

FRIDAY KNIGHT NEWS : October 25, 2024



From the Principal's Desk...

A reminder to everyone that as we close out the month of October that we have another busy week ahead. Please take note of all the activities that are planned and if students could participate, that would be great.

If you have not done so yet, please mark November 1st as a day off for students. This is ATA Institute Day so staff throughout GSACRD will be doing professional development next Friday.

Finally, just a big thank you once again for everyone involved in getting the Halloween Dance going for the school. This is a major undertaking to pull off and there are a lot of moving parts. Not only is this event fun for everyone, but it's a great way to help bring our school community together. Thank you!

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 28th: Crazy/Spooky Hair Day

October 29th: Tacky Tuesday

October 30th: Wear orange and black;
Healthy Hunger Pizza Hut

October 31st: Halloween- Wear your
costumes; Halloween Carnival (pm)

November 1st: ATA Institute Day/PD Day (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

St. Albert Parish
Pumpkin Walk



We need your carved pumpkins!

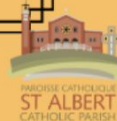
Drop Off:

Friday, NOVEMBER 1 (2-5pm)

OR:

Saturday, NOVEMBER 2 (10am-2pm)

drop-off located behind St. Albert Parish
(by the heritage garden)



St. Albert Parish
Pumpkin Walk

Behind Parish
& around Heritage garden

November 2

6:30- 8:00 pm



Eco Friendly!

We will compost all pumpkins following event

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



Blind Bart Meets Jesus

Gospel Reading - Mark 10:46-52

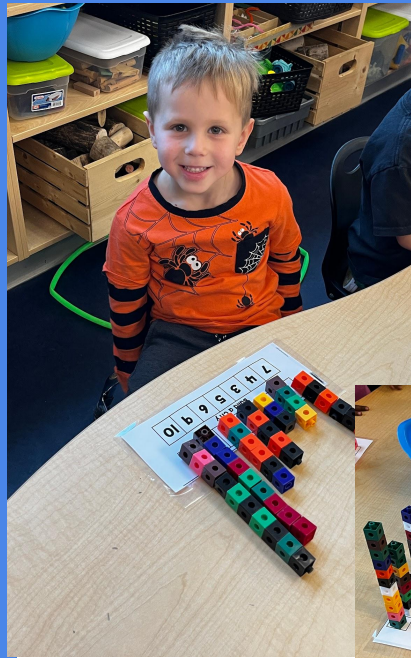
Year B - 30th Sunday in Ordinary Time

BIG question and one that lots of people are asking. There are two ingredients to forgiveness - you and the person you hurt. You and God. He's ready to forgive. Are you ready to ask?



Early Learning

Kindergarten students are learning how to be a 'good sport'. We have been focusing on cooperative games.



We are working on numeracy skills. This week We build block cities!

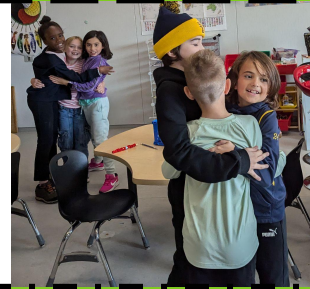


Division One

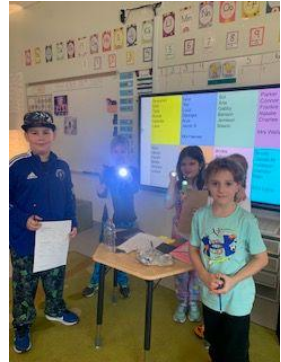
Grade 1A is combining art with math to learn about numbers



3A making haunted houses, learning how molecules stick together and drumming!



Grade 3B Enjoyed Rock & Rings in P.E.



Safety Patrollers on duty!

Division Two



Rocks & Rings!

Gr. 4 playing Headbandz to review for Science.

Descriptive Sentence Scavenger Hunt in 6B

Division Three

Renaissance Draft



Junior High Rocks & Rings Champions



Congratulations to our Senior Girls' Volleyball Team who finished 2nd in the SAA Tournament this past weekend and secured a place in the playoffs this week! The ¼ final is next Tuesday at Lorne Akins.



Division Three

Our latest League Game Wins!

3-1 Win vs ESSMY



11

3-1 Win vs DEMKO



Our students had some fun in Language Arts 7 playing a vocabulary type game. Lots of laughter and smiling early in the morning!

Parent-Teacher Interviews Nov. 5th & 7th

Kinder Celebration of Learning

Please see the following link to book your time slot for the Pre-K/Kinder celebration dates that will be taking place on Oct. 30th and Nov. 2nd. These are all in person and last for 30 min. This is a great opportunity for families to come in and see what students have been up to for the first two months of the school year. If there are further questions, please contact Mrs. Shmyr or Mrs Fenton for further information and they will assist you where they can.

