

FRIDAY KNIGHT NEWS Friday, April 19, 2024



From the Principal's Desk...

Just a reminder to everyone to please buy your tickets for the Spring Concert coming up on April 25th. A huge thank you to Mrs. Carlyle and Mrs. Trenchard for all their work in putting this together for our school community. Its shaping up to be a wonderful performance for everyone.

As we make our way to the Stanley Cup Playoffs we are encouraging our students and staff to wear Oilers colors to support the home team. If students have another favorite team they can certainly wear those colors as well. Playoffs officially begin this coming Saturday.

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 22nd: K & 1/2 Swimming

April 23rd: JH Badminton Singles @3pm

**April 24th: Healthy Hunger (BPs)
Admin. Professional Day**

**April 25: K-6 Spring Concert - 5:45pm
arrival at St.Albert Alliance Church**

April 26th: No Kindergarten

**Additional tickets can now be purchased
at the office while they last! \$5.00 each**

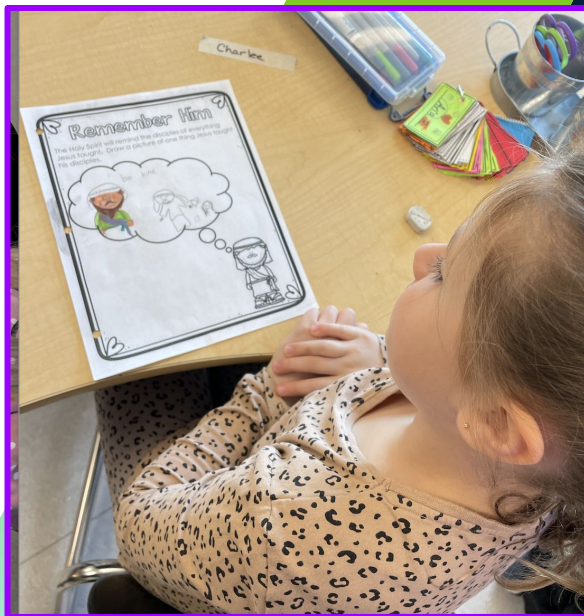


Faith In Action

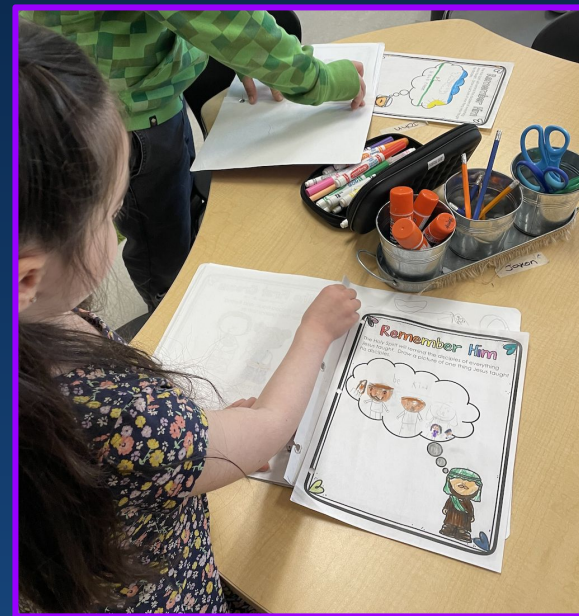
Parish Information

[St. Albert Parish](#)

[Holy Family Parish](#)



Grade 1 students talking and learning about how we remember Jesus and the many things he taught his disciples.



Faith In Action

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Jr. High Nights

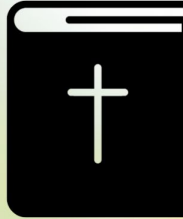
Apr. 9 - Scavenger
Hunt

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?

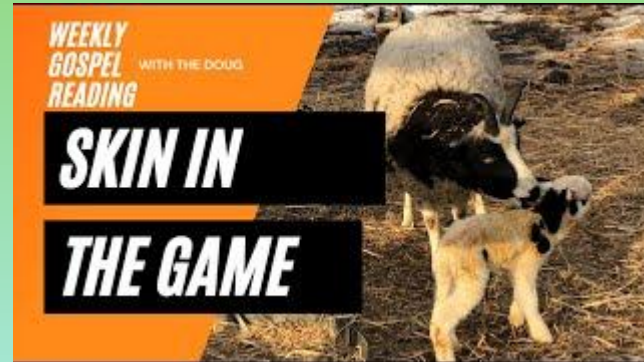
Jun. 25 - Amazing
Race



Chaplain's Corner- Doug Kramer



I love my sheep. They're cute but kinda dumb. I have suffered through bitter cold with them. I've given them medicine to keep them alive. But I would never DIE for them. That's not the case with Jesus.



TICKETS are now only available in person at the office! \$5 ea



~Mission Earth~

05:45

**Tree seedlings
will be sold after
the show for
\$5.00!
CASH ONLY!**



**Please arrive at
St. Albert Alliance
by 5:45 pm on
April 25th!**

SAA Spring Musical 2024

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

Early Learning



Kinders started swimming lessons this week!



Kindergarten learned about the importance of pollination when growing fruits and vegetables. We learned how to pollinate cucumber plants with a paint brush!

This week we got to taste more purple beans, lettuce and rainbow chard.

