

# FRIDAY KNIGHT NEWS : November 1, 2024



## From the Principal's Desk...

Just a reminder to everyone to please book your appointment for parent-teacher nights next week. If the dates do not work for you, please feel free to book an appointment with teachers on another date. Please see the links in Friday Knight News if you still need to book. Also, please be reminded that these are just 10 minute time-slots and if you need to book a longer appointment, please contact homeroom teachers.

As we make ur way to Fall Break, please be aware that we will have our Remembrance Day Liturgy and Remembrance Day Service on Friday November 8th. If there are any families who would like to join us, please note that the start time will be 10:30AM.

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

**November 4th:**

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

**November 6th:** Healthy Hunger (Subway)

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

**November 8th:** Remembrance Day Liturgy 10:30 AM

**Fall Break Nov 11-15- 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](#)



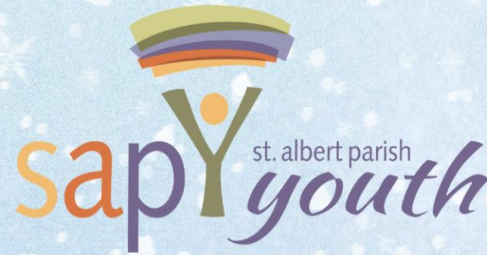
### Sacramental Preparation at Holy Family Parish



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](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)

For those families who may be interested, please see a list of dates for youth group nights at St. Albert Parish. Please contact Evan if you have any questions:

[Evan.Jamieson@caedm.ca](mailto:Evan.Jamieson@caedm.ca)



## WINTER NIGHTS

### Elementary

Nov. 5

Dec. 3, 17

Jan. 7, 21

Feb. 4, 18

### Jr. High

Nov. 12, 26

Dec. 10, 17

Jan. 14, 28

Feb. 11, 25

## **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



## Above the Law

Gospel Reading - Mark 12:28-34

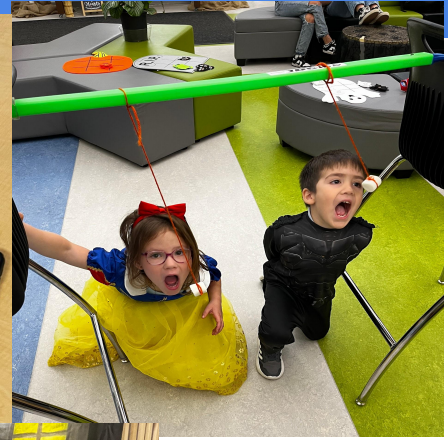
31st Sunday in Ordinary Time - Year B

Are you above the law? According to God you are! Before we can love our neighbor, before we can fully love God, we need to love ourselves, see ourselves as God sees us. Above every other law, these all come first.



## Early Learning

Kindergarten had some great fun today with our Halloween centers! A huge thank you to our parent volunteers who came out to help.





# Division One

Grade 1A is learning new math centres to develop number sense.



2B loved participating in SAA's Halloween themed week!



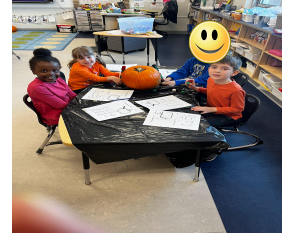
Grade 2A loved celebrating Halloween!



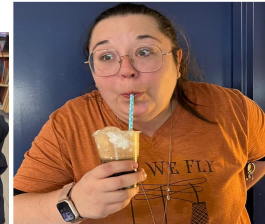
3A doing Halloween science with skulls and potions.



1B had fun investigating pumpkins!



3B has been exploring the states of matter by making ice cream floats. Delicious!!!



