



FX SPOTLIGHT

A dark stage with a single spotlight shining down from above, creating a bright circular pool of light on the floor.

November Newsletter 2024



Principal Message - Mr. Runco

Remembrance Day Prayer

Loving and compassionate God, we pray for all who have laboured for liberty, freedom and justice; for those who have made the ultimate sacrifice; for those who in life and death have preserved our living. Grant that they may rest in your peace, and that we, through our actions, may be found worthy to inherit the eternal treasures of your kingdom. Amen.

In November, we recognize those brave Canadians who fought for freedom in the wars. We will have a Remembrance Day Ceremony on Thursday, November 7th.

Fall Break

Our school will be closed for Fall Break from Thursday, November 8 to November 12th.

Classes will resume on Wednesday, November 13.

Addressing Lates

We've recently noticed that several students are arriving late to their classes, particularly for Block 1 (at the start of the day) and Block 3 (after lunch). Just a reminder, the first bell rings at 8:15 a.m., giving students enough time to reach their Block 1 classrooms. By 8:18 a.m., they should be ready for the day's activities, including prayer, announcements, and beginning their lessons. Our Block 3 class begins promptly at 12:13 pm after lunch, with a warning bell ringing at 12:11pm. We kindly ask for your support in emphasizing the importance of being on time with your child. Late arrivals not only disrupt the class but also hinder the learning process for others. During this week, we have been addressing this issue during Grade Level Assemblies and encouraging students to arrive punctually. Thank you for your partnership!



Principal Message - Mr. Runco

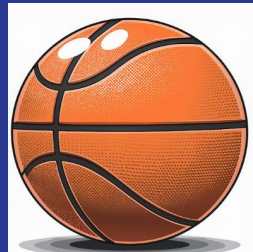
Mike Dea Tournament and St. FX Day – November 28-30

The students and staff of St. Francis Xavier Catholic High School are thrilled to host the 26th Annual Mike Dea Invitational Basketball Tournament from November 28 to November 30, 2024.

Mike Dea, a beloved teacher and coach at St. Francis Xavier for 34 years, made a lasting impact through his dedication to academics, spirituality, athletics, and community. His enthusiasm and passion inspired generations, leading the school to name both the gymnasium and this annual national basketball tournament in his honor.

For 26 years, St. Francis Xavier has welcomed 28 teams from across Western Canada to compete in this prestigious tournament. The event's success is made possible by the generous support of our community, which joins students, staff, alumni, and neighbors in celebration.

In addition to the tournament, our St. FX Feast Day on Friday, November 29, will feature Mass at Annunciation Church, followed by a feast and activities for students, staff, and visiting teams. We look forward to another memorable event!

