

FRIDAY KNIGHT NEWS : February 21, 2025



From the Principal's Desk...

Well the weather has finally warmed up and what a great feeling to be able to go outside for recesses. We definitely appreciate the exercise and fresh year and the long range forecast looks great!

As we close out the week we just wanted to let everyone know that we did our hold and secure and our practice lockdown today. Our students did exceptionally well during these practices.

As we head to next week, we have grade 2 and grade 5 skiing. If parents are volunteering, please make sure if anything changes that you let teachers know as soon as possible so other arrangements can be made. Thanks for your help everyone, skiing is always a lot of fun!

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

February 24th: Swimming Gr. 4

**February 25th: Grade 2 Ski Day
Swimming Gr. 3**

**February 26th: Healthy Hunger (BPs)
Pink Shirt Day
Gr. 5 Ski Day**

**February 27th: Gr. 2 Swimming
Open House @SACHS for Gr. 9**

February 28th: JR SAPEC Basketball Tourney

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](#)



We had The Doug stop in to many of our classrooms and connect with students. Many great topics and questions were discussed!

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

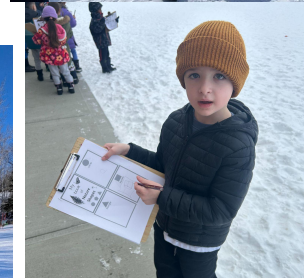


Have you ever been on the losing end of a trade where you felt like the other person got a better deal than you did? You may not like what Jesus has to say about trading with other people. Love your enemies. Pray for those who persecute you. That kinda stuff.



Early Learning

Kinder Ski and Snowboard Day



Shapes in nature
scavenger hunt

Grade 1 Ski Day at the hill

Grade 1 have a wonderful time skiing at Tawatinaw Ski Hill.



Division One

3A & 3B had big science week using tools & building machines.



Grade 1 A Had so much fun celebrating 100th Day of School today!



This week 2B has been getting creative in Phys Ed. class and designing art inspired by Alma Thomas!



Grade 1B had fun on our 100th day of school!



Gr. 4 REC had a blast skating at the Morinville Rec Center!

Division Two



Grade 4 enjoying some valentines shenanigans last week

Science in action



Grade 6 religion visit with Doug Krammer.

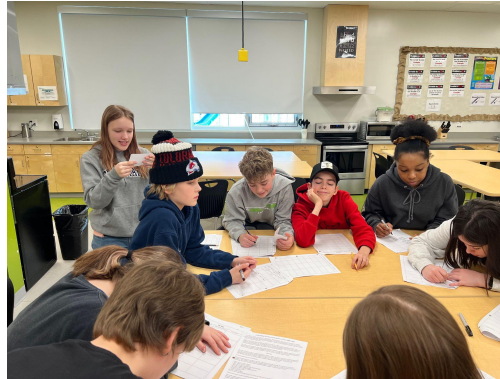
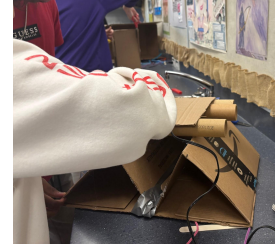


Division Three

Cosmetology - Braiding



STEM - Grade 9 non rec



Grade 7 Murder Mystery

Grade 8 Language Arts Class Visits the St. Albert Art Gallery



Elsa Robinson

**Multidisciplinary
Artist**



The Garden Exhibit

By Elsa Robinson



Listening and Reflecting

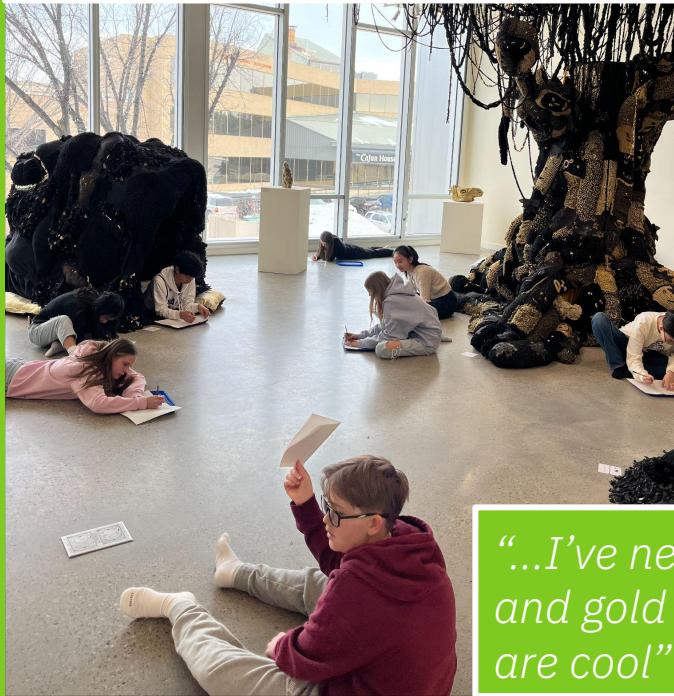
"I think this place is really cool and beautiful."
-Gr. 8 Student



"My favorite piece of art is the cave. I love it because when I go inside I can lie down and it's like looking at the stars."
-Gr. 8 Student

Writing Personal Reflections Continued...

