

FRIDAY KNIGHT NEWS Friday, April 12, 2024



From the Principal's Desk...

Another busy week at SAA, but another good one for sure. First off a big thanks to Danielle from DancePl3y who came out and did a residency all week with our students. It was great to see the students dancing and preparing for their finales. A big thanks to our Friends of SAA group for sponsoring this event and helping our students experience something different.

We would also like to thank Mrs. Harvey for organizing Mass for us this past week. It is always wonderful for us to be able to attend church and celebrate our faith together. We would also like to thank our parents who made it out to support our students. It was great to have you in attendance.

Have a great weekend everyone. May God Bless you and keep you safe in all that you do and as always, Go Knights!

Week At A Glance

April 15th: K, Gr. 1, 1/2 Swimming

April 16th:

**April 17th: School Council Meeting (6:30 PM)
Healthy Hunger (DQ)**

April 18th: School Spirit Day

April 19th: School PD Day (No School for Students)

**Don't forget to purchase your Spring
Concert tickets on Powerschool!
\$5.00 each on sale until April 19th!**



Faith In Action

Parish Information

[St. Albert Parish](#)

[Holy Family Parish](#)



As a school community we celebrated Easter mass together. A job well done to Mrs. Harvey and her grade 2 class.



Faith In Action

Parish Information

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[Holy Family Parish](#)

Jr. High Nights

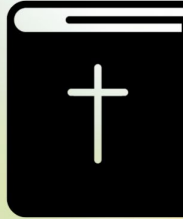
Apr. 9 - Scavenger
Hunt

Apr. 23 - Scripture

May 14 - Old
Testament History

Jun. 4 - Simplicity

Jun. 25 - Amazing
Race



Elementary Nights

Apr. 9 - Scavenger
Hunt

Apr. 30 - Mary

May 31 (Friday) -
Bullies

Jun. 11 - Who
Created God?

Jun. 25 - Amazing
Race



Chaplain's Corner- Doug Kramer



The disciples had a few hard days after Jesus was crucified. Their friend, rabbi and Lord was dead. Gone. Buried. It was too awful to be true. In this encounter, Jesus shows up alive and better than well. He's resurrected. And for the disciples, it seems too good to be true. So Jesus does a most human thing to prove he is alive. He noshes on a piece of fish. I just think he would have chosen a cheeseburger if he had the option.



Purchase tickets today using the Powerschool Parent Portal!

~Mission Earth~

**Thursday, April
25th**

**St. Albert Alliance
Church @ 6:30 pm**



**Pre Kindergarten to
Gr. 6 Performances
Tickets \$5/each
On sale until April
19th**

SAA Spring Concert 2024

Please have your child wear their blue SAA t-shirt and black pants or leggings for the concert!

Early Learning



Cooking with Kids: Resurrection Rolls. Students loved how the marshmallows disappeared!



Pre-K and Kinder building core strength outside!

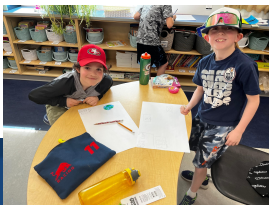
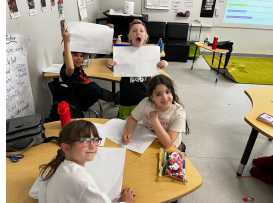


Division One

Grade 2 are learning all about measurement!



Grade 3 played 2 truths and a lie with our morphemes for the week. We also made posters and wrote speeches to convince other to take care of the Earth.



Grade 1 had fun learning subtraction with Smarties and bowling.



Division Two



3/4
busted a
move at
our
dance
perform
ance!



Gr.4s were amazing engineers at the
Science Olympics!

