

FRIDAY KNIGHT NEWS : September 13, 2024



From the Principal's Desk...

Well we managed to make it through our first five day week of the school year. The kids and staff hung in there and did a great job of working hard.

As we make our way to next week, we have Mass at St. Albert Parish on Sept. 19th at 9:45AM. This is a day that we all get on the bus and head to the church as a school to participate in our opening liturgy of the year. This is also our grade 4 bible presentation date so we invite any parents who would like to attend Mass or see their grade 4 child receive their bible. We will also be joining Bertha Kennedy School on this date so we will have a full church.

Also, please be reminded that next week on September 20th marks our first PD of the year and there will be no school for students. Please mark this on your calendar if you already haven't done so.

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 16th:

September 17th: School COuncil Meeting @ 6:30pm

September 18th: Healthy Hunger BPs

September 19th: Opening Mass @ SAP 9:45am

September 20th: PD Day/Staff Meeting- No School

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

Faith In Action

Parish Information

[St. Albert Parish](#)

[Holy Family Parish](#)



SACRAMENTAL PREPARATION

at Holy Family Parish

Registration for children preparing to celebrate the Sacraments in spring 2025 is now open.

Registration forms and information can be found on the parish website:
<https://holyfamily.caedm.ca>

Select "Sacraments" >>> "Sacramental Preparation for First Reconciliation/First Eucharist" or "Sacramental Preparation for Confirmation."

Lessons begin soon. More information can be found on the website. Please plan to attend the parent sessions in September.

First Reconciliation/First Eucharist
Wednesday, Sept. 18th at 6:30 p.m.

or

Saturday, Sept. 21st at 10:00 a.m.

Confirmation

Saturday, Sept. 21st at 11:00 a.m.

or

Thursday, Sept. 26th at 6:30 p.m.

SAINTS IN TRAINING

Saints in Training (*HFP Catechism*) Registration

Saints in Training is a fun and engaging group for kids where they can explore their faith, build a stronger Catholic community, and become the next generation of Saints! We will meet every Friday starting on September 27th at 4:30pm to start our training!

We have a \$20 registration fee per child to help cover the cost of materials. You can pay this fee with cash or cheque to the church, or by e-transfer to accountant@holyfamilyparish.ca. Please include your child's name and a note that it's for catechism class.

We'll send you an email with more information before the first day of catechism.

Thank you and God bless!

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



Jesus Defines the Terms

Gospel Reading - Mark 8:27-35

24rd Sunday, Year C

<https://youtu.be/G1co796aaUE>

We want to define Jesus. Isn't that true? We want Jesus to fit into OUR world, make him fit OUR lives, OUR views. But Jesus does us a big favour in this Gospel. Jesus defines who he really is. He leaves no question. Jesus defines the terms.



Early Learning

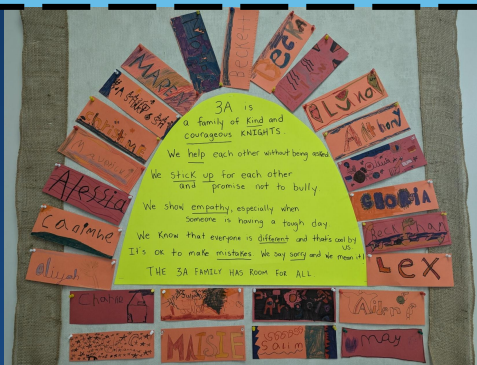
This week we explored patterns in kindergarten!



**Grade 2 getting creative
with repeating patterns
and shapes!**



3A created our classroom pledge



Division One



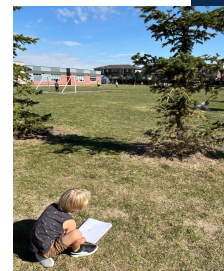
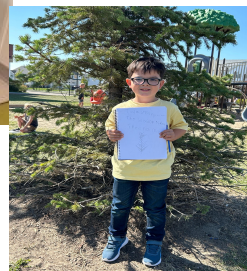
2A love reading together!!



