

March Spotlight Newsletter 2026



Principal Message - Mr. Runco

God, heavenly Father, look upon us and hear our prayers during this Holy Season of Lent. By the good works You inspire, help us to discipline our bodies and to be renewed in Your spirit. Without You I can do nothing. By Your Spirit, help us to know what is right and to be eager in doing Your will. Teach us to find new life through penance. Keep us from sin, and help us live by Your commandment of love. God of love, bring us back to You. Send Your Spirit to make us strong in faith and active in good works. May our acts of penance bring us to Your forgiveness, open our hearts to Your love, and prepare us for the coming feast of the Resurrection of Jesus. Lord, during this Lenten Season, nourish us with Your Word of life and make us one with You in love and prayer. Amen

To prepare for His ministry, Jesus retreated into the wilderness and fasted for forty days. For Him, this was a time of contemplation, reflection, and preparation. By observing Lent, most Christians join Jesus on His retreat. Lent consists of the forty days before Easter, not counting Sundays, because they are always the joyful celebration of the Resurrection. Some people only celebrate the happy times in Jesus' life: Palm Sunday, Easter Sunday, and Christmas. As true friends though, we should also watch and pray with Him on Holy Thursday, stand by Him at the cross on Good Friday, and retreat with Him into the wilderness during Lent. We hope that during this season of Lent you find ways that bring you closer to Jesus through prayer, fasting and almsgiving.

As we reflect on the vibrant month of February, we are grateful for the many meaningful events that brought our FX school community together. From raising awareness and celebrating Black History Month and Chinese New Years, celebrating Shrove Tuesday, and Ash Wednesday Celebration, engaging in our FX Open House, Ray Lecav Tournament, Random Acts of Kindness Week, and our cheering on our Athletics in Basketball and Badminton, we have truly embraced our school's charism—*Caritas Christi* (the Love of Christ)—and our vision of *A Family that Builds Great Wonders*.

As we step into March, we are excited for the Heros on Wheels Bike-a-thon on March 13th, where we will raise funds in support of the Dream for Kids Foundation (60%), Catholic Social Services (15%), the Royal Alexandra Hospital through a new partnership with the Child & Adolescent Mental Health Centre (20%), and FX students in need (5%).

Please note that the last day of classes before Spring Break is a Full Day Thursday, March 26 as Friday, March 27 is a FX PD DAY so there will be no school for students on this day.

Spring Break will run from March 30-April 3, and with Easter Monday being on April 6, our classes will resume on Tuesday, April 7.

On behalf of our FX school staff, we extend our heartfelt wishes for a meaningful Lenten season. May this time of prayer, fasting, and almsgiving bring renewal to our hearts and homes. May God's grace guide us, strengthen our families, and draw us closer to Him. Blessings to you all during this sacred season of Lent!

