

# FRIDAY KNIGHT NEWS: June 7, 2024



## From the Principal's Desk...

Another week down and the closer we get to summer holidays.

As we make our way to next week, please be reminded that we have the annual Spring BBQ coming up. This is a great opportunity for our community to come together and and socialize with one another before people leave for summer holidays. There will be food trucks, prizes, games, music, etc., so please come on out as we celebrate another year of great learning at SAA. Also, please be reminded that the time for the BBQ has changed to 4-6PM. This should allow families to come to the BBQ and watch the Oilers game a little later on that evening. A big thanks to our Friends of SAA group for putting this together. This has become a wonderful tradition at SAA and our parents are a huge part of making this happen. Thank you all.

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

**June 10th: School PD Day (No School)**

**June 11th: Library Books Due**  
**Gr.1 - Arbour Day**  
**Swimming- Gr. 3 & 3/4**

**June 12th: Healthy Hunger (DQ)**  
**CWL Book reading with Div. 1**

**June 13th: School Spirit Day**  
**Spring BBQ (4-6PM)**

**June 14th: Year End Liturgy (8:30 AM)**

# Faith In Action

## Parish Information

[St. Albert Parish](#)

[Holy Family Parish](#)



**Congratulations to all of our students who received their First Holy Communion.**

# Faith In Action

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[Holy Family Parish](#)

## Jr. High Nights

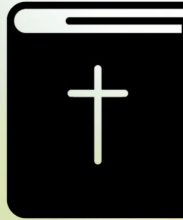
Apr. 9 - Scavenger  
Hunt

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



Crazy isn't exactly the first word that comes to mind when we set out to describe the Son of God, the saviour of the world, the Messiah. But Jesus' family does just that. You gotta wonder what's going on that would cause them to say "Is he out of his mind??".





# Sponsors for Year End Junior High Awards

Every year, our junior high group holds an Awards Ceremony to honor the outstanding achievements of our students in various academic, extracurricular, and community service endeavors. This event serves not only as a recognition of their hard work but also as an inspiration for their future endeavors.

We are currently seeking sponsors who share our commitment to education and the development of young minds to support this significant event. Your sponsorship would contribute directly to the success of the Awards Ceremony, helping us provide deserving students with recognition they truly deserve.

As a sponsor, you will receive recognition, including your logo/name featured in our program and slides.

Please email Mrs. Phillips at [cphillips@gsacrd.ab.ca](mailto:cphillips@gsacrd.ab.ca) if you are able to sponsor.

Thank you!



# Early Learning

**Kindergarten is having so much fun joining the school for recess!**



**Career Learning in pre-k and kindergarten.  
We learned about firefighters, occupational therapists,  
doula's, NHL hockey players and chemical engineers this  
week!**



# Division One

**Grade 1 had so much fun learning about the past at the Fort Saskatchewan Heritage Museum.**



**3/4 learning about omnivores, carnivores and herbivores.**



**Grade ½ and 2 had a great time learning about Life in the Past!**



**Grade 3 had a fun time at the zoo!**



## DIVISION 2

Gr.4 Rec had a great time at Amazone!



Grade 6's had a great week  
At the Legislature



# Division Three

Jr. High  
Foods made  
some  
delicious  
schnitzel!



*NEW  
PROGRAM  
ALERT*

## for SAA GIRLS starting September 2024

### Discover Fit+Fierce®: Empowering Young Girls to Thrive

Are you looking for a transformative program that nurtures your daughter's physical and mental well-being? Fit+Fierce® is designed specifically for young girls in grades 4-12, focusing on health, mindset, nutrition, and fitness. Our holistic approach helps participants develop lifelong skills for self-care, resilience, and confidence. Led by experts passionate about empowering the next generation, Fit+Fierce® provides a safe, supportive environment where girls can flourish. Join us in building a brighter future for your daughter—read our full info letter to learn more about how Fit+Fierce® can make a difference in her life!

[MORE INFORMATION AVAILABLE HERE](#)

[VIDEO TO CHECK OUT HERE](#)

Fit+Fierce® will be at the Spring BBQ to answer all of your questions and give you specific details! Email Mrs. Trenchard if you have any questions - [natrenchard@gsacrd.ab.ca](mailto:natrenchard@gsacrd.ab.ca)

*Once a  
Month  
September  
to June*

*After school  
at SAA  
3:00 to  
5:30pm*

*Build  
confidence  
and  
friendships*

*Register at  
[fitfierce.com](https://fitfierce.com)*



**Dear Parents,**

**We invite you to the GSACS Education Foundation Charity Golf Tournament on June 21, 2024. This exciting event is a fantastic opportunity to support our students and contribute to their educational journey.**

**Event Details:**

- **Date: June 21, 2024**
- **Registration Deadline: June 11, 2024**

**Funds from this event go directly towards student grants and scholarships, providing valuable financial support for our students each year.**

**Join us for a day of golf, fun, and community spirit, all while making a difference in the lives of our students. To register, please visit [here](#).**

**Thank you for your continued support!**

# 2024 GSACS Education Foundation Scholarship Program

FOUR - \$250 Grade 9 Scholarships  
Awarded Annually

The Foundation will be providing up to 4, \$250 Scholarships to current grade 9 students, with confirmed grade 10 registration @ September 30-24 in a GSACRD high school.