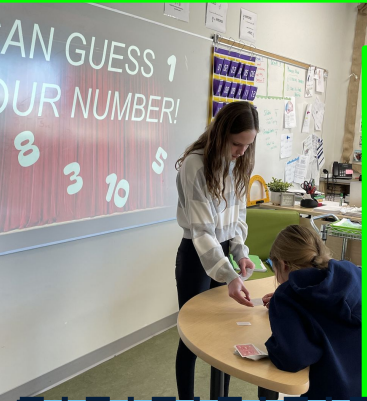


Appearing coins

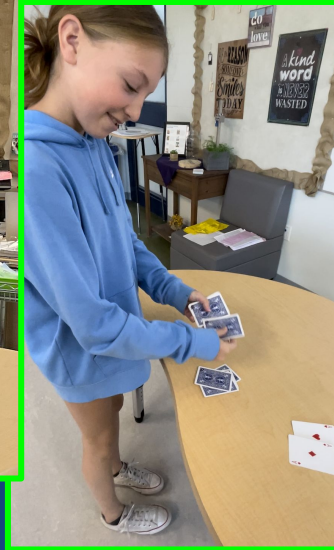
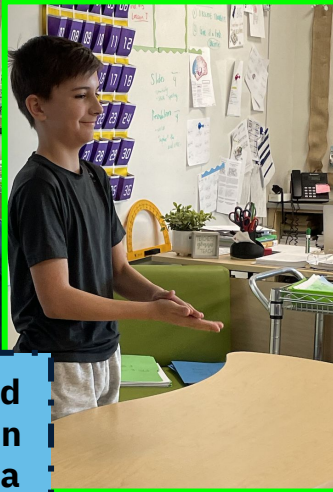


Division Three

The
International
Foods class
made stuffed
peppers this
week! Yum!

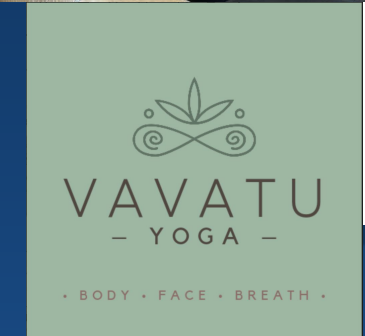


Gr. 7s demonstrated
some magic tricks in
class after reading a
story in LA class.



The jr. high students enjoyed a nice pasta lunch this month for being outstanding kiddos! Thank you to our sponsors!

JR. HIGH KNIGHTS LUNCH





JERSEY DAY



DANCEPL3Y



The Dancepl3y residency was in this week and our students had such a great time, moving, dancing, creating and having fun!

The units allow students to learn more about the art of dance while developing dance skills, such as listening and responding to music and rhythms, learning sequences, creating choreography, communicating messages through dance, and preparing a final dance performance.



IMPORTANT UPCOMING DATES

- April 17th: School Council Meeting (6:30 PM)**
- April 17th: Healthy Hunger (DQ)**
- April 18th: School Spirit Day**
- April 19th: School PD Day (No School for Students)**
- April 24th: Healthy Hunger (BPs)**
- April 24th: Admin. Professional Day**
- April 25: K-6 Spring Concert**
- April 26th: No Kindergarten**
- April 29th: Grade 1/Grade 1/2 - Swimming**
- May 1st: Grade 6 Immunizations**
- May 2nd: School Spirit Day**
- May 6th - 10th: Catholic Education Week**
- May 9th: Jr. High Track Day**
- May 9th: School Spirit Day**
- May 12th: Mother's Day**



Friends of SAA News

Spring Plants:

When it decides to SNOW again!! There is nothing better than thinking about Fresh SPRING FLOWERS!

SAA's Spring Plant Fundraiser is launching this week!

What they offer:

Hanging baskets, Planters, Rose Bushes, 10 packs of Herbs, 10 packs of Veggies, Fresh Strawberry Baskets, Annual Flats (Wave Petunias, Marigolds, or Geraniums), Plant Fertilizer and Organic Potting Soil.

SAA's Growing Smiles webpage link:

<https://saafriends.growingsmilesfundraising.com/home>

**** Yes! This link, can absolutely be shared with your family and friends.****

Orders are open now until Apr. 24th at 11pm

Our delivery date is: Thurs. May 9th (just in time for Mother's Day)

2024 FUNDRAISER FOR SISTER ALPHONSE ACADEMY

Order Online: saafriends.growingsmilesfundraising.com

Planters & Baskets

Veggie & Herbs

Annuals

Roses & MORE!!