Fernando Runco, Principal

St. Francis Xavier Catholic High School



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

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

Religion Spotlight- Annunciation Parish



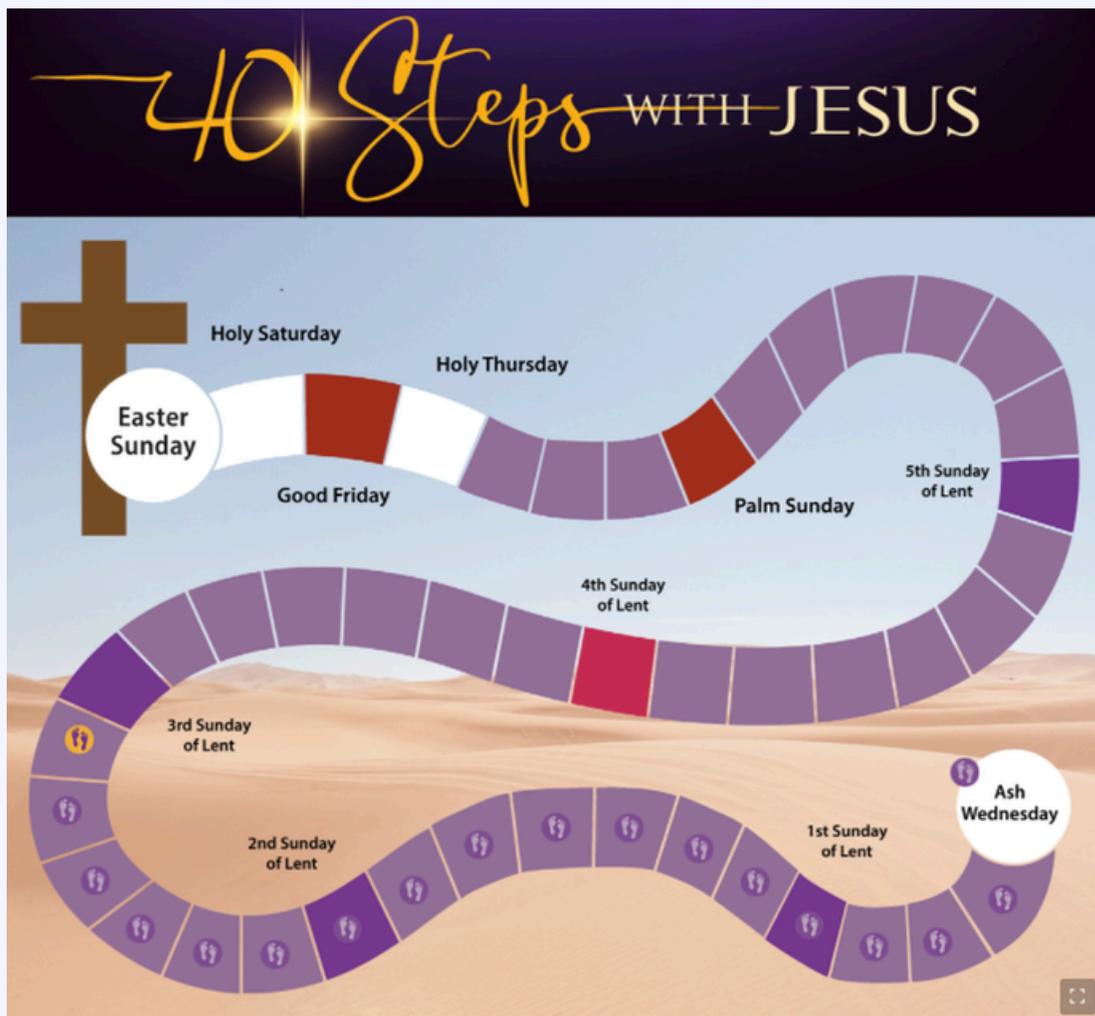
Annunciation Parish is our community parish. We will be holding two full Masses there before the end of the school year: Easter and Graduation.

Please access the Annunciation Parish bulletins [here](#).

All weekly Mass times are found [here](#).

If you would like to contact Annunciation Parish, contact information is [here](#).

Lent



Lent is a 40-day season of prayer, fasting, and almsgiving that begins on Ash Wednesday (February 18, 2026) and ends at sundown on Holy Thursday. It is a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer, we serve by giving alms, and we practice self-control through fasting.



St. FX School Advisory Council

We held our FX School Council Advisory Meeting on February 11. We thank our School Council for their ongoing support for purchasing new Soccer Uniforms for our soccer programs at FX! We encourage parents and guardians to join us for our next School Council Meeting on **April 14 at 6:00 p.m.** Your voice and partnership are valued, and we appreciate your continued involvement.



Our FX School Council are looking for Casino Volunteers for **March 24 and 25, 2026.** We would very much appreciate parent volunteers to help us raise money for St. Francis Xavier Catholic High School. Please use the link below to sign up:

Sign up Genius link:

<https://www.signupgenius.com/go/10C0545AEA72AA6FFCE9-58990884-stfrancis>



Soccer Academy Spotlight

The Soccer Academy continues to train with a ball three times a week during the winter. The coaches often talk about technique and skills when teaching. Technique is the “how” and refers to the physical execution of a task. It is often practiced through repetition to build "muscle memory". Skill Involves using a technique at the right time, under pressure, and in response to external cues. It requires decision-making, perception, and adaptability. We are very fortunate to have quality coaches that can create environments for the development of both. Often our time in the sports centre focuses on technique while at the soccer centre (see below) the focus is mostly on skill.

Good luck to our many students who will be competing in Provincial Championships in March.



HP Hockey Academy Spotlight



As we move into March, our High Performance Hockey Academy is entering one of the most important phases of the season, playoff preparation. With many of our athletes approaching the final stretch, the focus has shifted from building capacity to managing energy, maximizing recovery, and ensuring they are physically and mentally primed when games matter most. The intensity of the season, combined with travel and academic demands, makes this a critical time to be intentional about how we train and recover.

Our on-ice sessions and off-ice work are now centered on recovery and game preparation. Training is purposeful and efficient, emphasizing quality over volume to maintain power, speed, and sharp execution without adding unnecessary fatigue. Recovery has become a central priority with consistent mobility work, structured stretching routines, proper sleep habits, hydration, and targeted regeneration strategies playing a key role in keeping bodies fresh and resilient.