"I really like how spiritual and cultural everything is. The cave and tree are very unique..." -Grade 8 Student



"...I've never seen art like this before. The black and gold look nice and the reasons behind it are cool" -Grade 8 Student





Learning how to take the City Bus– *Did you know that anyone under 18 years old can ride the bus in St. ALbert for FREE? It's safe and easy!*





Lunch at Jack's
Burger Shack

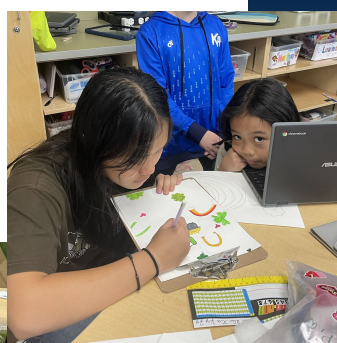
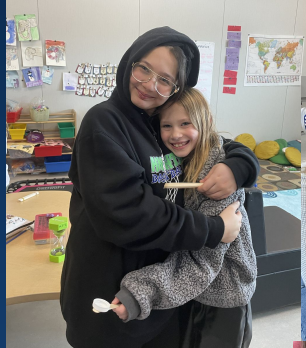
Games for Mental Health Knight's Block



Games often lead to laughter. “A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.” (DiChristina, M. (2009) *Laughter as medicine — And other stories from MIND*. Retrieved August 27, 2011



Jr. High Leadership Classroom Helpers



SPRINGFIELD INDOOR GAMES

Congratulations to our amazing Knight racers!
Girls came first in the girls 200m relay and our boys came in third! In our individual run, Luke came in first and Harper came in second. So proud of all our runners!



COUNSELLOR'S CORNER



HOW TO ACCEPT A COMPLIMENT

DON'T BRUSH IT OFF



✗ Lowers Your Self-Esteem ✗ Creates Awkwardness ✗ You Miss a Chance to Grow

INSTEAD, ACCEPT IT AND SAY "THANK YOU!"



✓ Builds your confidence ✓ Improves Your Mood ✓ Builds Stronger Relationships

✓ TRY IT!

Next time you receive a compliment, accept it and say "thank you!"

It can be tough to accept compliments, but doing so has many benefits. First, it helps build self-confidence by reminding us that our qualities and efforts are appreciated. Accepting compliments also acknowledges the kindness of the person giving them, strengthening relationships and making us feel more connected. While it might feel uncomfortable at first, with practice, accepting compliments becomes easier. The next time someone gives you a compliment, try simply saying "thank you." Remember, compliments are gifts that not only boost our own confidence but also show appreciation for others. By accepting them gracefully, we foster positive connections and practice self-acceptance.

Sean Brass

sbrass@gsacrd.ab.ca

Pink Shirt Day February 26th!

Pink Shirt Day began in 2007 when a student in Nova Scotia was bullied for wearing a pink shirt to school. It has since been recognized annually worldwide as a day to stand against bullying.

Pink Shirt Day encourages Albertans/Canadians to be inclusive, welcoming and supportive with colleagues, clients, friends and family. Building healthy relationships is one of the best ways to prevent bullying and create safe environments.

We are encouraging all of our students, staff, families to wear pink on February 26th to support this worthy cause. Thanks everyone!



Parent-Teacher Interviews

Dear SAA Families:

Parent-Teacher Nights are coming up on March 11th and 13th from 4:30 - 7:30 PM. Please see the link below to log into the system and book an appointment. <https://schoolinterviews.ca/code/epydu>

Please note that with the exception of kindergarten, all other interview time-slots are 10 minutes each. This allows each family a chance to book an appointment on these evenings. If you need a longer time slot, please feel free to set up a meeting on another date to help accommodate the time needed. Also, if these dates do not work for you, please set up another appointment time to meet with teachers.

Please note that if you are a Jr. High family getting a time slot might be difficult as there are only so many time slots to go around for 80 students. If you do not get an opportunity to book an appointment, please set something up on another date that works best for you.

Thanks everyone, hoping to see you on March 11th and 13th for Parent-Teacher Nights. If there are any questions, please feel free to reach out and we will assist where we can.

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,

Dear parents/guardians:

As part of our ongoing commitment to providing a world-class education for Alberta's children, Alberta Education will again be conducting our annual survey of grades 4, 7 and 10 students and their parents or guardians. The survey will gather important information about students' and parents' school experiences and will help to inform continuous improvement in our education system.