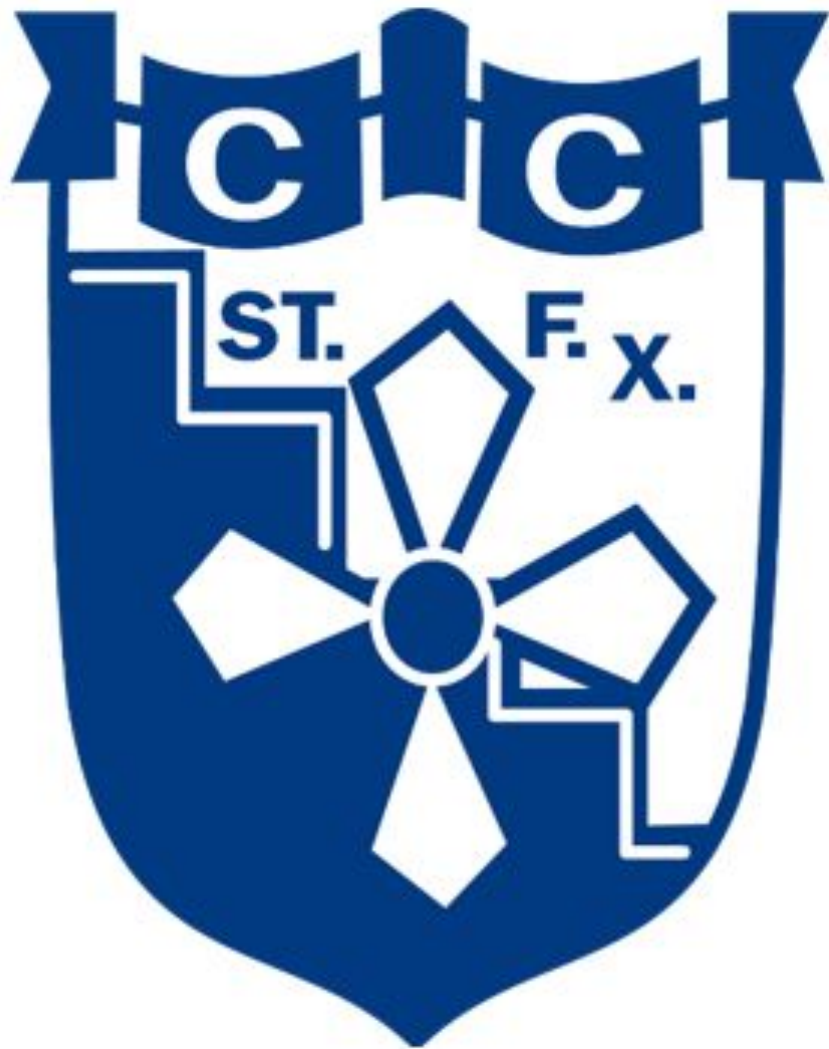


November Message from Chief Superintendent Anderson

Read the full message
Here.



Chief Superintendent Anderson's November message is posted on the ECSD website. [Click here](#)



School Vision

We are a family
that builds great
wonders!

2024 Run for the Cure

St FX participated in the Run for the Cure on Sunday October 6th with 31 students and raised \$4756.20 towards the great cause!

Thank you to Ulana Gnutel, Catherine Bacinski, Megan Brain and Jack, Stephen, Rhandi and baby Maysen for coming and for your help with getting our team organized. And thank you Religion/CALM teachers for letting your students know about the event- hoping we can double our team next year!



Thanksgiving Liturgy



Since 2008, our Senior Football team has paired up with the Grade 1 students from Annunciation Elementary, and they are our special guests for our Thanksgiving Liturgy.



Thanksgiving Food Drive



In conjunction with our Thanksgiving Liturgy, St. FX runs an annual Food Drive that supports the **Food Pantry** of **The Society of Saint Vincent de Paul, Annunciation Conference**. On top of multiple carts worth of non-perishable food items (only some shown to the right), we also raised about \$400. Thank you for your support!



Reading Rams Mentorship Program

Ms. Bubalo's Religion 15 classes have paired up with Mrs. Kujawa's Grade 3 class at Annunciation Elementary. FX students have been grouped with a "Reading Buddy" who chooses and reads books to their Reading Rams Mentors, building community and literacy.



Reading Rams Mentorship Program



Mrs. Bubalo's classes go once per month. In November, their focus will be reading and math games. In December, it's reading and writing!

Reading Rams Mentorship Program



HOCKEY ACADEMY



HP HOCKEY ACADEMY



HOCKEY ACADEMIES



Both Hockey groups have been volunteering with the Hockey SuperHEROS program which helps special needs children to have positive experiences with the game of hockey. FX Hockey and it's members have been proud to give their time to this wonderful organization in their community.

BASEBALL ACADEMY



The Baseball Academy went to BC on a College tour playing various teams across BC.

SOCCER ACADEMY



The coaching staff continue to prepare students to train in high-intensity, game-pace situations on a regular basis throughout the year with the goal of becoming a post-secondary student/athlete.

