

Announcements for
Tuesday, September 29, 2026

26th Week of Ordinary Time

1st Reading: Revelation 12.7-12a or

1st Reading: Daniel 7.9-10, 13-14

Gospel: John 1.47-51

Welcome • Itaomikskaonaotoni • Bienvenue

September 30 - A Day for Truth & Reconciliation

Today for Orange Shirt Day we will gather together during DO time.

We will reflect and learn together as part of our commitment to reconciliation as a school community.

Homeroom teachers: please remember to pick 1 responsible student representative from your class for a special task this afternoon.

Orange Shirt Day

We will also be counting [Spirit Points](#) today for those who are wearing orange shirts.

But don't forget to

Wear Orange on September 30th!

The National Day for Truth and
Reconciliation in Canada.

Canteen

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

Weekly Specials

TUESDAY

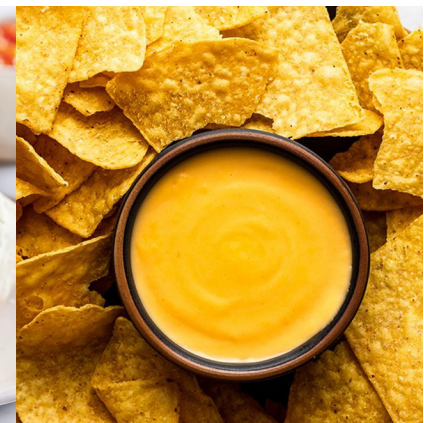
Mini Cheese Pizza, \$5.75

WEDNESDAY

NO SCHOOL

THURSDAY

Beef & Cheese Taco, \$5.00



Taco in a Bag



Wednesday - Oct 7th

\$6.65

Please order thru School Cash Online

CROSS COUNTRY

You will be called down to the gym
shortly after announcements!

WILDCATS

Sr. Volleyball Grade 9s

Sr. Girls Practice	TODAY	5:15pm
Sr. Boys Practice	Oct 1	7:00am
Sr. Girls Practice	Oct 1	5:15pm
Sr. Boys Practice	Oct 2	7:00am

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

WILDCATS

Jr. Volleyball

Grade 8s

Jr. Boys	GAME	TODAY @ GPMS	4:00pm
Jr. Girls	GAME	TODAY @ GPMS	5:15pm
Jr. Boys	GAME	Oct 1 @ FLVT	4:00pm
Jr. Girls	GAME	Oct 1 @ FLVT	4:00pm

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

WILDCATS

DV. Volleyball Grade 7s

Dv. Boys	TODAY - HOME GAME	4:00pm
Dv. Girls	TODAY - HOME GAME	4:00pm
Dv. Boys	Oct 1 - HOME GAME	4:00pm
Dv. Girls	Oct 1 - HOME GAME	4:00pm

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

WILDCATS

VOLLEYBALL TOURNAMENT

JR BOYS

**Friday, Oct 2nd
@ Wilson Middle School**

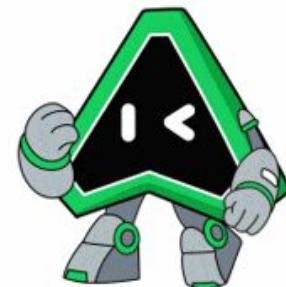
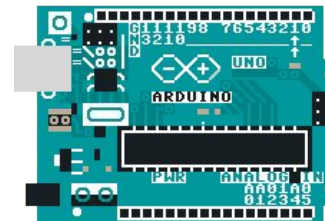
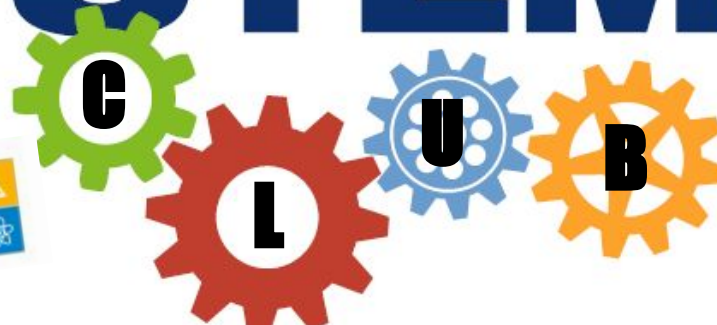
JR GIRLS

**Saturday, Oct 3rd
@ Wilson Middle School**



SCIENCE | TECHNOLOGY | ENGINEERING | MATHEMATICS

STEM



Starting October 16th

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.

Any Questions?



Mme. Hinger
Room 204



Holy Spirit
CATHOLIC SCHOOL DIVISION

Piitawaani

Traditional Powwow

Thursday, October 8th

5:00pm-7:00pm

Grand Entry at 5:00pm

Children of St. Martha School
206 McMaster Blvd. W.

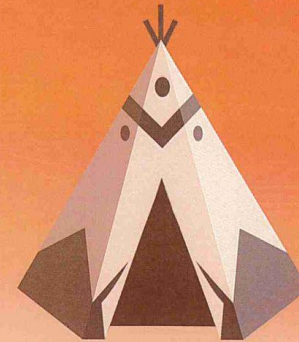
- ◆ Host drum will be paid.
- ◆ First 14 registered dancers will be paid (all dancers welcome).
- ◆ Food trucks available for purchase of dinner.

