

FRIDAY KNIGHT NEWS : February 28, 2025



From the Principal's Desk...

The weather has finally warmed up and despite all the water and mud, it's been great seeing our days get longer and the sun shining brightly.

As we make our way to next week we have some important dates coming up in the liturgical calendar. We will be celebrating Shrove Tuesday on March 4th and we will be bringing in nearly 900 pancakes that day for our students and staff. On Wednesday March 5th we will be celebrating Ash Wednesday. Rebecca from St. Albert Parish will be joining us and if any family would like to come out and join us, please make note of the start time of 8:30AM. We would love to see families there if they are able to come out. Ash Wednesday of course, marks the beginning of the season of Lent.

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

March 3rd: Gr. 4 Swimming

**March 4th: Gr. 3 Swimming
Shrove Tuesday**

**March 5th: Ash Wednesday (Liturgy @8:30am)
Healthy Hunger (Chopped Leaf)**

March 6th: Gr. 2 Swimming

March 7th: Run Wild Pep Rally

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](#)

On February 26, we wore pink in support of cultivating a community of kindness.



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

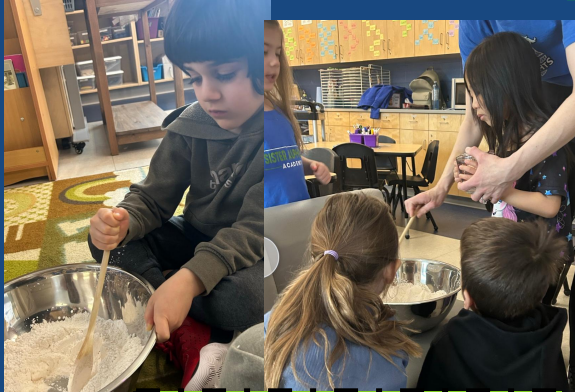


District Chaplain- Doug Kramer

The word "hypocrite" originates in Greek theatre and it literally means "interpreting from underneath". In this reading, Jesus warns us about interpreting and judging someone else from behind our own mask where we can't see, speak or even breathe clearly.



Early Learning



Kinder cooking: Bannock



Pink shirt day



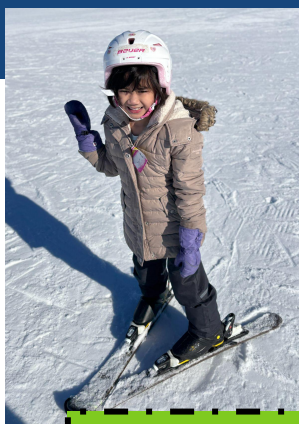
3A & 3B Learning how wheels & axles make movement easier.



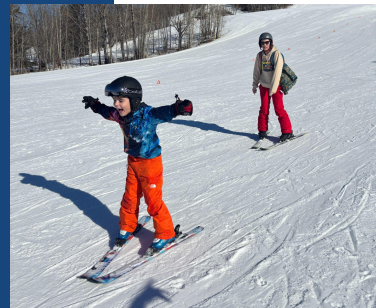
Grade 1A & 1B were scientists this week and practiced making predictions and observations together.