ENGLISH DEPARTMENT

HAPPY HALLOWEEN

We are in the student's favourite time of year, which is also the often the SCARIEST time...If you thought HALLOWEEN, you would be wrong...IT IS ESSAY SEASON!!! Many classes have started writing essays, so make sure to check in with your child to see their progress.

This month is a great time for students to get Reading Comprehension help at FLEX! Improving Reading Comp skills is a process...start that process now!!!



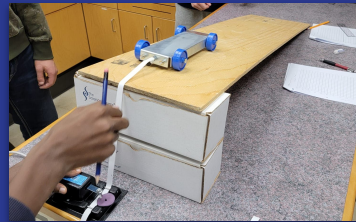
Riddle of the month:
What is the problem
with twin witches?

You never know which witch is which



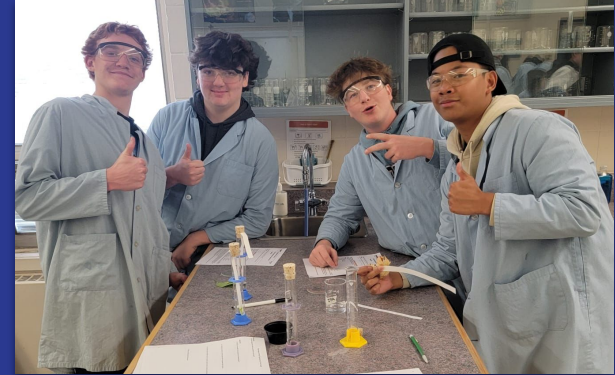
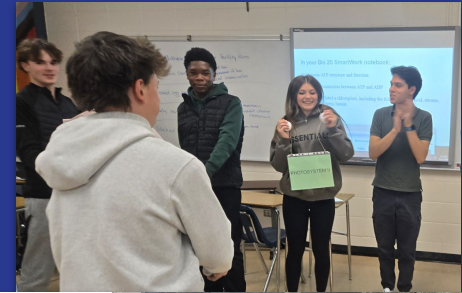
Science Spotlight

Chem 30 students passionately exploring thermodynamics by making calorimeters to measure how much energy is released during a chemical reaction



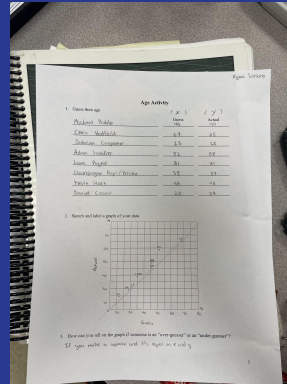
Sci 10 classes studying kinematics by analyzing the motion of cars on ramps

Bio 20 students conceptualizing photosynthesis through role play and lab investigations

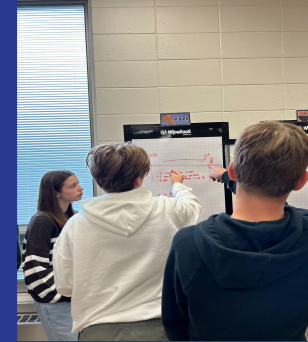


Math's Spotlight

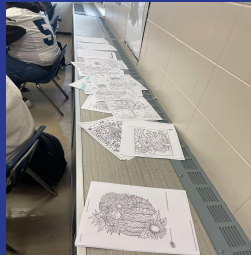
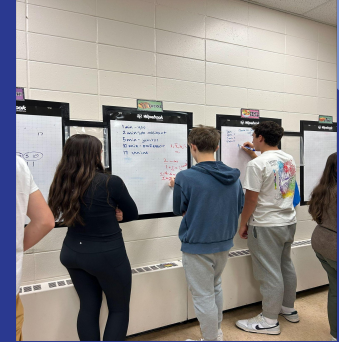
This month the Math Department has been “Nurturing Joy and Play” in our classrooms.



