

Announcements for
Monday, March 23, 2026

5th Week of Lent

*1st Reading: Daniel 13.1-9, 15-17, 19-30, 33-64++ (longer) or
Daniel 13.2, 4-6, 8, 15-16, 19-23, 28, 41-46, 48-64++ (shorter)*

Gospel: John 8.1-11

Welcome • Itaomikskaonaotoni • Bienvenue

Station 6: Veronica Wipes the Face of Jesus



Station 6: Veronica Wipes the Face of Jesus

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

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

Leader: *"My grace is sufficient for you; my power is made perfect in weakness" .

Veronica wipes Jesus' face in mercy. Show compassion to the suffering—your kindness imprints Christ's face on hearts.

Station 6: Veronica Wipes the Face of Jesus

Prayer: Lord, as Veronica comforted you, strengthen us to rise from falls and share hope from your Cross. Amen.

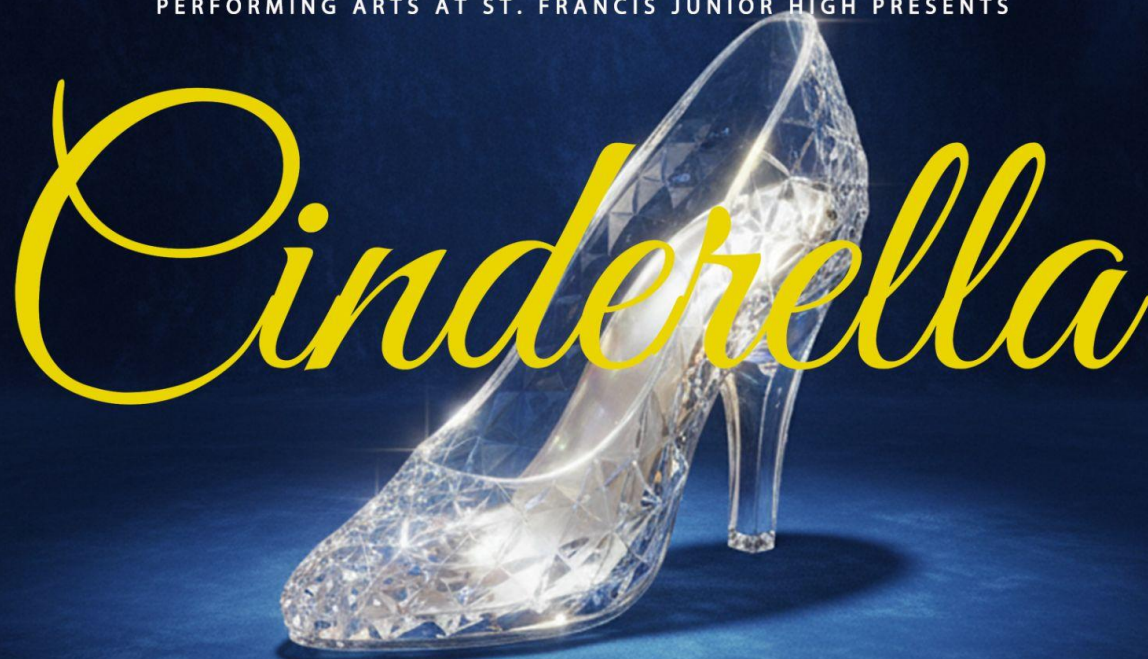
All: Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

Amen.





