

Announcements for
Wednesday, March 18, 2026

4th Week of Lent

1st Reading: Isaiah 49.8-15

Gospel: John 5.16-30

Welcome • Itaomikskaonaotoni • Bienvenue

The 3rd Station: Jesus Falls the First Time



The 3rd Station:

Jesus Falls the First Time

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

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

Leader: God laid on him the sins of us all" (Is 53:6).

Our sins crush Jesus to the ground. Yet He rises for us. When we fall in weakness or sin, His grace lifts us—get up and follow.¹

Prayer: O Christ, as you fall under our faults and rise for our justification, help us stand again and carry our cross with your Spirit. Amen.

All: Our Father...

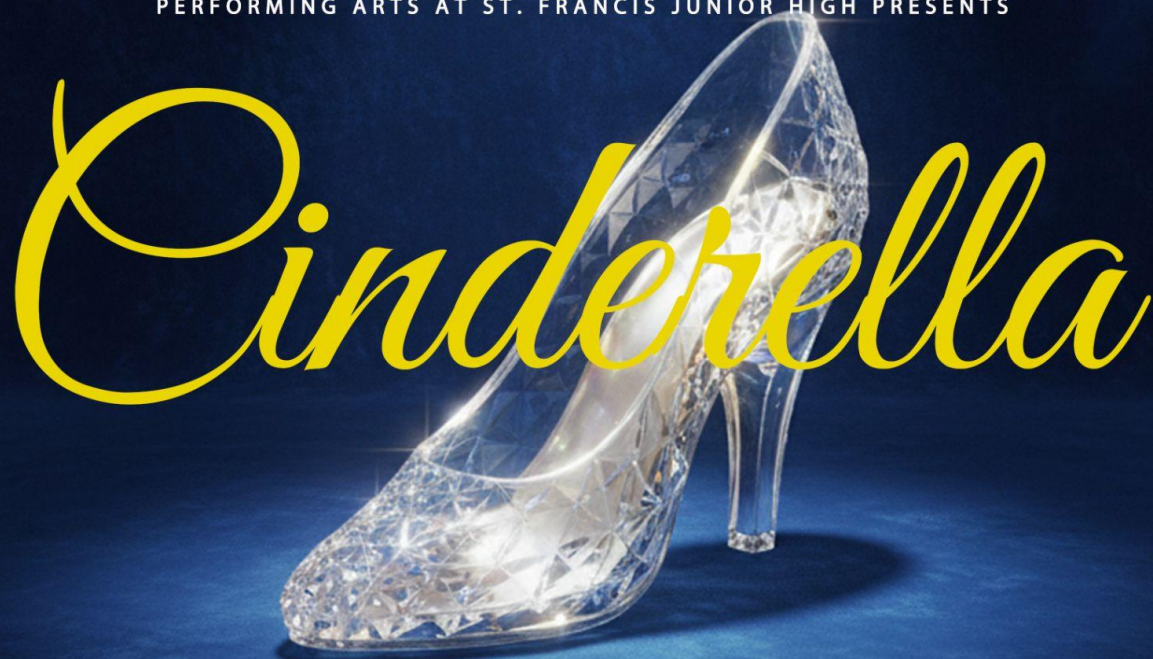
The 3rd Station: Jesus Falls the First Time

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

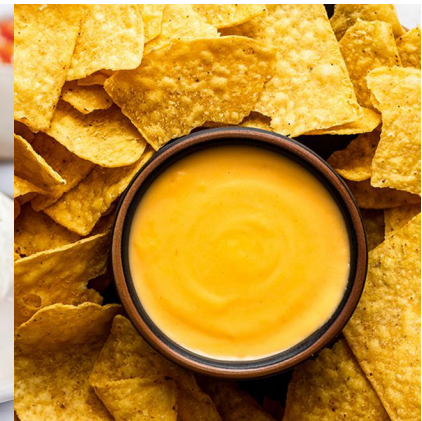
Our regular menu items are available for purchase. You can purchase items with Cash, Debit Card, or with prepaid Canteen Cards.