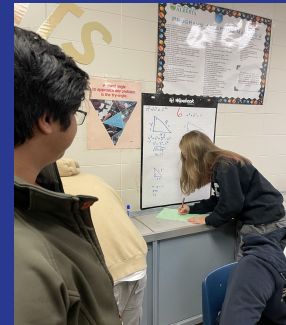
Mr Vandevall's Math 10C students are studying Relations and Functions while guessing the age of celebrities.



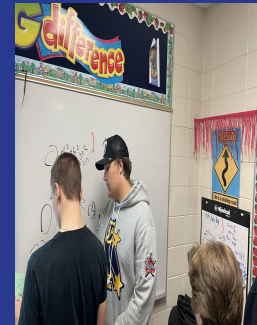
Students are working through some Riddles with Miss Olson.



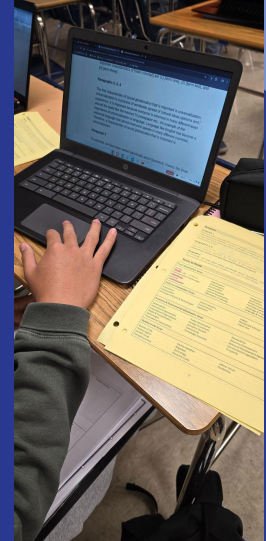
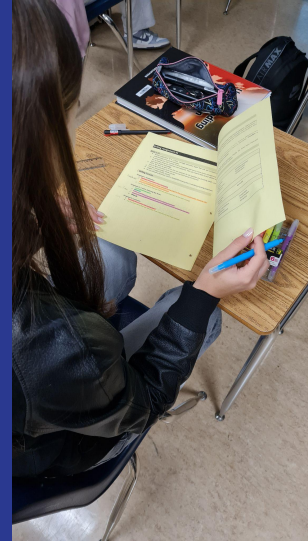
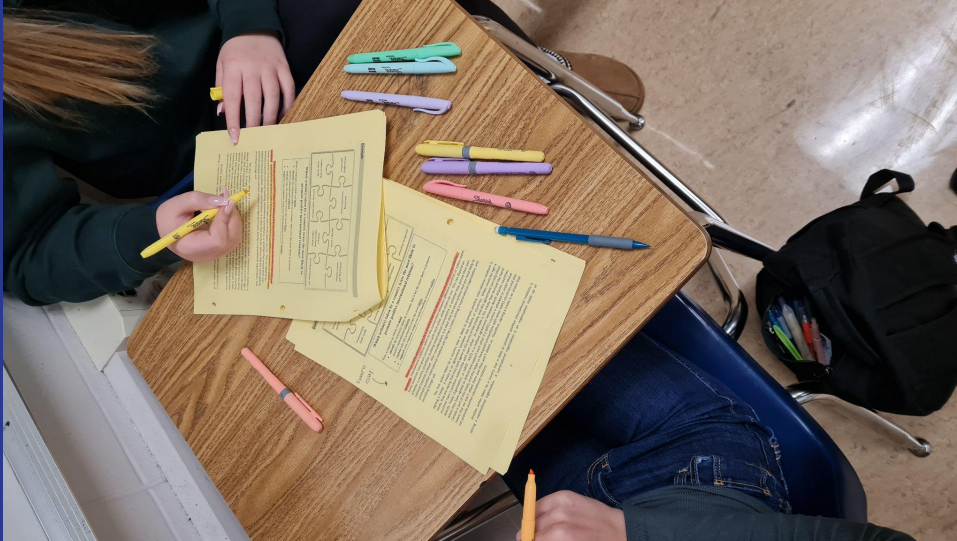
Once students' have finished their homework, they are excited to do some colouring and word searches.



Doing some Trigonometry practice in Math 20-2 with Mrs Gnutel.



Social Studies



As the semester is progressing, students in Social Studies are starting to write essays. At St. Francis Xavier, all students receive a standardized yellow “writing guide” for their level. This guide includes essay outlines, exemplars, rubrics, and other writing tips to help students succeed.

