

# FRIDAY KNIGHT NEWS : April 4th, 2025



## From the Principal's Desk...

It was a great first week back with all the activities we had going on. Thanks to all the students and staff who participated in the theme days we had this week.

We also wanted to send a huge shoutout to Father Jack, Father Gordon, and Father Wladek who came out to help us do Reconciliation. We are so blessed to have such a responsive parish who will drop everything to come out and support our students and school.

Please be reminded that next week is another busy week with all the cultural events we have going on. What a special time of the year it is when we can come together and celebrate each other's traditions.

May God Bless you and keep you safe in all that you do and as always, Go Knights!

## Week At A Glance

**April 7th: April 7-10: Cultural Week**

**Immunizations- Gr. 6**

**Green Shirt Day- Humboldt Strong**

**April 8th:**

**April 9th: Healthy Hunger (Edo)**

**April 10th: SAA Cultural Food Fair**  
**Wear your cultural attire**

**April 11th: 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

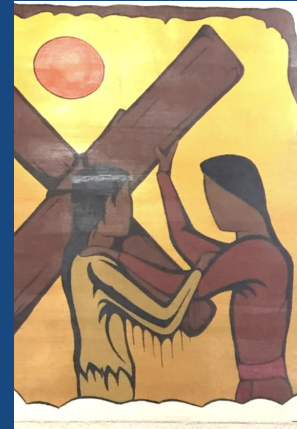
### Parish Information

[St. Albert Parish](#)

[Holy Family Parish](#)

**Students had the opportunity to participate in reconciliation with Father during this Lenten season.**

**We've been learning about the Way of the Cross this week. Student reflect on a station every day leading up to Good Friday.**



*Leader: The fifth station; Simon helps carry the cross.*

*The gift of this station is **service**. Big, strong, and available, Simon of Cyrene was a steward in spite of himself, putting those gifts to use in the service of the Lord. We have gifts to share, too, and we share them best when we are "bearing one another's burdens," engaged in the loving service of our neighbor. (pause)*

*We adore you, O Christ, and praise you.*

***All: Because by your holy cross You have redeemed the world.***

## **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

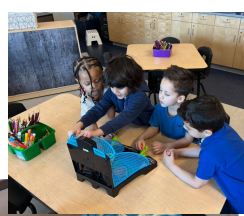


Do you have any "rules" for yourself like "Step on a crack and you'll break your mother's back."? How about "I have a rule to never trust people."? In today's Gospel, Jesus changes the law that says a woman should be killed for her mistake. He shows us a law of perfect love, justice, mercy and forgiveness all rolled into one.



# Early Learning

## Autism Awareness Day



## Free play in kinder





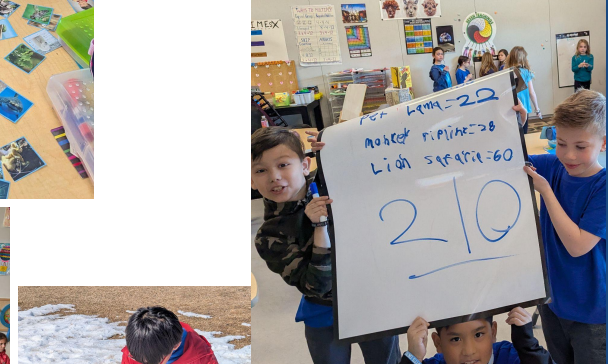
Grade 1A had some fun taking their bears out of hibernation and learning a subtraction game led by our student teacher.

# Division One

3A painted in the snow, built food chains, played Mario Kart and did multi-step math with giant whiteboards.



Both Grade 2 classes enjoyed a beautiful spring walk to the Jensen Lakes Public Library for a tour and Easter themed read aloud!





# Division One

**Grade 1B enjoyed Spirit Week! We had can painting spring tulips to finish off our week!**



**Grade 3B Presented some Tourist Attractions in Tunisia that they researched.**



# Division Two

6B Knights block making pancakes!



Our regular recycling crew enjoyed a toast to all their efforts and had the chance to learn about bottle recycling and the Edmonton Recycling Program.

Grade 4 Knights block producing music through coding!



4B playing each other's Narnia board games.