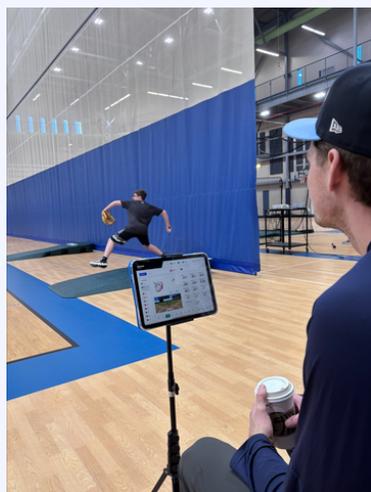
Hockey Academy Spotlight



Hockey Spotlight continued

February was a strong month for the Hockey Academy at St. Francis Xavier High School. We began by honoring our Semester 1 Academy Award winners, recognizing their commitment, leadership, and growth both on and off the ice. With Semester 2 now underway, our new group has quickly established itself as dedicated and hard-working. We kicked things off with team building at Activate before getting off to a fast start on the ice, focusing on skating development, battle drills, and compete-based scenarios. The energy and effort have set a positive tone for the months ahead.

Baseball Academy Spotlight



This month at Baseball Academy, our athletes have been putting in great work as we build toward upcoming club tryouts. Pitchers have been getting quality reps in the bullpens, focusing on mechanics, command, and consistency, while our catchers have officially started gearing up and sharpening their receiving, blocking, and game-management skills.

We've also been using the Rapsodo system to collect detailed pitching and hitting data, allowing athletes to better understand their performance metrics and track their progress over time. The data-driven feedback has been a great tool for goal setting and individual development.

Overall, it's been a focused and productive month with a strong emphasis on preparation, performance, and getting our athletes game-ready for the next phase of their season.

Golf Academy Spotlight



The 2026 FX Golf Academy is starting strong! The students have been working with their golf instructors at The Golf Factory and with our Fitness Instructor, Karissa Anderson in the weight room.

English Spotlight

Semester 2 is underway!

Parents, you can anticipate a major writing assignment in the next couple of weeks.

Please encourage your child to attend Flex.

Being proactive will alleviate stress and anxiety before Finals.

English is a marathon, not a sprint!



Social Studies Spotlight

How to utilize Flex Block to have a successful semester.

- Come to Flex Block with a clear plan by checking your grades, identifying priorities, and bringing the materials you need.
- Use the time to complete missing work and ask questions to clarify concepts before they become bigger problems.
- Treat Flex Block as focused academic time by minimizing distractions and setting a specific goal for what you will accomplish.



Science Spotlight

The STFX Science Department hosts an opportunity for students to play March Mammal Madness!

Students will be able to pick up a bracket, research the animals featured in the tournament, and choose a winner in a simulated, "Who would win?" game.

Before making your picks, consider the habitat and who has home habitat advantage!

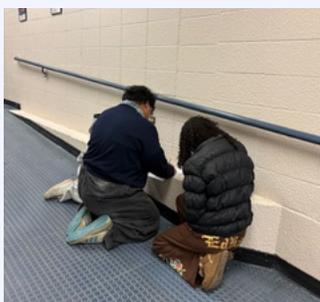
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 MARCH	2	3	4	5	6	7
RESEARCH COMBATANTS! PICK YOUR CHAMPION!						
8 Rethink your whole bracket in agonies of second-guesses	9 WILD CARD	10	11 Money Mammals	12 Library Legends	13 	14
15	16 Extinction is Forever	17	18 That's So Metal	19 MM & LL	20 	21
22	23 EIF & TSM	24	25 SWEET SIXTEEN	26 ELITE TRAIT	27	28
29	30 FINAL ROAR	31	ADDITIONAL CHAMPIONSHIP		3	

Animal silhouettes from PhyloPic.org, Public Domain. Thank you Margot Michaud et al.

libguides.asu.edu/MarchMammalMadness

Math Spotlight

Mr. Vandevalk's Math 20-3 class determining slope around the school.



Mrs. Gnutel's Math 30-2 class using some logic and reasoning.



Athletic Spotlight



Sr Boys Basketball Won Gold at The Western Canada at Kelowna Secondary!!

FX Junior Boys Won Gold at our Ray LeCav Tournament!!



FX Junior Girls Won Bronze at our Ray LeCav Tournament!!

Athletic Spotlight

Athletics: Thank you Coaches!

Curling - Nancy Pinto & Raymond Rozycki

Basketball -

Sr Girls - Nicholas Schwarz & Olivia Ostapowicz

Sr Boys - Brad Farish & Jeremy Posteraro

Jr Girls - Augi Gallardo, Sheila Phan, Ralph & Nathaniel Wojcicki

Jr Boys - Jordan Bunch & Marco Balthazar

Badminton - Lucas Motkoski & Brendan Leonard



English as an Additional Language Spotlight

As we prepare for registration next month, it's important to make sure you're on track for graduation (see below). It's also helpful to have 2-3 options for a post-high school plan.

