

April Spotlight Newsletter 2026



Principal Message - Mr. Runco

We hope that each of our families will have had a wonderful and restful Spring Break!

Easter, the feast of the resurrection, is the reason for our faith and hope. As a Catholic school community during our Lenten journey, we have spiritually followed our Lord Savior leading up to Easter. It marks the resurrection of Jesus three days after his crucifixion. Through the resurrection of Jesus, we know that one day we too, will rise, body and spirit, from the dead. As we witness the signs of new life through the Spring Season, may it stay, guide, and comfort you and your family with happiness and peace through Christ's promise of eternal life!

Our Badminton Teams are still underway and Rugby and Soccer are about to begin! We thank all of our coaches, players, volunteers, and staff that support our FX Athletics. Our HEROS ON WHEELS Bike-A-Thon was a tremendous success with our school raising \$65,000 in support of the Dream for Kids Foundation (65%), Catholic Social Services (15%), Royal Alexandra Hospital Foundation, through a new partnership with the Child and Adolescent Mental Health Centre at the RAH (25%), and FX students in need (5%). A special 'thank you' goes out to Mrs. Bremault, Ms. Anderson, Mr. Abbott, and XU Student Union, staff, and students that biked 24 hours for a great cause!

As safety is paramount at our school, we will continue our remaining safety procedures at FX. We will be practicing a Static Lockdown (staff and students unaware and during instructional time) and we will engage in a Dynamic Lockdown (staff and students unaware and during non-instructional time) in the very near future. We will also be having two more Fire Evacuation Drills in the upcoming months. At FX, we take safety very seriously so that our school community knows how to act in emergency situations.

As we begin to look ahead to the 2026–2027 school year, I want to share that I will be transitioning into a new role as Principal of St. Joseph Catholic High School.

Serving as Principal of St. Francis Xavier Catholic High School over the past three years has been a true privilege and blessing. I am deeply grateful for the opportunity to walk alongside such an incredible community of students, staff, and families. St. FX is truly an exceptional school, filled with spirit, pride, and a deep commitment to living out our charism—*Caritas Christi*, the love of Christ—in all that we do each and every day.

The memories we have created together will stay with me always. I will greatly miss this community, the relationships we have built, and the joy of witnessing our students grow and flourish.

I am pleased to share that Kyle O'Hara will be joining St. Francis Xavier Catholic High School as Principal in the upcoming school year. I know the school will continue to thrive under his leadership and care. I would also like to share that Dana Hutton will also be moving as the new Assistant Principal at St. Joseph Catholic High School next year. We thank Dana for her dedication, commitment, and service at St. FX over the past 2.5 years. St. FX welcomes Victoria Saccomani as the new Assistant Principal of St. Francis in the new school year.

Thank you for your continued support, kindness, and faith. St. FX will always hold a special place in my heart.

Fernando Runco, Principal

St. Francis Xavier Catholic High School



Click on the link view **Chief Superintendent** April Message:

<https://www.ecsd.net/7625defc-bfec-4908-831b-c192b31f0cf2>



Religion Spotlight- Welcome Fr. Josephin Raj (JR) Muthuswamy

Fr. JR has officially begun his ministry at Annunciation Parish!

Fr. Francis has been called to India to fill a role in an Archdiocese close to his home. We wish him the best in his new position, which also affords him the luxury of being closer to family and friends after serving in Canada for over 18 years.

We welcome Fr. JR to our home parish and look forward to him leading our Easter and Graduation masses.

Fr. JR joins us in the 21st year of his priesthood, following a short time in Innisfail, where he moved after being an Associate Pastor at St. Joseph's Basilica. Welcome Fr. JR!

St. FX School Advisory Council

We would like to recognize and sincerely thank our St. FX School Advisory Council for their ongoing commitment to serving the St. Francis Xavier school community. We are especially grateful to our executive members and parent volunteers who generously gave their time to support our St. FX Casino on March 24 and 25. Your dedication and service are deeply appreciated and make a meaningful difference in our school.

