



# St. Francis Xavier High School



## WEEKLY WRITTEN ANNOUNCEMENTS

For the Week of: **September 14 to 18, 2015**

### Monday

#### All

**Glee Club :** There will be a practice for all members of the Glee Club who have signed up after school today to get ready for the liturgies on Tuesday. The practice will run from 2:20 until 4:00.

**Breakfast Program:** Open daily from 7:30-8:00 am in Room 224. - *Mrs. Denis*

#### Grade 7/8

**Girls Volleyball:** There will be tryouts for the girls volleyball Monday and Friday after school in the caf gym. *Mr Shea and Ms Connolly*

**Golf:** All 7&8 students interested in playing on the golf team please come to a meeting outside the phys ed offices Tuesday at lunch. *Mrs. Calver.*

**Cross Country Running Team:** There will be tryouts for the 7 and 8 cross country running team on Tuesday and Wednesday next week (September 15 and 16) after school. Make sure you arrange a ride home on Tuesday. There are late buses available Wednesday. There are recreational and competitive divisions so all are encouraged to come out. Please sign up on the door of Room 332 or just come out Tuesday after school. If you have any questions please see *Mr. Wadel in Room 332.*

**Leadership Camp:** Please remember to drop off your bag in the Chapel Wednesday morning before Homeroom. You will leave your Period 1 class at 8:45 a.m. Remember to refer to the packing list provided. See Ms. Baine, Ms. Thibault or Mr. Ramsay with any questions.

#### High School

**High School Cross Country:** There will be a meeting today at lunch for all interested in participating on this year's high school cross country team. Please meet in Rm 150 @ 10:55. Bring your lunch! *Mrs.Gagnon/Mrs.Gulas*

**Join Weight Room!** See Mr. Prigent or any High School Phys Ed. Teacher to pick up your membership forms. Weight Room will be open Monday - Thursday from 2:25 - 3:40. Cost is \$20 per semester and no students will be permitted without their forms and money. - *Mr. Prigent*

**Varsity Tennis Team Hopefuls:** Sign Up to Tryout for the SFX Tennis team (any grade 9-12 students). Come to the DEN Monday and Tuesday to Sign up. Tryouts begin Wed. and Thursday in the Caf/Gym after school. We will be outside next week weather permitting. - *Mr. Prigent*

**SFX Sports Teams and Transfer Students:** Please pay close attention to morning announcements and posters around the school as many teams/clubs have announced their interest meetings and tryouts have begun. All new students to the school Gr. 10 -12 are asked to see Mr. Prigent for a Transfer form if they wish to participate on any sports team this year. Deadlines for Transfer Forms are as Follows: September 21, October 15, November 23, February 3, March 30. New students will not be allowed to participate in game play if forms are not handed in on time. - *Mr. Prigent*

**SFX Fall Sports have begun!** See the following individuals if interested in playing the following sports. Tryouts may have already begun. *Mr. Prigent*

Varsity Hockey Boys - Mr. Scerbo; Varsity Hockey Girls - Mr. Lahey; Varsity Tennis - Mr. Prigent; JR Girls Basketball - Mr. Pignat; SR Girls Basketball - Ms. Hrehoriak; Varsity Golf - Mr. Ahearn; JR Boys Soccer - Mr. MacCuaig; SR Boys Soccer - Mr. Jamieson; Varsity Football - Mr. Jennings; XCOUNTRY Running - Ms.Gulas/Ms. Gagnon; and Swimming (does not start for a while) - Ms. Galveias/Ms. Gunning.

**School Newspaper:** Hello Coyotes!

The Howler, our school newspaper, is starting up again. If you are interested in writing, journalism, publishing and getting involved in the school community, come to the meeting today at lunch in Room 209 (computer lab located in the Learning Commons/Coyote Hub).

See you there! - *Ms. Morin*

**Cappies Critics Needed:** Are you interested in journalism? Do you like attending theatre? Would you like to see your work published in the *Ottawa Citizen*? If you answered yes to any of the above questions, please attend the St. FX Coyote Critics meeting this Wednesday, September 16th, at the beginning of lunch, in the Drama Room (Rm. 129 - across from The Den) and become a member of our Cappies family. If you have any questions, or are unable to attend the meeting, please see Mrs. Capyk in the Drama Room. More information can also be found at [www.cappies.com](http://www.cappies.com) - *Mrs. Capyk*

