

FRIDAY KNIGHT NEWS : October 11, 2024



From the Principal's Desk...

As we make our way to Thanksgiving weekend, we just wanted to thank everyone for their support as we get to the midway point of October. It has been a busy startup to the year, but we are very thankful for the support of our families and community.

We also wanted to take the time to thank all those family members who were able to make it in for Read-In Week. What a treat for students to have family members come into the school to share some of their favorite stories. We certainly know our students were very proud to have you with us. Thank you all for making that time to come in.

A reminder to everyone that our Halloween Dance will be taking place on October 25th from 6-8PM. This is one of our biggest events of the year so we are hopeful families can join us for a very fun event.

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

October 14: Thanksgiving- No School

October 15: School Council Meeting @ 6:30pm

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

October 17: School Spirit Day

October 18: No Kinder- PD Day
Sr. Girl's Volleyball Tournament **at SAA**
2:15pm: First game vs DEMKO

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!

Catholic Education Sunday

Please note that we have October 20th at 6:30 PM as our date for Catholic Education Sunday. If anyone wants to join us for that Mass at St. Albert Parish, please feel free to do so.



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

Swimming With Your Boots On
Gospel Reading Mark 10:17-22
28th Sunday in Ordinary Time

Jesus lays it out for the rich young man. Give it all away and follow me. But it's not about his money. It's about what's holding him back from being completely free to live the life Jesus has for him and with him. It's like swimming with your boots on. Lose those boots.



Early Learning

**A BIG THANK YOU to our
many special guests who
came in to read for Read In
Week.**



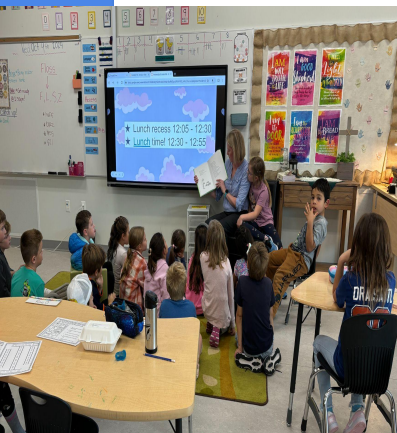
**Hard at work on some
Thanksgiving crafts!**



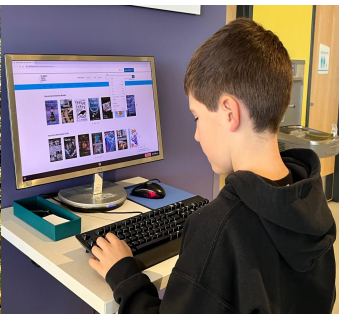
Grade 2 welcomed many visitors in our class for Read-In Week!

Division One

We had lots of parent readers join us this week in grade 2!



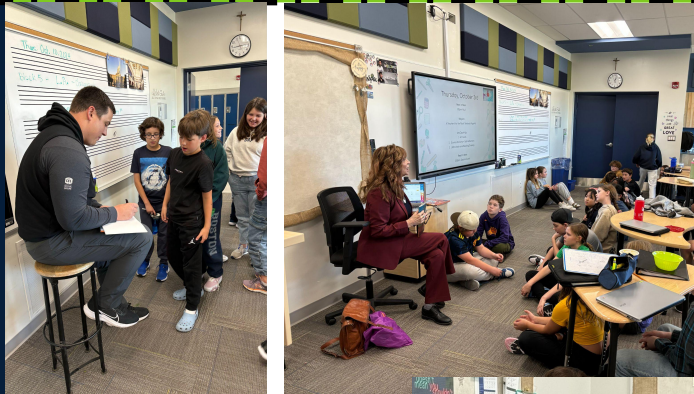
Grade 1 enjoyed the Read-In-Week readers that came to our classroom. Thank you to all!



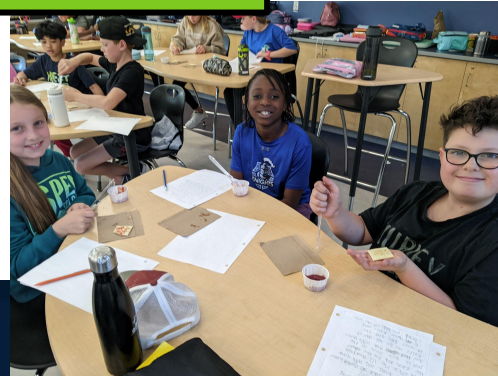
Grade 3 took a neighbourhood walk to the Jensen Lakes Public Library.

