

FRIDAY KNIGHT NEWS : September 27, 2024



From the Principal's Desk...

A huge thank you to everyone for participating in theme days this last week. We had lots of twins, staff dress alike, neon, and some of the coolest ideas for transporting school supplies. We also wanted to express our sincerest gratitude for all those students, staff and family members who wore orange to honour our Indigenous brothers and sisters. It was very heartwarming to see so many people coming together to celebrate the day.

As we prepare for next week, please be reminded that Monday is the National Day of Truth and Reconciliation and there is no school. Please mark that on your calendar if you already haven't done so.

We also completed our third and final fire drill of the fall on Friday with the fire department. Our students did a great job and we will not have to revisit fire drills again until the spring. Coming up in the near future will be our practice lockdown and shelter in place.

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

Week At A Glance

**September 30th: National Day of Truth and Reconciliation-
No School**

October 1: Month of the Rosary

October 2: Healthy Hunger

October 3: School Spirit Day

October 4:

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

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. 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

Goodness in You - Gospel Reading Mark 9:38-41
26th Sunday in Ordinary Time - Year B

Whatever you see in yourself, your people and the world around you that is good and true and beautiful, THAT'S a piece of Jesus. Jesus sees himself in you when you bring goodness and truth and beauty to your world.



Early Learning



Kinder Cooking! We got to make '3 Sisters Soup'



Orange Shirt Day!



Nature Walks!



Dress like a teacher day!

Division One

3B was learning all about Turtle Island in Social Studies This week. Then we made our own, to celebrate the Creator's work.



Grade 1 investigated leaves this week to help us learn about seasonal changes, measuring and using our 5 senses to write.



Grade 1 taking part in Orange Shirt Day Activities



Grade 2 had a super busy week! Terry Fox Run, Mrs Harvey's birthday AND learning about famous landmarks!



2B loved participating in Spirit Week! Some days included twin day, our Terry Fox Run and Orange Shirt Day



Division One



**3A celebrating their
Terry Fox Timeline
Before the race**

**3A taking part in an
Indigenous themed
scavenger hunt on Orange
Shirt Day**



**3A being testing the
scientific method by seeing
which liquid will prevent
apples from browning**



Division Two

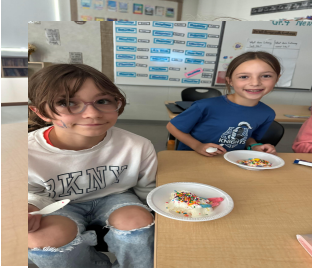
Grade 4-6 students participated in the District Cross Country Run. They demonstrated outstanding teamwork and dedication!



Grade 4 enjoyed ice cream sundaes to celebrate a great first month of school! Thank you to Mrs. Keeler for the treats!



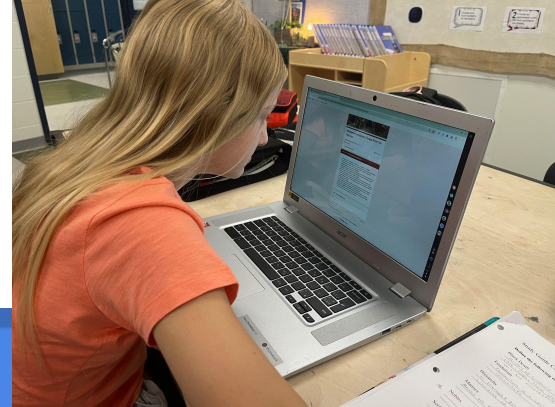
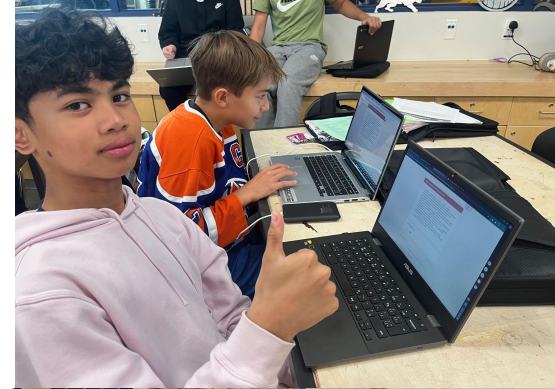
Grade 4's enjoyed a visit from their grade 1 buddies.