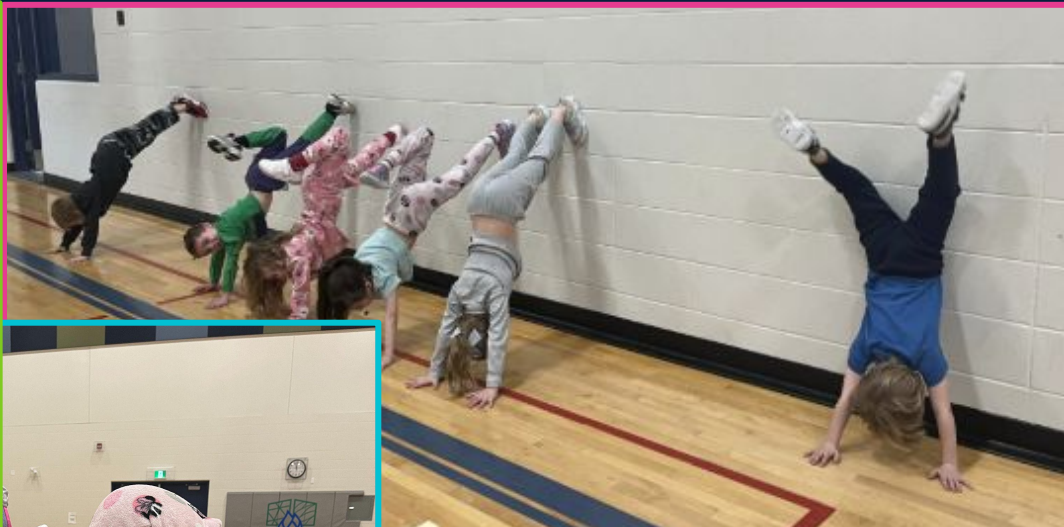
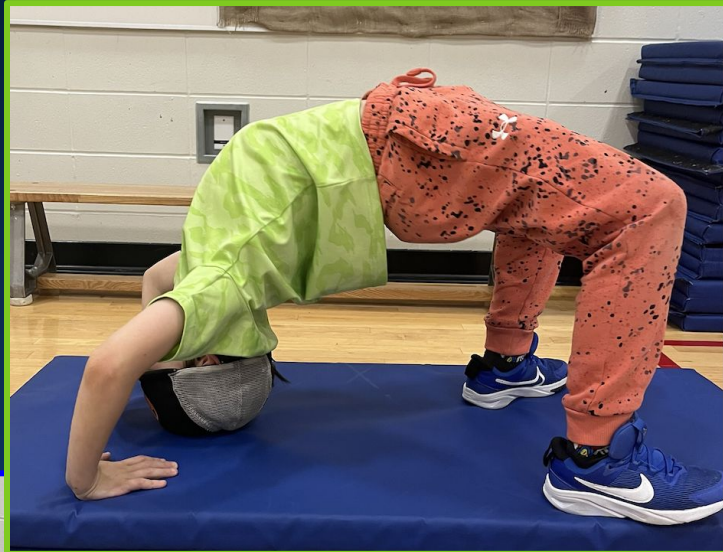


Division One



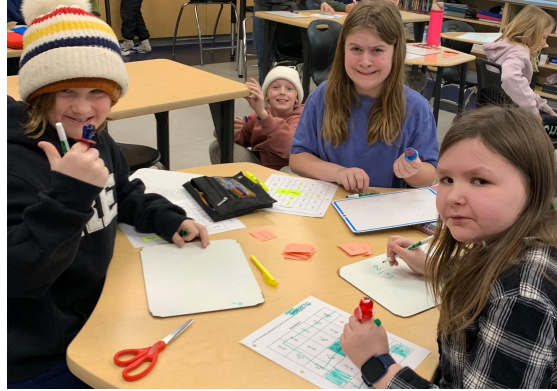
Ski Day! Both Grade 2 classes went skiing To Tawatinaw Valley this week. Everyone was so grateful for the beautiful warm weather and sunshine!



