

FRIDAY KNIGHT NEWS : January 17, 2025



From the Principal's Desk...

Hey everyone, welcome back to the deep freeze. Wow, all these changes in weather from warm to cold has been crazy so far this year. Typical Alberta weather.

As we transition to next week, please be reminded that our first School Council meeting of the New Year takes place on Tuesday January 21st at 6:30 PM in the Foods Lab. If you are able to make it out, please feel free to come on out.

For our grade 9 families, take note that immunizations will take place on Monday January 9th.

Mrs. Lobel. and Mrs. Hillier are also working very hard to get intramurals up and running this month. We have well over 100 students looking forward to playing in the gym at lunch recess spread out during various days of the week. Should be a lot of fun once we get it going officially.

May God Bless you and keep you safe in all that you do and as always, Go Knights!

Week At A Glance

January 20th: Grade 9 Immunizations

January 21st: School Council Meeting @6:30
Saffron Presentations
Grade 2 coding workshop

January 22nd: Healthy Hunger (Edo)
Saffron Presentations

January 23rd: SAA Spirit Day- wear SAA gear

January 24th: Gr. 4 Telus World of Science

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](#)

As a school community we were blessed to sing, dance and worship with Jon Bauer who lead our Faith Retreat. We focused on our theme for the year- Growing in mercy with the Son.



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



Gospel Reading - John 2:1-11

2nd Sunday Ordinary Time - Year C

In this reading Jesus calls his mom, Mary, "woman". I dare you to try that and see how long you'll be locked in your room. What the heck?! Was he being disrespectful? Or can we trust that Jesus is always "love at work"?



Early Learning



Kindergarten started floor hockey this week. We learned some basic skills: passing, stick handling, and targeting a space.



Division One

3A is all smiles for pickleball, word games, and math with Ms. Jeppy!



2B had a blast at the John Reid Memorial Tournament!!

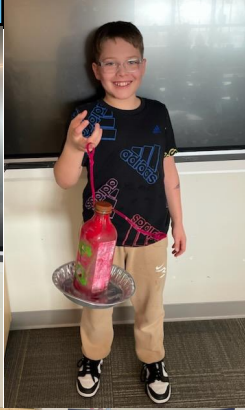


Grade 1A took science class outside to observe the changes in nature during the winter season.



2A had a wonderful time at John Reid Memorial Tournament!

6A Bird Feeders Complete

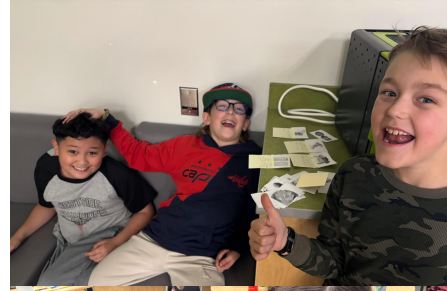


The 6B Non-Rec students learned the art of hand sewing by creating their own Monster Stuffedies!



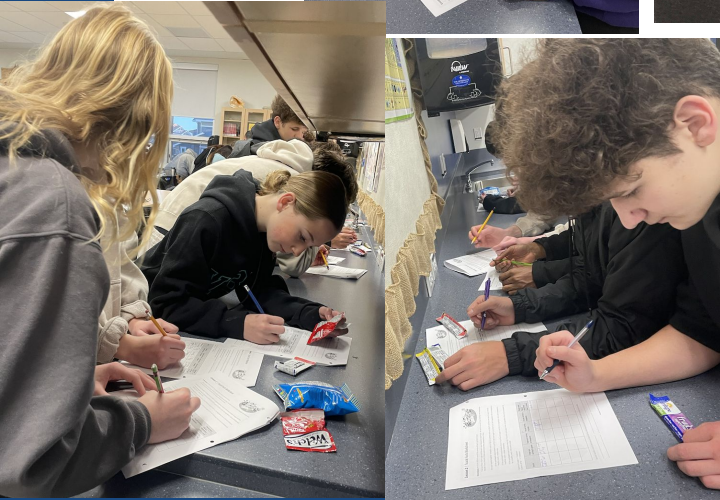
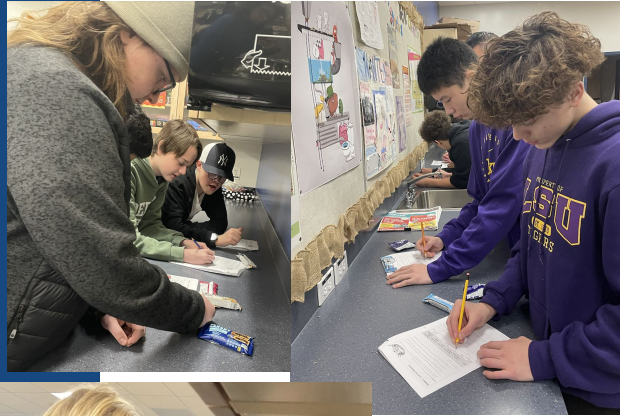
Division Two