ORDER BY APR. 24TH

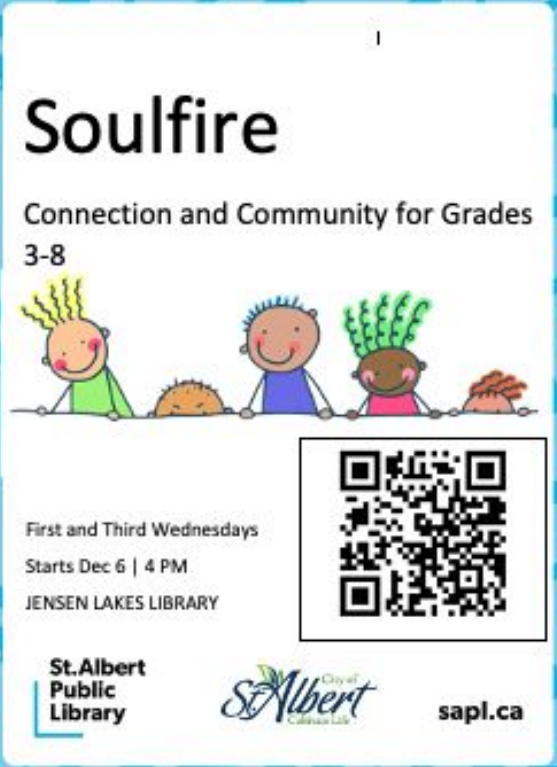
SPRING PLANT SALE

Growing Smiles FUNDRAISING

PLANT PICKUP: THURS. MAY 9TH 3-4PM

COUNSELLOR'S CORNER

Colleen Mayes,
Community
Resource
Coordinator with
the City of St. Albert
is spending time
with our gr. 3 - 9
classes encouraging
mental health and
wellness with
sharing circles. She
facilitates “SOUL
FIRE” every first
and third
Wednesday of the
month at the
Jensen Lake library
at 4pm. Check it
out!!



Soulfire
Connection and Community for Grades
3-8

First and Third Wednesdays
Starts Dec 6 | 4 PM
JENSEN LAKES LIBRARY

St. Albert
Public
Library

City of
St. Albert
Calgary Life

sapl.ca

A poster for a program called 'Soulfire' for Grades 3-8. It features a row of five stylized, colorful figures with different hairstyles (spiky, curly, etc.) and colors (green, orange, blue, pink, brown). Below the figures is a QR code. The text on the poster includes the title 'Soulfire', the subtitle 'Connection and Community for Grades 3-8', the schedule 'First and Third Wednesdays Starts Dec 6 | 4 PM', the location 'JENSEN LAKES LIBRARY', and logos for 'St. Albert Public Library', 'City of St. Albert Calgary Life', and the website 'sapl.ca'.

ANXIETY AWARENESS: A PARENT'S GUIDE TO HELPING KIDS THRIVE



FREE PARENTING WORKSHOP SERIES ON ANXIETY IN CHILDREN AND TEENS

This **three-part series** will equip parents with the tools to recognize anxiety, coach their kids through big emotions and empower families to confront anxiety while building resilience. Each workshop will focus on a 45-minute video from Dr. Caroline, a Calgary-based psychologist who has worked with children, teens and families for nearly 30 years.



To get the most out of these sessions, attendance is suggested, but a Zoom link is available upon request.

Date: Tuesdays, April 9, 16 and 23

Time: 7 to 8:30 p.m.

Location: Downtown St. Albert Public Library, Forsyth Hall

Registration: Please register online.

Learn more about each session and register at
stalbert.ca/parenting

COUNSELLOR'S CORNER

16

Take note of this great opportunity
for girls in grades 4-9!

Registration now open on
Fit+Fierce.ca

Girls meet once a month from

September 2024 to June 2025

for 2 ½ hr. sessions

with girls their age and mentors!

Interactive, engaging with a focus
on empowerment!

FIT FIERCE®

STRONG MINDS. STRONG BODIES.

Teaching Girls

Mind Wellness | Fitness | Nutrition

Contribution | Mentorship



Library Contest!

From **April 8-26**, the library is holding a reading contest, where students can turn their reading time into a chance to win some donuts! For every 20 minutes of reading, students will be able to enter their name into a draw. This time can be spent reading with an adult, being read to, or reading by themselves!

Miss Gamache can't wait to see how many tickets come in!



This is a great opportunity for grade 9 students going into grade 10 to open up their schedule a bit more and have some credits before they even get in to high school. If this is of interest to you, please check it out.

Summer School 2024

Take Your Course Online!

CALM, PE, and Religion from the comfort of your home!

Learn More!



