

# FRIDAY KNIGHT NEWS : March 14, 2025



## From the Principal's Desk...

A big thank you to everyone who was able to make it out to parent-teacher nights this past week. We appreciate the time to discuss progress as well as any issues or concerns. If you were not able to come out on these nights, but would still like to set up an appointment time, please reach out classroom teachers and set up a time that works best for you.

As we make our way to Spring Break just a reminder that we still have a week left and there is a lot of work left to do before we leave on Thursday. Also, please be reminded that Friday March 21st is a day in lieu of parent-teacher interviews and there is no school on this day for students or staff. Please mark that in 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

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

**March 18th:** 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

# 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](#)

**Sister Mary Clare stopped in to chat with our students about our Lenten journey, the CSS Care-a-van Project and answer any questions students had.**



## **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 Don't Want This Moment To End**  
Gospel Reading Luke 9:28-36  
2nd Sunday of Lent



Ever been to a summer camp or on a family holiday, where you just didn't want the moment to end? This is the experience of Peter, James and John as they witness the glory of Jesus on the mountaintop. This is the account of the Transfiguration.





# Early Learning

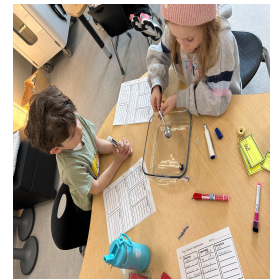
Kindergarten learned about fused glass art!



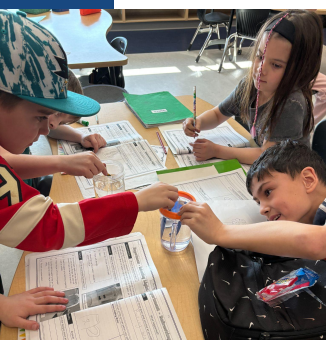


# Division One

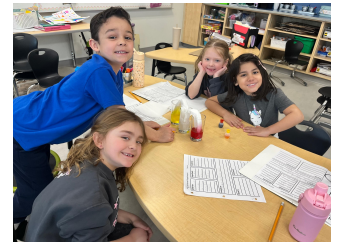
**2A played some Inuit games in phys ed this week!**



**2B had a fun week filled with show and tell and science experiments learning about refraction!**



**1B practiced using the scientific method while doing fun experiments!**



# Division One

**Grade 3s competed in a week-long science competition to solve the mystery of Easter Island statues.**



**Grade 3s started small group book clubs based on their reading levels.**

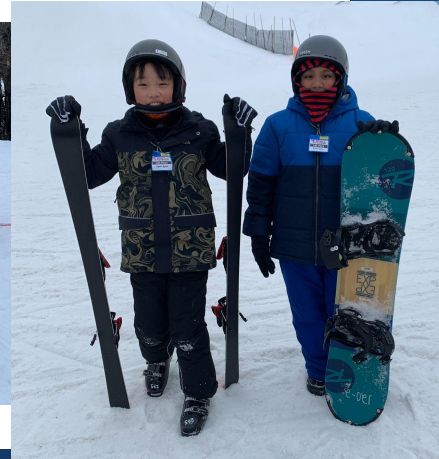
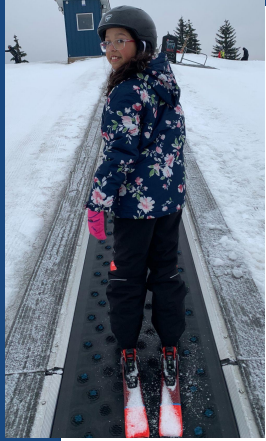


**Grade 3s made glass crosses to mark Lent.**





# Division Two

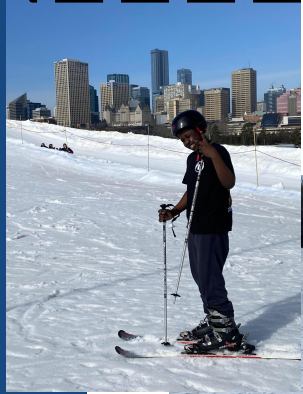


**Grade 5 Ski Trip!**



# Division Two

## Grade 6 Ski Trip!



**5B enjoyed the chance to entertain and bring joy to the residents at Everitt Gardens Seniors Home this week!**



## Market Madness in Social Studies 9



## Division Three

## Cosmetology - makeup



## Semester 2 Shop Projects



## STEM



# Knights Lunch



Some of our jr. high students enjoying their Knights lunch after being nominated for being awesome!



# COUNSELLOR'S CORNER



## Online, Online, All the Time: The Internet and Youth

What's really happening when teens go online? Join Lisa de Gara as she unpacks the latest research on teen digital habits, social media trends, and online risks—plus strategies to support positive online experiences.