Whether it is college or university, know the courses you need to make sure you are able to apply when you are ready. If you're entering the workforce, there are some classes here that may help prepare you for that job.

Grade 12's:

Stay tuned next month for more information about registration at St. Joe's. They will be coming to FX in April to register you in person if you need another year.

GRAD COACH

Do you meet the Alberta graduation requirements?



Advanced Placement Spotlight

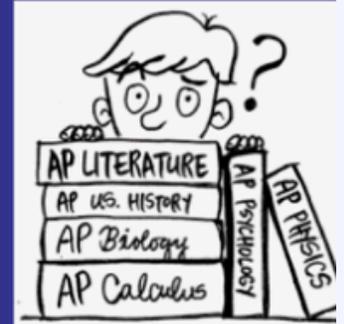
MAY 2026 ADVANCED PLACEMENT EXAMS

AP[®]

CollegeBoard

Week 1		Morning 8 a.m.	Afternoon 12 p.m.
4-May-2026	Monday	Biology	
5-May-2026	Tuesday	Chemistry	
6-May-2026	Wednesday	English Literature & Composition	Physics 1
7-May-2026	Thursday		
8-May-2026	Friday		

Week 2		Morning 8 a.m.	Afternoon 12 p.m.
11-May-2026	Monday	Calculus AB	Seminar
12-May-2026	Tuesday		Psychology
13-May-2026	Wednesday		
14-May-2026	Thursday		Computer Science Principles
15-May-2026	Friday		



FOR MORE INFORMATION VISIT
[AP.COLLEGEBOARD.ORG](https://ap.collegeboard.org)

Pre-enrolment at FX for 2026-27



EDMONTON CATHOLIC SCHOOLS

Pre-Enrolment for CURRENT STUDENTS

- Log in to PowerSchool.ecsd.net
- Click on the Pre-Enrolment for Next Year icon
- Follow the instructions to select your 2026-2027 school
- Complete for each child registered with ECSD

Visit ecsd.net for more information



CTS & Fine Arts Spotlight

This month, we are proud to highlight our Art Department! Students have been exploring their creativity through a variety of mediums, from the tactile process of hand-building clay to expressive drawing with the dry media of graphite and charcoal. We love seeing their unique visions come to life as they master these diverse hands-on techniques!



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.

From March 9–18, our Grade 10 and 11 FX students will be assigned a scheduled time during Flex to come to the cafeteria and register for next year's courses with a team of advisors. This process ensures we gather the necessary information to build the master schedule and create classes for the 2026–2027 school year.

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



February has been a busy month for our XU!

Leading up to Valentine's Day, XU students took the lead and organized a candy gram sale. Students had the opportunity to purchase a candy gram for a friend.

As well, the XU wanted to do something special for the St. Francis Xavier staff and held a Valentine note booth for students to send a note to their teachers and staff at FX.

Stay tuned, our next activities will be coming up for St. Patrick's Day 🍀!

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 Grade 10/11 In-House Course Registration	10 Grade 10/11 In-House Course Registration	11 Grade 10/11 In-House Course Registration	12	13 Heros on Wheels 24 HOUR BIKE-A-THON	14
15	16 Grade 10/11 In-House Course Registration	17 Grade 10/11 In-House Course Registration	18 First Grad List Released Grade 10/11 In-House Course Registration	19	20	21
22	23	24 FX CASINO	25 FX CASINO	26 FULL DAY	27 HALF DAY FX PD DAY - No School for students	28
29 APRIL 5 EASTER SUNDAY	30 SPRING BREAK APRIL 6 EASTER MONDAY NO SCHOOL	31 SPRING BREAK APRIL 7 CLASSES RESUME	APRIL 1 SPRING BREAK	APRIL 2 SPRING BREAK	APRIL 3 SPRING BREAK	APRIL 4

Graduation Coach Spotlight



How to get on the Grad List?

NOTE: Students must be on the grad list to purchase grad tickets and attend commencements

1. **Alberta Grad Requirements:** You must be scheduled for and passing all the courses required to graduate according to the Alberta Education Requirements.
2. **Religion:** You need to have 9 credits in Religion (or 1 Religion for every year you attended a Catholic School) to be eligible for participating in the graduation ceremonies at St. Francis Xavier.
3. **School Fees:** In order to purchase banquet tickets, fees must be paid at the Bookstore.



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@FX.ATHLETICS @STFXHIGHEDM @XAVIER.UNION

