

# FRIDAY KNIGHT NEWS : September 20, 2024



## From the Principal's Desk...

A huge thank you to everyone who was able to make it out to Mass on Thursday. What a great way to celebrate together and to honour our grade 4's as they received their Bibles. We would like to extend a big thank you to St. Albert Parish, as well as Mrs. Rawcliffe, Miss Hillier, and Ms. Mark for all their work for our opening celebration. It truly was a beautiful event and we are very thankful for all your work.

As we make our way to next week, a reminder that we have Spirit week going on with lots of fun activities for students and staff to participate in. We also have Picture Day on Tuesday and of course our Terry Fox Run on Wednesday. Friday is Orange Shirt Day and we would like everyone to wear orange if possible.

It's been a busy first few weeks at the school and after next week, we are in October already and we are already talking about Christmas. Time is certainly going by very fast.

Have a great weekend everyone, May God Bless you and keep you safe and as always, Go Knights!

## Week At A Glance

**September 23rd:** Grade 7 Faith Rally  
Twin Day

**September 24th:** Picture Day (K-9)  
Anything but a Backpack Day  
Fit & Fierce Open House 3:45pm

**September 25th:** Healthy Hunger (Edo)  
Terry Fox Run 11:15  
Dress Like a Staff Member

**September 26th:** School Spirit Day  
Neon Day

**September 27th:** Elementary X-Country Districts 9 AM  
Orange Shirt Day

# 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](http://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](mailto:Bruno.Binassi@caedm.ca)

# Faith In Action

## Parish Information

[St. Albert Parish](#)

[Holy Family Parish](#)



## SACRAMENTAL PREPARATION

at Holy Family Parish

Parent Information sessions have now begun and lessons will be starting soon.

Here are the remaining parent sessions:

First Reconciliation/First Eucharist  
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](mailto: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!

# Faith In Action

## Parish Information

[St. Albert Parish](#)

[Holy Family Parish](#)



**Opening Mass @ St. Albert Parish**  
**Grade 4s received their bibles-**  
**such a beautiful and special day.**



## **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

Gospel Video - Others First for One Year  
Gospel Reading Mark 9:30-37

25th Sunday in Ordinary Time - Year B - Jesus was ready to DIE for his best friends. To give up his life for all of humanity. And his disciples are talking about who's the GOAT amongst all of them. What would your life look like if, for one year, you put others first.

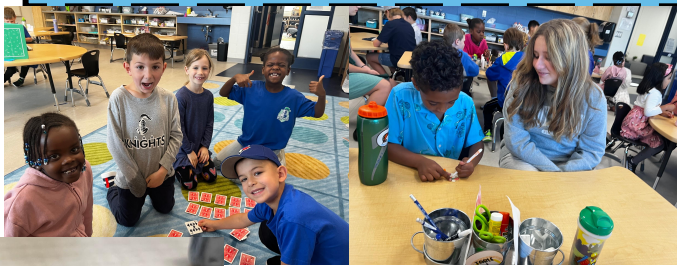


# Early Learning

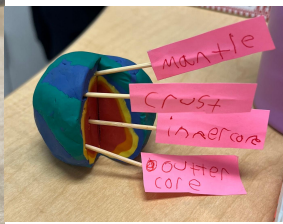
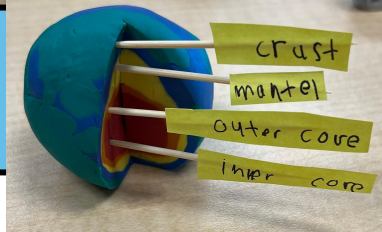


# Division One

1B had fun with their big buddies, learned a new card game and investigated trees around the school.



2B enjoyed their first library visit from Ms. Gamache. We also created abstract portraits in art!



Grade 3B spent a Science block learning, identifying and remembering layers of the Earth.

Grade 1 has so much fun harvesting our 3 Sister Garden.



Grade 2 celebrated mass with their grade 6 buddies.



