

FRIDAY KNIGHT NEWS : February 14, 2025



From the Principal's Desk...

Just a reminder to everyone that our next School Council meeting takes place on Tuesday February 18th at 6:30 PM. If you are able to make it out, that's great, if not we will send a link for those who wish to join us virtually.

Please take note that skiing field trips will be coming fast and furious in the coming weeks. Please make sure all permission forms are filled out and fees have been paid. If there are any issues, please contact the office and we will assist where we can.

Please be reminded that Monday February 17th is Family Day and there is no school for students and staff. Please mark this on your calendar if you already haven't done so.

Have a great long weekend everyone. May God Bless you and keep you safe in all that you do and as always, Go Knights!

Week At A Glance

February 17th: Family Day (No School)

**February 18th: Swimming Gr. 3
School Council 6:30 PM**

February 19th: Healthy Hunger (Edo)

**February 20th: Kinder & Gr. 1 Skiing
Gr. 2 Swimming**

February 21st:

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

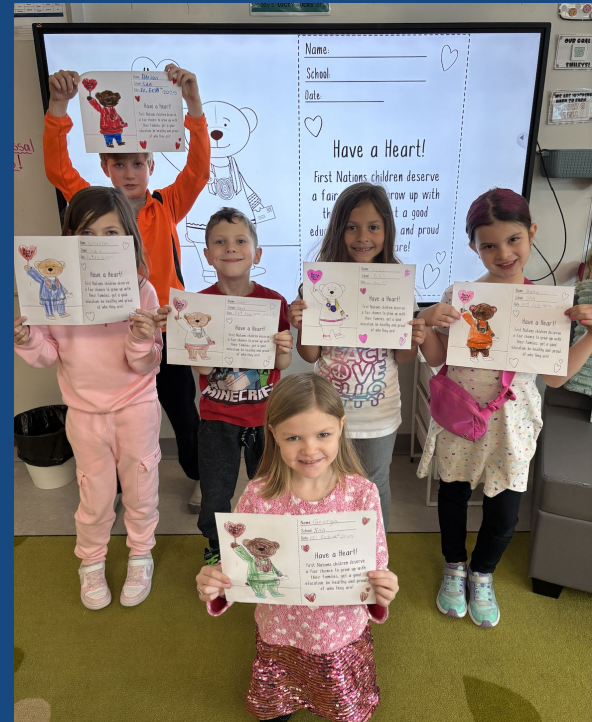
Parish Information

[St. Albert Parish](#)

[Holy Family Parish](#)



Have a Heart Day is a child and youth-led reconciliation event that brings together caring Canadians to help ensure First Nations children have the opportunity to grow up safely at home, get a good education, be healthy, and be proud of who they are.



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



Happy, rich, popular. Not bad things in themselves but when those become what we put our hopes in, Jesus warns us they will eventually fall woefully short. And he blesses those people who have found themselves in hard circumstances they hadn't expected. Often referred to as "The Sermon on the Mount", the Gospel writer Luke recalls it as happening on the plains. It's here that Jesus downloads the Beatitudes. Blessings and woes.

Early Learning

Snowflake Suncatcher Art



It was a chilly week
but we still managed
to have some great
outdoor play!



Yoga with Mrs. H!



Valentine's Day prep



Valentine's Day Fun!
Hunting for hidden
pictures around the
classroom to complete
pattern puzzles.

Division One

2B filled our hot chocolate cups with kind thoughts about ourselves, school and community for Random Acts of Kindness Week!



Grade 1A created some art to Honour Have a Heart Day and Valentine's Day. They also LOVED The Love Cafe!



3B has been constructing simple machines. Here are some inclined planes!

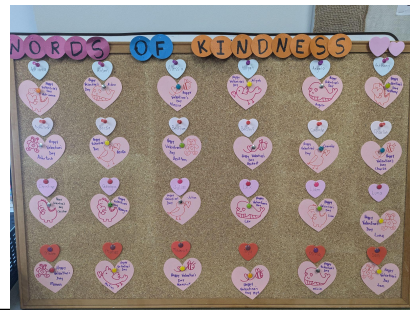


2A had a great Valentines Day!

