

FX SPOTLIGHT

Message from Principal Fernando 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. 9250 163 ST. NW
EDMONTON, AB T5R 0A7
P 780-489-2571
E STFRANCISXAVIER@ECSD.NET



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.



Message from the Principal

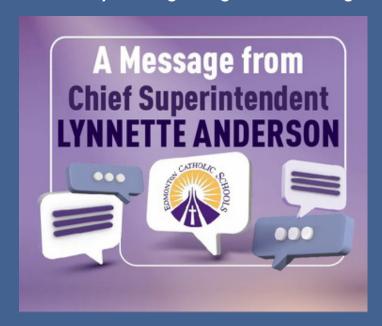
As we reflect on the vibrant month of February, we are grateful for the many meaningful events that brought our FX school community together. From raising awareness and celebrating Black History Month to engaging in our AP/Academy Open House, General Open House, Ray Lecav Tournament, Random Acts of Kindness Week, Pink Shirt Day, and our Athletics in Coed Soccer, 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.

Looking ahead, we encourage our families to complete their pre-enrolment intentions for the 2025-26 school year as soon as possible. This will greatly assist us in planning for another enriching year ahead.

As we step into March, we begin our Lenten journey with reflection and renewal. We will start with our Shrove Tuesday Pancakes on March 4th, followed by our Ash Wednesday Liturgy on March 5th. We are also excited for the Glow All Out Bike-a-thon on March 7th, where we will raise funds in support of the Dream for Kids Foundation (65%), Catholic Social Services (25%), the Food Bank (5%), and FX students in need (5%). Additionally, our School Advisory Council Meeting will take place on March 12, 2025, at 6 PM.

Please note that the last day of classes before Spring Break is Friday, March 21st. Spring Break will run from March 24-28, with classes resuming on March 31st.

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.



Fernando Runco, Principal St. Francis Xavier Catholic High School

Chief Superintendent Anderson's March message is posted on the ECSD website. Read by <u>CLICKING HERE</u>.



THE JUBILEE PRAYER

The Jubilee Prayer

Father in heaven,
may the faith you have given us
in your son, Jesus Christ, our brother,
and the flame of charity enkindled
in our hearts by the Holy Spirit,
reawaken in us the blessed hope
for the coming of your Kingdom.

May your grace transform us into tireless cultivators of the seeds of the Gospel.

May those seeds transform from within both humanity and the whole cosmos in the sure expectation

of a new heaven and a new earth, when, with the powers of Evil vanquished, your glory will shine eternally.

May the grace of the Jubilee reawaken in us, Pilgrims of Hope, a yearning for the treasures of heaven. May that same grace spread the joy and peace of our Redeemer throughout the earth.

To you our God, eternally blessed, be glory and praise for ever. Amen







PRE-ENROLMENT FOR CURRENT STUDENTS



WE NEED YOUR HELP!

PRE-ENROLMENT FOR CURRENT STUDENTS IS NOW OPEN.

SIGN INTO YOUR POWERSCHOOL ACCOUNT AND CLICK ON "PRE-ENROLMENT FOR NEXT YEAR" TO LET US KNOW IF YOU WILL BE RETURNING TO OUR SCHOOL OR WHERE YOU WILL BE ATTENDING AS YOU MOVE INTO (SELECT HIGH SCHOOL). THE PRE-ENROLMENT PROCESS LETS US KNOW HOW MANY STUDENTS TO EXPECT IN SEPTEMBER 2025 AND HELPS US PLAN FOR STAFFING, CLASS SIZES, AND PROGRAMMING.

TO LEARN MORE, VISIT ECSD.NET PRE-ENROLMENT.



