

FRIDAY KNIGHT NEWS : November 22, 2024



From the Principal's Desk...

As we make our way to next week, we prepare for our family fun night with our Knight's Noel. Don't forget the attire for the evening for students and don't forget to by your tickets. A huge thank you to Ms. Mark and Mrs. Trenchard for putting this together for us. We really appreciate it. We would also like to spend a special thank you out to the Goldsmith family for their donation of Tim's hot chocolate for the evening. The family provided all of the cups, lids, napkins, urns, and mix for the evening. Thank you so much, we are really grateful for your support.

Finally, just a reminder to make sure students are dressing for the cold and snow. We want to get outside as much as possible and it makes a big difference when students come prepared to do so. If parents could ensure students have the necessary apparel to be able to go outside we would appreciate it. 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

November 25th:

November 26th:

November 27th: Healthy Hunger (iHop)
Advent Begins

November 28th Beauty and the Beast @11:30pm
Knights Noel begins @5:30pm

November 29th: PD Day/ No School

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.

Faith In Action

Parish Information

[St. Albert Parish](#)

[Holy Family Parish](#)



ADVENT VESPERS



ADVENT & CHRISTMAS 2024

Join us to prepare and celebrate the birth of our Saviour

VESPERS

December 3

December 10

December 17

7:00 pm

ADVENT PENITENTIAL

December 12 @ 7:00 pm

MUSIC MINISTRY Page 1 / 1 CHRISTMAS CONCERT

ADVENT & CHRISTMAS 2024

Join us to prepare and celebrate the birth of our Saviour

VESPERS

December 3

December 10

December 17

7:00 pm

CHRISTMAS EVE

5:00 pm

8:00 pm

10:00 pm

12:00 am (Midnight)

FEAST OF THE HOLY FAMILY

December 28 @ 5:00 pm

December 29 @ 9:00 am, 11:00 am & 6:30 pm

MARY MOTHER OF GOD

December 31 @ 5:00 pm

January 1 @ 9:00 am & 11:00 am

ADVENT PENITENTIAL

December 12 @ 7:00 pm

MUSIC MINISTRY CHRISTMAS CONCERT

December 13 @ 7:00 pm

CHRISTMAS DAY

9:00 am

11:00 am



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



Hi friends! This Sunday is the final Sunday of Year B in the church year. The final Sunday is always Christ the King Sunday. This sets up Advent which follows beginning next week on Sunday, December 1st. This video about Christ the King is a really excellent start for my Advent reflection series. So if you're able to show this video beginning this week, it will flow nicely into the next four weeks.

P.S. I'll send out a Googling God video tomorrow or Thursday. Just wanted to get this in your hands a day or two early.

Hail to the King, Baby - John 18:33-37

Christ the King Sunday

November 24, 2024 - Year B



Early Learning

Enjoying some fresh
air and SNOW!!
Kinder went on a
playground hunt this
afternoon.



Division One

Grade 1A is in ahhh at how their science experiments are growing!



3A played basketball, researched saints and learned new word games!



2B used natural resources create snowy tree art!



Grade 2A created some Christmas art this week!



Mrs. Lobel inspired the Gr. 5s to create their own aurora borealis creations to coincide with their learning about astronomical phenomenon. They are fantastic!

Division Two

Grade 5s are encouraging students to bring a pair of new mittens to donate to Sacred Heart Parish who will distribute to those in need in Edmonton! Thank you for all the donations!



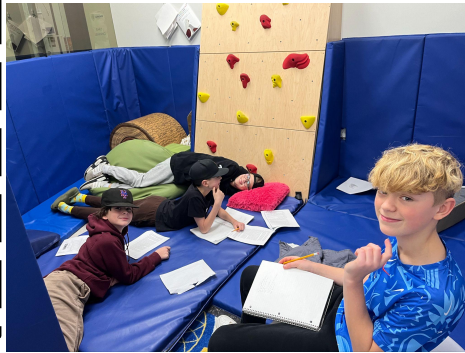
6B had an amazing week at the Legislature



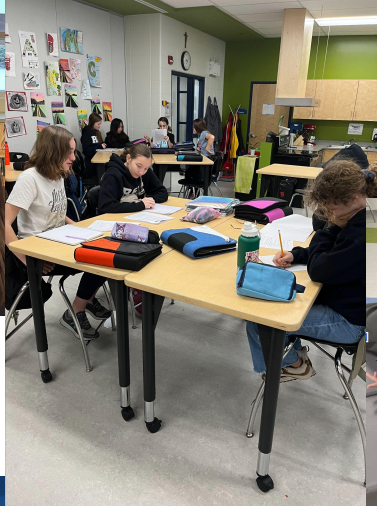
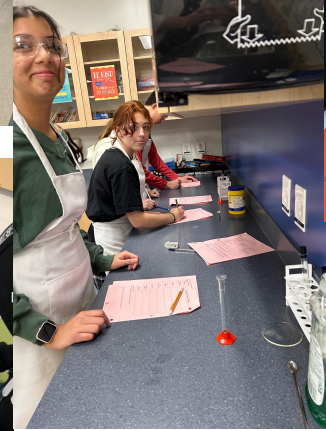
Division Three

Grade 7's are working on their literacy skills in small groups. They were reading aloud, summarizing, notetaking and discussing vocabulary words.

