

FRIDAY KNIGHT NEWS : March 21, 2025



From the Principal's Desk...

We will made it to spring break and everyone has worked hard to get to this point. With the weather warming up, the snow is quickly melting and longer sunnier days are now upon us.

As we make our way to Spring Break, please take the time to relax and recharge. We still have three months to go in the school year so there is a lot of work left to do. Additionally, there has been a lot of sickness going around so hopefully everyone has the chance to shake off those illnesses and get better.

Once we get back on March 31st, please take a look at the theme days we have going on during that first week back. If students would like to participate, please do so.

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

Week At A Glance

March 31st: Millionaire Monday

April 1st: Anything But a Water bottle

**April 2nd: Wear Blue- World Autism Day
Healthy Hunger (Pizza Hut)**

**April 3rd: Throwback Thursday
Reconciliation**

April 4th: PJ Day

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](#)

Tea and TALK Tuesdays

Thanks so much to Doug, our district chaplain, for joining 5A every Tuesday during Lent. They are getting closer to God by reading the bible reading of the day, reflecting on how to apply it to real life and ending with prayer---all while enjoying some TEA!



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

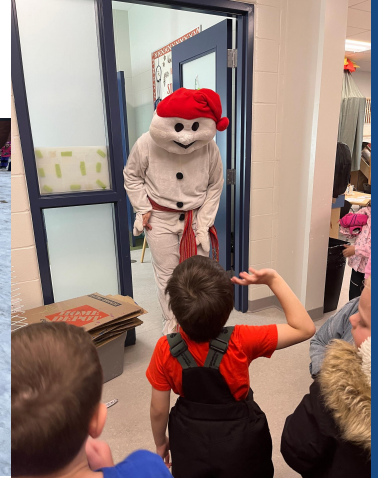


I'll bet you've wondered (maybe even doubted God's existence) about why bad things happen to good people? It's a solid and hard question. Have you ever wondered if bad things happen to BAD people? Does God hate us because we do bad things? The short answer? No, not even close.



Early Learning

What a great way to wrap up the week!
Winter Carnival!



Division One

Grade 1's had a fun week of learning together! We visited the Little White School to learn how school was like in 1948. We ended the week by taking part in the Carnival activities! So much fun!



2B practiced their coding skills on the Bee Bots!



2A enjoyed la Tire at the Winter Carnival

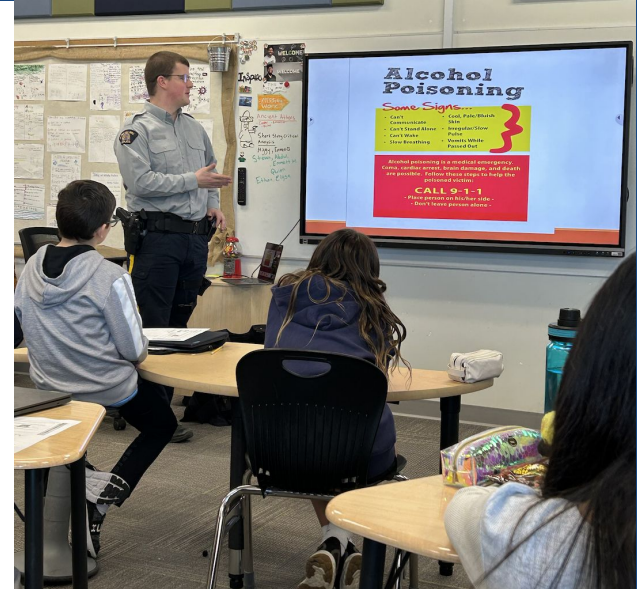


Division Two

4B finishing up the week with Narnia themed board games and watching the movie!



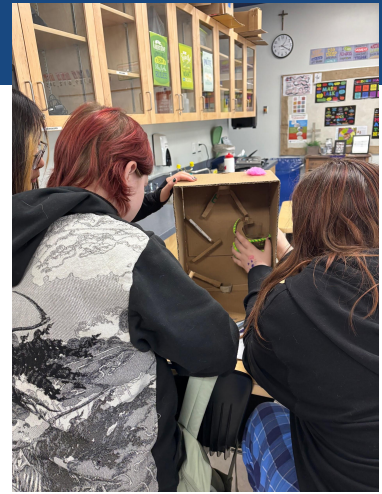
Tug of War with 6B



Our grade 6's have begun a decision making course with Cst. Oliver.

Division Three

STEM Grade 9 non rec Creating Marble mazes



Le Carnaval



Cultural Days at SAA! April 7th-10th

Please find the form that went home linked below, in case you did not receive one. We would love to have as many countries represented as possible!