HAPPY SHROVE TUESDAY

Come and enjoy some FREE pancakes to celebrate the beginning of Lent



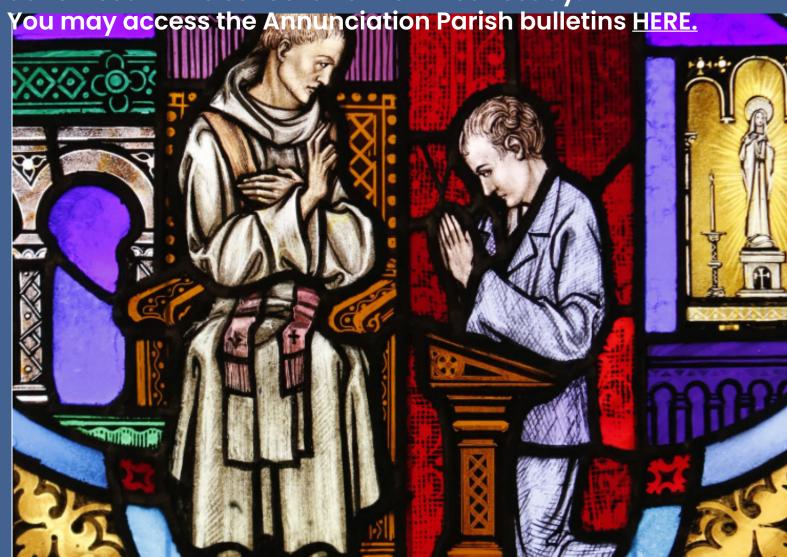
7:30-8:30AM

IN ST. FX CAFETERIA



THE SACRAMENT OF RECONCILIATION

Fr. Francis Mariappa will be joining our Division Chaplains, Fr. Glenn McDonald and Fr. Julian Bilyj, on Thursday, March 13th at St. FX to offer the Sacrament of Reconciliation to staff and students. Information on how to schedule your time will be advertised in the school after Ash Wednesday.





HOCKEY ACADEMY





Since kicking off Semester 2 in early February, our Hockey Academy group has been focused on refining key skills to elevate our game. We've placed a strong emphasis on edgework, improving agility and balance to enhance overall skating efficiency. Additionally, our sessions have challenged players with passing under pressure in game-like situations, reinforcing quick decision-making and teamwork. As we continue progressing, the goal is to translate these skills into faster, smarter, and more confident play on the ice.



HP HOCKEY ACADEMY





Our High Performance Hockey Academy has been putting in work both on and off the ice, with a strong focus on recovery at Archetype Training. Through guided sessions, athletes have been incorporating mobility work, stretching, and targeted recovery techniques to enhance performance and reduce injury risk.



These off-ice routines are designed to improve movement efficiency, aid muscle recovery, and keep players performing at their best. By prioritizing recovery alongside training, we're ensuring our athletes stay strong, healthy, and ready to compete at a high



BASEBALL ACADEMY



Our players have been working hard on mastering their mechanics, increasing their accuracy, and building their confidence on the mound.

In addition to pitching, we've incorporated long toss drills to strengthen our athletes' arms and improve their throwing distance and endurance. These exercises are not only enhancing their arm strength but also preparing them for the demands of the season ahead. With tryouts and the start of the season just around the corner, we're excited to see our players' hard work pay off.



SOCCER ACADEMY



Our Soccer Academy group has been building on the strong foundation developed in Semester I, continuing to push skill development and game awareness. Lately, we've been focusing on precise passing under pressure, ensuring players can make quick, effective decisions in game-like situations. Additionally, we've emphasized agility and footwork, refining movement patterns to improve balance and control. With each session, the group is sharpening their technical abilities and tactical understanding to elevate their overall performance on the field.



GOLF ACADEMY



Our Golf Academy has kicked off the semester by focusing on fundamental skills to build a strong foundation. Students have been honing their swing setup, grip, and ball striking through structured drills and hands-on coaching. Early sessions have emphasized consistency and proper mechanics to develop confidence and control. As the semester progresses, we'll continue refining technique while introducing course management strategies.



ENGLISH DEPARTMENT



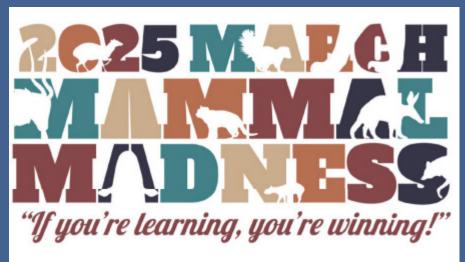
To celebrate Black History Month some classes have spent time studying author and activist JASON REYNOLDS. Reynolds is a well known author who travels throughout the USA to empower troubled teens. He is the author of well known YA stories such as:

Long way Down, Eraser Tattoo, All American Boys and Miles Morales: Spiderman.



SCIENCE DEPARTMENT

Our Science Department got to have some fun at the Open House in February, showing prospective students how to make ice cream in minutes with liquid nitrogen.