Use this booking link:

<https://schoolinterviews.ca/code/nzse9>

Parent Teacher Interviews Grades 1-9

Just a reminder that in just over two weeks we will have our first parent-Teacher Interviews of the year. These will take place on October 30th and November 2nd from 4-7PM. Please use the following link to access the system to book your appointment:

Use this booking link

<https://schoolinterviews.ca/code/78sn2>



Halloween Theme Week

Mon, Oct 28– Crazy hair/
Spooky hair

Tues, Oct 29– Tacky Tuesday

Wed Oct 30– Wear orange
and black

Thurs Oct 31– Wear your
costume



**Get
involved!**

October Dates

October 28th: Crazy/Spooky Hair Day

October 29th: Tacky Tuesday

October 30th: Wear orange and black;

Healthy Hunger Pizza Hut

October 31st: Halloween- Wear your costumes

November 1st: ATA Institute Day/PD Day (No School)

November 5th & 7th: Parent Teacher Interviews (4:30 - 7:30PM)

November 6th: Healthy Hunger (Subway)

November 8th: Remembrance Day Liturgy (10:30 AM)

November 9th - 17th: Fall Break (No School)

November 19th: School Council Meeting (6:30 PM)



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!





A Knight's Noel

Join us for a night of carols, crafts and community!

Santa pictures, cookie decorating and more!

SAVE THE DATE

Thursday, Nov. 28th @ SAA

ADVENT GIVING ... In preparation for the season!

Poinsettia Fundraiser for Catholic Social Services

Order from Oct. 18 - Nov. 14th! Pick up at our Christmas Family Night Nov.28 @ SAA - Mrs. Trenchard's Room

GROWING SMILES POINSETTIA FUNDRAISING LINK

**OUTDOOR GREENERY
ARRANGEMENT**



**INDOOR TROPICAL
PLANTER**



**6.5" PREMIUM
POINSETTIA**



**6.5" PREMIUM
POINSETTIA**



COUNSELLOR'S CORNER



PROBLEM SOLVING PLAN

1. What is the biggest problem you are facing right now?

2. What makes this a problem for you?

3. What can you do about this problem?
Who or what can help you?

4. How will your life be different
once you have solved this problem?

 by WholeHearted School Counseling



When we face a problem, it's easy to get stuck in a cycle of worry, which can cause our anxiety to build. While it's important to acknowledge our feelings, sometimes the best way to reduce anxiety is to take action. By actively addressing the problem, we not only feel more in control but also create a path forward. A great tool for this is a problem-solving plan, like the one shared by @wholeheartedschoolcounseling. This visual breaks down how to tackle challenges step by step, helping students move from feeling overwhelmed to empowered. Let's encourage our students to take that first step!

sbrass@gsacrd.ab.ca

Sean Brass



Workshops & Webinars

Getting Through the Tough Stuff

Supporting kids & teens through self-harm, suicidal thoughts, and other disclosures

2 Session Program in St. Albert

Wednesday's 6:30-8:30pm

Oct 30 and Nov 6, 2024
Only 25.00

Text/Call: 780-460-0022
Email: info@riversedgecounselling.com

riversedge
COUNSELLING CENTRE

Some of these workshops and webinars may be of interest to you!

Strengthening Skills: Strategies and Supports for Parents of Children on the Autism Spectrum

A Workshop for Parents/ Caregivers

November 12, 2024
6:00-8:30pm

Text/Call: 780-460-0022
Email: info@riversedgecounselling.com

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Contact Rivers Edge to register!

wellness matters
FREE WEBINAR

Understanding Burnout and Compassion Fatigue

Facilitated by:
Nikita Eglinski
November 5 | 7:00pm

wellness matters
FREE WEBINAR

Pathways to Positivity: Exploring Well-Being in Positive Psychology

Facilitated by:
Alissa Caskey
December 5 | 7:00pm

wellness matters
FREE WEBINAR

The Journey to Becoming a Stepfamily: Celebrating the Joys and Challenges Along the Way

Facilitated by:
Deni Fitzpatrick

October 29 | 7:00pm

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 -

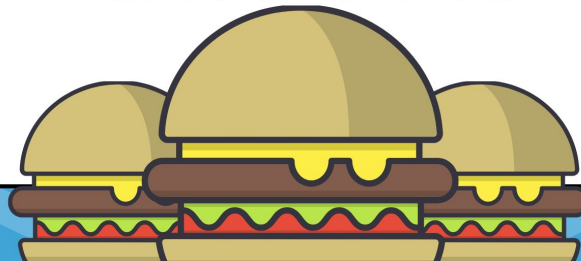


OCT. 30TH --



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

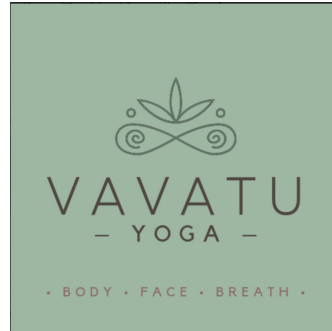
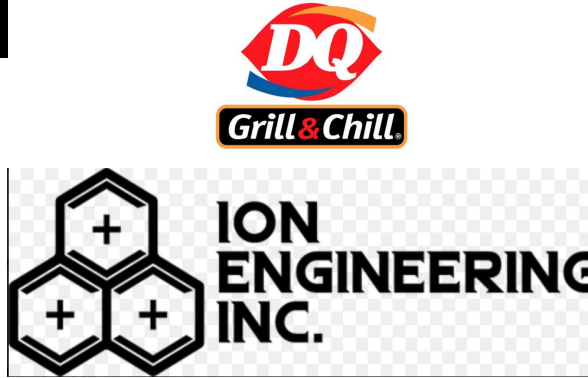
FROCK BOX



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>