[Cultural Days Form](#)



COUNSELLOR'S CORNER



CALMING STRATEGIES FOR ADULTS

Big Life Journal



DO DEEP
BREATHING



NAME MY
FEELING



LISTEN TO
MUSIC



LISTEN TO
NATURE SOUNDS



HOLD MY PET



CALL A FRIEND



LAY DOWN WITH
EYES CLOSED



LOOK AT
PHOTOS



DO TAPPING



DOODLE



KNIT OR CROCHET



JOURNAL



APPLY CALMING
OILS



MAKE A CUP
OF TEA



GIVE SOMEONE
A HUG



SAY AN
AFFIRMATION



TAKE A BRISK
WALK



READ A POEM



TAKE A WARM BATH



WATCH AN
UPLIFTING VIDEO



VISUALIZE MY
FAVORITE PLACE



DANCE TO MY
FAVORITE SONG



HOLD AN
ICE CUBE



DO A FEW YOGA
POSES

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Parenting is incredibly rewarding but also one of the hardest jobs we'll ever do. We all have moments when we hit our limit and react in ways we later regret. I know I feel much better about my parenting when I take a breath, pause, and respond with calm instead of frustration. Cooling down in the moment—whether by stepping away, taking a deep breath, or reminding ourselves this moment will pass—helps us parent in a way that builds connection rather than conflict. Our children learn from how we handle tough moments, and when we model self-regulation, we teach them to do the same. Take a look at some calming strategies for adults from Big Life Journal.

Sean Brass

sbrass@gsacrd.ab.ca

COUNSELLOR'S CORNER



Consider registering for this session with Lisa de Gara. She will provide some fantastic information and strategies to support our kids navigate a difficult tech landscape.



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)



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

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.](#)

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,

April Dates

March 31- April 4- SAA Spirit Week

March 31: Millionaire Monday

April 1: Anything But a Water bottle

April 2: Wear blue- World Autism Day
Healthy Hunger (Pizza Hut)

April 3: Throwback Thursday
Reconciliation

April 4: PJ Day
No Kinder
Gr. 7 Food Bank Field trip

April 7-10: Cultural Week

April 7th: Immunizations- Gr. 6

April 9th: Healthy Hunger (Edo)

April 10th: SAA Cultural Food Fair

April 11th: PD Day/ No School



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.

We would like to raise some money for the Edmonton Autism Society so that they may continue to enhance the lives of autistic individuals through knowledge, services, and inclusive opportunities. They serve the Edmonton area and surrounding communities.

Show your support by filling out the [FORM](#) to purchase a \$20 blue shirt to wear on April 2nd.

***We are extending the order form deadline to Monday, March 24th. While we have already had a great amount of support, we would really love to see a sea of blue at SAA on April 2nd.**

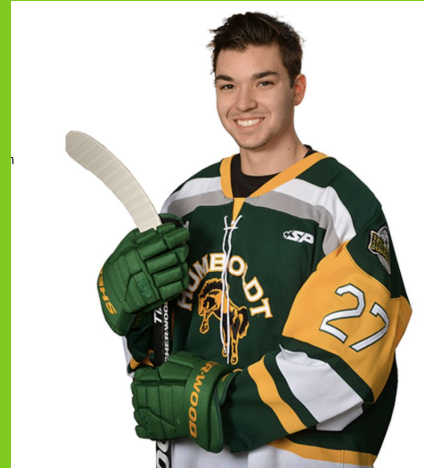


Green Shirt Day, in honour of the Logan Boulet Effect, in support of organ donor awareness/registration across Canada.

On April 6, 2018, Canadians were heartbroken to hear the news of the Humboldt Broncos bus crash. Of the 29 passengers, sixteen lost their lives, and thirteen will all bear physical and emotional scars for life.

On April 7, 2018, Humboldt Broncos defenceman Logan Boulet succumbed to his injuries. His parents, Bernadine and Toby Boulet offered to donate his organs so that six lives could live on. They did so because Logan told his parents he was registering as an organ donor and that he was inspired by his coach and mentor, Ric Suggitt. Ric passed on June 27th, 2017 and was also an organ donor and saved 6 lives.

Many schools are choosing to wear green on April 7th in commemoration of the above-noted information.



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.



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

Book Fair!

20

Thank you to everyone who came and supported our fair, either by purchasing books or by helping Miss Gamache with getting our fair running. Thanks to everyone's efforts, we sold \$5,066 worth of books!



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>