Division Two

Grade 6 had MLA Marie Renaud & Mark Korte of the Elks in for read in week.



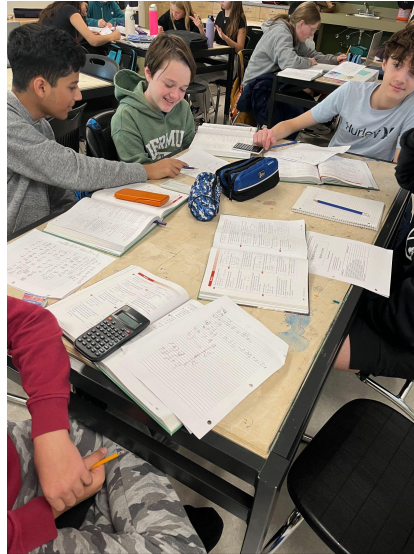
Thank you to Beatriz and Gene Principe for coming to read to grade 4s.



The Grade 5 classes are diving into the world of coding and computer science with their new science curriculum. This week they learned about how explicit their instructions would need to be to code effectively and applied their learning to some messy but yummy jam crackers!

Division Three

Math Study Session!



Language Arts 8



Students practice defining vocabulary words and reading aloud in a fun game titled *Blurt*.



Junior High Knights Lunch

Students were
nominated for a Knights
lunch for being great!



Thank you to
our sponsors for
this lunch!

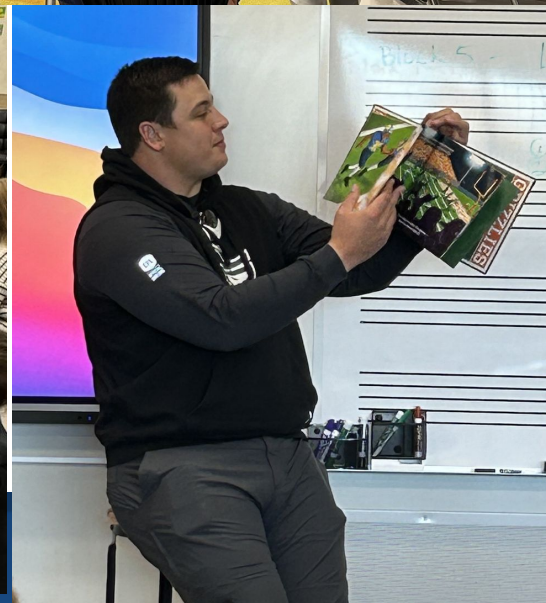


Read-in-Wee





Read in Week



A reminder to all of our families who may be purchasing concession items to please bring smaller denominations of money (toonies, loonies, five dollar bills). We just go through change so quickly that it would be a big help to us if people brought those smaller denominations. Thanks everyone!

The background of the poster is a dark orange and black gradient. It features silhouettes of a crescent moon, a witch on a broom, a bat, and a haunted house. At the bottom, there are four white skeletons dancing on a grassy field.

SISTER ALPHONSE ACADEMY
HALLOWEEN DANCE
Friday, October 25th
6:00pm-8:00pm
\$20 Per Family Admission
Tickets sold at the door

Concession items available for \$2 each

October Dates

October 14th: Thanksgiving (No School)

October 15th: School Council @6:30

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

October 18th: Sr. Volleyball Tournament @SAA

October 20th: Catholic Education Week

October 22nd: Picture Retakes

October 23rd: Healthy Hunger Edo

October 25th: Family Halloween Dance

October 30th: Healthy Hunger Pizza Hut

October 31st: Halloween



SAA School Council



***School Council Meeting on
October 15th**

***6:30 PM**

***SAA Foods Lab**

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

Scholastic Book Fair!

Get ready to spread book joy at our Scholastic Book Fair! The fair is returning to Sister Alphonse Academy from November 4-8. This year's goal is to have \$4,000 worth of books purchased. If we reach this goal, not only will we be able to keep 50% of the profits, but Miss Gamache will dress up in a crazy outfit for a full day!

For more information, you can head to our new book fair homepage!

<https://bookfairs.scholastic.ca/bf/saa>

We look forward to seeing you and your family at our Scholastic Book Fair!



Volunteers Needed for Upcoming Book Fair

If anyone would like to help with the book fair, please contact Miss Gamache in the library. We would love some extra hands with taking down the fair on November 18th (starting at 9:00 a.m.) and running the fair during the recesses on either November 6, 7, or 8.

If you are interested or have any questions, then contact Miss Gamache at lgamache@gsacrd.ab.ca!