Advanced Placement



What to Know About AP Exams

AP Exams are standardized exams designed to measure how well students mastered the content and skills of a specific AP course. Most AP courses have an end-of-year exam, but a few courses have different ways to assess what you've learned. Find dates for your AP courses below.

AP Exam Schedule			
Week 1		Morning 8 a.m.	Afternoon 12 p.m.
5-May-25	Mon	Biology	
6-May-25	Tue	Chemistry	
7-May-25	Wed	English Literature and Composition	
8-May-25	Thu		
9-May-25	Fri		
Week 2		Morning 8 a.m.	Afternoon 12 p.m.
12-May-25	Mon	Calculus AB	Seminar
13-May-25	Tue		Physics 2
14-May-25	Wed		
15-May-25	Thu		Computer Science Principles
16-May-25	Fri	Physics 1	Psychology

This year, AP Exams will be given digitally in Bluebook. The digital AP Exams can be either fully digital or hybrid digital depending on the subject.



<https://apstudents.collegeboard.org/ap-exams-what-to-know/digital-testing-exam-modes>

CTS/Fine Arts Dept



This month in Foods, students explored their creativity with some delicious desserts.

One standout for Halloween was a vibrant red (blood) waffle, perfectly cooked and paired with a sweet glaze.

Cross Country - Congrats to Ezra Haller who won GOLD at Provincials!!



BOOM Champions - Congrats to the Sr Girls who won the FX Tournament!



Sr Volleyball Teams - Senior Night -

Celebrating Gr 12's their last season home game



Congrats Volleyball Teams!



Congrats Girl's Flag Football Team!



Girls Flag Football





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

EDMONTON
POLICE
SERVICE



OCTOBER ASSEMBLIES FOR ALL GRADES SOCIAL MEDIA ACCOUNTABILITY

Several instagram accounts (aka "FX confession pages") being controlled (anonymously) by FX students were creating havoc & disruption within the student population. I created a Powerpoint presentation & ran an assembly for each grade to educate & highlight how Posting, Following, or "Liking" posts are all contributing to targeting the students described or named in those posts. Principal Runco and I also re-iterated that using any social media (instagram, snapchat, etc) on school property is a breach of the newly implemented cell phone/ social media policy. Immediately after the presentations, the (student) owners of the accounts shut them down. As this was the goal, I am pleased that the students took these appropriate steps & that our Ram Fam can move forward in a positive direction.



I feel very lucky to have been an assistant coach for this group of beautiful & talented young ladies. We just wrapped up our season & I am so proud of you all!

Congrats Sr Boys Football Team!



After bowing out in an incredibly competitive Miles Division playoff bracket, the senior boys football players and coaches would like to thank everyone for their support this season. We look forward to a great off-season with our returning players and seeing what lies ahead for our graduating players.

Congrats Jr Boys Football Team!



Junior Football

Our Junior Football Team, competing in Division 1 for the regular season, is closing in on their first playoff game. See below for details! Good luck, Rams!



METRO ATHLETICS JUNIOR FOOTBALL DIVISION SEMI-FINAL

PLAY **OFFS**

10.30.2024
7:30PM

ST. FRANCIS
XAVIER

ROSS
SHEPPARD

JP BOWL

48



Senior Football - Read-In-Week



Carrying on with tradition, members of our Senior Football team went to read to students at Annunciation Elementary during this year's Read-In-Week.

Thank you to Mrs. Loney and the rest of the Annunciation staff for helping us make this a great experience for students at both of our schools!

