

# FRIDAY KNIGHT NEWS : March 7, 2025



## From the Principal's Desk...

Sending out a huge thank you to all the parents who came out for Shrove Tuesday to deliver pancakes to students and staff. We so appreciate having our families being able to make it in supporting our school. It really does mean a lot to us. Thank you for taking the time to come in.

We also wanted to send a huge thank you to Mrs. McKinnon, Mrs. Klak, Mrs. Virani, and Ms. Mark for all their work with the Ash Wednesday liturgy this past week. This was a ton of work by them as well as our students to make this all come together. Thank you all for your great work as well as to all the parents who were able to make it out to help us celebrate as we enter the season of Lent.

Just a reminder to book a parent-teacher interview if you haven't already. The link to book interviews is located in this document.

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 10th:** Gr. 4 Swimming  
IDEAS lab @3:30

**March 11th:** Gr. 3 Swimming  
Parent/Teacher Interviews  
5B Visit with Seniors at Everitt Gardens

**March 12th:** Healthy Hunger (BPs)  
Grade 5 Ski Day

**March 13th:** Gr. 2 Swimming  
Parent/Teacher Interviews

**March 14th:** PD Day/No School

# 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 celebrated Shrove Tuesday by sharing a meal together-  
“When two or three are gathered in my name...” -Matthew 18:19-20



We gathered as a school community to begin our Lenten journey together.



## **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



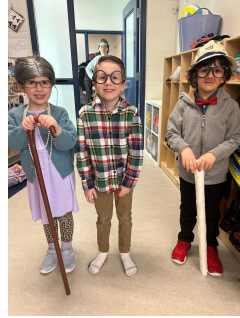
I love my latte's. And some mornings, I'm running pretty fast to get them. I might even forget about God. It's HARD to love God. Jesus faced this too when he spent forty days in the desert. The devil asked him "What do you love more than you love God?".





# Early Learning

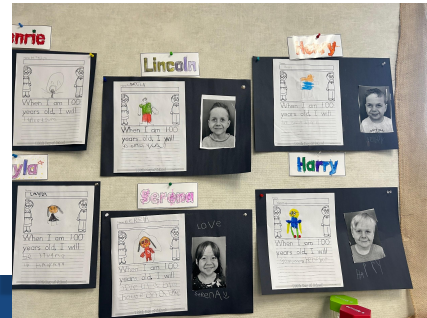
## Ash Wednesday Liturgy



## 100 day celebration



## Shrove Tuesday

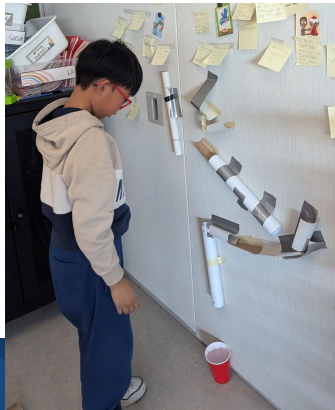


# Division One

1A & 1B is using the scientific method with their nutrition unit by using their 5 senses to taste different cereals to test which is the healthiest.



3A built cars and marble runs and continued our globetrotting through Tunisia.





# Division Two

Ultimate Frisbee in PE with 6B!



5B was so happy to receive the Timbit prize for have the least amount of waste on Friday! A big thanks goes out to Miss Hillier's class for organizing this and the Gold family for the treat!



