

FRIDAY KNIGHT NEWS : January 10, 2025



From the Principal's Desk...

Happy New Year everyone and welcome back to our first full week of 2025. A lot of tired faces as we finish up this week, but that is to be expected as we settle back into regular routines.

As we move forward to next week, please note that we have Jon Bauer coming in to do our faith retreat for our students. Jon is a world renowned musician famous for using music to make connections with God. We are very excited to have Jon with us and we look forward to our assemblies scheduled with him for Tuesday January 14th.

Please be reminded that our Kinder expo takes place at SACHS on January 16th at 5:30 - 7:30 PM. If you know any young families that fall within our boundaries that have kids of kindergarten age, please sent them out to us. We will have our own Kinder Open House at SAA on February 13.

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

January 13th:

January 14th: Faith Retreat

January 15th: Healthy Hunger (BPs)

January 16th: SAA Spirit Day

John Reid Hockey game 10:30

Kindergarten Expo 5:30-7:30 @ SACHS

SAPEC BBall tournament

January 17th: No Kindergarten (PD Day)

SAPEC BBall tournament

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](#)



Chilly Chili Bang Bang

January 18th @ 6pm



Fireworks

Hot Chili

Photo booth

Sleigh rides

Tasty snacks



7 St. Vital Ave

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



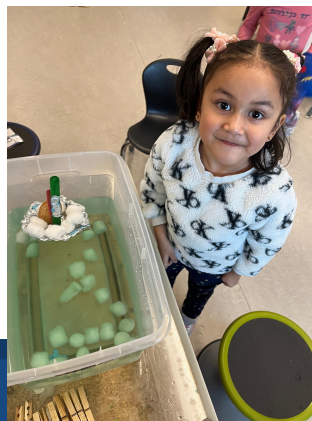
How Long Can You Hold Your Breath?

Baptism of the Lord - 1st Sunday after Epiphany

I've made it to maybe, like, 90 seconds. The world record is like 24 minutes. (I think I said 10 minutes in the video. Way more than that!) No matter how long you can go, eventually you have to come up for air or you die. Jesus' baptism was showing us that we need to die to all our old stuff and come up out of the water a new person. Just like he did when he died on the cross

Early Learning

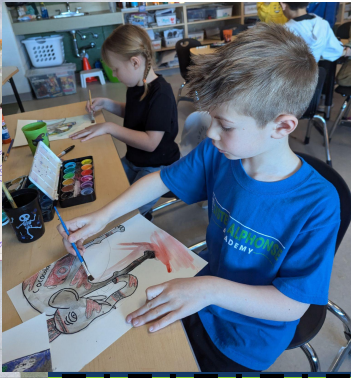
Full Day Kinders tried to rescue the Gingerbread Man by building a structure that would help him cross the river.



Fun With Friends!

Division One

3A enjoyed the new sleds, explored regions of India, created watercolour elephants and began a weekly gratitude practice.

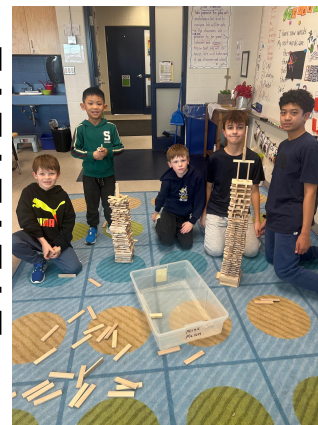


3B had a week filled with fun learning adventures! Geometry, an imaginary trip to India complete with mehendi & Indian dessert! We topped it all off with a swim in the pool. We can't wait for next week!

Grade 1A was hard at work learning about partitioning and still had time to enjoy the wonderful weather.



Grade 1B had fun playing math games and building with our junior high buddies.



Mrs Atkinson taught 2A how to play the spoons in our study of the Maritimes



2B had so much fun playing floor hockey and scooter soccer in Phys Ed.!



Making a functional object from something recycled.



Division Two

4B kicked off the new year by creating their 2025 vision boards.



6A Homemade Bird Feeders



Division Three

Indigenous Inspired Games



Jumping Sticks



January Dates

January 14th: Faith Retreat

January 15th: Healthy Hunger (BPs)

January 16th: Kindergarten Expo 5:30-7:30 @ SACHS

SAPEC BBall tournament

January 17th: No Kindergarten (PD Day)

SAPEC BBall tournament

January 20th: Grade 9 Immunizations

January 21st: School Council Meeting @6:30

January 22nd: Healthy Hunger (Edo)

January 29th: Healthy Hunger (iHop)

January 30th: PD day- No school

January 31st: No Kindergarten (PD Day)

COUNSELLOR'S CORNER



Baby Boomers Generation X Generation Y Generation Z **Generation Alpha**

1950 1960 1970 1980 1990 2000 2010 2020

Labels

The Alphas Generation glass
Upagers Multi-modals Global Gen

Weekly births

2,586,000

Generation Alphas born globally each week

Top countries of birth

1 India 2 China 3 Nigeria

Gen Alpha

Born 2010-2024



Future size & economic footprint

Once they've all been born they will number more than 2 billion, the largest generation in the history of the world.

2,000,000,000

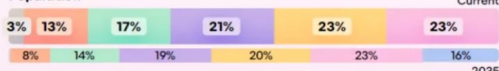
By 2029, Generation Alpha's economic footprint will reach more than US\$5.46 trillion.