Grade 4 enjoyed their time at the John Reid hockey tournament. They also brainstormed some creative ways to repurpose their waste.



Grade 9s learned about nutrition facts and the importance of reading labels on various snacks in health class.

Division Three



Grade 7 Social Studies kids being interviewed about their mock experiences during the Royal Proclamation of 1763.



Faith Retreat- Jon Bauer



John Reid Tournament

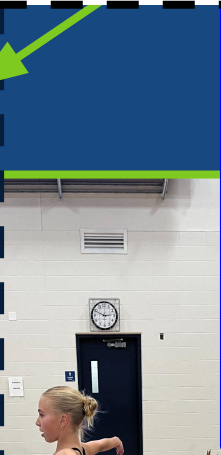


Junior High Mental Health Knight's Block



This Week's Activities:
Relaxation, Socializing
and Laughter

What we attempted



What everyone
attempted...



“Nailed it!”



Had fun trying:)



Almost!
Great teamwork!

What
we
attempted..



“Nailed it!”



“Look! We
got it.”





What
we
attempted..



Advanced
teamwork!

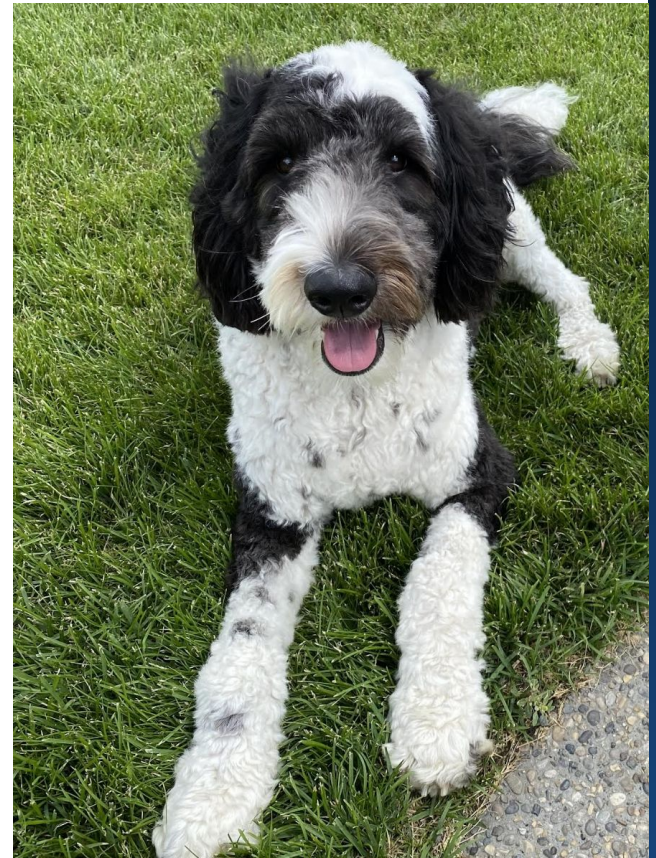


Can you guess which picture is the pros?

Pet Therapy

Hey everyone, we have a very unique opportunity to have a pet therapy dog come into the school to work with students and staff at SAA. The Hardy family (Alessandra, Rob, Chase, and Nico) have an amazing dog named Penny that would provide support to our students who may need it. That could be individual support, small group support, or classroom visits just to brighten up everyone's day. We will be of course cognizant of allergies and fear of dogs so we will certainly touch base with teachers on these things. If there is something parents need to make us aware of, please contact homeroom teachers so they are in the loop. A big thank to the Hardy family for making this work, we are looking forward to seeing how Penny can benefit our students.