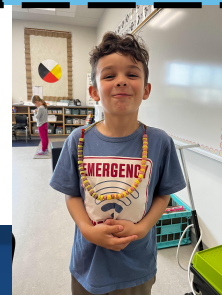
**Learning
new math
games to
build
number
sense**



**Grade 1 adopted a tree and
sketched it to learn about
seasonal changes.**



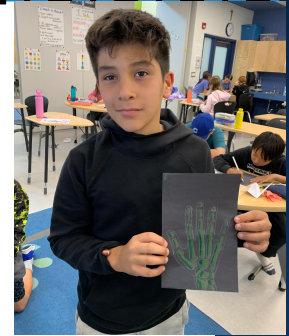
**Grade one had fun making
pattern jewelry with Froot
Loops.**



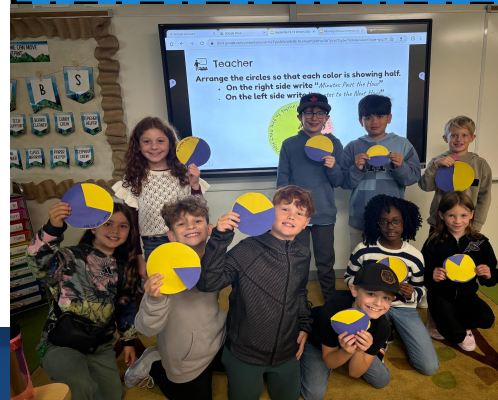
Division Two

Grade 5 continued to learn about body systems this week. Skeletal systems were wrapped with an x-ray hand skeleton art project!

Grade 6 enjoyed observing ecosystems!



Grade 4's made some fraction circles to help with telling time.

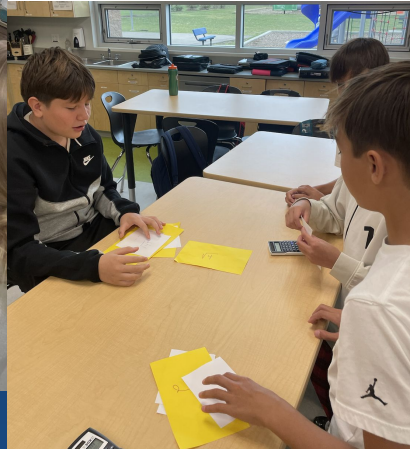


Students in Gr. 2 - 5 began a monthly sharing circle this week led by Colleen Mayes with St. Albert Family and Support Services. The theme of our sharing circles and learning will be centered around **EMPATHY!**



Division Three

Grade 7s were having some fun with math facts in class today!



Girls volleyball practicing before their first tournament this weekend.

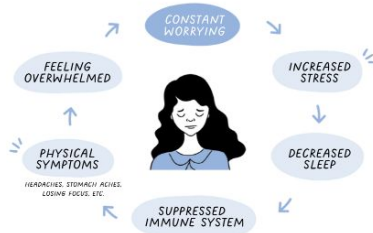
Jr. Hugh spinning the wheel to win!



COUNSELLOR'S CORNER

TEACH YOUR CHILD TO TURN THEIR WORRY INTO "I WONDER"

Occasional worry is ok. But when **worrying becomes a habit**, it can have serious health effects on your child. When your child learns to turn their worries into "I wonder"... their mental and physical health improves and they become **more resilient**.



BREAK THE CYCLE BY HELPING YOUR CHILD TURN THEIR WORRY INTO "I WONDER"...

WORRY

"I will feel embarrassed if I screw this up."

"I won't know anyone and will have no one to talk to."

"This is going to be too hard for me."

"I don't want to ask a question because I feel stupid for not knowing this."

"I won't have any friends in the new school."

"I'm just not good at anything."

I WONDER

"I wonder what will happen if I try this and give it my best!"

"I wonder if I can make some new friends or meet someone cool if I go."

"I wonder if this will help me learn a new skill!"

"I wonder if others have the same question as I do. They would be thankful I asked."

"I wonder how many kids have the same interests that I do."

"I know everyone has unique talents and abilities. I wonder what mine are."

At SAA We are ... Wonder Driven

We can be wonder driven as a way to improve our mental and physical health too!

Take a look at the infographic from Big Life Journal for some helpful tips.

Reach out if you feel I can be of assistance.

Sean Brass



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.

Our 1st Friends Meeting will be on Mon. Sept. 23rd @ 7:30pm ONLINE - details to follow.