The survey will also be sent to all teachers in the province. In some schools, all students in grades 4 and above – and their parents or guardians – will be surveyed.



Your input supports improvements in our education system

This year's survey will take place from February to March 2025, and we strongly encourage all eligible parents or guardians to participate and share your feedback on your child's or children's education.

Survey participants will be asked questions on a variety of topics, including:

- welcoming, caring, respectful and safe learning environments;
- student learning engagement; and
- parental involvement in their children's education.

Survey participants are not required to provide their names or personal details, and all survey responses are confidential.

By completing the survey, you are helping both Alberta Education and your local school authority identify areas of strength and areas for improvement. When the results are in, Alberta sends them to school authorities, who in turn share them with their local school community and use them to inform their annual education plans.



Surveys will be provided by your school

Completing the annual education survey is easy. Your principal or school administrator will provide you with a unique, single-use access code on behalf of Alberta Education that you can use to log in and complete the survey online confidentially.

- Parents or guardians with more than one student in an eligible grade will receive a separate random access code for each child.
- Paper copies of the survey can also be requested once the survey opens.
- Participants can skip questions for any reason and may opt out of the survey at any point.



Students fill out their surveys at school

Students are surveyed during the same time period as their parents or guardians, but they typically fill out their surveys at school.

- Like their parents or guardians, students are provided with a random access code to log in and complete the survey confidentially.
- Students can skip questions for any reason and may opt out of the survey at any point.

Important Dates

February 24th: Grade 4 Swimming

February 25th: Grade 2 Ski Day

February 26th: Pink Shirt Day

February 26th: Healthy Hunger (BP's)

February 26th: Grade 5 Ski Day

February 28th: SAPEC Basketball Tourney

March 4th: Shrove Tuesday

March 5th: Ash Wednesday Liturgy 8:30 AM

March 5th: Healthy Hunger (Chopped Leaf)

March 11th: Parent-Teacher Interviews (4:30 - 7:30 PM)

March 13th: Parent-Teacher Interviews (4:30 - 7:30 PM)

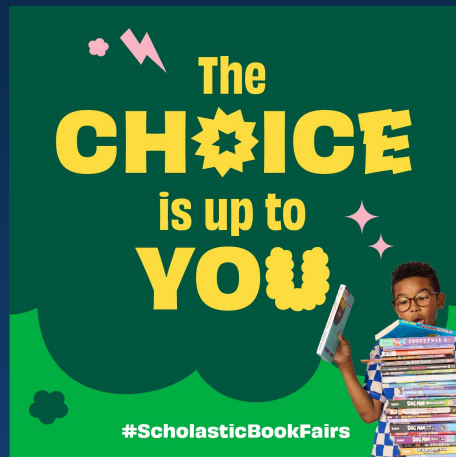
March 14th: PD Day (No School for Students)

March 18th: School Council Meeting (6:30 PM)



Upcoming Book Fair! Bring on the Bookjoy!

Mark your calendars! The Scholastic Book Fair is coming to our school!! From **March 10-14**, discover new and bestselling titles coming right to our school. All purchases help get new books and educational resources into our library. **Help us reach our goal of selling \$3,500 worth of books!**



Book Fair Volunteers Needed

If anyone would like to help with the book fair, please contact Miss Gamache in the library. We would love some extra hands with:

- Setting up on March 10th (starting at 8:30 a.m.)
- Taking down the fair on March 17th (starting at 8:30 a.m.).
- Handling cash during lunch recess (12:10 – 12:35) on either October 12th, 13th, or 13th.

If you are interested or have any questions, then contact Ms. Gamache at lgamache@gsacrd.ab.ca .



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 ALPHONSE ACADEMY

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

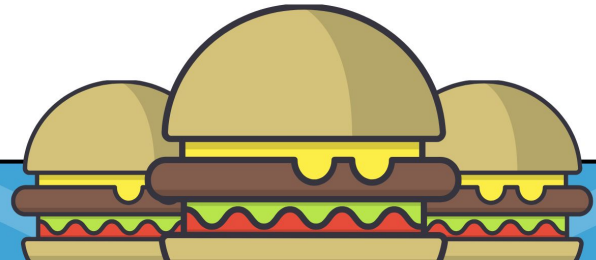
FEB. 12TH - 

FEB. 19TH - 

FEB. 26th - 

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

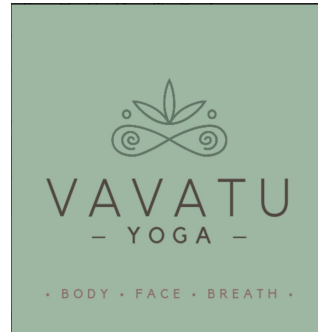


Call/Text: (780) 271 - 2664

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>