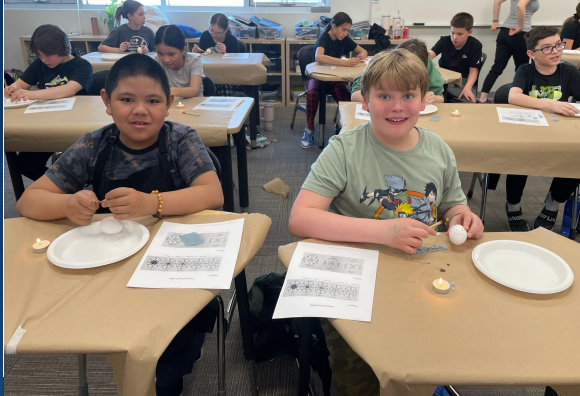


# Intramural Winners





**Grade 6 Art - We had a special guest presenter, who showed us how to make Ukrainian Pysanky Eggs!**





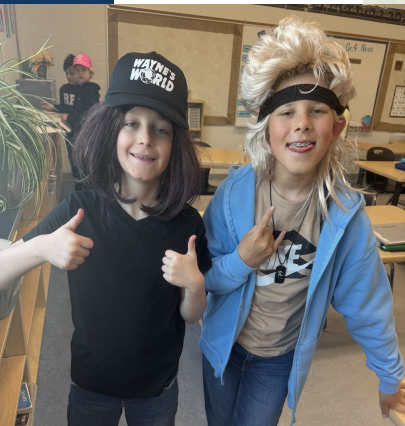
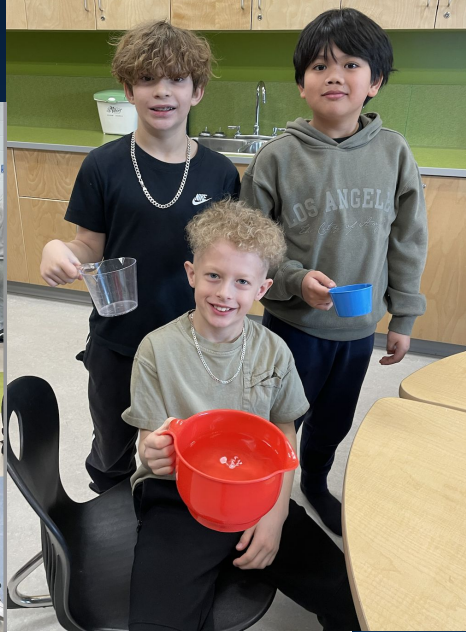
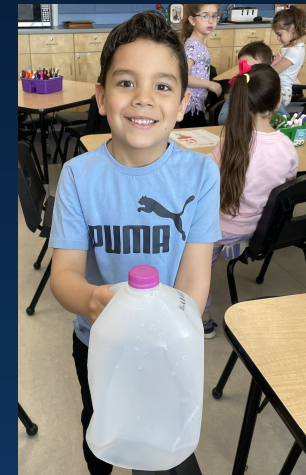
# Division Three

**Grade 7 did an amazing job as community helpers at the Edmonton Food Bank as part of their religion class.**





# SPIRIT WEEK





# World Autism Day



# COUNSELLOR'S CORNER



## Manage Your Frustration Using the Tolerance Cup



Our body has a **tolerance cup**.

Depleting or frustrating experiences **add water** to the cup throughout the day.



- You had a terrible night's sleep
- Your sibling broke your favorite toy
- You have a test at school, and you are anxious

By the middle of the day, your **tolerance cup** is **filling up**.  
You might be feeling **irritable with many emotions inside**.



- A boy pushed you on the bus
- You are tired from sports practice
- You did not do well on your test

You come home from school **tired and irritable**.  
Your **tolerance cup** is **very close to overflowing**.



- You are asked to do chores
- Someone asks how your test went
- You are asked about your homework

Sometimes, even the tiniest drip can make it spill if our cup is really full.  
When your cup overflows, **strong emotions** come out of your body,  
which can get messy!

When our big emotions come out, our cup gets emptied again.

This is a good thing.

Some ways to pour water out of your tolerance cup:

- Go to bed early!
- Take a shower or bath.
- Dance it out!
- Take slow, deep breaths.
- Hug someone (or a pet)!
- Stretch or do some yoga!

Ever feel like your child's frustration comes out of nowhere? It's usually been building all day—like climbing a ladder, each frustration adding another step, or a shaken pop can waiting to explode. The folks at Big Life Journal use the analogy of a cup filling up, with each challenge, disappointment, or moment of stress adding more until it overflows. Whatever analogy you prefer, the message is the same: frustration accumulates. As adults, we sometimes forget how many small frustrations kids face throughout the day—difficult schoolwork, social challenges, changes in routine—all filling their cup. If they don't get the chance to "empty" it through movement, conversation, or calming strategies, an outburst is inevitable. A reminder to pause, breathe, and process their frustrations can make all the difference.