**Grade 9 AMR10 Junior Band:** Grade nine students with AMR10 on their schedules  
Rehearsal Schedule - Wednesday after school 2:15 - 4:15 PM and Thursday at the beginning of lunch for the lunch hour. *Mrs. M Ahern, Rm 102*

**Grade 10 - 12 Band Rehearsals:** Every Tuesday at the beginning of lunch for the lunch period and Thursday after school in music room 102. We need to work very quickly to prepare for the upcoming Awards Night later in September. *Mrs. M Ahern, Rm 102*

**A Cappella Groups:** Monday after school and lunches Wednesday and Friday.

**Jazz Band:** We start this week! Tuesday and Friday morning at 7 AM!

**Sound & Light Crew:** Monday at the beginning of lunch.

**Wilderness Survival Camp (Gr 10-12):** Student info meeting for the Wilderness Survival Camp will be this Wednesday at lunch in room 242. The trip includes 3 days 2 nights camping out and hiking in the wilderness learning survival skills, off-grid skills, navigation skills, as well as learning about edible and medicinal plants. Participants will come away with Certifications in Wilderness First Aid, CPR, and AED. Any interested students in grades 10-12 are asked to come to the meeting on Wednesday September 16<sup>th</sup> at lunch in room 242. *See Mrs Larade for details.*

**HS Eco Club:** The High School Eco Club is starting up again. The club is open to students grades 9-12, New members are welcome. Our first meeting is next week on Monday September 21<sup>st</sup>, in room 242 at lunch. - *Mrs Larade*

**Girls Hockey:** Coyote girls hockey is back again for another season. All those interested in playing on this years team must attend a brief meeting on Wednesday in room 216 (Not room 218) at 10:45. See Mr. Lahey in room 218 before or after school if you have any questions. - *Mr. Lahey*

**Yoga Mondays:** We are starting a yoga club every Monday in the dance studio after school from 2:25-3:15 pm. Our first meeting will be Monday, September 21st in the dance studio. Please see Ms. Gervais if you have any questions.

**Tuesday**

**All**

**Breakfast Program:** Open daily from 7:30-8:00 am in Room 224. - *Mrs. Denis*

**Grade 7/8**

**Girls Volleyball:** There will be tryouts for the girls volleyball Monday and Friday after school in the caf gym. *Mr Shea and Ms Connolly*

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**Join Weight Room!** See Mr. Prigent or any High School Phys Ed. Teacher to pick up your membership forms. Weight Room will be open Monday - Thursday from 2:25 - 3:40. Cost is \$20 per semester and no students will be permitted without their forms and money. - *Mr. Prigent*

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**SFX Sports Teams and Transfer Students:** Please pay close attention to morning announcements and posters around the school as many teams/clubs have announced their interest meetings and tryouts have begun. All new students to the school Gr. 10 -12 are asked to see Mr. Prigent for a Transfer form if they wish to participate on any sports team this year. Deadlines for Transfer Forms are as Follows: September 21, October 15, November 23, February 3, and March 30. New students will not be allowed to participate in game play if forms are not handed in on time. - *Mr. Prigent*

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**Grade 9 AMR10 Junior Band:** Wednesday after school 2:15 - 4:15 PM and Thursday at the beginning of lunch for the lunch hour. *Mrs. M Ahern, Rm 102*

**Grade 10 - 12 Band Rehearsals:** Every Tuesday at the beginning of lunch for the lunch period and Thursday after school 2:15 - 4:15 in music room 102. We need to work very quickly to prepare for the upcoming Awards Night later in September. *Mrs. M Ahern, Rm 102*

**A Cappella Groups:** Monday after school and lunches Wednesday and Friday. *Mrs. M Ahern, Rm 102*

**Jazz Band:** We start this week! Tuesday and Friday morning at 7 AM! *Mrs. M Ahern, Rm 102*

**Sound & Light Crew:** Set up for todays Liturgies & pack up afterwards.

**Leadership Camp:** Please remember to drop off your bag in the Chapel Wednesday morning before Homeroom. You will leave your Period 1 class at 8:45 a.m. Remember to refer to the packing list provided. *See Ms. Baine, Ms. Thibault or Mr. Ramsay with any questions.*

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**A Cappella Groups:** Lunch today Friday. *Mrs. M Ahern, Rm 102*

**Jazz Band:** Friday morning at 7 AM! *Mrs. M Ahern, Rm 102*

**Leadership Camp:** All campers are reminded to leave your Period 1 class at 8:45 a.m. today to collect your bag and board the bus.

**Grade 7/8**

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