### Register Now!

- Apr. 23 - 7 pm, St. Albert, SACHS (Hawks Nest)
- Apr. 24 - 7 pm, Morinville, SKT (gymnasium)



GSACRD is hosting an incredible session with presenter Lisa de Gara, diving into the online habits of youth, the trends shaping their behavior, and the impact of social media, influencers, and algorithms—often in ways adults don't even realize. We see firsthand the effects of technology on our youth, and Lisa does a fantastic job of sharing data and providing strategies to support them. This session is packed with insights into a rapidly evolving digital world. I highly recommend attending! Lisa will also be presenting to some of our classes on April 15th. Check out the image for details and how to register!

Sean Brass

[sbrass@gsacrd.ab.ca](mailto:sbrass@gsacrd.ab.ca)



# World Autism Day

When we wear blue, it's not only about keeping that conversation going about autism but, it's also making sure that those with autism and their families don't feel alone.

We are asking all students and staff on Wednesday April 2nd to wear blue in support of World Autism Awareness Day. We have a number of students at SAA with autism and we would like to do this small gesture to support them and their families. If folks could put this on their calendars, that would be great. Thanks so much everyone!

We will be holding a cookie sale on April 2 with funds going towards the Edmonton Autism Society. Each cookie will sell for \$1.00.



# Care-A-Van Lenten Project

Greater St. Albert Catholic Schools is partnering with Catholic Social Services Sign of Hope to raise funds for the "Care-A-Van" project for the unhoused in Edmonton. The "Care-A-Van" initiative within the Welcome Home program specifically targets the gap in support for unhoused individuals in Edmonton's underserved outer city. It addresses the basic needs of the homeless (food, water, and clothing delivered with love).

Over the next few weeks we will be holding a popcorn sale to raise money for our Lenten Project supporting Catholic Social Services. Each bag will be \$2.00.





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

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

**March 19th: Healthy Hunger (Subway)**

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**March 21st: No School- Day in Lieu PTIs**

**March 21- March 30- SPRING BREAK**

**March 31- School Resumes**

## 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:

- Taking down the fair on March 17<sup>th</sup> (starting at 8:30 a.m.).

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



## Online, Online, All the Time: The Internet and Youth

18

What's really happening when teens go online? From social media trends to concerning content, this session will break down the data behind youth internet use and what it means for families and schools. Lisa de Gara will guide us through the latest research on teen digital habits and offer actionable strategies to support positive online experiences.

- St. Albert, April 23, SACHS (33 Malmo Ave, St. Albert, AB T8N 1K9)
- Morinville, April 24, SKT (980 Westwinds Dr, Morinville, AB T8R 2P8)

Lisa de Gara is the Manager of Small Centres at Action for Healthy Communities, an organization supporting immigrant and refugee families throughout Alberta. In 2023, she received her Master of Science in Digital Education from the University of Edinburgh. She is passionate about education, the internet, and how technology shapes our lives.

[RSVP here.](#)

## 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](http://www.healthyhunger.ca)

## March Hot Lunch

SISTER ALPHONSE ACADEMY

MAR 4TH -



SHROVE TUES.

MAR 5TH -

THE **CHOPPED LEAF**

MAR. 12TH -



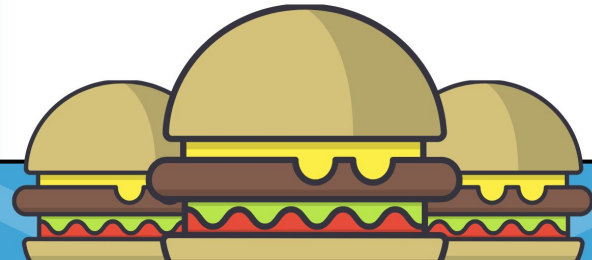
MAR. 19TH -



**MARCH BREAK**

[www.healthyhunger.ca](http://www.healthyhunger.ca)

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





# Sponsorship Thank You!

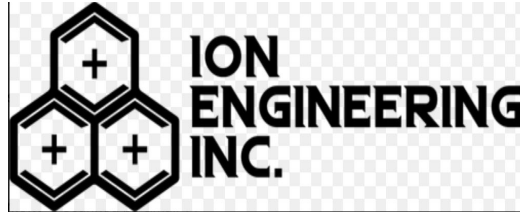
## 4-WAY

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

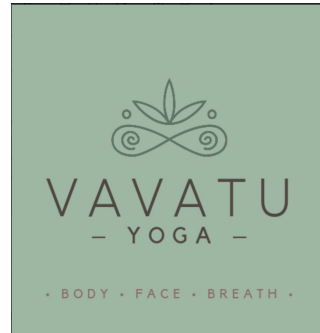


Call/Text: (780) 271 - 2664

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>