We are reading the novel, *Refugee*, aloud as a class



Grade 9's worked on emulsions for their first Chemistry experiment!



Division Three Indigenous Games



Metis Week at SAA



To celebrate Metis Week each day we learned a new Metis word, created some bead art, learned finger knitting and learned some Metis games in phys. ed.

Welcome - tawâw

Hello - tânisî

Thank you - marrisî


Friend - mitôtîm

See you later - mwêstas





Congratulations to **Matea Miliukstis** in grade 7 on her Achievement Award for the Lion's International Peace Poster Contest. She is our SAA winner and gave a speech on Tuesday evening about how her artwork reflected **Peace Without Limits!** She presented to other St. Albert winners from VJM and Fowler, as well as parents, teachers and special guests. Good luck to her in the 2nd stage of this competition where she will be judged against students from across Alberta!



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>


Clothing Order (Online Store)

We have had a number of folks ask about our online clothing store and making some purchases for school apparel. Please see the link that has been provided to us for families to order clothing if desired. Please note that none of these items will be in before Christmas. All items will be in at some point in January. The online store will shut down on December 11th. Thanks everyone!

<https://saaspirit2024.itemorder.com/shop/sale/>

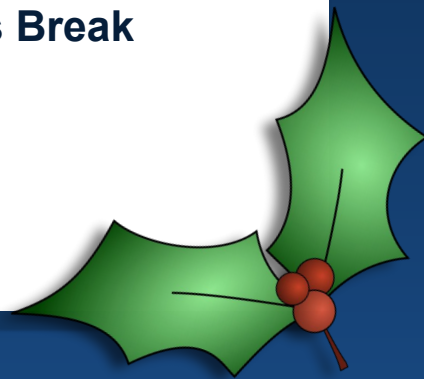


December Dates



December 3rd: Advent Liturgy (8:30 AM)
December 4th: Healthy Hunger (Chopped Leaf)
December 9th - 13th: Writing Residency
December 11th: Healthy Hunger (Pizza Hut)
December 18th: Healthy Hunger (Edo)
December 19th: Christmas Lunch
December 20th: No Kinder/Last Day Before Christmas Break
December 21st- January 5th: Christmas Break

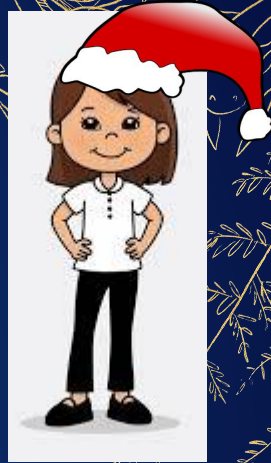
January 6th: School Resumes



Knights Noel



Join us for a night of musical performances, crafts and community, Santa pictures, cookie decorating and more!



5: 30pm - 8:00pm - Performance Schedule [HERE](#)

Thursday, Nov. 28th @ SAA.

Please dress in black bottoms, white tops and Santa Hats!



**THANK
YOU**

**for supporting
our Book Fair!**

#ScholasticBookFairs

Book Fair News

Thank you to everyone who came to our book fair! Not only did we meet our goal, but we had the best sales in our school's history with a total of \$5823.10!

Thank you again to everyone volunteered at our fair and helped us reach exceed our goal.

PD Day @ **Maker Mania!** November 29th

Spots still available for this engaging science,
engineering, and art design day!
Ages 5+

Register on our website

9am
to
4pm

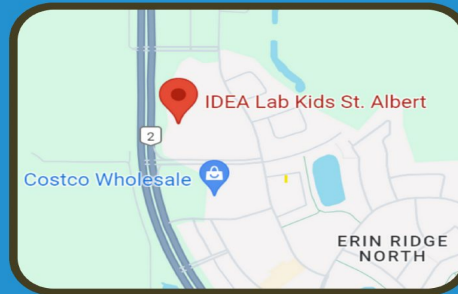
*early drop-off and late pickup available



PD Day @ **Maker Mania!** November 29th

Wire Art Sculpting, Foam Car Creators, Slingshot
Rockets, and more!

Join us for a fantastic day of STEAM exploration!



**1135 St. Albert Trail
Unit 120
(U-Store It Building)**

**780-983-5350
idealabkids.com**

Special discount code for Sister Alphonse families to
save 10%. The code is **SAPD10!**

Early drop-off and late pickup can also be arranged for
\$40. Families just need to email or call us to arrange.

COUNSELLOR'S CORNER



IS YOUR BREATH HELPING OR HURTING?