PIC•COLLAGE



**Grade 4B had a good time on Halloween and dancing to DJ MC grammar.**

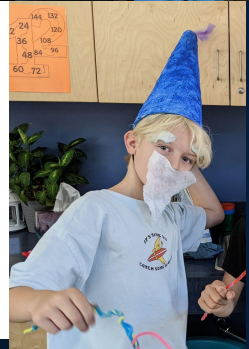


## **Division Two**

**Grade 5 non rec students let their creativity run wild while making plaster cast masks and hats in their option block!**



**A huge thank you to Kristen, from Sarasota Homes, for coming to talk to the Grade 5's about real estate and staging to help kick off some Halloween themed writing.**

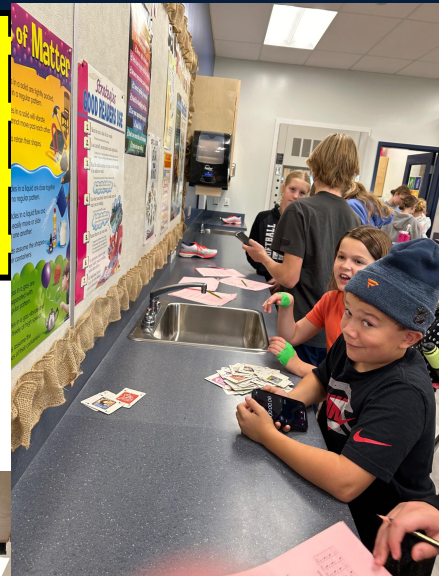
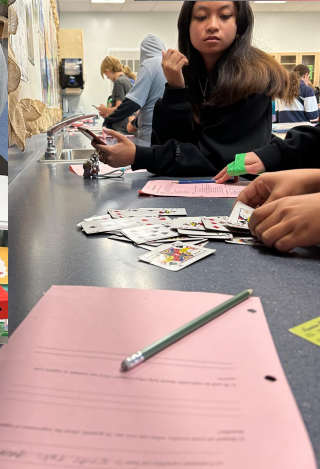
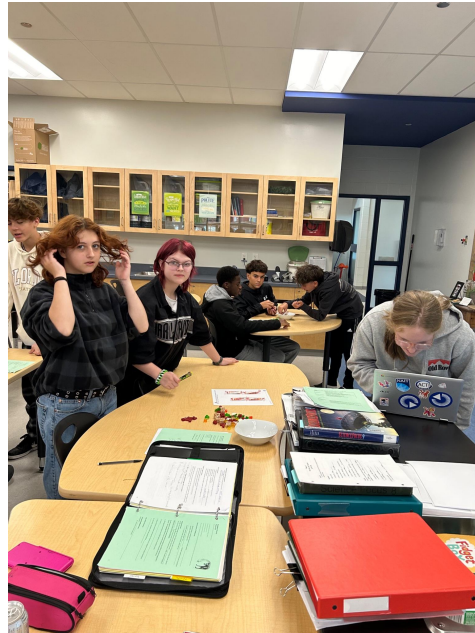
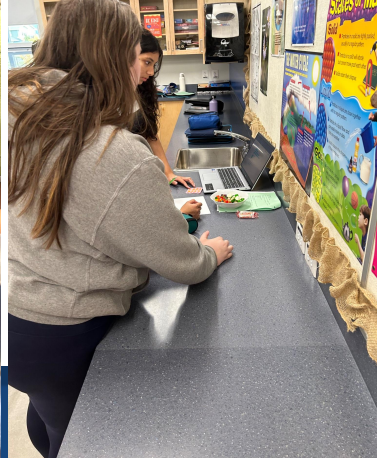
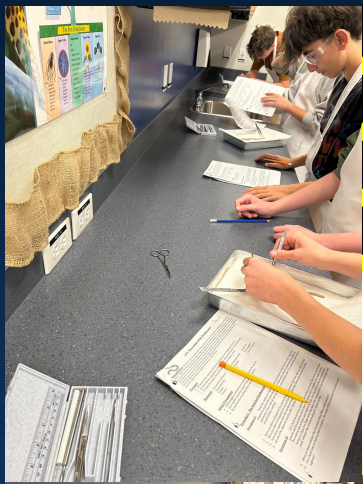


**A huge shout out goes out to our 5/6 volleyball players who had a fantastic season developing their skills and learning about team play. They represented SAA so well at games against Holy Family School this week and even played each other in the gold medal match!**