Athletics: Thank you to all the Fall Coaches & Advisors

Volleyball

Sr Boys - Matt Johnson & Phillip Vandevalk
Sr Girls - Don Darwish & Elise Darwish
Jr Girls - Josh Yen, Pina Perri & Helena Parker
Jr Boys - Eugene Unrau, Taylor Stephens

Football

Sr Boys - Zach Kohn, Ryan Stephens, Nancy Pinto & Various Outside Coaches
Jr Boys - Seagda McInnes, Ben Greschner & Various Outside Coaches

Flag Football - Nathaniel Wojcicki, Francesca Fritz, Jody Coughlan, Adisyn Florian

Swim - Dylan Johns, Michelle Urban

Cross Country - Jeremy Posteraro

Golf - Warren Sanregret



FX Rams Sr Football Coaching Staff:

Athletic Trainer and Strength and Conditioning Coach:
Karissa Anderson

Manager:
Nancy Pinto

Quality Control:
Connor Street

Coaches:
Ryan Stephens
Zach Kohn
Jared C.
Jason L.
Jesse D.
Shawn W.
Frank B.
Logan S.
Jason S.
Lucias V.
Chris N.



Jr Football Coaches:

Seaghda McInnes
Ben Greschner
Nahome W.
Ti-Amo R.
Brett V.
Procopios T.
Kieran B.
Josh T.
Trevor E.
Luke S.



PE Classes - River Valley Walks





PE Classes - Gymnastics & Velodrome



Truth & Reconciliation- Nov. 13-15



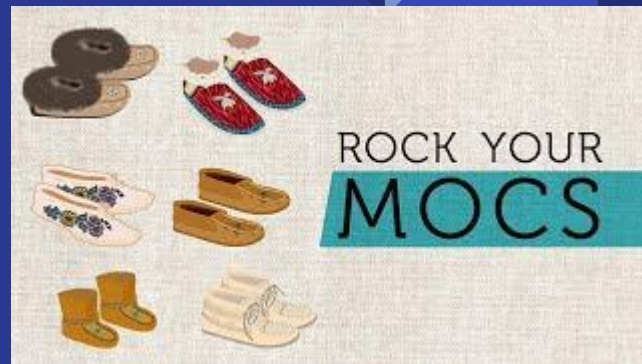
<https://youtu.be/NdRdGp4-Xus?si=onVW2BNIEjhYSCMm>

See the bulletin board outside room 212 for colouring sheets to create your own beaded moccasin design.



THURSDAY, Nov. 14

Join us in the caf at lunch where we'll get crafty doing some Dot Art!



https://youtu.be/tLzEkVEHljY?si=5TCUds4M8B_L7mw-

Staff and students are encouraged to wear their moccasins to school this week.

Stop by the office to show off your moccasins and get a sweet treat! You can also enter your name in a draw to win an Orange Shirt Jersey!

No moccasins? Wear some slippers!

STUDENT SERVICES: Post Secondary updates –

ELAA Post-Secondary Fair was a hit! Many students came to visit with the 16 different vendors from all over the province to plan for their future.





STUDENT SERVICES:

Post-Secondary -

We had a new screen delivered from NextGrad that will be showcasing post-secondary information, scholarships, resources, and any academic materials. The screen is located at the front of our school near the drama room! Come check out any important school information!

EAL info -

117

The number of students at FX who are new to Canada within the last 5 years!



12

The number of International students at FX.
They are from Japan, Vietnam, Philippines, Liberia, and USA.

37%

The amount of students at FX who speak another language at home.



Awards Night 2024

We had a wonderful Awards night celebrating so many of our exceptional students! Thank you to Superintendent Anderson and Fr. Glenn for attending. Congratulations to all our amazing students! We are so proud of you and can't wait to see where you go from here!



January
2025

Diploma Prep

REGISTRATION OPENS
OCTOBER 21, 2024!