Greater St. Albert
Catholic Schools

Register Today!

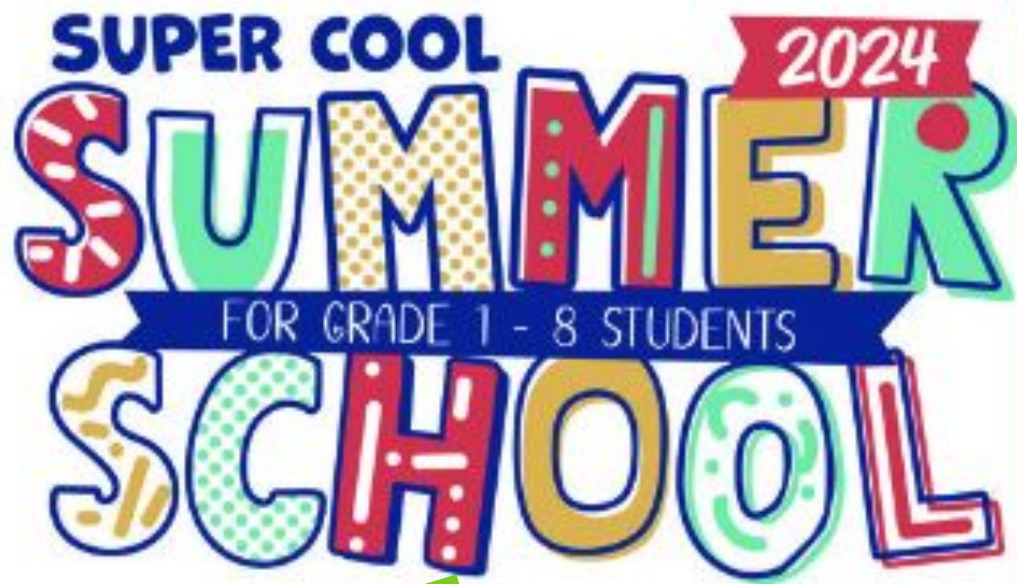


summerschool.gsacrd.ab.ca

Super School Summer School is coming to SAA from July 2 -9 and July 11- 15th! These week long camps are especially for Grade 1 - 8 students!

Register and learn more about the programs offered

[HERE!](#)



Reading and writing

sports

art

science

numeracy

Cooking

coding

Parking

Just a reminder to everyone that the bus lane is now off limits to families. As it stands now we will only have school and REC buses as well as daycare vans accessing that area. Due to traffic congestion in that area as well as safety concerns, a change was needed to make sure we alleviated the strain on that area. We will of course continue to explore options around parking, but in the meantime we will be reverting back to our old parking setup that we had at the beginning of the year.

One of the biggest ways our families could help move traffic along is by not sitting in dropoff/pickup zones for too long. If it could be a quick drop off in the morning and a quick pick up at the end of the day, that would make more room for other people looking to drop off and pick up their kids as well.

Thank you all for your support and patience with this. This is our new reality as our school continues to grow, so we really do appreciate everyone's understanding.



FROCK BOX

Sponsorship Thank You!



TOT SPOT ACADEMY

4-WAY

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Website: www.realestateexperience.ca



**BRUNELLE FINANCIAL
PLANNING GROUP LTD.**



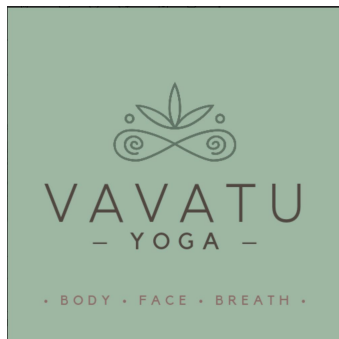
Palisades
DQ Grill & Chill
12708 140th Ave

Namoo
DQ Grill & Chill
15837 97th St

Newcastle
DQ Grill & Chill
127th St & 170th Ave



**SARASOTA
HOMES + REALTY**



Stay Connected

<https://www.saa.gsacrd.ab.ca/> (Sister Alphonse Academy)

<https://www.gsacrd.ab.ca/> (GSACRD)

Don't forget to look for us on Facebook and Instagram!

Also, please join our SAA Parent Facebook Page.

<https://m.facebook.com/groups/1024072471126540/?ref=share&mibextid=S66gvF>