# Division 3

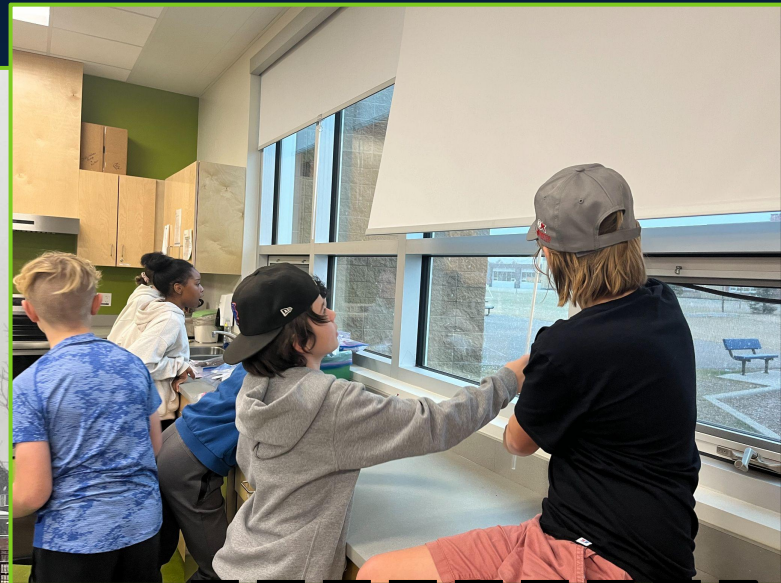
## Science fun - Gr 7 adaptations lab, Gr 9 candy DNA and Gr 9 earthworm dissection





# Division 3

*First  
Snowfall!*



**The grade 7's were distracted by the first signs of snow early this week. We took 5 minutes to catch a few snowflakes on our tongues. Junior high memories in the making!**





## Division 3 Senior Girls' Volleyball



The girls have advanced to the **Tier 2 Semi-Final**. We play away in Morinville on Monday, November 4th. 4pm start at MCHS.



## Very Serious Practicing this Week



After a game of **Blind V-Ball**, the girls had some fun playing some old childhood games, proving you are never too old to enjoy the parachute!



## Division III





# HALLOWEEN



# 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>

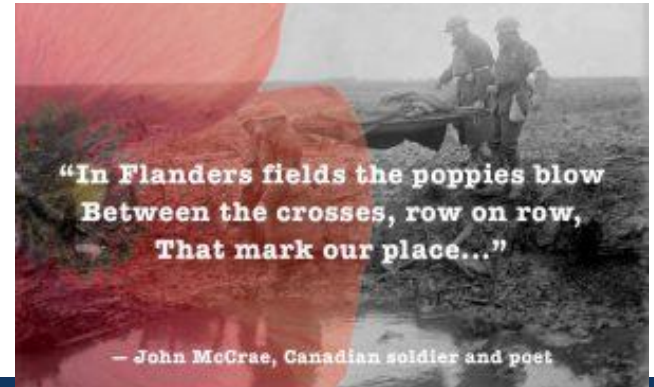
# Remembrance Day Ceremony & Liturgy

*Friday, Nov. 8 / 10:45am / SAA Gym*




Students are asked to “dress their best” on Friday and to wear their Cadet, Scout or other uniform if they are part of such clubs.

Families are invited to attend this solemn ceremony, which will begin promptly at 10:45am.







GSACS Education Foundation 50/50 Christmas Cash tickets on sale now; proceeds are used in supporting group grants to enhance learning & educational opportunities for GSACRD students. Get your tickets until Dec 3 (or until sold out) - don't miss your chance at up to \$10,000, just in time for Christmas.