PERFORMING ARTS AT ST. FRANCIS JUNIOR HIGH PRESENTS



May 10th - May 14th

TICKETS ON SALE NOW

Check School Website For Details

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

Canteen

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

Monday

Cheesy Garlic Fingers, \$5.25

Tuesday

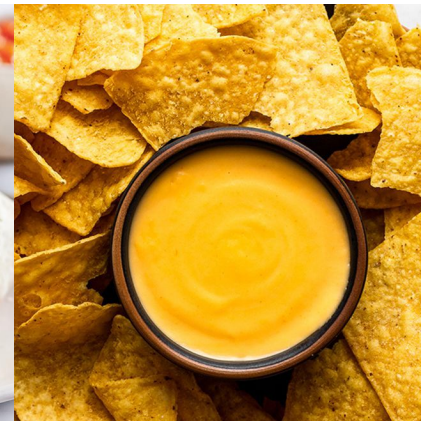
Mini Cheese Pizza, \$5.75

Wednesday

KD & Smoothie, \$5.50

Thursday

Beef & Cheese Taco, \$5.00



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



Badminton Practices

TODAY:

| | |
|----------|-------------|
| Grade 7s | 3:00 - 4:15 |
| Grade 8s | 4:15 - 5:30 |
| Grade 9s | 5:30 - 6:45 |

Tuesday:

| | |
|----------|-------------|
| Grade 8s | 3:00 - 4:15 |
| Grade 9s | 4:15 - 5:30 |
| Grade 7s | 5:30 - 6:45 |

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

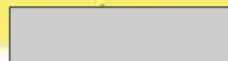
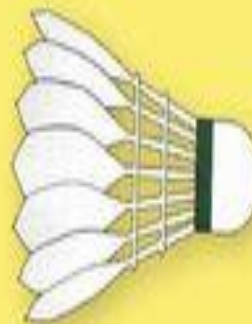
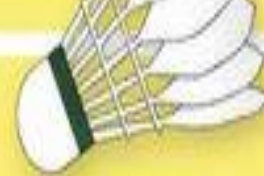


BADMINTON PHOTOS

Please bring jerseys!!!

Meet in Room 221 at Lunch!!!

TODAY - Grade 9s





MISSING BADMINTON PHOTOS

Please come to room 221 to have your
photo taken THIS TUESDAY



BADMINTON INTRAMURALS

DAILY ANNOUNCEMENTS



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

Inner Peace Practice

Field Trip **TODAY!**

Meet at the front doors at 11:40.
Leaving at 11:45 sharp!

Bring: easy lunch to eat, yoga clothes, and walking shoes!



Babysitting Course

Today we will meet in Rm.127.

Be sure to bring your water bottle to class.





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.

**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.

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



Starting April



OUTDOOR REGISTRATION

IS OPEN!

WWW.LETHBRIDGETRACK.CA

TUESDAY & THURSDAY

5:30-7PM (COACHING)

SATURDAY

10:30-12PM (LTFC OPEN TRACK)

U OF L COMMUNITY STADIUM



RITA'S RUN 2026 5KM & 10KM

Saturday May 9, 2026 @ 9:00AM

+ + + +

Elks Compound

+ + + +

Lethbridge, AB

+ + + +

+ + + +

RUN FOR THE CAUSE
SUPPORTING MENTAL HEALTH

Registration Opens February 24!
www.ritasrun.weebly.com



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STORY WEAVERS TWEEN WRITING CLUB

**Tuesdays April 14 - May 26 | 4:30 - 6 p.m.
Main Branch**

Join our writing club to hone your skills and create a short story, which will be published in a zine at the end of the program! For grades 5 - 8.

Registration is open at lethlib.ca/events and is for the entire 7-week run.

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



DAILY ANNOUNCEMENTS



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 **

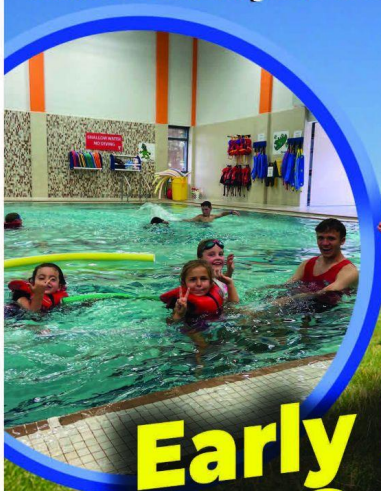
DAILY ANNOUNCEMENTS

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 practice @3pm!