Please bring lawnchairs or blankets.

Everyone welcome!



Dancer Registration Form



Double Ball Give it a Try



Kick Ball Give it a Try



Lacrosse Tournament



4K + 7K Run



28K Trail Run



2K Archery Run



Cultural Activities



Blanket Exercise



Artisan Market



SEPTEMBER 30TH

**NATIONAL DAY FOR TRUTH
AND RECONCILIATION**

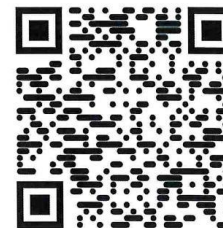
7:00 AM - Blackfoot Half-Marathon
8:00 AM - Tipi Raising (Informal)
10:00 AM - Opening Ceremony
11:00 AM - Give-It-A-Try Events
11:00 AM - 4K and 7K runs
11:00 AM - Cultural Activities
1:00 PM - Lacrosse Tournament
1:00 PM - Artisan Market
2:00 PM - Blanket Exercise
2:00 PM - 2K Archery Run
5:00 PM - Closing Ceremony



NICHOLAS SHERAN

(NORTH OF THE SCHOOL,
LAVAL & COLUMBIA BLVD)

Everyone is invited. Come
together to learn, experience, play
and build connections through
sport, culture and community.



LEARN MORE AND REGISTER FOR THE GIVE IT A
TRY EVENTS, RUNS, AND LACROSSE TOURNAMENT

LETHBRIDGESPORTCOUNCIL.CA/BUFFALOGAMES

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.lethbridgerechokey.com

University of Lethbridge
Conservatory of Music

Group Violin Lessons

Our group violin classes welcome students from beginner to experienced levels, from ages 6+! Students will attend the first class on October 3 at 9:30am, and then be assigned their class time (within the times 9:30-12pm) for the rest of the semester. These classes allow beginners to learn the basics of violin technique, music reading, and playing skills, while also having an opportunity to play with one another and develop valuable ensemble skills. Intermediate and experienced students will work together on technique and musicianship, and have the opportunity to develop ensemble skills through chamber music groups. At the end of the semester, there will be a short performance for family and friends!

Saturday, 9:30 – 12:00* | Location: Casa (230 8 St S)

(*students attend 30 minutes within this time block; times will be assigned at the first class based on level/experience)

FALL 2026: October 3 – December 12 (No Class: Oct 10, Nov 21)

Cost: \$150



SCAN HERE



**Univeristy of Lethbridge
Conservatory of Music**

Youth Percussion Ensemble

Ages 12+

Our percussion ensemble is for enthusiastic teenaged percussionists dedicated to the pursuit of excellence. The goal of this group is to create a community of percussionists who are drawn together to develop and share their passion for music. We strive to enhance the talents of students who have discovered an interest in all types of percussion, and offer new opportunities including Steel Pans, Brazilian Samba, Classical Percussion, Japanese Taiko, and Polynesian drumming. Auditions are not required, but before you register, please send a quick email to our instructor to discuss your percussion experience and ensure this ensemble is a good fit: marcvantolpercussion@gmail.com.

FRIDAY, 6:00 - 8:00 P.M. (Located at Casa)

FALL 2026: Sep 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, 27, Dec 4, 11 (Concert: Dec 12, 7:00 p.m., Casa Community Room)

<https://www.ulethbridge.ca/music-conservatory/programs>



NEW LAUNCH

NEW LAUNCH

YEAR BOOK

MAKE THE
MEMORIES
LAST

CAPTURE THE YEAR,
KEEP IT FOREVER!!

\$35
FOR ONE



ORDER HERE! →

[HTTP://JOSTENSYEARBOOKS.COM/?
REF=A01086180](http://jostensyearbooks.com/?REF=A01086180)

Or find a QR Code on the posters around the school! Rip one off, take it home, and order your book!

LET'S MAKE THIS YEAR
GREAT



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

In case you haven't heard...

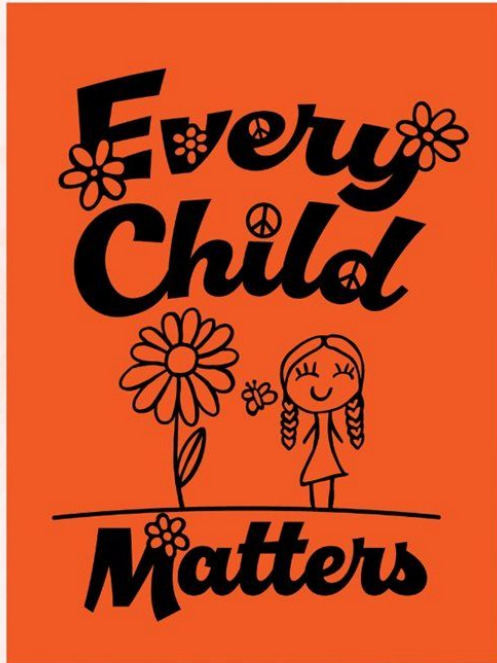


Until October 4th, Chapters is accepting donations for OUR school!



Stop into the store to see the display they have up just for us!

TOMORROW



**No School
in Honour of**

**THE NATIONAL DAY
OF TRUTH AND
RECONCILIATION**

September 30, 2026