<https://www.rafflebox.ca/raffle/gsacsef>





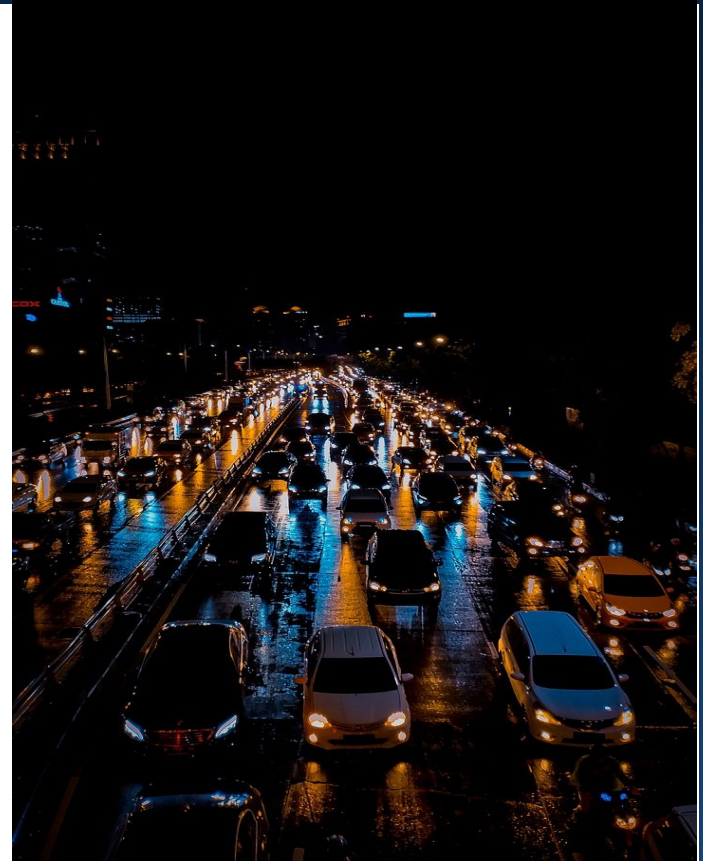
# Parking News

Hey everyone, in working with By-Law to see if there were any suggestions that we could utilize to improve traffic flow at SAA. The following suggestion was made:

For parents to park along Jubilation, on the beach side. Although a bit of a longer walk, this would contribute to less chaos and unsafe congestion on James while allowing nearby residents to access their driveways and frontage.

The nice part, is that this strip of curb has no driveways for quite some distance and can accommodate many vehicles.

It has been suggested that residents are very frustrated with families parking in driveways and blocking access to residences. By-Law indicated that if the Jubilation space was used, this would make a significant difference to overall traffic flow.



# November Dates

**November 4th-8th:** Book Fair

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

**November 6th:** Healthy Hunger (Subway)

**November 8th:** Remembrance Day Liturgy (10:45 AM)

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

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

**November 20th:** Healthy Hunger (BPs)

**November 21st:** Sister Alphonse's Birthday

**November 27th:** Healthy Hunger (iHop)

Advent Begins

**November 27th:** Beauty and the Beast play @11:30am

Christmas Concert @5pm

**November 29th:** PD Day/No School



## Scholastic Book Fair!

Get ready because our book fair is opening next week from November 4-8!

We will have sales during the lunch recesses, select morning recesses, and after school sales during parent teacher interviews.

Just a warning, students can only come to the recess sales if they have at least \$1. Otherwise, they can view the fair during their library time.



## **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.). If you are interested or have any questions, then contact Miss Gamache at [lgamache@gsacrd.ab.ca](mailto:lgamache@gsacrd.ab.ca) !







# Knight's Noel

We've planned a Christmas Family Fun Night in  
place of a traditional concert for 2024!

Each family will be allocated 4 tickets - \$3.00 each!  
Students will sing with their classmates in the gym for parents and many  
activities will be available for all to enjoy throughout the school.

A SCHEDULE and PAYMENT will be available soon!

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

## Simple Ways to Boost Your

### ☆ Child's Confidence ☆

Our kids can often feel like it's an adult's world, and they have nothing of value to offer, which can contribute to a lack of confidence. Using simple tricks like asking for their help or to share their expertise, or simply showing them that we as adults are imperfect too, can boost their confidence and give a sense of purpose in their interactions. Try these four fun tips to boost your child's confidence:



#### 1. Ask for Their Expertise

Every now and then, ask your child to show you how to do something they're good at, even if you already know how. Whether it's a game, a hobby, or a skill, this makes them feel valued and important.