Our next School Advisory Council meeting will take place on April 14 at 6:00 p.m. in the Learning Centre. We warmly invite all parents to attend and be an active part of our vibrant school community.

Golf Academy Spotlight



The FX Golf Academy continues their indoor season at The Golf Factory with a variety of practice, competitions and game play. On non-golf instructional days they are working hard in the weight room and getting an opportunity to participate in various physical education activities such as squash, curling, and yoga.



Soccer Academy Spotlight

Participating in Phys. Ed activities is an important part of Soccer Academy. Recently we had the pleasure of being instructed in social dance, specifically line dancing by expert dance teachers Ms. Poplawski and Ms. Anderson. The students had a blast and are ready to show off their skills at the next wedding or other “gathering” they may attend in the future, or maybe even a team building exercise for soccer.



HP Hockey Academy Spotlight



As we move into March, our High Performance Hockey Academy is entering a critical phase: playoff preparation. With athletes in the final stretch, our focus has shifted to managing energy, maximizing recovery, and ensuring players are physically and mentally ready when it matters most, especially with the added demands of travel and academics.

On-ice and off-ice work now emphasize efficiency and game readiness, focusing on quality over volume to maintain performance without added fatigue. Recovery strategies such as mobility, stretching, sleep, and hydration are a priority, alongside mental preparation to keep athletes composed, confident, and connected as a team heading into playoffs.

Hockey Academy Spotlight



Our Hockey Academy athletes have been hard at work both on and off the ice as we move through a busy playoff season. On the ice, the focus has been on moving the puck effectively and accurately, emphasizing quick decisions and strong support. Off the ice, players are prioritizing training, mobility, and recovery to stay fresh while competing in playoffs with their club teams. We also welcomed our sports psychologist for a session to help athletes prepare mentally and build strategies for performing under playoff pressure.

Baseball Academy Spotlight



Our Baseball Academy athletes have been hard at work preparing for upcoming tryouts, putting in quality reps both on and off the field. This past month, players have been collecting performance data using Rapsodo technology, allowing them to better understand their pitching metrics and make targeted improvements. We've also been focusing on refining pitching mechanics, helping athletes build consistency, control, and confidence on the mound. Players have also been getting live at-bats, creating a competitive environment where they can apply their skills in real game situations. The focus has been clear: develop, compete, and prepare, and our athletes are showing great progress as they get ready for tryout season.

English Spotlight

Semester 2 is underway!

Writing Assignments:

Parents, be on the lookout for your child to be writing their first major essay of the semester.

Did You Know:

Flex Block for Reading Comprehension is offered everyday in Room 218 with Mr. Dvorak.



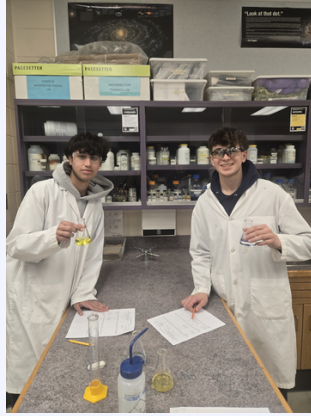
Social Studies Spotlight

Several Social Studies classes were able to participate in a Blanket Exercise this month. The Blanket Exercise aims to deepen students' understanding of Indigenous histories, perspectives, and the lasting impacts of colonization, fostering empathy, critical thinking, and reconciliation.



Science Spotlight

Science classes are busy in the lab this month with physics motion labs, chemistry, and dissections, with even a visit from our division science consultant!



Math Spotlight

The Math Department celebrated Numeracy Week and Pi Day with Logic Puzzles and Games.



Off Campus Education Spotlight

INTERESTED IN THE TRADES AS A CAREER??

THE REGISTERED APPRENTICE PROGRAM (RAP) MIGHT BE FOR YOU!

INFO SESSION WED APRIL 8 FLEX DRAMA ROOM



Physical Education Spotlight

PE Classes took part in skating, broomball, and shinny at the arena.