Application Deadline: SEPTEMBER 15, 2024.

For More Information Please Visit :  
[www.foundation.gsacrd.ab.ca](http://www.foundation.gsacrd.ab.ca)



# Digital Safety Information

## Talking TikTok: A Family Guide

MediaSmarts has released a brand-new guide to help families navigate TikTok safely. In this resource, we provide insights and practical tips that schools can share with their student's parents, guardians and caregivers to ensure a secure and positive teen experience on TikTok.

What's inside?

- Tips for managing use as a family and setting rules
- Help understand the platform's safety tools
- Digital media literacy and digital citizenship tips
- TikTok glossary
- And more!

[Learn more here.](#)





# Volleyball & Basketball Camp

August 12 – 16, 2024

*Experienced Coaches*

*Full or Half Day  
Participation*

**For all skill-levels of students 11-15 years old**

*Camps are designed to assist youth  
in developing their skills in volleyball  
and basketball; while gaining  
valuable interpersonal experience in  
an exciting atmosphere.*

*Volleyball Camp 9:00-12:00  
Basketball Camp 1:00-4:00*

**Register Online at**  
[www.sturgeoncounty.ca/programs](http://www.sturgeoncounty.ca/programs)

*Join us for the combo camp at:*  
**Morinville Community High  
School**



**Cost: \$120.00 per camp**

**Presented By:**



**And**



### Junior HOTSHOTS Affiliating Club Details


We have had an overwhelming response from our clubs to participate in the first Pickleball Alberta junior HOTSHOTS program.

### Junior HOTSHOTS Registrants

The junior registration cost for the HOTSHOTS program is \$75.00 + tax. We are finalizing having the registrations handled by the PCNS membership system under Events. A link will be available that will direct juniors to the registration site.

All registrants must be:

- Age 6-18.
  - Members of Pickleball Alberta and Pickleball Canada.
- Each player registering for the HOTSHOTS program will receive:
- Eight hours of instruction from certified coaches
  - Poach Pickleball Alberta junior paddle
  - Safety glasses
  - HOTSHOTS cap



The poster features a large graphic at the top with the word "HOTSHOTS" in a stylized, outlined font, with a pickleball integrated into the letter "O". Below this, the word "Pickleball" is written in a cursive script. The background is orange with a blue diagonal stripe at the bottom. A green starburst graphic contains the text "SUMMER CLINIC". A black arrow points from the "TRY IT EVENT" section to the "SUMMER CLINIC" section. A white arrow points from the "SUMMER CLINIC" section to the "HOTSHOTS" registration link at the bottom right.

**HOTSHOTS**  
*Pickleball*

Ages 6-18

**St. Albert Pickleball Club**

**TRY IT EVENT**

**Saturday June 15- 4pm-6pm**

<https://pickleballcanada.org/event/TryItEvent>

**SUMMER CLINIC**

**June 20 27 July 4,11,25**  
**Aug 1,8,15, 4:30pm-5:30pm**

<https://pickleballcanada.org/event/HOTSHOTS>

# The Counselling Space

We are extending this information to you in the hopes that you might share with your school community to help make them aware of the services that we provide, and our commitment to accessibility. *The Counselling Space* is a St. Albert based counselling centre that works in partnership with the City of St. Albert Family and Community Support Services to provide mental health support to community members. We strive to be a safe space for individuals to explore their thoughts, emotions and experiences, without judgment. As the school year comes to a close, we understand that students and families may have diminished access to care. We are aware that school counsellors play an important role in students' and families lives by helping students adjust to the endless demands that they are faced with as they grow and learn.

As one of St. Alberts community support services, *The Counselling Space* offers low-cost, accessible care to community members. If you are interested in accessing our services, or in having a free consultation, please do not hesitate to contact us via email ([info@thecounsellingspace.ca](mailto:info@thecounsellingspace.ca)) or phone (825-343-5998).

You will find attached to this email, more information on our low-cost services. We have also attached the *Wheel of Feelings* (one simple and one more complex) and *Mood Meter*, both are tools that can help to facilitate open discussion and emotional awareness.