\$5,460,000,000

Global population and workforce %

Builders Boomers X Y Z Alpha Beta

Population



Workforce



Incoming technology

→ iPad Instagram Siri GoPro HERO3 3D printers Google glass Apple watch Tesla Powerwall Fortnite Smart speakers AirPods 5G Biometrics Quantum computing ChatGPT Autonomous vehicles

Timeline 2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020 2021 2022 2023 2024

Outgoing technology

← Myspace Street directory Pager MP3 player Blackberry Fax machine Landline phone CD/DVD GPS unit Car key - ignition Textbooks Desktop computer Credit cards Wallet Analogue watch

Milestones ✨ First Alphas born ● 500 million ● 1 billion ● 1.6 billion ● 2.2 billion

New jobs Cybersecurity specialist UX manager Drone pilot Blockchain developer Data designer Virtual reality engineer Robotics mechanic Sleep technician Sustainability officer Driverless train operator Wellbeing manager AI specialist Life simplifier Urban farmer Space tourism agent

For more resources go to:
mccrindle.com

To book a speaker for your next event go to:
mccrindlespeakers.com

+61 2 8824 3422
info@mccrindle.com

mccrindle

Take a look at the next slide for some tips on raising Gen Alpha and how we can best support our children.

COUNSELLOR'S CORNER



Raising Generation Alpha—kids born after 2010—comes with unique challenges. As the first fully digital generation, they're tech-savvy but face struggles like screen time overload, shorter attention spans, and anxiety from global awareness.

Tips for Success

- **Set Boundaries:** Establish tech-free times, like during meals or before bed.
- **Model Behavior:** Show healthy ways to manage stress and use technology.
- **Teach Emotional Skills:** Help kids express feelings and practice mindfulness.
- **Encourage Play:** Promote hobbies away from screens, like sports or art.
- **Prioritize Connection:** Spend quality family time through shared activities.

With mindful support, Gen Alpha can grow into resilient, well-rounded individuals.

Sean Brass
sbrass@gsacrd.ab.ca



Kinder Expo

Join Us for the Pre-K and Kindergarten Expo!

We are excited to invite families to our annual Greater St. Albert Catholic Schools Pre-K and Kindergarten Expo, where you can learn about our Kindergarten and Pre-Kindergarten programming. If you have a child entering Kindergarten or know young families in your neighbourhood, please help us share this information about these upcoming events:

- **St. Albert Expo:** January 16 at 5:30 p.m.
École Secondaire St. Albert Catholic High School, Hawks Nest (33 Malmo Avenue)
- **Morinville Expo:** January 23 at 5:30 p.m.
Morinville Community High School (9506-100 Avenue)

These expos provide a wonderful opportunity to meet our staff, explore programming options, and ask questions about your child's first steps into school.

To learn more about these events and view additional open house dates, visit our website:

- [Pre-K and Kindergarten Expo](#)
- [Open house dates](#)

Community Events



Baseball

Registration is Open for
the 2025 Season



Registration for the 2025
Baseball season opened
on January 2, 2025


We offer Community
League for players
ages 4 - 18 as well
Competitive (Rep)
Baseball for players ages
10 - 18.



WWW.STALBERTBASEBALL.COM


You're Invited!

Jensen Lakes Library
is turning



**Please join us in celebrating
our 5th Birthday!**

Saturday, January 18, 2025
11 AM - Special Birthday Storytime
11:30 AM - Greetings and Speeches
Cake and Coffee to follow



**St. Albert
Public Library**

Community Events



St Albert Wolverines Volleyball Skills Camp

This skills camp is specifically designed for the younger, inexperienced athlete, ages 10 – 13 who has a desire to eventually play club volleyball or simply improving his/her skills. Our goal is to train athletes effectively so that they learn the fundamentals of the game from an early age. The camp focuses on teaching the basic volleyball skills. Athletes will learn the proper techniques for volleying, setting, passing, blocking, serving, hitting, rotation and rules of the game. We focus on technical training with an emphasis on footwork, ball handling and proper positioning on the court. St. Albert Wolverines Volleyball Club takes the energy and excitement of this great team sport and puts it all together into a fun filled 8 - day camp.

Dates	Time	Location
Sat. January 18, 2025	9:30 - 11:30am	Sir Alexander Mackenzie (SAM)
Sat. January 25, 2025	12:00 - 2:00 pm	SAM
Sat. February 1, 2025	2:00 – 4:00 pm	SAM
Sat. February 15, 2025	2:00 – 4:00 pm	SAM
Sat. February 22, 2025	9:30 - 11:30 am	SAM
Sat. March 01, 2025	12:00 – 2:00 pm	SAM
Sat. Mar 08, 2025	12:00 – 2:00 pm	SAM
Sat. Mar 15, 2025	2:15 – 4:15 pm	SAM



Space is limited.
Cost \$265/athlete
(includes club t-shirt)
plus

Volleyball Alberta membership

To enroll, go to

www.wolverinesvolleyballclub.com



FRIENDS of SAA

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

Every order helps contribute to our goal of purchasing new technology for SAA.

Thank you so much for your support!

www.healthyhunger.ca

LUNCH DATE

Jan 15, 2025



Jan 22, 2025



Jan 29, 2025



Feb 05, 2025



Feb 12, 2025



Feb 19, 2025



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

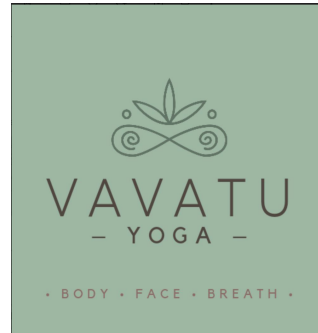


Call/Text: (780) 271 - 2664

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>