@andrea_evegeniou



DIAPHRAGMATIC BREATHING

- Relaxed Shoulders
- Abdominal and Rib Expansion
- Slow, Deep Breaths
- Rhythmic Movement
 - Soft Abdomen
- Calm Emotional State



SHALLOW BREATHING

- Shoulder Lifting
- Chest Movement Dominates
- Shallow, Quick Breaths
 - Tense Abdomen
 - No Rib Expansion
- Feelings of Stress

Did you know that the simple act of breathing can profoundly impact your stress levels and overall well-being? When we feel overwhelmed, our breathing often becomes shallow and quick, which can trick our body into thinking there's danger, even when there isn't.

By taking slow, deep breaths, we activate the "calm down" part of our brain. This helps our heart rate slow down, our muscles relax, and our mind feel clearer. It's like giving your body and brain a quick reset button!

Take a look at the infographic from @andrea_evegenious. Repeat Diaphragmatic Breathing a few times, and notice how your body feels. Teaching our kids to take deep breaths when they're feeling anxious, frustrated, or overwhelmed can be a powerful tool for helping them manage big emotions.

Next time stress sneaks up, remember: just breathe. It's free, always available, and can make a world of difference!

Sean Brass sbrass@gsacrd.ab.ca

FRIENDS of SAA

November and December 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

Nov 20, 2024



Nov 27, 2024



Dec 03, 2024



Dec 04, 2024



Dec 11, 2024



Art Cards - final call



Today is the last day to order Art Cards.

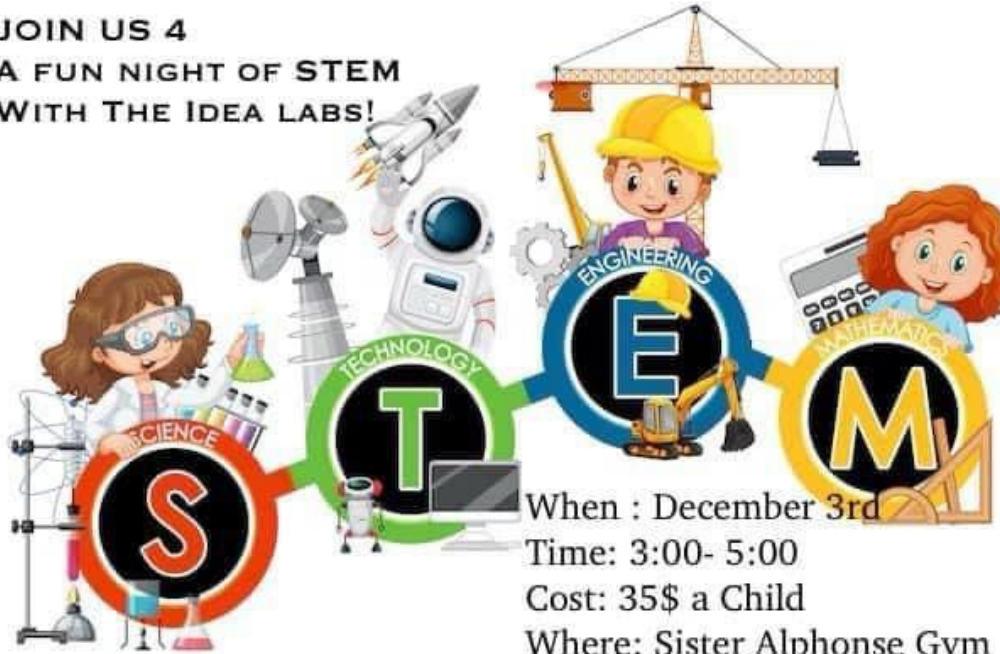
Students in K-Gr. 6 have made some beautiful artwork that has been transformed into cards.

If you are interested in ordering their very special masterpiece or an ornament / puzzle / plaque / notebook ... the instructions are inside the card, with their ordering code on the back.

Orders are due Nov. 22nd
Thank you,
Friends of SAA

SAA STEM NIGHT - 10 tickets left

JOIN US 4
A FUN NIGHT OF STEM
WITH THE IDEA LABS!



When : December 3rd
Time: 3:00- 5:00
Cost: 35\$ a Child
Where: Sister Alphonse Gym

On Dec. 3rd, Idea Lab is coming to SAA!! We have 5 tickets left.

It will be a STEMtastic good night.

The event includes a quick **EXPLOSIVE** science presentation followed by 4 centres 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.

Sponsorship Thank You!

4-WAY

ELECTRICAL • BUCKET TRUCK • INSPECTIONS

Palisades
DQ Grill & Chill
12708 140th Ave

Namoo
DQ Grill & Chill
15837 97th St

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

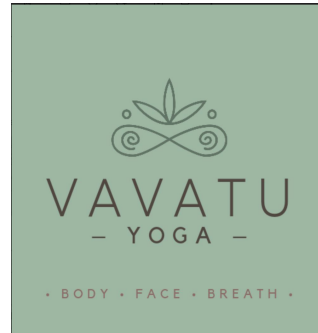


Call/Text: (780) 271 - 2664

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>