6A Forces Lab: Testing Friction



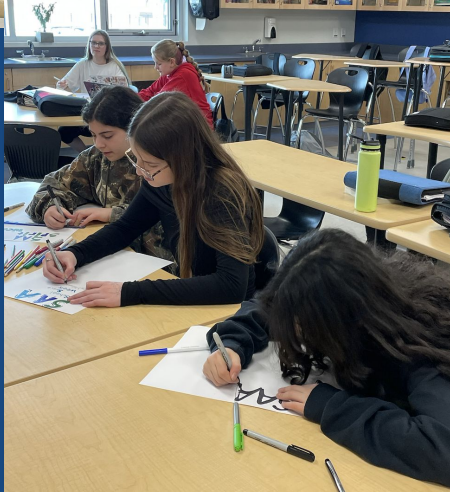


**Leadership class planning our upcoming spirit week!**

# Division Three



**Knights Block started pickleball this week.**



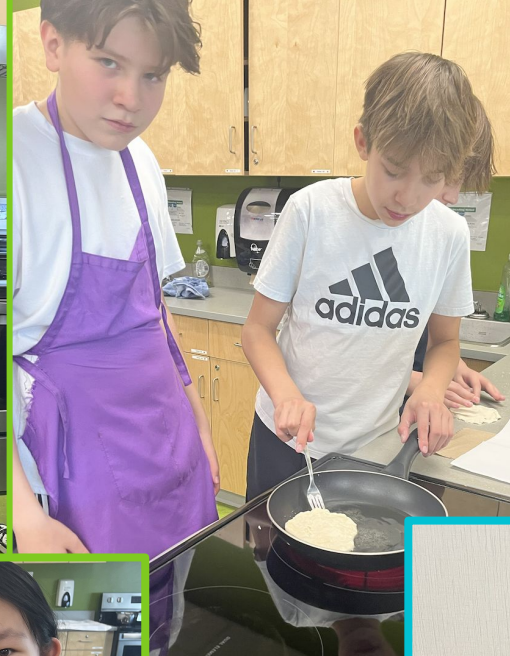
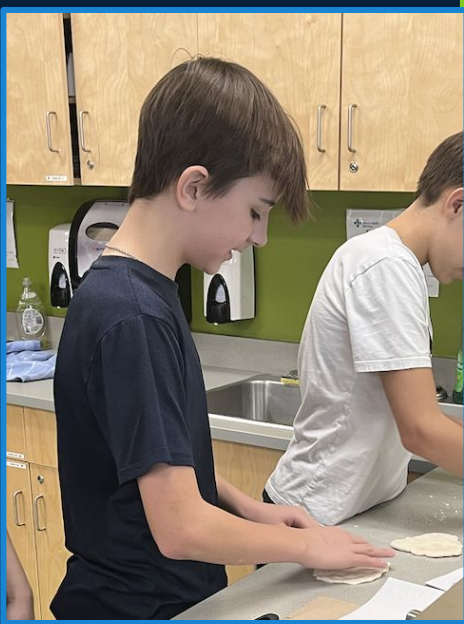
**Food critique class made delicious soups this week!**





# More Pickleball Grades 7-9





To compliment a novel we are reading about Indigenous culture, we made *Bannock* like some of the characters in the book.



Grade  
8's  
ELA





# COUNSELLOR'S CORNER



## ★ The 7 Habits of a Positive Parent ★

### 1. Connect Before You Correct

When we connect, kids move from a defensive, reactive state to a receptive one.

"Come here for a hug. You seem to feel very strongly about this. Tell me more."

### 3. Make time for yourself

Our children will never choose to give us a break. We need to make sure our needs are met.

"I need time to relax for ten minutes. I will be available after."

### 5. Stay flexible

Be open to changing your mind. Try new approaches, and find what works for YOUR family.

"I would like to try something different tonight. Before we read a book, let's talk about our day."

### 7. Be an active listener

Connect and ask questions instead of making assumptions.

"Thank you for sharing that with me. I want to talk more about this to understand your perspective."

### 2. Ask for help when you need it

You'll get the support you need and model the importance of speaking up.

"I took on a lot this week. I will see if my friend can help me out."

### 4. Set firm boundaries

Clear boundaries help children thrive and make parenting easier.

"My answer is no. You're free to disagree."

### 6. Lead with love

When we connect, kids move from a defensive, reactive state to a receptive one.

"Come here for a hug. You seem to feel very strongly about this. Tell me more."



When you adopt these positive parenting habits you build a deeply connected parent-child relationship.

Positive parenting isn't about letting kids do whatever they want—it's about guiding them with warmth, consistency, and respect. It's not permissive parenting, where boundaries are absent, but rather a balanced approach where expectations are clear, and children feel safe, valued, and understood. When a child feels seen, heard, and loved, they develop a strong sense of self-worth and emotional security. This human connection is something we all yearn for, and when nurtured in childhood, it fosters resilience, cooperation, and a deep-rooted trust in relationships. The way we show up for our kids today shapes how they will navigate the world tomorrow. Take a look at these 7 habits of a positive parents for some ideas.

Sean Brass

sbrass@gsard.ab.ca

**Registration for RUNWILD is now open!**  
**Register and find more information using this [link](#)!**  
**Don't forget to choose the Sister Alphonse Academy Team. More information will come home next week with interested students.**



leading edge  
PHYSIOTHERAPY  
**RUN WILD**



# St. Albert Public Library

## **Prevent Internet Child Exploitation**

Thursday, April 10 | 7:00-8:30 p.m. | Downtown Library

To register: <https://sapl.libcal.com/event/3863798>

All parents and caregivers are welcome to attend an evening information session on the realities of internet child exploitation in Alberta, and strategies to navigate these issues in an open and collaborative way with your children. Presented by the Northern Alberta Internet Child Exploitation Unit (NAICE), some topics discussed will be: Who is NAICE and what do they do, keeping kids safe online and social media, child luring and sextortion, artificial intelligence and emerging online sites/apps.

## **Empowering Parents: Navigating Sexual Health Education with Confidence**

Thursday, April 24 | 7:00-8:30 p.m. | Downtown Library

To register: <https://sapl.libcal.com/event/3864252>

It can be challenging to know how to talk to your child about sexual health in an age-appropriate and open way. This workshop offers practical guidance and tools to help you navigate these important conversations with confidence. Learn how to address topics such as consent, healthy relationships, puberty and sexual well-being, while fostering an environment of trust and respect. Join us for a safe, non-judgmental space to learn, share and connect with other parents. Presented by the City of St. Albert's Family and Support Services Prevention Coordinator.