Division Three

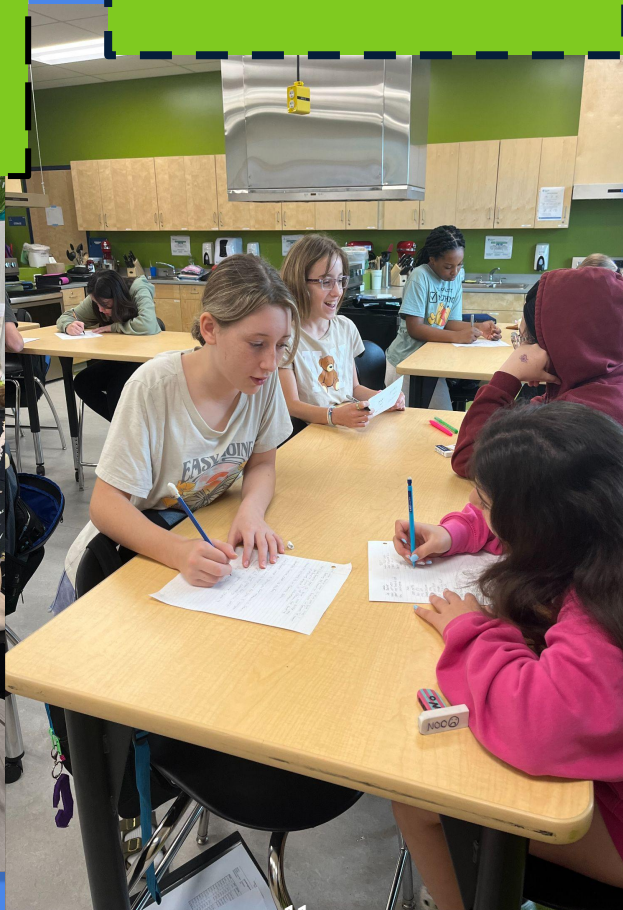
Grade 8's in Social Studies Digital Breakout Room

Grade 9's attending Next-in-Trades Event at NAIT

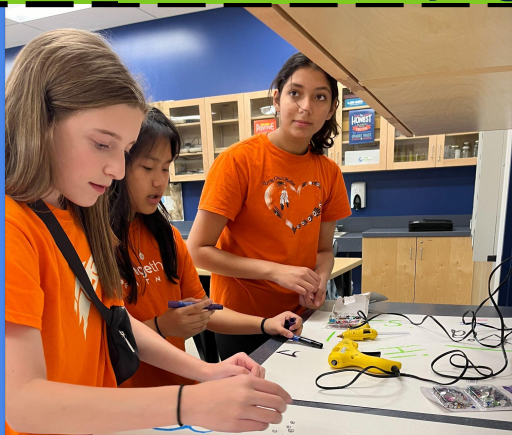


Division Three

Grade 7's practicing their communication and writing skills while interviewing classmates.



The Senior Girls' Volleyball team did some team bonding while creating their HOME GAME posters! Good luck to our players as they compete in the SAPEC Tournament this weekend. Friday night they play at WD Cuts at 3pm, 4pm, and 7:15pm



SEPTEMBER THEME WEEK



TERRY FOX RUN



ORANGE SHIRT DAY

Today, we wear orange to show our respect and support to reconciliation.



