

FRIDAY KNIGHT NEWS : January 24, 2025



From the Principal's Desk...

Weather is starting to warm up again and it looks like we will have warmer temperatures for the week or so. As we transition to next week, please be advised that January 30th is Faith and Wellness Day for the division and there will be no school for students on this day. This also marks high school semester change hence the date on a Thursday instead of a Friday. Please note however that there is school on Friday January 31st so please send students on that day. We will be open for business as usual.

Additionally, Teacher's Convention is coming up in a couple of weeks on February 6th and 7th. These will be non school days for students. Please mark these dates on your calendar if you already haven't done so.

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 27th:

January 28th:

January 29th: Healthy Hunger (iHop)

January 30th: ATA Day/No School

January 31st: No Kinder

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](#)

Our Jr. High shared prayer with our school community this Friday. This week we focused on the importance of Christian Unity.



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

Fact Check the Bible

Gospel of Luke 1:1-4

Third Sunday of Ordinary Time - Year C



St. Luke starts his gospel out in a very compelling manner. He states right up front that he wants to be accurate. He wants to get it right. He wants the truth. He is taking great pains to ensure that the account of Jesus' life and the story of his resurrection is all in order and verifiable. It's one small detail that should give us confidence that the Bible can be trusted.





SAA Open House February 13, 2025 @5:00pm

Join us at SAA's Kindergarten Open House!
Explore opportunities, meet staff, and
discover your future. Don't miss this
exciting event!

Contact Us:

SISTER ALPHONSE ACADEMY

1 Joyal Way St. Albert, Alberta T8N 7H5

780-459-7711 | www.saa.gsacrd.ab.ca



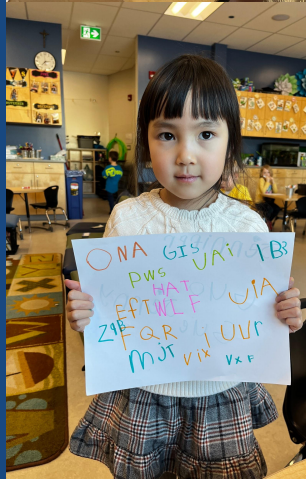
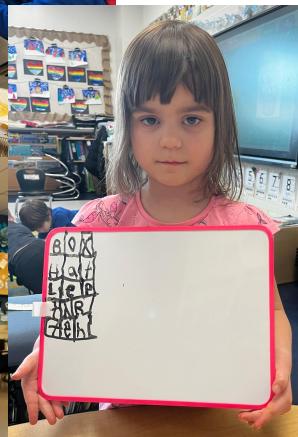
Kindergarten Open House- February 13 @5pm



Early Learning

Kinder!
Emmett was the STAR of the week!

**Music
fun!**



**We are exploring how letters
go together to make words!
Look at our printing skills!**

**Saffron Centre came to visit Kinder.
We learned about personal
boundaries and bubbles.**

1A was learning about abstract art by African American artist, Alma Thomas

Division One

Grade 2A learned about coding using miniature mouse robots!



2B explored coding this week!

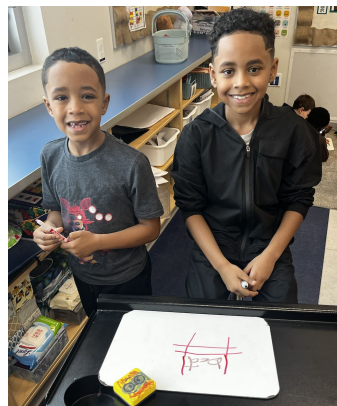
3B wrapping up our Geometry Unit with Centres.



3A celebrate elephants in India, experimented with bleeding tissue paper, learned about internet safety and became imaginative “Story Champs.”

Division One

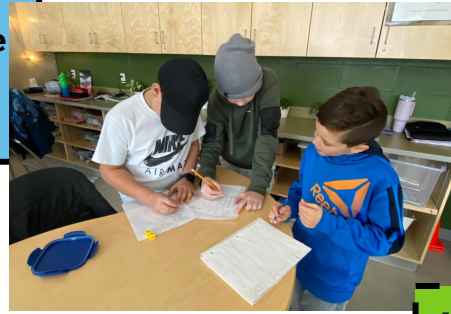
1B had a great week of working with gr. 4 friends and doing some fun heart work!