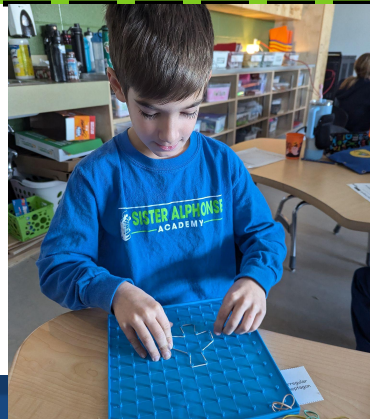
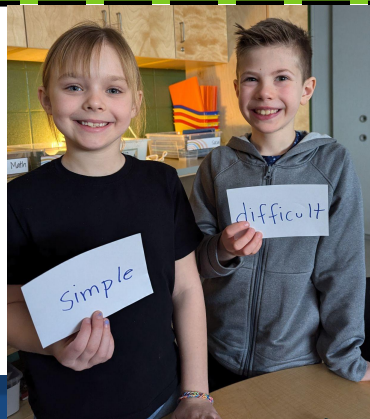


Division One

3A spread love with elephant sized hearts, brought joy to a local seniors home, and started our kindness board.



3A experimented with tension, learned to use antonyms and explored shapes with geoboards



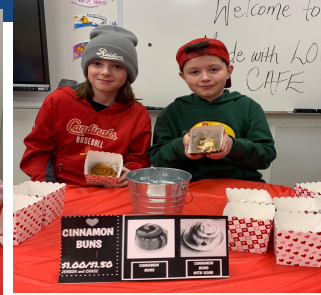
Division Two

Grade 6s had an engaging in class field trip exploring electricity. Guest speaker, Ken Boyko brought in circuit boards they could experiment with and taught them about renewable & nonrenewable energy

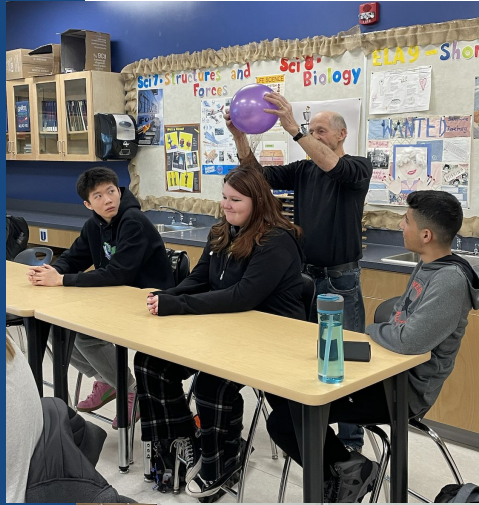


Division Two

The Grade 5 Made with Love Cafe was a huge success. Thanks to all our grade 5 families who prepared treats and to all our KNIGHTS who came to purchase treats!



Ken Boyko visit - electricity presentation

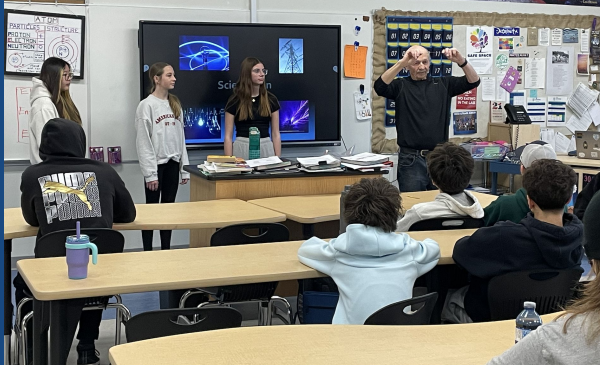


Division Three

Jr. High Knights Lunch



Happy Valentine's Day



Pop-Up Card Making in Language Arts 7/8



Division 3

COUNSELLOR'S CORNER



In my role as both a teacher and counselor, I see firsthand the devastating impact a mean comment can have. Kids and teens may laugh it off or put on a brave face, but the hurt caused by unkind words can be deep and long-lasting. Our words are powerful—they can either build someone up or tear them down. We never truly know what someone else is going through, which is why it's so important to lead with empathy.

Maybe that quiet student is just shy, or maybe they're enjoying some alone time. Either way, it's a reminder that choosing kindness—whether it's a smile, a wave, or asking if they want to join in—can make a big difference. Those small gestures can help someone feel seen and valued.