3 SISTERS SOUP



INDIGENOUS SURVIVOR'S FLAG ADDED TO OUT FOYER



EVERY CHILD MATTERS SIDEWALK WHERE
ALL STUDENTS ADDED THEIR HANDPRINT

October Dates

October 2nd: Healthy Hunger

October 3rd: School Spirit Day

October 5: World Teachers Day

October 9th: Healthy Hunger

October 10th: Thanksgiving Liturgy (8:30AM)

October 11th: PD Day (No School)

October 14th: Thanksgiving (No School)

October 15th: School Council @6:30

October 16th: Healthy Hunger/ Feast of St. Marguerite D'Youville

October 18th: Sr. Volleyball Tournament @SAA

October 20: Catholic Education Week

October 22: Picture Retakes

October 23rd: Healthy Hunger

October 25th: Family Halloween Dance

October 30th: Healthy Hunger

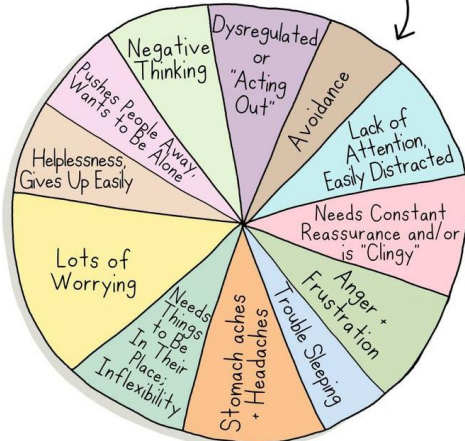
October 31st: Halloween

COUNSELLOR'S CORNER

WHAT WE OFTEN THINK
ANXIETY LOOKS LIKE IN KIDS:



HOW KIDS ACTUALLY SHOW
THEY ARE FEELING ANXIETY:



WholeHearted School Counseling

Supporting students through their challenges starts with recognizing the often hidden signs of anxiety. Whole Hearted School Counseling provides us with an infographic to demonstrate this. All behaviour is a form of communication. It is important to realize that anxiety can show up in many different ways. When we are able to more accurately identify the behaviour we are better equipped to help our young people persevere through their current challenge

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

Sean Brass
sbrass@gsacrd.ab.ca



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

October hot lunches are posted. If you would like to order a lunch for your child please do so on the Friday prior to the Hot Lunch.

Thank you so much!

www.healthyhunger.ca

** Please note - Oct. 2nd KFC was Just added! **

Oct. Hot Lunch

SISTER ALPHONSE ACADEMY

OCT. 2ND -



OCT. 9TH - ~~THE~~ **CHOPPED LEAF**

OCT. 16TH -



OCT. 23RD -

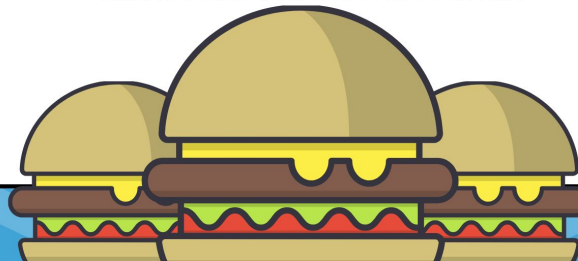


OCT. 30TH --



www.healthyhunger.ca

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



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



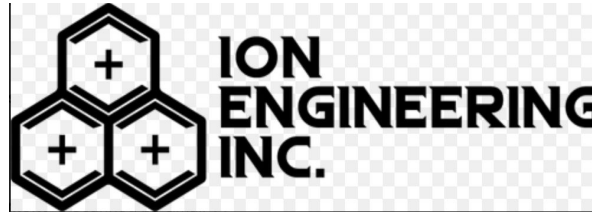
Sponsorship Thank You!



Palisades
DQ Grill & Chill
12708 140th Ave

Namao
DQ Grill & Chill
15837 97th St

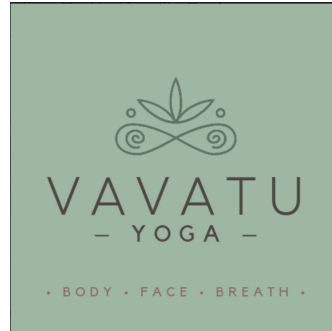
Newcastle
DQ Grill & Chill
127th St & 170th Ave



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



**Lastric
Family**



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

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>