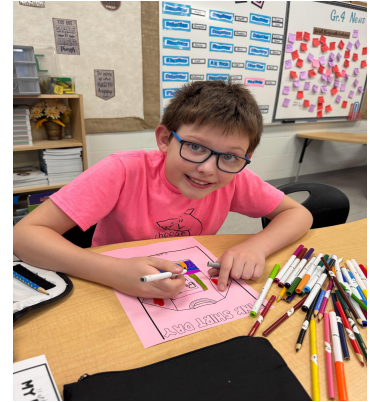


Gr. 1 Gymnastics

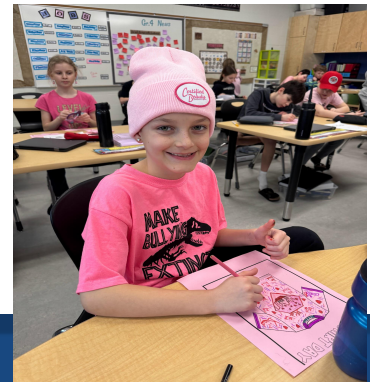
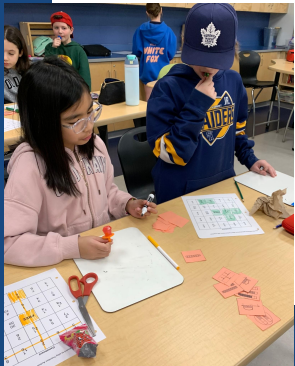
Division Two



4A worked on anti-bullying t-shirt messages for Pink Shirt Day!



5A played math games to practice adding and subtracting fractions!



Division Two

Grade 4 went and explored to find the grade 6 geocaches.

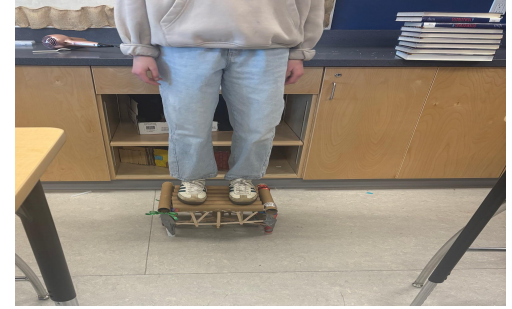


Grade 5 and 6 Non- Rec Class had a blast at the St. Albert Bowling Alley!

Gr. 8 students dissected a sheep's eyeball.

Division Three

STEM grade 9



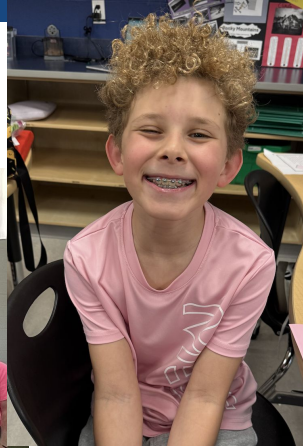
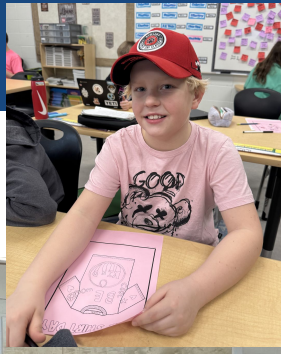
Black History Month

Black History Month honours and commemorates the accomplishments and contributions of Black individuals and communities. This month at SAA, we took a moment to reflect on the accomplishments of Black Canadians and Americans who have worked hard to make equally vital.



Jean Bosco from The African and African Descendents St. Albert presented to our jr. high about resilience and racism.

Pink Shirt Day



COUNSELLOR'S CORNER



7 school struggles I normalize for my child:

- It's okay to have bad days.
- Not everyone will be your friend—and that's okay.
- Asking for help is a strength, not a weakness.
- Mistakes are part of learning, not something to fear.
- Doing your best doesn't mean being perfect.
- Not understanding something right away doesn't mean you're not smart.
- You won't love every teacher or subject—and that's okay.



@BigLifeJournal



Struggles at school whether academic, social, or emotional are a natural part of learning. Adversity isn't just in school; it's everywhere in life. When we help children work through challenges now, we strengthen their resilience, preparing them for the future. Instead of viewing struggles as setbacks, we can reframe them as opportunities for growth. Encouraging effort, validating emotions, and modeling perseverance teaches kids that setbacks aren't failures but steps toward success. Life isn't about avoiding obstacles it's about accepting challenges as part of the journey and continuing to move forward. Setbacks don't define us; our ability to adapt, grow, and live well does.

Sean Brass

sbrass@gsacrd.ab.ca

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,

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.