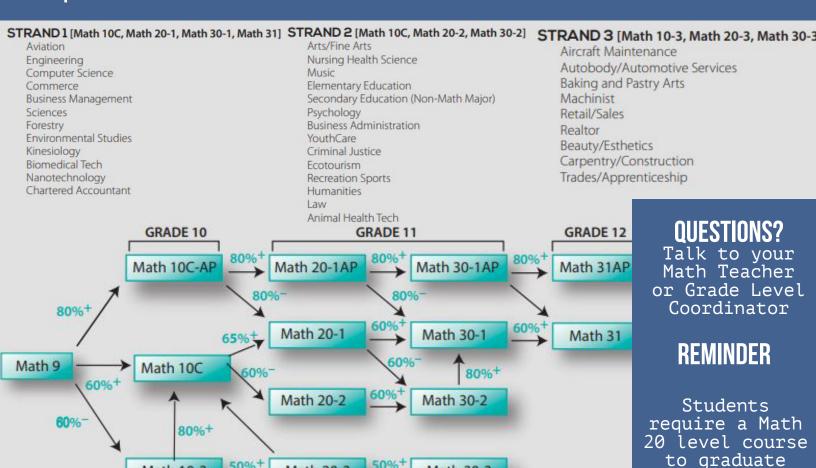
Many of our Biology classes will be participating in March Mammal Madness – if you are not in a Biology class this semester, but would like a bracket to follow the competition and see which animal will win, see Ms. Boulton in room 208!





MATH DEPARTMENT

This month we will be getting students ready to register for their 2025/2026 courses. For Grade 10s, students will need to decide which route they will be taking towards their post high school goals. Grade 11s will need to also decide if their future plans require -2 or -1 Math.



Math 30-3

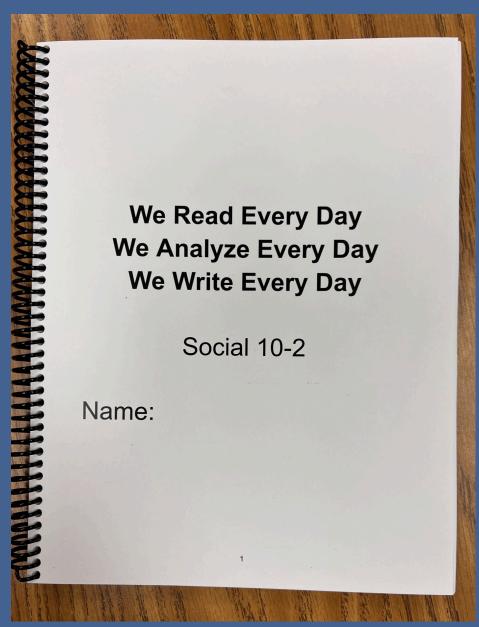
Math 10-3

50%

Math 20-3



SOCIAL STUDIES DEPARTMENT



Social Skills

Many of our Social Studies groups are starting their classes with "We Read, Analyze, and Write Every Day."

Students begin their classes with this skill building - working individually or in groups. This daily practice is excellent for the critical thinking that social studies asks of students.

While the booklets usually stay in the classrooms, students can take them home prior to exams. They aid in studying for source-based multiple choice exams, as the exams ask students t.o use the same reading comprehension and source-analysis skills.



ADVANCED PLACEMENT

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

Our CTS students have been actively engaged in a variety of hands-on learning experiences:

- Design students have been exploring the fundamentals of CAD, working on both 3D-printable designs and architectural models.
- Media Broadcasting students are refining their skills in video capture and editing, utilizing industry tools like OBS and CapCut.
- Industrial Arts students continue to develop their welding expertise, working with oxy-acetylene welding techniques.
- Sports Medicine students are preparing for their upcoming First Aid Training, ensuring they are equipped with essential life-saving skills.

We are proud of our students' dedication and enthusiasm as they develop valuable technical and creative skills!



PHYSICAL EDUCATION DEPARTMENT

Classes
have had
indoor
soccer
centre, yoga
& curling
field trips.





MARCH 2025 NEWSLETTER



CURLING

Congratulations to both Curling Teams who had incredible seasons!

The Boys made it to the championship semifinals!







INDOOR COED SOCCER













Great first seasons of growth, losing a close one in playoffs!



SENIOR BASKETBALL





Celebrated Graduating Players at Senior Night



SENIOR BASKETBALL GRADE 12's













JR GIRLS BASKETBALL



Congratulations to the Jr Girls on winning
Silver at Ray LeCav &
Bronze at the Sherwood Showcase in February!