Athletic Spotlight

Congratulations to the FX Sr Boys who won the Metro Division 1 Championship for a 3-Peat in 5A Provincials!

March 19 - 21, 2026 at Saville!

Congratulations to the FX Sr Boys who won the Silver Medal in 5A Provincials! This is an amazing accomplishment for our team and we thank Coach Farish and Coach Posteraro for their leadership, dedication, and heart for coaching our boys this year!



Athletic Spotlight

Athletics: Thank you Coaches!

Basketball -

Sr Girls - Nicholas Schwarz & Olivia Ostapowicz
Sr Boys - Brad Farish & Jeremy Posteraro
Jr Girls - Augi Gallardo, Sheila Phan, Ralph, Nathaniel Wojcicki & Josh Yen
Jr Boys - Jordan Bunch & Marco Balthazar

Badminton - Lucas Motkoski & Brendan Leonard

Rugby -

Girls Rugby - Barbara MacKnight, Megan Thomas, Jackie McCoy, Anela Hebert, Emerson Irvine, McCoy Curtis
Boys Rugby - Mark Tilles, Stephanie Gervais, Catherine Bacinski

Soccer -

Sr Boys Soccer - Jeremy Posteraro, Fergal Peters, Zach Kohn
Jr Boys Soccer - Jeremy Posteraro, Fergal Peters, Zach Kohn
Sr Girls Soccer - Sarah Vos, Daniel Abbott & Helena Parker

Track & Field -

Jeremy Posteraro & Zach Kohn



English as an Additional Language Spotlight

Any grade 12 student who needs one more year to finish your diploma OR to upgrade:

Mark your calendar!



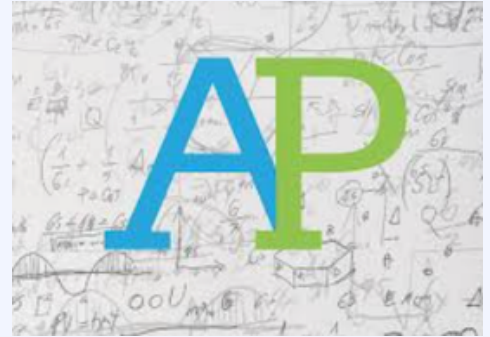
St. Joe's will be here on APRIL 17 to register you for a 4th year!

Grade 10 & 11 registration:

If you haven't seen Mrs. Pavone, stop in at Student Services to make sure you're on track for graduation and your post-high school plan!



Advanced Placement Spotlight



This year's AP Seminar students attended the Future Scholars Research Symposium at the University of Alberta, gaining insight into innovative student research. Through engaging oral and poster presentations, they explored current academic inquiry and exchanged ideas. This inspiring experience connected them with a broader community of emerging scholars.

Soccer Tryouts



**FX GIRLS SOCCER
INFO**

signup & tryout info visit Google
Classroom Code: rctslt7v

Meeting on Wednesday, March
25th at Flex in Main Gym

TRYOUTS
THURSDAY, APRIL 9 &
THURSDAY, APRIL 16
AT JP BOWL TURF FIELD
FOR MORE INFO SEE MRS PARKER



**FX BOYS SOCCER
INFO**

signup & tryout info visit Google
Classroom Code: zmynmus2

Meeting on Tuesday, March 24th
at Flex in Main Gym

TRYOUTS
TUESDAY, APRIL 14 &
THURSDAY, APRIL 23
AT JP BOWL TURF FIELD
MORE INFO SEE MR POSTERARO

**Sign-up Using Google
Classroom Code &
Fill In the Google
Form. Tryout Dates
Attached**



CTS & Fine Arts Spotlight

This month, the CTS and Fine Arts departments are proud to spotlight our Industrial Arts program. Our construction students have been hard at work elevating their craftsmanship and mastering advanced woodworking techniques. From the precision required for animal-themed planters, birdhouses to the structural integrity of metal-reinforced chairs and custom lamps, these projects showcase a high level of detail and dedication. We invite you to celebrate the technical growth and creative vision our students bring to the shop every day!