**ÉCOLE ST ALBERT CATHOLIC HIGH SCHOOL
INVITES YOU TO OUR**

FALL FESTIVAL

PETTING ZOO-FOOD-GAMES

OCTOBER 20, 2024

11 AM - 3 PM

ÉSSACHS 33 MALMO AVE, ST ALBERT

DRESS FOR ANY WEATHER

**FOOD DONATIONS TO THE ST ALBERT
FOOD BANK AND CASH DONATIONS
TO CATHOLIC SOCIAL SERVICES
GREATLY APPRECIATED**

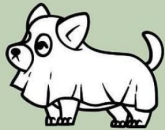


COUNSELLOR'S CORNER

WHEN TO LET GO OF A THOUGHT



IT NO LONGER BRINGS YOU
ADAPTIVE INFORMATION.



WHEN IT'S PRODUCED
BY THE HARSH INNER
CRITIC



IT'S EMOTIONALLY PAINFUL



IT DOESN'T BRING YOU
CLOSER TO YOUR GOALS
AND VALUES



IT'S TRIGGERING PHYSICAL
SENSATIONS



YOU EVALUATED THAT IT'S
NOT USEFUL

@andrea_evgeniou



Letting go of thoughts, especially those that are unhelpful or negative, is crucial for our mental well-being. Holding on to worries, regrets, or overthinking situations can create unnecessary stress and anxiety, impacting how we feel and act. It's important to recognize when our thoughts are not serving us and to release them in order to make space for clearer, more positive thinking.

This process can help us stay grounded in the present moment, allowing us to focus on what we can control rather than what we can't. Letting go is not about ignoring our feelings but about freeing ourselves from the mental clutter that holds us back from growth and peace. Take a look at the image from @andrea_evgeniou's Instagram page on when we should let go of a thought.

THE HOW...

Letting go of thoughts can be done through mindfulness practices like deep breathing, meditation, or journaling, which help bring attention back to the present. It can also involve challenging the thought by asking, "Is this thought helpful?" or reframing it to see a more balanced perspective. By consciously redirecting our focus, we can train our minds to release what no longer serves us and regain a sense of calm.

Sean Brass
sbrass@gsacrd.ab.ca



FRIENDS of SAA



Our Cookie Fundraiser is wrapped up!

Thank you to all the families who participated. Especially Ashley Burt for setting up the fundraiser, and Amanda for helping sort.

Our goal is to raise \$8200 this year for the needed chromebooks and charging stations at SAA.

This is a great first bite!

Thank you for helping us bring technology into the classroom.

FRIENDS of SAA

October hot lunches are posted. Woohoo!
Take a break from packing lunch and
purchase your child a delicious meal!

**Every order helps contribute to our goal
of purchasing new chromebooks for
SAA!**

Thank you so much for your support!

www.healthyhunger.ca

Oct. Hot Lunch

SISTER ALPHONSE ACADEMY

OCT. 2ND -



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

OCT. 16TH -



OCT. 23RD -

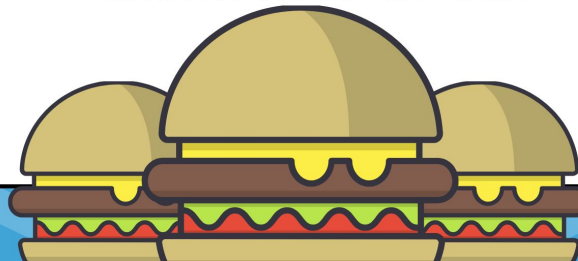


OCT. 30TH --



www.healthyhunger.ca

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



Sponsorship Thank You!

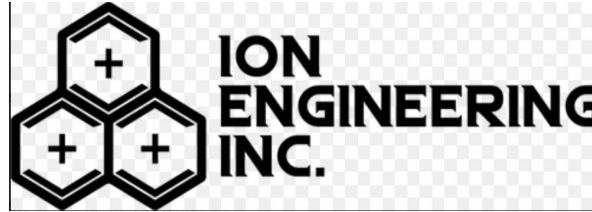


Palisades
DQ Grill & Chill
12708 140th Ave

Namao
DQ Grill & Chill
15837 97th St

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

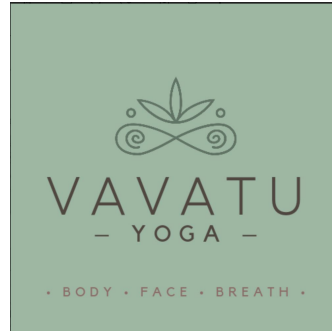
FROCK BOX



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>