## Division Two

**6B students designed and built paper towers, putting them through a series of structural tests to assess their strength and stability.**



**Grade 4's did an awesome job at mass this Thursday!**



**5% REC Academy enjoyed a beautiful afternoon biking. THANKS so much to Constable MacKay and Mr. and Mrs. Keats for joining in on the fun!**



**We've moved our bottle and paper recycling to recess time. A big thanks to all the 4-6 students who are volunteering to complete this service project for our school each week!**



# Division Three

**Smudging with Social Studies 7  
Thank Jaylee Cardinal- Arcand**



**JH and their grade 1 buddies working on  
some fun activities together!**

## **September Dates**

**September 20th: School PD Day (No School for Students)**

**September 23rd: Grade 7 Faith Rally**

**September 24th: Picture Day (K-9), Fit & Fierce Open  
House 3:45pm**

**September 25th: Healthy Hunger (Edo)**

**September 25th: Terry Fox Run**

**September 26th: School Spirit Day**

**September 27th: Elementary X-Country Districts 9 AM**

**September 27th: Orange Shirt Day**

**September 30th: National Day for Truth and Reconciliation  
(No School)**

**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](mailto:karynn@fitfierce.com)



**STRONG BODIES. STRONG MINDS. STRONG BODIES. STRONG M**

# COUNSELLOR'S CORNER

## 5 NEW RITUALS FOR A POSITIVE MORNING ROUTINE

EVERY MORNING IS YOUR OPPORTUNITY TO WIRE YOUR CHILD'S BRAIN FOR GRATITUDE, OPTIMISM, AND SELF-LOVE.



### 1 EVERYONE ANSWERS A GOOD MORNING QUESTION:

- "What are you most excited about today?"
- "What is one goal you have for today?"
- "How do you want to feel today?"

### 2 EVERYONE TALKS ABOUT THEIR ROSE-THORN-BUD:

- Rose: something that is going well for you.
- Thorn: something that isn't going well or is worrying you.
- Bud: something you feel grateful for.

### 3 EVERYONE DESCRIBES HOW THEY'RE FEELING:

- "Right now I'm feeling...Today I want to feel..."
- (use a feeling word, type of weather, or color)

### 4 EVERYONE SAYS AN AFFIRMATION FOR SELF-LOVE:

Hand on heart & repeat an affirmation together:

- It's ok to make mistakes.
- I feel kindness towards myself.
- I love and accept myself just as I am.

### 5 EVERYONE GIVES THANKS OR COMPLIMENTS ANOTHER FAMILY MEMBER:

- "I want to thank Dad for helping me out last night."
- "Thank you for pouring juice for your sister."
- "I want to compliment you on your great idea yesterday."

USE YOUR MORNINGS TO HELP YOUR CHILD DEVELOP THE MINDSET OF GRATITUDE, SELF-LOVE, AND GROWTH.



As we close out another week, let's take a moment to talk about how starting your day with a healthy morning routine can set the tone for success. The way we begin our day has a profound impact on our mood, focus, and energy levels. By establishing a routine that includes mindfulness and gratitude, we give ourselves the best chance to feel energized and prepared for whatever the day brings.

Check out these 5 tips from Big Life Journal for some ideas.

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

Sean Brass



# COUNSELLOR'S CORNER

Soulfire explores mental health in a fun and engaging way for youth. These monthly workshops focus on building deeper connections through diverse activities, including creating custom affirmation cards, exploring yoga or learning mindfulness while soapstone carving.

The Soulfire program is facilitator-led and brings in experts from the community to provide educational workshops that are accessible and enjoyable, encouraging participants to explore their wellbeing in a supportive community setting.

Tap into ways you can find deeper connections, learn about your own mental health, and have fun doing it!

Join us on the third Wednesday and Thursday of each month; Wednesdays are for students in grades 4 to 6 and Thursdays are for grades 7 to 12.