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



# 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,

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.



# Jensen Lakes Library

If you have students in grades 2-4 who could benefit from extra reading practice, please pass along information regarding our Bookable Buddies program at the Jensen Lakes library location. Parents can register their children for a half hour time slot with a fun and friendly adult volunteer on a first come first serve basis. The program is offered on Thursdays evenings from April 3 to May 8. Registration can be found [here](#).



## **Bookable Buddies**

**THURSDAYS | APR. 3 – MAY. 8**

**JENSEN LAKES LIBRARY**

# Parent Presentation

ESSMY is hosting a parent presentation at 6:30pm on April 10th and we'd love to open it to our GSACRD community and beyond. Please bring your friends and family :)

Unplugged Canada will join us to present about the impact of Smartphones and Social Media on our youth. The presentation has been well received and is in high demand so please help us fill the gym to learn about how we can better protect the children in our care!

Please register with the QR code below so we know how many to plan for :)

## Unplugged Canada: St. Albert

*A Smartphone-Free Childhood*

### ***PARENT SESSION***



**APRIL 10, 2025**

6:30PM-8:00PM

**École Secondaire  
Sainte Marguerite  
d'Youville**



[www.unpluggedcanada.com](http://www.unpluggedcanada.com)

#### Friends and Family of the ESC/ESSMY Community:

Please join us for an informative session with the St. Albert chapter of Unplugged Canada and Tania Johnson, co-founder of the Institute of Child Psychology.

Join us as we discuss the latest research on the risks of early smartphone introduction, local trends developing on social media platforms, and how the Unplugged Pledge can connect like-minded families to support one another in delaying smartphones and social media until an older age.

# GSACRD Education Foundation

For More Information Please Visit :  
[www.foundation.gsacrd.ab.ca](http://www.foundation.gsacrd.ab.ca)

FOUR - \$250 Grade 9 Scholarships  
Awarded Annually

The Foundation will be providing up to 4, \$250 Scholarships to current grade 9 students, with confirmed grade 10 registration @ September 30-25 in a GSACRD high school. This is the FIFTH year the Foundation has supported grade 9 students with Scholarships.

The 2025 Grade 9 Application Package is posted on the website (use link





# April Dates

April 7-10: Cultural Week

April 7th: Immunizations- Gr. 6

April 7th: Green Shirt Day (Humboldt)

April 9th: Health Hunger (Edo)

April 10th: SAA Cultural Food Fair

April 11th: PD Day (No School)

April 14th: Stations of the Cross 8:30

Gr. 4 Field Trip- Waste Management

April 15th: Gr. 3 Field Trip- TWOES

School Council (6:30 PM)

April 16th: Healthy Hunger (iHOP)

Gr. 1 Swimming

April 17th: SAA School Spirit Day

April 18th: Good Friday/No School

**April 20th: HAPPY EASTER!**

April 21st: Easter Monday/No School



# 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.



## **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.](#)

## FRIENDS of SAA

Want to take a break from packing lunch on Wednesdays! Purchase your child a delicious meal instead.

**Every order in April is going towards our playground repair fund.**

Thank you so much for your support!

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

|              |           |   |
|--------------|-----------|---|
| Apr 09, 2025 | ORDER NOW |  |
| Apr 16, 2025 | ORDER NOW |  |
| Apr 23, 2025 | ORDER NOW |  |
| Apr 28, 2025 | ORDER NOW |  |
| Apr 30, 2025 | ORDER NOW |  |

# Sponsorship Thank You!

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## 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

# FROCKBOX

## ATB WEALTH

 **Karl Hager**  
L I M B & B R A C E (2010)

 **DQ**  
Grill & Chill

 **Impact**  
Office Services Ltd.

 **SOLD**  
THE REAL ESTATE  
EXPERIENCE  
RE/MAX River City

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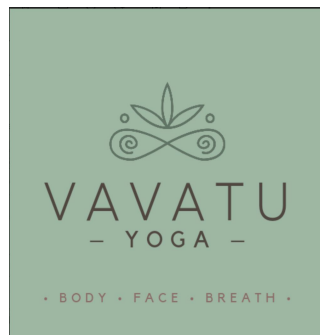
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Address: 10, 156 St. Albert Trail St. Albert, AB T8N 0P5

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>