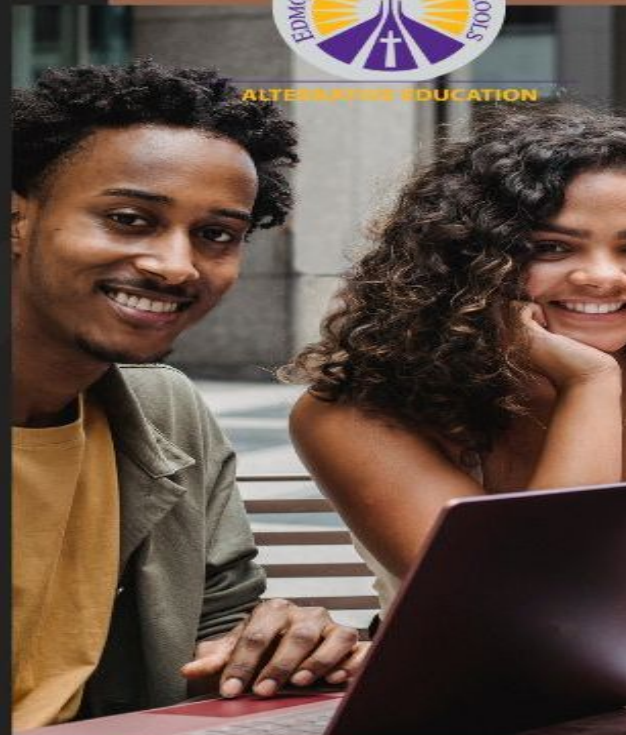
Registration for each Diploma Preparation session will end when the course is at capacity or Friday 9 a.m. (24 hours before the course commences); whichever is soonest. No walk-ins.

📞 780-441-6080

📍 Lumen Christi Catholic
Education Centre L 9405 50
St. NW



ALTERNATIVE EDUCATION



XAVIER UNION

HOMECOMING



Roughly 700 FX staff and students cheered on the FX Rams Senior Boys football team. The fans celebrated 24 seniors, and saw the Rams defeat the O'Leary Spartans.



XAVIER UNION

Senior Sunrise:

The grade 12's were treated to donuts, hot chocolate and a beautiful SUNRISE.





St. Francis Xavier High School

2024-2025

Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLOCK 1 (81 minutes)	8:18 - 9:39	8:18 - 9:39	8:18 - 9:39	8:18 - 9:39	8:18 - 9:14
BLOCK 2 (81 minutes)	9:42 - 11:03	9:42 - 11:03	9:42 - 11:03	9:42 - 11:03	9:16 - 10:12
FLEX (28 minutes)	11:03 - 11:31	11:03 - 11:31	11:03 - 11:31	11:03 - 11:31	NO LUNCH
LUNCH (42 minutes)	11:31 - 12:11	11:31 - 12:11	11:31 - 12:11	11:31 - 12:11	
BLOCK 3 (81 minutes)	12:13 - 1:34	12:13 - 1:34	12:13 - 1:34	12:13 - 1:34	10:14 - 11:10
BLOCK 4 (81 minutes)	1:37 - 2:58	1:37 - 2:58	1:37 - 2:58	1:37 - 2:58	11:12 - 12:08



November 2024



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Day 1
4 Day 2	5 Day 1	6 Day 2	7 Day 1 Remembrance Day Celebration	8 No School – Fall Break
11 No School – Remembrance Day	12 No School – Fall Break	13 Day 2	14 Day 1	15 Day 2 Sr Boys Bball Camp (Nov 16 – 17)
18 Day 1 Drama Production: Grease Rehearsal Show Navy Silver Game	19 Day 2 Drama Production: Grease Show	20 Day 1 Drama Production: Grease Show	21 Day 2 DWPD Half Day Drama Production: Grease Show	22 Day 1 Full Day Drama Production: Grease Show
25 Day 2	26 Day 1	27 Day 2	28 Day 1 Swim Divisionals Mike Dea Tournament	29 Day 2 Mike Dea Tournament St.FX Day & Mass Swim championships



STAY UP TO DATE

@FX.ATHLETICS

@STFXHIGHEDM

@XAVIER.UNION



JOIN THE FUN

