

FRIDAY KNIGHT NEWS : Friday, September 6, 2024



From the Principal's Desk...

Another busy week in the books and a longer week as we had 4 full days. We are slowly getting back into our regular routines and certainly some tired faces as we end the week. It's always a progression to start the year so don't worry everyone will adjust as we progress with the year. Next week marks our first 5 day week of the year so students will be tired.

As we move into the upcoming weeks, a reminder that we will be doing our practice fire drills, lockdowns, shelters in place, and hold and secures. As always, this can cause some anxiety for our students so please feel free to have conversations with students about their importance. We will do our best here at the school level to prepare students for them and to reduce anxiety.

Finally a big thank you to everyone who has reached out to sponsor the Jr. High Knight's Program. We certainly appreciate the support and we are grateful for the opportunity to honour our students for all their great work.

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

September 9th:

September 10th:

September 11th: Healthy Hunger- Subway

September 12th: SAA School Spirit Day

September 13th:

Faith In Action

St Albert Parish Sacramental Prep

2024-25 Preparation for The Sacrament of Confirmation - Grade 6 families

2024-25 Preparation for First Reconciliation (Confession) and First Eucharist (First Holy Communion) - Grade 2 families.

Parish Information

[St. Albert Parish](#)

[Holy Family Parish](#)



Sacramental Preparation at Holy Family Parish



Sacramental Preparation registration is now open at Holy Family Parish. Baptized children in grade two (seven years old) or older can be registered for First Reconciliation/First Eucharist. Baptized children who have already received First Reconciliation and First Eucharist and are in grade six (eleven years old) or older can be registered for Confirmation. Registration forms and more parent information can be accessed through the parish website at www.holyfamilyparish.ca Select "Sacraments" then select "Sacramental Preparation for First Reconciliation/First Eucharist" or "Sacramental Preparation for Confirmation." Please also note the dates of the parent meetings listed on the website for each Sacramental Preparation Program; at least one parent must attend. For more information, please contact the Pastoral Assistant, Bruno Binassi at 780-459-3694 or Bruno.Binassi@caedm.ca

MISSION:

Sister Alphonse Academy is a welcoming learning community that awakens the hearts and minds of students while educating and nurturing each to learn, live fully and serve others.

VISION:

Excellence in learning through faith, learning and engagements.

At SAA we strive to: Serve, Achieve, Aspire



District Chaplain- Doug Kramer



You Want the Gift or the Giver?
Gospel Reading - Mark 7:31-37
23rd Sunday, Year C



Early Learning



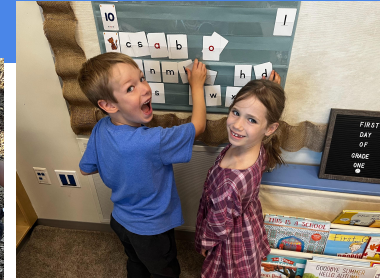
Kindergarten kids are getting to know their friends a little better with Show and Share: family edition!

**Learn Through Play
Focus:
Taking turns, following game rules and working together.**

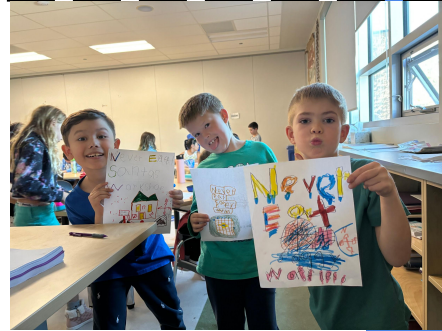
Kindergarten students are rocking it this week!

Division One

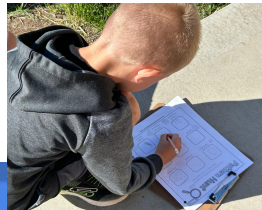
Both Grade 2 classes practiced walking the route for the Terry Fox Run!



Grade 1B had a great week exploring patterns, working on letter sounds and team building.



Grade 1 went on an outdoor pattern hunt.



Grade 3 students had to come up with their own mnemonic device for the cardinal directions

Grade 5 students who do not attend Rec Academy are now our Knights Group! They embarked on a nature scavenger hunt to kick off their Outdoor Education module this Wednesday!

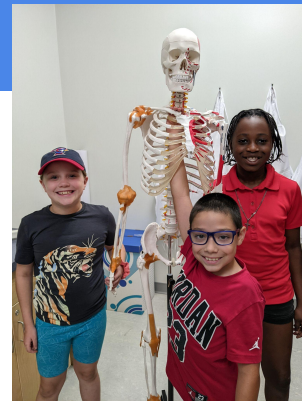


Some found grasshoppers and mushrooms. Others enjoyed the vibrant Ohio Buckeye leaves. All had fun with discovering cattail seed heads!

Division Two



Grade 5 students were learning about the musculoskeletal system this week!



Beautiful weather and connection with our school community.