CLICK [HERE](#)



## FRIENDS of SAA

### Join us!

For our 1st Friends of SAA Meeting  
Mon. Sept. 23rd @ 7:30pm ONLINE

Link:

<https://meet.google.com/kzx-bjgc-qfm>

### Healthy Hunger

**Next Wednesday is Edo!** (Orders due Fri. Sept. 20th)

If you are interested in ordering your child a delicious meal or fresh sushi, please visit:

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

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

~ Friends of SAA

# You're Invited!

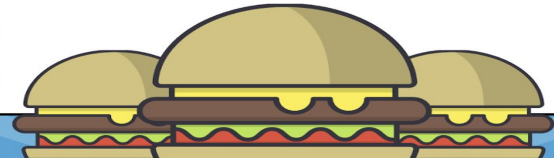
### Sept. Hot Lunch

SISTER ALPHONSE ACADEMY

- SEPT. 4TH - 
- SEPT. 11TH - 
- SEPT. 18TH - 
- SEPT. 25TH - 

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

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



The advertisement features a white background with several cookies scattered around the text. The cookies include chocolate chip, M&M's, and dark chocolate varieties. A red diagonal banner in the top left corner contains the text "LAST CHANCE" in white. The word "Cookies!" is written in a large, black, cursive font. Below it, the text "Our Cookie Craze fundraiser ends Sunday, Sep. 22nd" is displayed. Further down, the phrase "SCOOP » BAKE » ENJOY!" is written in green. At the bottom, the URL "HTTPS://WWW.INDEYGO.COM/STORE/SHOP/5941724366659" is provided in black.

**LAST CHANCE**

# Cookies!

Our Cookie Craze fundraiser  
ends Sunday, Sep. 22nd

**SCOOP » BAKE » ENJOY!**

**HTTPS://WWW.INDEYGO.COM/STORE/SHOP/5941724366659**

**LAST CALL for COOKIE ORDERS.**

**If you are hoping to grab some delicious pre-made cookie dough, make sure you place your order ASAP.**

Our ordering link closes on Sunday!!

**Simply SCOOP, BAKE, and ENJOY!**

<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!

**Thank you for your support!**  
**~ Friends of SAA**



## 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](http://www.wolverinesvolleyballclub.com)



## Grade 6 & 9 Immunizations

Monday, October 7<sup>th</sup>, 2024- grade 6  
first doses

Monday, January 20<sup>th</sup>, 2025- grade 9

Monday, April 7<sup>th</sup>, 2025- grade 6  
second doses



# Sponsorship Thank You!



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

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

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

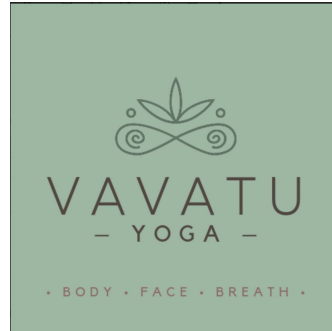
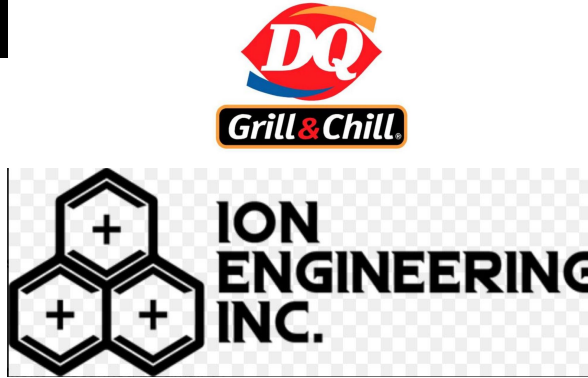
# FROCK BOX



Call/Text: (780) 271 - 2664  
Website: [www.realestateexperience.ca](http://www.realestateexperience.ca)



## Lastric Family



## Thompson Family



Phone: 780-418-6747 Fax: 780-458-9375  
Address: 10, 156 St. Albert Trail St. Albert, AB T8N 0P5  
Website: [www.kgpc.ca](http://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>