Penny is a 6-year-old non-shedding Sheepadoodle (Old English Sheepdog/Standard Poodle Mix) and is a Certified Therapy Dog. Penny has been volunteering as a Therapy Dog for 4 years; she is calm and well-mannered and loves attention. Penny's mom Alessandra who will accompany Penny is also a mom to two Sister Alphonse students and has witnessed the joy and relaxation Pet Therapy has brought to many individuals (children, adults, and seniors). Pet Therapy has shown positive effects on the nervous system by calming, reducing anxiety, improve emotional and mental well being etc.



January Dates

January 20th: Grade 9 Immunizations

January 21st: School Council Meeting @6:30

Saffron Presentations

January 22nd: Healthy Hunger (Edo)

Saffron Presentations

January 24th: Gr. 4 Telus World of Science

January 29th: Healthy Hunger (iHop)

January 30th: PD day- No school

January 31st: No Kindergarten (PD Day)



COUNSELLOR'S CORNER

✧ 4 Rituals to Wire Your Child's Brain for Gratitude and Positivity ✧

Establishing simple daily rituals can transform how your child perceives the world. Try these ideas to integrate gratitude and positivity into your family's everyday moments and wire your child's brain to focus on what's going right rather than what's going wrong.

1. Choose a Daily Mantra in the Morning

Start the day with a grounding affirmation to help your child approach challenges with confidence and calmness. Some examples are:

- "We can do hard things."
- "I am safe. I am calm. I can handle this."
- "This day is a gift. Breathe and notice."



2. Read Your Family Manifesto Before Leaving Home

Set a positive tone for the day by reminding your family of your shared values. Your manifesto could sound like:

- "In our home, we choose kindness, learn from our mistakes, and do our best."

3. Play "High Low Buffalo" in the Evening

Encourage reflection and connection by discussing the day:

- **High:** Share the best part of your day.
- **Low:** Share the most challenging moment.
- **Buffalo:** Share anything random or important you'd like to discuss.



4. Share Gratitude Before Bed

End the day on a positive note by sharing something you're grateful for. This habit:

- Encourages a positive mindset before sleep.
- Builds connections between family members.
- Teaches the importance of gratitude and thoughtfulness.

With these four simple rituals, you are helping your child rewire their brain to focus on gratitude, positivity, and mindfulness. Over time, they will naturally shift their attention to the good in life, fostering greater joy and self-awareness.



When we intentionally focus on gratitude, connection, and positivity, we train our brains to rewire negative thought patterns. This shift doesn't just change our mindset—it transforms how we experience the world. By practicing gratitude, we learn to notice and appreciate the small joys around us. Building connections strengthens relationships and fosters a sense of belonging. Choosing positivity helps us approach challenges with resilience. Together, these habits can reduce negativity and complaints, creating a more harmonious environment for ourselves and those around us. What small step can you take today to embrace gratitude and positivity?

Take a look at the infographic from Big Life Journal for some ideas to get you started.

Sean Brass (sbrass@gsacrd.ab.ca)



Registration is open!

Join a
community
where everyone
knows your
name.

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[Register here!](#)

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!

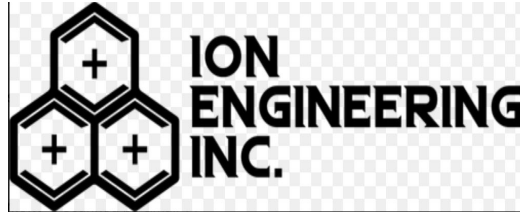
4-WAY

ELECTRICAL • BUCKET TRUCK • INSPECTIONS

Palisades
DQ Grill & Chill
12708 140th Ave

Namoo
DQ Grill & Chill
15837 97th St

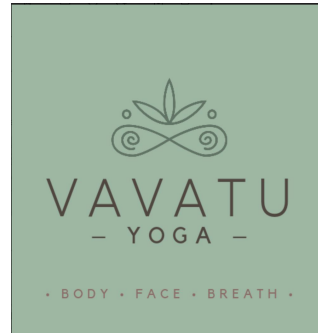
Newcastle
DQ Grill & Chill
127th St & 170th Ave



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>