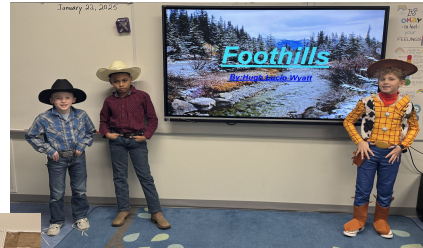
6B had a hands-on learning experience with probability, exploring concepts through engaging activities like bottle flipping, cup flipping, and dice rolling

Division Two

6B designed and tested their own sailboats as part of their exploration of unprocessed energy.



4A did their regions of Alberta presentations.

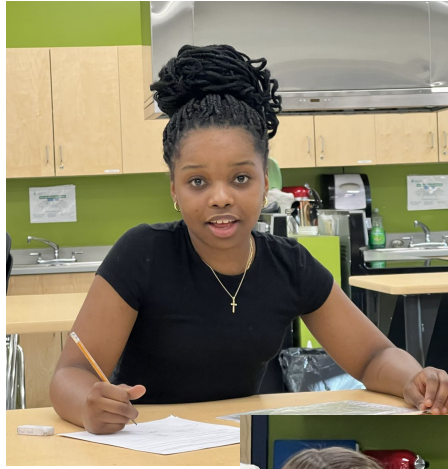


Division Three

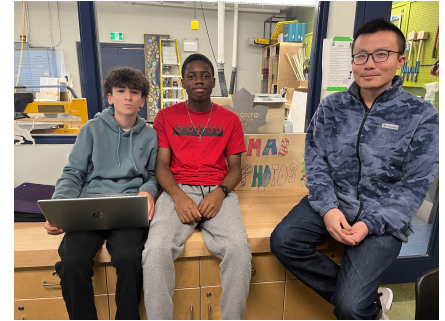
Practicing for Airbands in non rec drama



Social Studies 9 interviews with recent immigrants to Canada.



Working hard in math!



Registration Now Open for the 2025-2026 School Year!

Dear Families,

Registration for the 2025-2026 school year is now open! All current families should have received an email notification with instructions for re-registration. If you haven't seen it, please check your inbox (and junk folder) or visit our website for detailed registration information: [Registration Process Information](#).

We encourage you to complete your registration early, as several schools in our division are nearing or already at capacity. Securing your spot now ensures a smooth transition into the upcoming school year.

If you have any questions or need assistance with the registration process, please don't hesitate to contact us.

Thank you for choosing Greater St. Albert Catholic Schools!

COUNSELLOR'S CORNER



**PARENTING IS NOT ABOUT
TECHNIQUES.
PARENTING IS ABOUT
RELATIONSHIP.
IT REALLY IS THAT SIMPLE,
BECAUSE THAT IS OUR ESSENCE.**

**AUTHENTICITY - BE YOU.
ATTACHMENT - BE US.**

DR GABOR MATÉ
@RAISINGREGULATEDHUMANS

At the core of effective parenting lies the power of relationship and authenticity. Building a strong, trusting connection with your child creates a foundation for emotional safety, open communication, and resilience. Children thrive when they feel genuinely seen, heard, and valued, so being authentic—showing them your true self, including your imperfections—teaches them that it's okay to be human. It's not about being a “perfect” parent but about being a present and consistent one. Parenting is a tough job and no doubt there will be mistakes. When your relationship with your child is rooted in love and understanding, it becomes a guiding light that helps them navigate life's challenges with confidence and security.

Sean Brass

sbrass@gsacrd.ab.ca

February Dates

February 5th: Healthy Hunger (Chopped Leaf)

February 6th & 7th: Teacher's Convention (No School)

February 12th: Healthy Hunger (Dairy Queen)

February 13th: Kinder Open House (5 - 6:30PM)

February 14th: Early Dismissal (11:55AM); Valentine's Day

February 17th: Family Day (No School)

February 18th: School Council 6:30 PM



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>