Division One

Grade 1 had a wonderful start to their swimming lesson this week.



Grade 2 are learning how to collect data to make graphs!



Grade 3 students had fun exploring fractions this week!



Division Two



5A was busy rehearsing their lines and practicing for our upcoming Mission Earth production!

A special thanks to Christine Hoskins for making their shirts that are their costumes for the play!



Division Three

The Jr. High International Foods class spiced things up in the kitchen this week- we made chicken masala!



IMPORTANT UPCOMING DATES

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 1st: Healthy Hunger (Nitza's Pizza)
May 2nd: School Spirit Day
May 6th - 10th: Catholic Education Week
May 8th: Healthy Hunger (Edo)
May 9th: Jr. High Track Day
May 9th: School Spirit Day
May 12th: Mother's Day
May 13th: Grade 9 ELA PAT
May 15th: Healthy Hunger (IHOP)
May 16th: School Spirit Day
May 17th: PD Day (No School for Students)
May 17th: Healthy Hunger (DQ)
May 20th: Victoria Day (No School)
May 22nd: School Council Meeting 6:30 PM
May 22nd: Healthy Hunger (BP's)



Friends of SAA News

Have you ordered your Spring Plants?? It's SAA's Spring Plant Fundraiser - Final week! Beautify your garden with bright spring plants or delicious strawberry, veggies or herb trays!

Orders closing soon: Apr. 24th at 11pm

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

SAA's Growing Smiles webpage link:

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

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.

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

Wishing you sunny thoughts!

Friends of SAA

2024

FUNDRAISER FOR



SISTER ALPHONSE ACADEMY

Order Online: saafriends.growingsmilesfundraising.com

Final week!

ORDER BY
APR. 24TH

**SPRING
PLANT SALE**

Growing Smiles
FUNDRAISING

**Planters
& Baskets**

**Veggie &
Herbs**

Annuals

**Roses
&
MORE!!**

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

HEALTHY HUNGER

Healthy Hunger for May and June

Delicious hot lunches served every Wednesday. Right to your child's classroom.

If you are interested in purchasing a lunch for your child, please visit:

www.healthyhunger.ca

Orders are due the Friday prior to the Hot Lunch.

Every order placed helps us raise funds for our students.

It's a win! Win!

Enjoy :)

May Hot Lunch

SISTER ALPHONSE ACADEMY

MAY 1ST -



MAY 8TH -



MAY 15TH -



MAY 22ND -

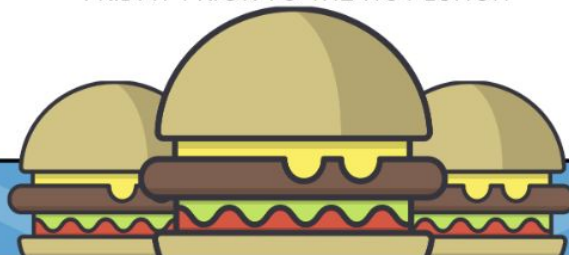


MAY 29TH -



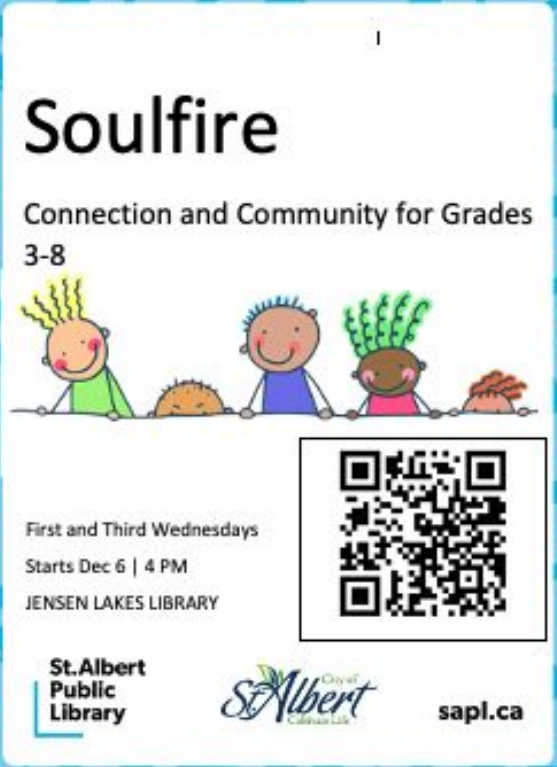
www.healthyhunger.ca

PLEASE PLACE YOUR ORDER BY THE
FRIDAY PRIOR TO THE HOT LUNCH




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



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

14

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

ELECTRICAL • BUCKET TRUCK • INSPECTIONS



Call/Text: (780) 271 - 2664

Website: www.realestateexperience.ca



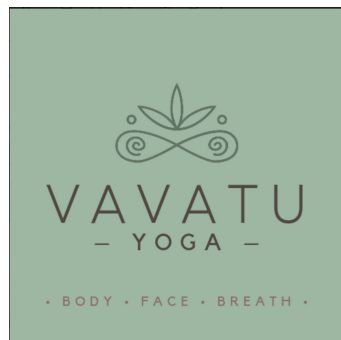
Palisades
DQ Grill & Chill
12708 140th Ave

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>