We are excited to announce our upcoming summer soccer day camps for children aged 5 to 13, scheduled to run throughout the summer at several locations nearby. Our camps focus on individual skill development, team building, and fostering a love for the game in a fun and supportive environment.

Understanding you likely recently received our information from the Board office, we would be grateful if Sister Alphonse Academy could assist us in distributing our digital program material to your students' families. By sharing this information, you can help provide children with an opportunity to stay active, develop new skills, and make lasting friendships during the summer months.

For your convenience, here is a brief overview of our program:

- **Program Name:** Royal City Soccer Club Summer Day Camps
- **Ages:** 5-13 years old
- **Dates:** Weekly sessions from June 30 to August 29, 2025
- **Locations:** [Click here for our ST ALBERT locations](#)
- **Activities:** Life and social skill development, soccer skill development, team games and more
- **Registration:** Now open at <https://royalsoccer.com/registration/>

Since 1993...
SOCCER DAY CAMPS
...more than just a soccer camp! **2025**



Unlock Amazing Savings if you sign up by **June 1, 2025**
DON'T MISS OUT!
* for a limited time only

Get ready for an unforgettable summer adventure!

* July & August weeks	* morning & full day sessions
* ages 5 to 13	* before & after care available

Mornings starting from **\$179***
Full Days starting from **\$284***
*limited time offer, see website for details

royalsoccer.com
800-427-0536

For location & registration details, visit our website.

March Dates

March 3rd: Gr. 4 Swimming

March 4th: Gr. 3 Swimming

Shrove Tuesday

March 5th: Ash Wednesday (Liturgy @8:30am)

Healthy Hunger (Chopped Leaf)

March 6th: Gr. 2 Swimming

Friends of SAA online meeting @7:30pm <https://meet.google.com/xph-hdzt-ssst>

March 7th: Run Wild Pep Rally

March 10th: Gr. 4 Swimming

IDEAS lab @3:30

March 11th: Gr. 3 Swimming

Parent/Teacher Interviews

March 12th: Healthy Hunger (DQ)

March 13th: Gr. 2 Swimming

Parent/Teacher Interviews

March 14th: PD Day/ No School



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

Join us! March 6th at 7:30pm online for our next meeting.



Link to join:

<https://meet.google.com/xph-hdzt-sst>

Healthy Hunger

Take a break from packing lunch on Wednesdays! Purchase your child a delicious meal instead. Please place your order by the Friday prior to the hot lunch.

www.healthyhunger.ca

March Hot Lunch

SISTER ALPHONSE ACADEMY

MAR 4TH -  SHROVE TUES.
MAR 5TH - **THE CHOPPED LEAF**

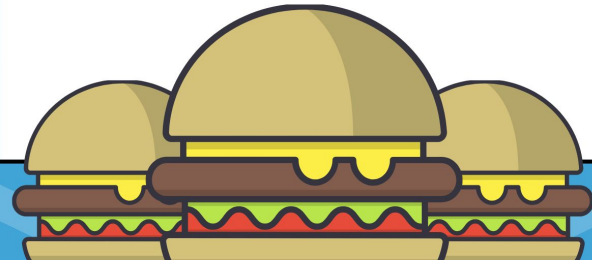
MAR. 12TH - 

MAR. 19TH - 

MARCH BREAK

www.healthyhunger.ca

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



Sponsorship Thank You!

4-WAY

ELECTRICAL • BUCKET TRUCK • INSPECTIONS

Palisades
DQ Grill & Chill
12708 140th Ave

Namao
DQ Grill & Chill
15837 97th St

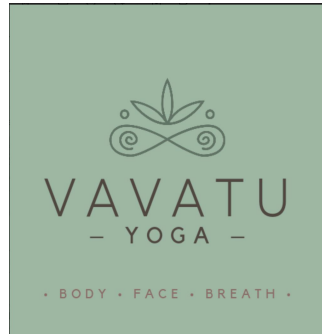
Newcastle
DQ Grill & Chill
127th St & 170th Ave



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>