# Last Call!

Ticket sales, close tonight  
(Fri. Mar. 7th)

3 Stations:  
Leprechaun Traps  
Lucky Charm Catapults  
Pendulum Painting

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\$



We are hosting a grade 9 transition to high school parent night in the evening on March 12th. If parents cannot make it that evening we are available at the school anytime during the school day to help if needed. this will be in person at the school in the Hawks Nest.

**SACHS**  
**PARENT  
INFO NIGHT**  
**FOR INCOMING STUDENTS**

Join us to learn about your child's  
upcoming year in High School

- Why SACHS? ·
- Flexible Programming ·
- French Immersion ·
- AP courses ·
- Elite Performance Center ·
- What does High School look like? ·
- Graduation Requirements ·
- Post-Secondary ·
- Course Sequencing ·
- Summer School ·
- Off-Campus Programs ·

1-on-1  
Course  
Selection  
Support

Wednesday, March 12th  
6:00 - 7:30pm  
33 Malmo Ave, St. Albert

# 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.



# 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,

# March Dates

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

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

March 17th: Gr. 4 Swimming; St. Patrick's Day- wear green

March 18h: Gr. 3 Swimming; JH Ski Day

March 19th: Healthy Hunger (Subway)

Gr. 3&4 Ski Day; Gr. 1 Field trip to Little Schoolhouse

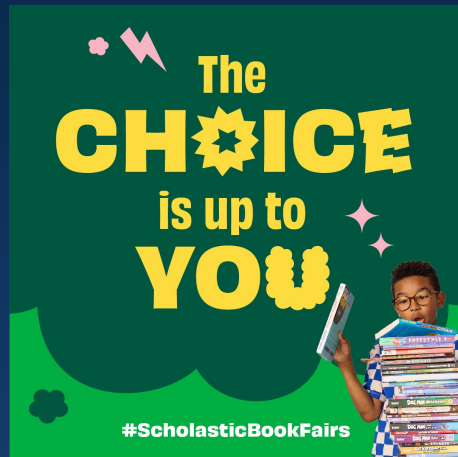
March 20th: Gr. 2 Swimming; Winter Carnival

March 21st: No School- Day in Lieu PTIs



# Upcoming Book Fair! Bring on the Bookjoy!

Mark your calendars! The Scholastic Book Fair is coming to our school!! From **March 10-13**, 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 10<sup>th</sup> (starting at 8:30 a.m.)
- Taking down the fair on March 17<sup>th</sup> (starting at 8:30 a.m.).
- Handling cash during lunch recess (12:10 – 12:35) on either October 12<sup>th</sup>, 13<sup>th</sup>, or 13<sup>th</sup>.

If you are interested or have any questions, then contact Ms. Gamache at [lgamache@gsacrd.ab.ca](mailto:lgamache@gsacrd.ab.ca) .





## FRIENDS of SAA

Take a break from packing lunch on Wednesdays! March 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](http://www.healthyhunger.ca)

## March Hot Lunch

SISTER ALPHONSE ACADEMY

MAR 4TH -



SHROVE TUES.

MAR 5TH -

THE **CHOPPED LEAF**

MAR. 12TH -



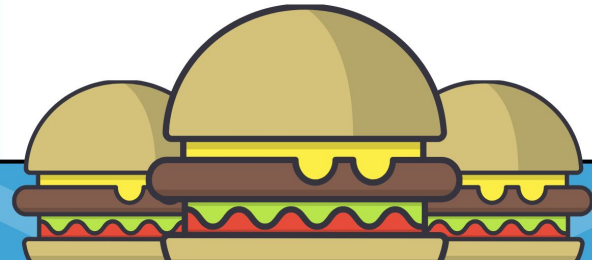
MAR. 19TH -



**MARCH BREAK**

[www.healthyhunger.ca](http://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** - I will send a graphic for your newsletters.

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!

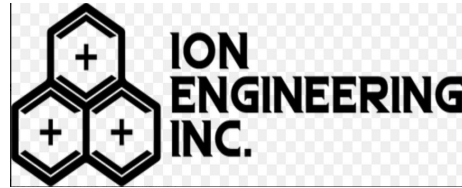
## 4-WAY

ELECTRICAL • BUCKET TRUCK • INSPECTIONS

Palisades  
DQ Grill & Chill  
12708 140<sup>th</sup> Ave

Namoo  
DQ Grill & Chill  
15837 97<sup>th</sup> St

Newcastle  
DQ Grill & Chill  
127<sup>th</sup> St & 170<sup>th</sup> Ave

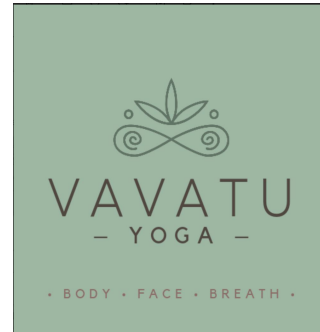


Call/Text: (780) 271 - 2664

Website: [www.realestateexperience.ca](http://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](http://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>