HIGH



JR BOYS BASKETBALL



Congratulations to the team on winning
Silver at Ray LeCav and
Silver at Mother Margaret Mary Tournaments!



RUGBY DRYLAND TRAINING



FERUARY AND MARCH
CHECK WITH MRS. MACKNIGHT, MRS. THOMAS, OR MRS. BACINSKI
FOR MORE INFORMATION



THANK YOU COACHES

<u>Coed Indoor Soccer -</u> Pina Perri, Helena Parker

<u>Curling -</u> Nancy Pinto & Ray Rozycki

Basketball -

Sr Girls - Ray Huot & Nicholas Schwarz Sr Boys - Brad Farish & Jeremy Posteraro Jr Girls - Sheila Phan, Augustine Gallardo, & Nicholas Schwarz Jr Boys - Jordan Bunch & Marko Balthazar

Badminton - Lucas Motkoski

Upcoming Spring Sports -

Rugby - Mrs. Curtis, Barbara MacKnight, Megan Thomas, Catherine Bacinski, Jody Coughlan

Soccer - Ricardo, Helena Parker, Breanna Olson, Jennifer Nordhagen, Taylor Stephen Coed Slo Pitch - John Lintz, Warren Sanregret, Stephen Zipp, Joey Track & Field - Jeremy Hurtubise & Zach Kohn Flag Football Men's - Lucas Motkoski







SCHOOL RESOURCE OFFICER

Hello FX Families,

Some of the proactive work that SROs carry out in schools is youth engagement through education.

I am currently carrying out presentations in all CALM classes on the topic of Traffic Safety. The reason I have chosen this topic is because the #1 cause of teenage deaths is due to motor vehicle collisions.

***Education is vital to prevention.

Topics of discussion are Distracted Driving, Impaired Driving (by alcohol &/or drug), and the legal consequences of both.

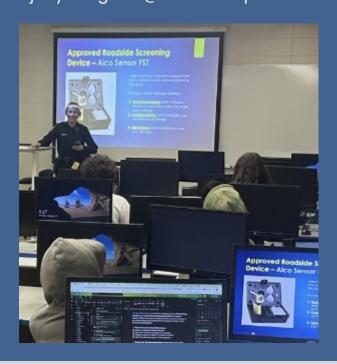
As an interactive part of the presentation, students have the opportunity to be read the Breath Demand & blow into the Approved Roadside Screening Device.

The intention is to prepare them if they are stopped at a random Check Stop or a patrol traffic stop (since providing a breath sample is now mandatory in Alberta). Students have the opportunity to ask any driving-related questions during this presentation.



Reg. #2270

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





BRAIDED JOURNEYS

Hello Tânsi Braided Journeys Families!

We had a great kick off to Semester 2! We're thrilled to dive into a brand new semester with you and your amazing students. This fresh start is the perfect chance to set shiny new goals, boost attendance, and sprinkle some good study vibes for an even stronger semester ahead!

We've got a treasure trove of fun activities lined up this semester! Get your students ready to roll up those sleeves and volunteer at fantastic spots with the Edmonton Food Bank and Roots for Trees. Plus, we're hitting the road on some post-secondary adventures at NAIT with Next in Trades, and MacEwan where they can soak up the supports for Indigenous students and check out the campus. And let's not forget our fabulous opportunity for grades 11 and 12 to be a "Student for a Day!"

If your student wants to connect with me and we haven't crossed paths yet, just send me an email! I'll be sending out monthly updates packed with the month's calendar and the latest scoop on activities and dates. Let's make this semester unforgettable!

Kathy Davis
Braided Journeys Graduation Coach
St. Francis Xavier
(C) 780-637-1195 (E) kathy.davis@ecsd.net



BRAIDED JOURNEYS

BRAIDED JOURNEYS UPCOMING EVENTS



In March, a University of Alberta Education Students tutoring in the Braided Journeys Room on Mondays and Wednesdays from 11:00am to 2:30pm. Please see Kathy if you are wanting to meet with the tutor.



Wellness Wednesday with Esquao: Iskwew FX Braided Journeys students gather to learn from Sonia. We will learn and discuss topics important for young Indigenous women to learn. March 5 & 12.