Division Three

**Knights
Assembly-
winning Spin
the Wheel!**



**Social Studies
7-9 learned
about tracing
the source of
social media
images.**



**Jr. High Leadership
connecting with
grade 1s and have
some fun in the
sun!**

COUNSELLOR'S CORNER

Supporting Children Through Difficult Emotions

The excitement of a new school year is always one of my favorite times. However, new beginnings can bring a wide range of challenges and emotions for students. Dr. Becky Kennedy, the author of *Good Inside* shares some thoughts that demonstrate how we can best support our kids.

"Our bodies interpret avoidance as confirmation of danger, and it triggers our internal alert system. The more energy we use to push emotions like anxiety or anger or sadness away, the more powerfully those emotions spring back up. Rather than avoiding emotions we'd rather not face, we need to make a shift."

So, what can we do as parents? The key lies in helping our children embrace their emotions rather than avoid them. This doesn't mean encouraging them to dwell on negative feelings, but rather, guiding them to acknowledge and understand what they're experiencing.



See the next page for some helpful tips!

COUNSELLOR'S CORNER

Here are a few practical steps you can take:

- Create a Safe Space for Expression: Encourage your child to talk about their feelings without fear of judgment. Let them know it's okay to feel sad, anxious, or angry.
- Model Emotional Awareness: Show your children how you handle your own emotions. By sharing your feelings and demonstrating healthy ways to cope, you teach them to do the same.
- Validate Their Emotions: When your child expresses difficult emotions, validate their experience. Phrases like "I understand why you're upset" or "It's okay to feel nervous" can be very comforting.

- Teach Emotional Regulation: Help your child develop strategies to manage their emotions. Breathing exercises, physical activity, or even simply talking through what's bothering them can make a big difference.
- Encourage Problem-Solving: Instead of trying to "fix" their emotions, empower your child to find solutions on their own. This builds resilience and confidence in their ability to handle challenges.

By embracing this approach, we can help our children start the school year on a strong and emotionally healthy note. Remember, it's not about avoiding difficult emotions but learning how to navigate them with compassion and understanding. This shift in perspective can make all the difference in your child's emotional well-being and overall success.

Please reach out if you think I could be of assistance.

Sean Brass

sbrass@gsacrd.ab.ca



School Apparel

Limited Availability at school to purchase:

T-Shirts: \$10.00

Water Bottles: \$5.00

Cinch Bags: \$5.00

Baseball Hats: \$10.00

Winter Toques: \$10.00

CASH ONLY



Online Store Ordering:

<https://sisteralphonseacademy2024.itemorder.com/shop/sale/>

-Closes September 15th

-4-6 week turnaround

-Items sent to the school for pickup

FRIENDS of SAA

Healthy Hunger is a special program Friends sets up for the students, with the help of some amazing parent volunteers, Mrs. Trenchard & her grade 5 class.

If you are interested in ordering your child a hot lunch for Wednesday, please visit:

www.healthyhunger.ca

Please note, orders must be placed by the Friday prior to the hot lunch to be included.

A small portion of each order gets donated to our student initiatives.

Enjoy!

~ Friends of SAA

Sept. Hot Lunch

SISTER ALPHONSE ACADEMY

SEPT. 4TH - 

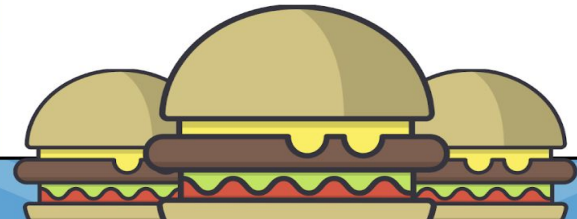
SEPT. 11TH - 

SEPT. 18TH - 

SEPT. 25TH - 

www.healthyhunger.ca

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



SAA School Council



***First School Council Meeting on September 17th**

***6:30 PM**

***SAA Foods Lab**

***Elections for positions**

***Excellent way to get involved with the school**

Grade 6 & 9 Immunizations

Monday, October 7th, 2024- grade 6
first doses

Monday, January 20th, 2025- grade 9

Monday, April 7th, 2025- grade 6
second doses



Sponsorship Thank You!

4-WAY

ELECTRICAL • BUCKET TRUCK • INSPECTIONS



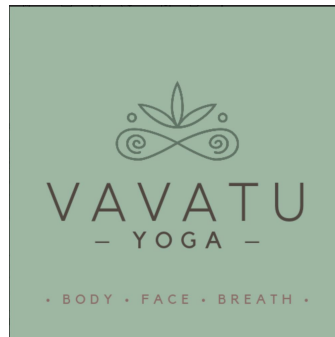
Call/Text: (780) 271 - 2664

Website: www.realestateexperience.ca



Lastric Family

<i>Palisades</i>	<i>Namoo</i>	<i>Newcastle</i>
<i>DQ Grill & Chill</i>	<i>DQ Grill & Chill</i>	<i>DQ Grill & Chill</i>
12708 140 th Ave	15837 97 th St	127 th St & 170 th Ave



FROCK BOX



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>