#### 2. Show Your Own Imperfections

Let your child see that you're not perfect. Make a mistake on purpose, like coloring outside the lines, and show that you're happy with your progress. This teaches them that everyone, even adults, can improve and learn.

#### 3. Celebrate Their Wins

When you play games together, celebrate their victories genuinely. Say things like, "Good game, you won! That was so fun!" This reinforces that winning isn't everything, but enjoying the process and recognizing others is.

#### 4. Encourage Problem-Solving

Involve your child in everyday decisions or problem-solving activities. Ask for their input on small tasks, like organizing a space or planning an activity. This not only builds their confidence but also shows that their opinions matter.

By regularly involving your child in these ways, you reinforce that they have valuable skills and knowledge to share. This approach not only boosts their confidence but also fosters a stronger, more supportive relationship between you and your child.

Boosting our kids' confidence is essential not only for their current well-being but for their future growth and resilience. When children feel confident, they are more likely to take healthy risks, approach challenges with a positive mindset, and persevere in the face of setbacks. Increased confidence helps them build strong social connections, enhances their problem-solving abilities, and encourages independence. Confident kids are better equipped to handle stress and are more motivated to explore their interests and talents. By nurturing their sense of self-worth, we empower them to believe in their capabilities, laying the foundation for lifelong success and fulfillment. Take a look at the image from Big Life Journal for 4 simple ways to boost your child's confidence.



[sbrass@gsacrd.ab.ca](mailto: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](mailto:info@riversedgecounselling.com)

**rivers**edge  
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](mailto:info@riversedgecounselling.com)

**rivers**edge  
COUNSELLING CENTRE

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

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

## Nov. Hot Lunch

SISTER ALPHONSE ACADEMY

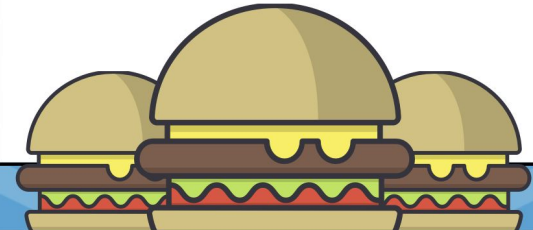
NOV. 6TH - 

NOV. 20TH - 

NOV. 27TH - 

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

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



# SAA STEM Night!!

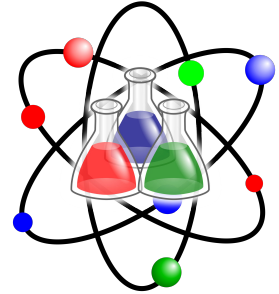
*Idea Labs is coming to SAA!*

Join us for a fun filled STEM night at Sister Alphonse School run by Idea Labs St. Albert. The event includes a quick science presentation followed by 4 centre's around the gym ( Hexbug mazes and races, zip line challenge, Bridge Engineering challenge and Hoop Gliders)

Students will meet in the gym for 3:00 and Parents can pick up at the front door at 5:00pm.

Get your spots fast as this is limited to the first 50 kiddos registered! Tickets are \$36.50 each and available on [www.healthyhunger.ca](http://www.healthyhunger.ca)

Get ready for a STEMtastic time !



# I.D.E.A. LAB

# Sponsorship Thank You!

## 4-WAY

ELECTRICAL • BUCKET TRUCK • INSPECTIONS

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

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

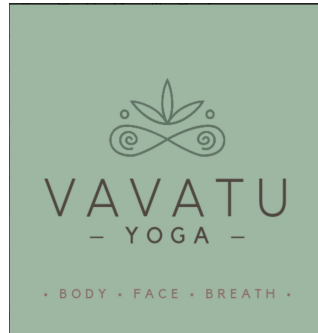
*Newcastle*  
**DQ Grill & Chill**  
127<sup>th</sup> St & 170<sup>th</sup> Ave



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>