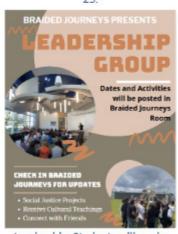
Movement Mentors: Students volunteer our local elementary school to mentor students. Students earn hours towards mentorship credit and obtain volunteer hours needed for Religion. March 7 & 12, April 4 &



Come help your local community by volunteering at Edmonton's Food Bank. You will receive Religion Volunteer hours and work towards a Leadership Credit. March 11, 2025



Students have the opportunity to attend a field trip to MacEwan University or NAIT. April 3 and April 10. See Kathy to sign up!



Leadership: Students will work together to share Social Justice Issues, participate in Cultural Teachings, and build the FX Braided Journeys student community. This program lets students earn hours towards leadership credits.



OFF CAMPUS EDUCATION

Do you have a part time job?
Sign up for the Work Experience Program,
and you could earn one credit
for every 25 hrs of work.

See Mr. Bauer in the Learning Centre for more information.











OFF CAMPUS EDUCATION





EQUITY, DIVERSITY, AND ANTI-RACISM - EDIAR

Facilitated by Jocelyn Chong, Richard Raposo, and Joshua Yen, as an FX school community, we are having courageous conversations with our staff as part of our Community of Practice to grow in our equitable education, address discimination and racism to build accountability, and to celebrate inclusion to foster belonging for all those who enter in our school.

- We're already doing God's work with our inclusive communities. If we don't acknowledge and celebrate our ministry, nobody else will do it for us.
- All students, staff, and families of Edmonton Catholic School Division will be provided with an inclusive, welcoming, caring, respectful, safe, and Catholic environment that promotes the wellbeing of all and fosters community support for achieving this goal.
- Catholic education is a gift to be lived, treasured and shared with all of God's children.



ENGLISH AS AN ADDITIONAL LANGUAGE

Semester Two Update

106

Number of EAL students enrolled on Sept. 3, 2024

Number of EAL students enrolled on March 3, 2025

27

Fun Fact:

This is the most EAL students St. FX has had in the last 10 years.

EAL REGISTRATION

Grade 10-11 EAL students will register with Mrs. Pavone during Flex and Lunch in March.

Grade 12 EAL students who need to finish their diploma or upgrade courses for post-secondary at St. Joe's will register at St. FX with Sabrina Filiplic from St. Joe's in April. The date and registration appointment times will be confirmed later.



GRAD COACH



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

- 1. <u>Alberta Grad Requirements:</u> You must be scheduled for and passing all the courses required to graduate according to the Alberta Education Requirements.
- 2. <u>Religion:</u> 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. <u>School Fees:</u> In order to purchase banquet tickets, fees must be paid at the Bookstore.

** See Ms. Fiorillo if you have any questions or concerns.



SECOND LANGUAGE COURSE CHALLENGE



SECOND LANGUAGE COURSE CHALLENGE

Filipino, French, Italian, Polish Spanish, Ukrainian

When:Saturday, March 8, 2025, 9:00a.m. (Arrive 1/2 hour early with a pencil)

Where: Lumen Christi Catholic Education Centre 9405 50 Street NW

Cost: \$63 per student (non-refundable)

Registration:



Kumusta

Important Dates and Information:

- 1. You will need your Alberta Student Number (ASN) to register
- 2. There will be no alternate writing date (no exceptions)
- 3. Below are the deadlines that must be met:



cześć

PRYVIT

October 21, 2024	Registration Opens				
February 12, 2025	Registration Closes				
Payment must be made to finalize registration. Project details will be distributed once the registration has been finalized with payment.					
February 21, 2025 @ 3:00p.m.	Project Deadline				
February 21 - March 12, 2025	Oral Exam (via TEAMS) Examiners will arrange a time to meet with the student				
Saturday, March 8, 2025 at 9:00a.m.	Exam begins @ 9 a.m. sharp Lumen Christi Catholic Education Centre (9405 50 Street) Plenty of parking South side of building Students enter through the West doors only				





XAVIER UNION



LOVE IS IN THE AIR
Close to 200
Candygrams were
distributed on
Valentine's Day!!
XU students made and
sold little tokens of
"LOVE" for students'
Special Sweeties.



BIKE-A-THON
MARCH 7TH
The students are going to GLOW all in this year for our annual
BIKE-A-THON
Our Fundraising goal is \$100,000.



FX STUDENT ATTENDANCE

Student attendance is critical to a student's academic success. In accordance with section 7 of the Education Act, regular school attendance is required and expected of all students from the age of 6 to 16, although this policy applies to all students at St. Francis Xavier. Supporting student attendance is a shared responsibility shared by the school, the teacher, the student, and the parent/guardian and the community.