Yours in wellness,  
Andrea & Jason Dobbs



# IMPORTANT UPCOMING DATES

June 10th: School PD Day (No School for Students)

June 11th: Library Books Due

June 12th: Healthy Hunger (DQ)

June 13th: School Spirit Day

June 13th: Spring BBQ @4pm

June 14th: Year End Liturgy (8:30 AM)

June 16th: Father's Day

June 17th: Last day of classes JH

June 18th: Gr. 9 ELA PAT Part B

June 18th: Gr. 7 & 8 ELA Part B

June 19th: Grade 9 Math (Part A)

June 19th: Gr. 7 & 8 Math

June 19th: Healthy Hunger (BP's)

June 20th: Grade 6 Social PAT

June 20th: Grade 7, 8, & 9 Math (Part B)

June 20th: School Spirit Day

June 20th: Grade 9 Farewell

June 21st: National Indigenous Peoples Day

June 24th: Kinder Celebration

June 24th: Grade 9 Social PAT

June 24th: Gr. 7 & 8 Social

June 25th: Grade 6/9 Science PAT

June 25th: Gr. 7 & 8 Science

June 26th: Grade 6 Celebration (11AM)

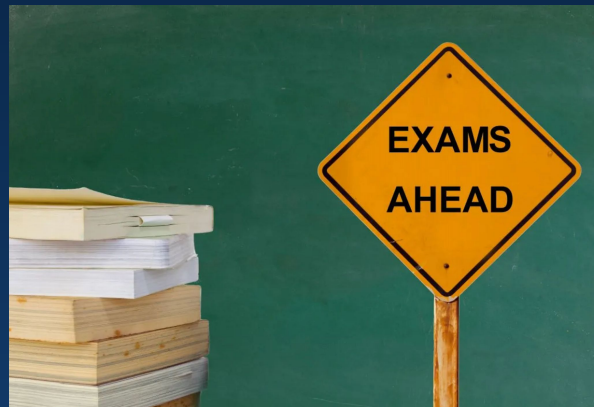
June 27th: Last Day of Classes

June 27th: Jr. High Awards (1PM)



## Grade 6 and Jr. High Exam Schedule

- June 17- Last day of classes JH
- June 18- Gr. 9 ELA PAT Part B  
Gr. 7 & 8 ELA Part B
- June 19- Gr. 9 Math PAT Part A  
Gr. 7 & 8 Math Final Exam
- June 20- Gr. 9 Math PAT Part B  
Gr. 6 Social PAT  
Gr. 7 & 8 Math Final Exam Written  
Grade 9 celebration
- June 24- Gr. 9 Social PAT  
Gr. 7 & 8 Social Final Exam
- June 25- Gr. 9 Science PAT  
Gr. 6 Science PAT  
Gr. 7 & 8 Science Final Exam



# HEALTHY HUNGER

It's our last month of Hot Lunch!!

Delicious hot lunches served right to your child's class!

\*\*\* Please be sure to double check your children's field trip dates.\*\*\*

Make sure to place your order by the Friday prior to the hot lunch.

[www.healthyhunger.ca](http://www.healthyhunger.ca)

Enjoy!

## June Hot Lunch

SISTER ALPHONSE ACADEMY

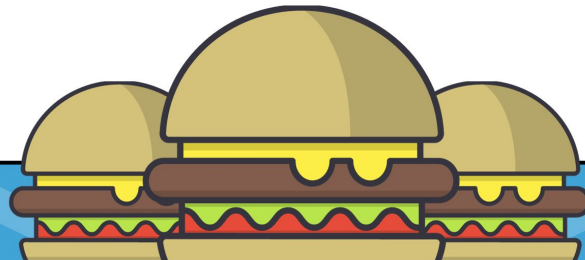
JUNE 5TH -  SUBWAY

JUNE 12TH - 

JUNE 19TH - 

[www.healthyhunger.ca](http://www.healthyhunger.ca)

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



## Friends of SAA NEWS!



### June 20th - Friends Meeting AGM

7:30PM, Online

Link to join:

<https://meet.google.com/mbo-rsdt-jzu>

### June 13th - SAA Spring BBQ

Celebrate the amazing school year.  
Food trucks will be available to  
purchase your dinner and dessert.  
Music & Prizes.

## Save the Dates!



# 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](http://www.realestateexperience.ca)



**BRUNELLE FINANCIAL  
PLANNING GROUP LTD.**



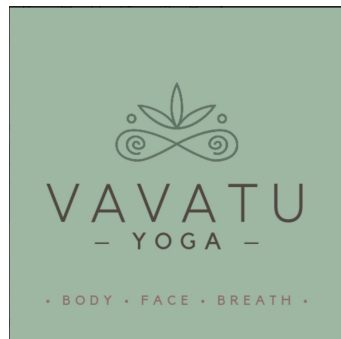
*Palisades*  
**DQ Grill & Chill**  
12708 140<sup>th</sup> Ave

*Namoo*  
**DQ Grill & Chill**  
15837 97<sup>th</sup> St

*Newcastle*  
**DQ Grill & Chill**  
127<sup>th</sup> St & 170<sup>th</sup> 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>

