE!**

- 🎨 Different artists
- ✨ Different styles & ideas
- 🖌️ Be creative
- 💡 Try something new
- 🤝 Create one collaborative piece together



Beauty is everywhere.

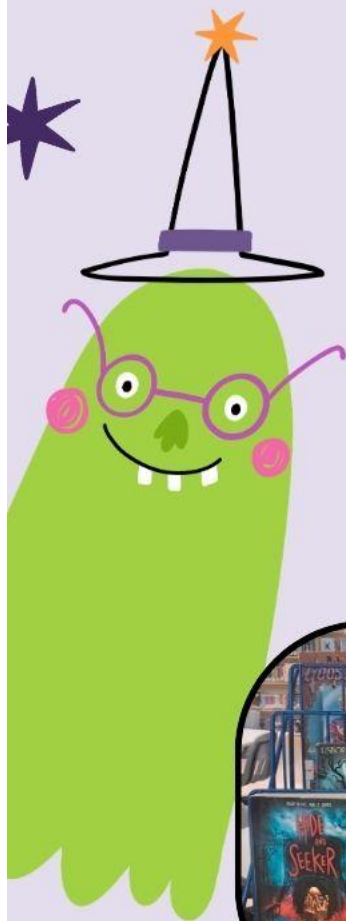
If you have any questions please ask!

HEY YOU!



Come to the library before
Halloween!

...and check out some
spooktacular reads...



BACK TO SCHOOL SALE!

YEAR BOOKS

ORDER NOW to **GUARANTEE** your
copy at the **LOWEST PRICE** of the year!



SCAN ME



Jostens

\$37.00



Have you achieved success



outside of school at a
zone, provincial, or
national level?



Let us know!



We would love to share your story
and highlights on our school's
social media.



Send your pictures and achievements to
SFOFFICE@holyspirit.ab.ca

OCTOBER ROSARY

**October is the month of the Holy Rosary.
Come pray the Rosary with us in the chapel!**

- When: Every Wednesday in October**
- Time: 11:40 AM (during lunch)**
- Where: School Chapel**

**If you do not have a rosary, extras will be
provided.**



Esports game today after school @ 4pm!

Doors open @3pm