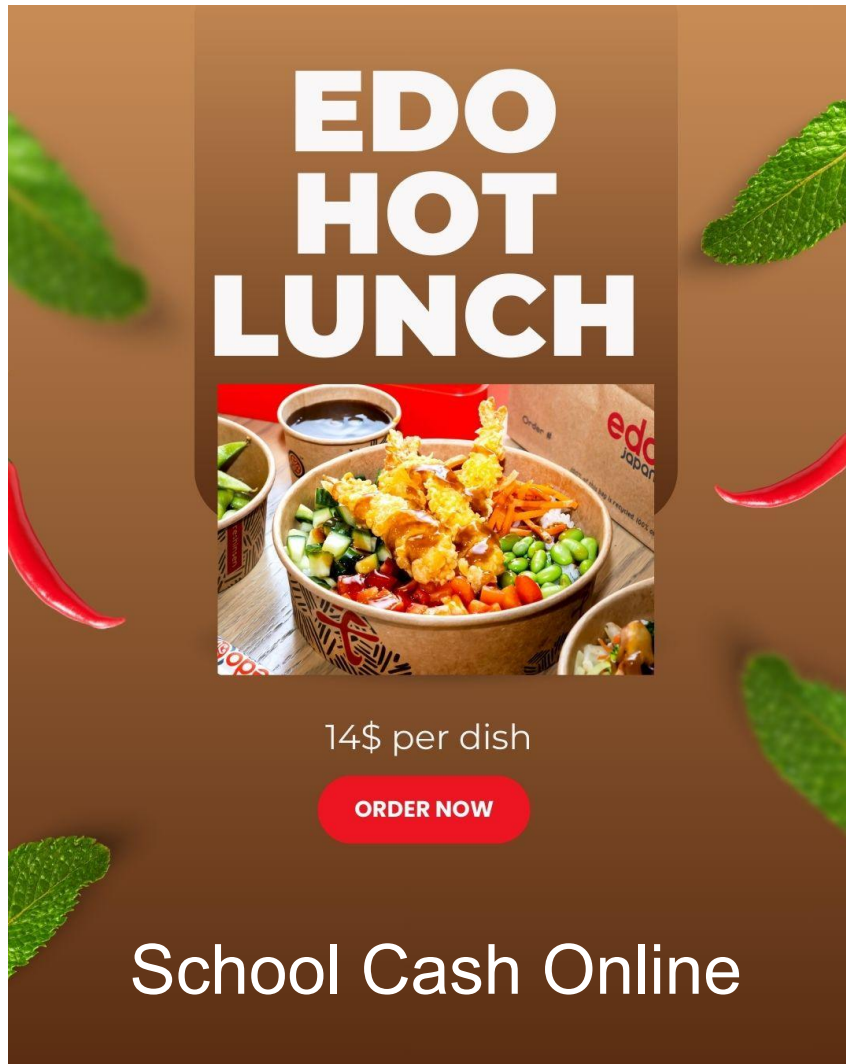
TODAY

Baked Spaghetti, \$4.50


Thursday

Chicken Burger, \$5.50





**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.

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

NEW

Student Academic Support at Lunch

STARTING TODAY, 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.

Upcoming Blackfoot Language Night

MIOOHPOKUIKSI
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

Schedule will be posted during lunch
in the gym!

Grade 7 @11:40

Grade 8/9 @ 11:55



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.



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



Badminton Practices

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



today at lunch in the eSports Lab

 **DAILY ANNOUNCEMENTS**

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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

BADMINTON PHOTOS

Please bring jerseys!!!

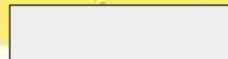
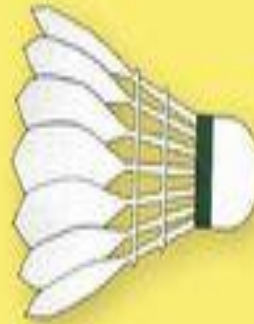
Meet in Room 221 at Lunch!!!

Grade 7 - Wednesday (March 18)

Grade 8 - Thursday (March 19)

NEXT WEEK

Grade 9 - Monday (March 23)





2026 Outdoor Soccer Registration Open until March 22nd

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

WWW.ZEPHYRS COACHING.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



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 **



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

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)



BADMINTON INTRAMURALS

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

 **DAILY ANNOUNCEMENTS**



Esports game tomorrow @ 4pm!