2026-27 St. Francis Xavier Registration Handbook & In-House Course Registration Selections

Our 2026-27 St. Francis Xavier Registration Handbook is now available on our school website: stfx.com.

Students have been provided with a planning guide and core course streaming guidelines in their Google Classrooms, and they have also viewed a video created by our core subject teachers outlining the registration process. If students have any questions, they will be directed to their Grade Coordinators, and additional staff members will be available to support and guide them throughout the process.



Xavier Union Spotlight



Our XU has been hard at work creating memorable experiences for our Ram Fam community!

This month XU students supported the Bike-A-Thon, had St. Patrick's Day activities in the Café, and got everyone ready for Spring Break with an exciting theme week!

As well, Mr. Abbott brought several XU Students to a Mental Health and Wellness Symposium where they learned how to have peer supports for students to maintain a positive mental health and wellness balance at school.

We look forward to bringing more experiences to our school community in the coming months!

April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 SPRING BREAK	2 HOLY THURSDAY	3 GOOD FRIDAY	4
5 EASTER SUNDAY	6 SPRING BREAK APRIL 6 EASTER MONDAY NO SCHOOL	7 CLASSES RESUME	8	9 FX HOSTING ECSD HS MATH CONTEST	10	11
12	13	14 SCHOOL COUNCIL MEETING - 6pm	15 SECOND GRAD LIST	16	17	18
19	20 GRAD TICKETS GO ON SALE	21	22	23	24	25
26	27	28	29	30		

Graduation Coach Spotlight



STAY UP TO DATE

@FX.ATHLETICS @STFXHIGHEDM @XAVIER.UNION



ACTIVATE NOW!

Alberta Education

MYPASS

myPass is an Alberta Education secure self-service website for high school students to:

- View and print diploma exam results statements
- Order transcripts
- And more

ALL students in Grades 10, 11, 12 should be activated on myPass prior to graduating.

Visit myPass.alberta.ca to request access or for immediate access, please see Miss. Thomas in Student Services or Ms. Chong in the Grad Office for assistance in activating.

School Resource Officer Spotlight



Reg. #2270 Cst. Jody Coughlan
Edmonton Police Service
School Resource Officer Unit
St. Francis Xavier High School
jody.coughlan@edmontonpolice.ca



Applications for the
 Edmonton Police Service Cadets Corps
 are open

March 1-31

Please see poster for information and
 eligibility
 and scan QR code to apply.

Any questions?...reach out to your
 friendly neighbourhood SRO

Edmonton Police Cadet Corps

The Edmonton Police Cadet program aims to foster leadership, citizenship, pride, discipline, and challenge while equipping youth with the foundation and connection to a career in policing.

Applications are open from March 1 - 31, 2026. The program runs September 2026 - May 2027 on Wednesday evenings from 6:00 p.m. - 9:00 p.m. at EPS' Northwest Campus (18440 127 Street NW).



Students will:

- Develop an understanding of the police and the role of police in the community.
- Develop leadership and teamwork skills while building a foundation for a future career in law enforcement.
- Discover new challenges and increase physical fitness.
- Have an opportunity to earn HS credits.

Eligibility

- Must have an interest in policing and considering a future career in law enforcement.
- Must have been born in 2009 - 2012.
- Must have 2 references - (One must be a teacher or principal); no family or friends' references.
- Must attend school full time.
- Must undergo a screening process including an Enhanced Police Information Check. (this check includes a review of immediate family members and residents of the household)
- Must undergo an interview.
- Must maintain a high level of integrity, demonstrate good ethical character and hold a minimum 70% attendance record with the program.
- Must have Canadian citizenship or Permanent Resident status.
- Must have no criminal convictions or association with known criminals.
- Must be willing to volunteer.
- Must be able to arrange own transportation to and from NW Campus on class nights.

Visit edmontonpolice.ca/cadets for more information.

Fill out the application form
 by scanning the QR code!



For any questions contact:
cadets@edmontonpolice.ca.