



March 2022
St. Francis Xavier

School Newsletter

As we wait for the physical arrival of Spring, the Church awaits the arrival of our spiritual Spring. Lent begins this coming Wednesday as we prepare to observe Ash Wednesday. It is good to take this time to reflect upon what each of us can do during Lent to become better followers of Jesus. We do this to be spiritually ready to welcome His rising from the dead in preparation for Easter.

I invite all families in our school community to reflect on their lives and dedicate themselves to resolve to be better followers of Christ. Three ways to prepare during Lent are to Fast, Give Alms, and Pray.

The Canadian Conference of Catholic Bishops decrees that the days of fast and abstinence in Canada are Ash Wednesday and Good Friday and specifies that Fridays are days of abstinence. This includes all Fridays year-round, not just Fridays of Lent. We are allowed to substitute meaningful acts of charity or piety on these days. Although this is obligatory only for those aged 18-59, all members of our community are encouraged to participate.

Manner of the Month

The manner of the month for March is **to pray**. We are supposed to pray in humility for others and special intentions. We should pray for our families, friends, classmates, community, and world. As Jesus reminded us in the Gospel, "Whenever you pray, go into your room and shut the door and pray to your Father."

New Registrations

Thank you for your role in spreading the word about our unique school community. Knowing that our families tell their friends, relatives, and co-workers about our school is gratifying. None of this would be possible without our outstanding staff's hard work and dedication, who commit themselves to giving the best education possible to each student. I am blessed to be part of such a supportive school community.

School Staff

One of our Learning Resource Teachers, Ms. Lim, will be away on Maternity leave for most of March, April, and May. Ms. Lim will be joining us virtually in June to write IEPs and conduct year-end meetings. We are looking forward to Ms. Lim rejoining our staff full-time in September. We wish Ms. Lim and her family all of God's blessings as they welcome their new baby.

Ms. Aoife Dowling will be joining our staff in Ms. Lim's absence. Ms. Dowling brings an abundance of energy and previous experience working as a Learning Resource Teacher.

Basketball Season

2022 Girls Basketball Season - Submitted by Coach Ken Lieu

The 2022 year kicked off with the return to basketball season, and with it came league and exhibition games against other catholic schools all across Vancouver. This offered the girls' program an opportunity to practice and work together to build teamwork, memories and a competitive spirit!

As the coach of the official grade 6 and 7 girls combined team, I am grateful for the opportunity to teach them the fundamentals of basketball and see their progress from start to finish. While it was hard for parents not being able to see their girls in action and cheer them on, I wanted to express how well each and every one of them took to the sport and improved on their skill level while experiencing the highs and lows the game can bring. What was most impressive was the number of girls that showed interest in basketball that started as young as grade 4 all the way to grade 7. There is a bright future for the school in the coming years with the help of teachers and coaches alike working to help everyone improve.

The excitement of competitive games really came to light and bonded the team together in a particular game against St Jude's during the season. The team tied the game in the final seconds and ended up winning the match to advance to the playoffs during their first season together. It was an important step forward for the girls and the school.

It is with hope that next year and years to come, we will be able to welcome back parents to watch and cheer their girls on but I want to end off by saying how proud I was on how the team represented the school. Go Dragons!

Thank you Coach Lieu, and all of our dedicated coaches, parents, and staff for a memorable season.

Vancouver Sun Run

This year's Sun Run will be held in person on Sunday, April 24. There will be an SFX team competing through the Oasis Youth Team Challenge. Students, staff, and parents are invited to join. Please note that the school staff and parents registered are not responsible for the running students. Parents can sign themselves up as escorts (no charge) for the in-person race. For more information, please contact your class representative or me.