~ Friends of SAA

Sept. Hot Lunch

SISTER ALPHONSE ACADEMY

SEPT. 4TH - 

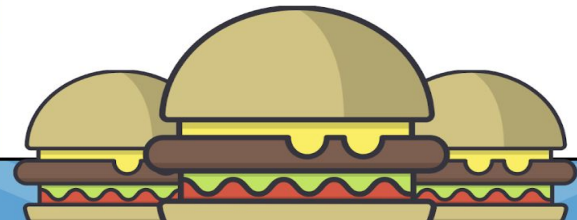
SEPT. 11TH - 

SEPT. 18TH - 

SEPT. 25TH - 

www.healthyhunger.ca

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



Did someone say cookies???

YUM!! Our 1st fundraiser kicked off on Monday!!!

Grab some delecticious pre-made cookies, that you can simply SCOOP, BAKE, and ENJOY!

Click the link below to see your options and place your order:
<https://www.indeygo.com/store/shop/5941724366659>

Your support matters! By participating in this fundraiser you are helping us bring enriching experiences to our students!

Let's make this year's COOKIE CRAZE a sweet success!



Cookies

SAA Fundraiser - Sept. 9-22nd

SCOOP » BAKE » ENJOY!

[HTTPS://WWW.INDEYGO.COM/STORE/SHOP/5941724366659](https://www.indeygo.com/store/shop/5941724366659)

FIT+FIERCE®

Open House

Sister Alphonse Academy

Tuesday, September 24 | 3:45-5:15PM

Join us for a taste of Fit+Fierce®
fun fitness and mind set activities, and a smoothie station

to register, email Karynn - karynn@fitfierce.com



STRONG BODIES. STRONG MINDS. STRONG BODIES. STRONG M



St Albert Wolverines Volleyball Skills Camp

This skills camp is specifically designed for the younger, inexperienced athlete, ages 12 – 14 who did not make their junior high school team.

Please do NOT register if you are currently on a school team. We want to give an opportunity to those who still want to pursue the sport of volleyball during the fall. Our goal is to train athletes effectively so that they learn the fundamentals of the game from an early age. The camp focuses on teaching the basic volleyball skills. Athletes will learn the proper techniques for volleying, setting, passing, blocking, serving, hitting, rotation and rules of the game. We focus on technical training with an emphasis on footwork, ball handling and proper positioning on the court. St. Albert Wolverines Volleyball Club takes the energy and excitement of this great team sport and puts it all together into a fun filled 5- day camp, with the possibility to extend it to 7 days.

Dates	Time	Location
Sat. Sept 21, 2024	2:30-4:30pm	Sir Alexander Mackenzie
Sat. Oct 5, 2024	2:30-4:30pm	Sir Alexander Mackenzie
Sat. Oct 19, 2024	2:30-4:30pm	Sir Alexander Mackenzie
Sat. Oct 26, 2024	9:30-11:30am	Sir Alexander Mackenzie
Sat. Nov 2, 2024	9:30-11:30am	Sir Alexander Mackenzie



Space is limited.
Cost \$175/athlete
(includes club t-shirt)
plus

Volleyball Alberta membership

To enroll, go to

www.wolverinesvolleyballclub.com



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!

FROCKBOX

4-WAY

ELECTRICAL • BUCKET TRUCK • INSPECTIONS

Palisades
DQ Grill & Chill

12708 140th Ave

Namoo
DQ Grill & Chill

15837 97th St

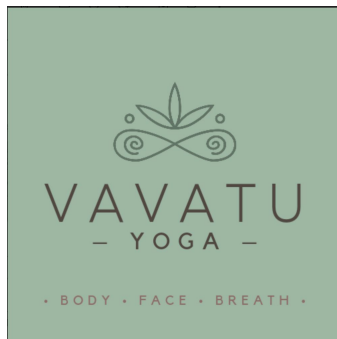
Newcastle
DQ Grill & Chill

127th St & 170th Ave



Call/Text: (780) 271 - 2664

Website: www.realestateexperience.ca



Lastric Family



Phone: 780-418-6747 Fax: 780-458-9375

Address: 10, 156 St. Albert Trail St. Albert, AB T8N 0P5

Website: www.kgpc.ca

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>