Check out the poster from Big Life Journal, it's a great tool to practice empathy and learn that kindness is about caring for others, no matter what's going on. Let's work together to create an environment where our words lift each other up and kindness leads the way. Sean Brass sbrass@gsacrd.ab.ca

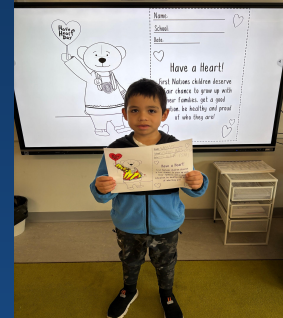


Have A Heart Day

Have a Heart Day is a child and youth-led reconciliation event that brings together caring Canadians to help ensure First Nations children have the opportunity to grow up safely at home, get a good education, be healthy, and be proud of who they are. Did you know that Have a Heart Day has been celebrated each year on February 14 since 2012?



Please have a heart. First Nations children should not have to fight for services all other Canadians enjoy. Give First Nations children the same chance to grow up safely at home, get a good education, be healthy, and proud of their cultures.



Join in
on the
fun!

PLEASE JOIN US FOR
ANOTHER FUN
AFTERSCHOOL S.T.EM
EVENT ON MONDAY
MARCH 10TH.



MAKING LEPRECHAUN TRAPS



TICKETS WILL BE SOLD ON HEALTHY HUNGER
AND DON'T FORGET TO BUY THEM FAST AS
WE ONLY HAVE 50 SPOTS AVAILABLE

When: March 10
Where: SAA Gym
Time : 3:00-5:00
Cost: 35\$



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!

Warm regards,

February Dates

February 12th: Healthy Hunger (Dairy Queen)

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

February 14th: Early Dismissal (11:55AM);

Valentine's Day- wear red & pink

February 17th: Family Day (No School)

February 18th: School Council 6:30 PM

February 19th: Healthy Hunger (Edo)

February 20th: Kinder/Grade 1 Skiing Trip

February 25th: Grade 2 Skii Day

February 26th: Pink Shirt Day

February 26th: Healthy Hunger (BP's)

February 26th: Grade 5 Ski Day

February 28th: SAPEC Basketball Tourny



FRIENDS of SAA

Take a break from packing lunch on Wednesdays! February hot lunches are posted. Purchase your child a delicious meal instead.

Every order helps raise funds for our school.

Thank you so much for your support!

www.healthyhunger.ca

February Hot Lunch

SISTER ALPONSE ACADEMY

FEB. 5TH - ~~THE~~ **CHOPPED LEAF**

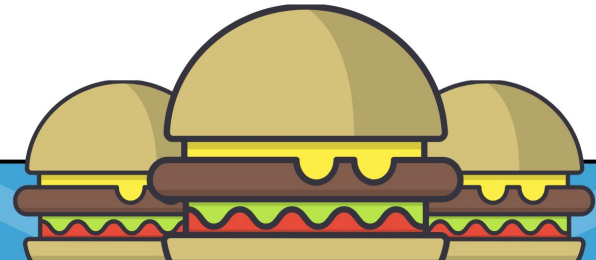
FEB. 12TH - 

FEB. 19TH - 

FEB. 27TH - 

www.healthyhunger.ca

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



News From St. Albert High

Our Open House is on Feb. 27th:

We are hosting a G9 Parent Night - Info about high school and SACHS - 6-7 PM and then if parents/students want to come for one on one discussions about anything high school 7-8 PM on March 12th.

Sponsorship Thank You!

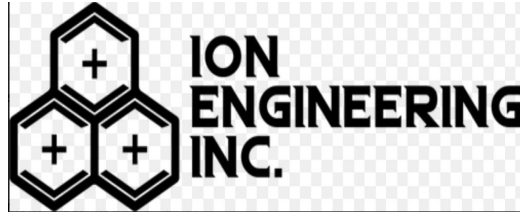
4-WAY

ELECTRICAL • BUCKET TRUCK • INSPECTIONS

Palisades
DQ Grill & Chill
12708 140th Ave

Namoo
DQ Grill & Chill
15837 97th St

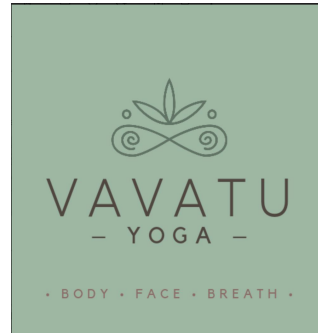
Newcastle
DQ Grill & Chill
127th St & 170th Ave



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>