The responsibility for regular attendance lies with the student and the parent. Students must also accept the consequences of their actions should they choose not to fulfill this responsibility. Students have an obligation to contribute to, as well as benefit from, the learning experience. Irregular attendance curtails a student's ability to contribute and often hinders the progress of the class.

Excused Absence - home and school agree that absences are acceptable, thus excusable. Examples may include: personal illness, illness or death in the family, impassable roads due to inclement weather, religious observance, quarantine, required court appearances, attendance at health clinics, approved college visits, pre-approved family vacation, approved cooperative work programs, field trips, suspensions, and more.

Unexcused Absence – This refers to instances where a student may have missed class without a valid reason. While a student's home may consider this absence justifiable, the school does not view it as acceptable. To avoid confusion, it's advisable to verify any questionable absences with the school in advance. Students of St. Francis Xavier has the academic responsibility to:

- Regularly attend class punctually with the necessary materials to be successful
- Demonstrate strong effective study habits
- · Participate fully and complete any assessments to the best of their ability
- Refrain from any academic plagiarism or cheating



FX STUDENT ATTENDANCE

Work is expected to be submitted on the due date posted on the Google Classroom or in PowerSchool (as per St. Francis Xavier Assessment Policy)

Student Responsibility

- · Attend each class registered in and attend punctually.
- In all absences, it is the responsibility of the student to check google classroom, approach and/or email the teacher and inquire what materials/homework were assigned during the absence, and to complete the missed work in timelines agreed upon by both parties.
- If the student knows in advance, that they will be away for a scheduled exam for a legitimate reason, the student will alert the teacher beforehand.

Students are expected to not exceed a 10% Unexcused attendance rate. If 10% is exceeded:

- Students may not be permitted to participate in extracurricular activities
- · Students may not be permitted to retake the course if they fail at FX
- Students have two opportunities to complete an assessment after initially missing it. These opportunities are available during Flex time or Friday Exam Hall. However, students are not permitted to use this option if there is a pattern of missed assessments or classes.
- Students may be placed on an attendance contract outlining expectations for attendance.
- A parent/student meeting may be booked to address attendance concerns.



FX STUDENT ATTENDANCE

Vacations (2 weeks or more)

- Students are responsible for informing the teacher in advance and picking up a vacation form from the main office.
- Students are responsible for completing missed major assignments and assessments upon return in a timely manner
- This will be agreed upon with the teacher's discretion
- If a student is going to be away for longer than 6 weeks, there will be a discussion with the Grade Coordinator Assistant Principal that an alternative form of education may be required.

Teacher/Grade Coordinator Responsibility

 Attendance serves as an official record, and it is the teacher's professional responsibility to accurately document it.

Teacher/Student Meeting (prior to 5 absences or 7% absent)

• The teacher will review a copy of this attendance policy with the student and direct him or her to take it home to be reviewed with a parent or guardian.

Parent Contacted by Teacher (5-7 absences or 10% absent)

• The teacher will contact the parent and affirm that information regarding the students' attendance and progress has been received.

Administrative or Guidance Referral #1 (8-10 absences)

- If contacting home does not reduce the AU, the teacher will alert the Grade Level Coordinator. A meeting will occur between parents, student and grade coordinator to:
- Review previous attempts at contact and interventions
- Outline consequences
- Develop a plan for resolution (attendance contract)
- Keep weekly attendance review and monitor student progress

Administrative or Guidance Referral #2 (behavior has not changed after previous meeting)

- If attempts at remediation have not improved, an administrator will take action to bring an abrupt change to students' behavior. This could include:
 - · Outline and create an attendance contract to be signed by parents and student
 - Daily attendance monitoring
 - Class withdrawal
 - Alternative Education



MARCH 2025 SCHEDULE

MARCH

2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 DAY 2	DAY 1 Shrove Tuesday	DAY 2 Ash Wednesday and Liturgy	DAY1	7 DAY 2 Bike-a-thon
DAY 1	DAY 2	DAY 1 School Council Meeting-6pn	DAY 2	14 DAY1
DAY 2	18 DAY 1	DAY 2	DAY1	DAY 2 Last Day of Classes
`24 Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
DAY 1 Classes Resume				

We are a family that builds great wonders!



JOIN THE FUN!



STAY UP TO DATE







@fx.athletics @stfxhighedm @xavier.union