

FRIDAY KNIGHT NEWS : April 11th, 2025



From the Principal's Desk...

What a great week celebrating different cultures. We want to extend our deepest gratitude to all the families who were able to make it out to help us celebrate as well as to all the families who were able to make food for the cultural food fair on Thursday. We had a total of 25 countries represented and the food was absolutely delicious. Thanks you all for making this week so special and a big shout out as well to Mrs. Phillips and Mrs. Teixeira for organizing the whole week. There was certainly a lot of positive energy and enthusiasm in the building this past week.

Just a reminder that our grade 5 students will be leading us in a Stations of the Cross event on Monday April 14th. This will take place from 8:30 - 9:05AM. If you are in the area and would like to stop by, please do so. A big thanks to our students as well as to Mrs. Lobel and Mrs. Trenchard for getting this all organized for us.

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

Week At A Glance

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

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

**Grade 2 made
some beautiful
cross artwork!**

Parish Information

[St. Albert Parish](#)

[Holy Family Parish](#)



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



Note: The Palm Sunday account for this year is from the Gospel of Luke. This video references the Gospel of John but the symbols and meanings are the same.

Jesus knew what he was doing. Palm Sunday was always that strange one where, at church, we'd all get these wimpy little palms and anemically declare "hOsaNna" with about as much enthusiasm as flossing teeth. But the fact is Palm Sunday is ripe with prophecy and hidden symbols and HOPE for our future life with God.



Taste of Kinder AM

Early Learning

Morning walk in the sunshine! We saw some geese!



Grade 1B had fun during cultural week and learned a “magic” card game to practice making ten!



Division One

Grade 1A enjoyed learning about cultures and tasting the variety of cultural foods.



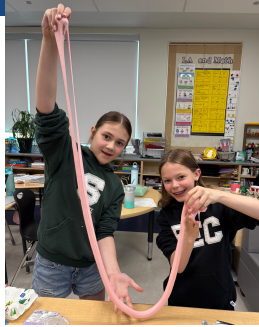
Grade 2A finished off a fun-filled culture week with some time in the playground!



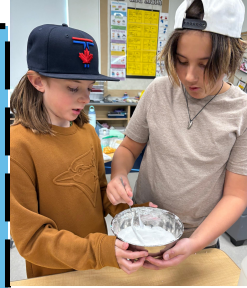
3B really enjoyed our cultural food fair. We thank everyone that donated and volunteered their time.



Division Two



5A had fun in science making slime, a non-newtonian fluid(a solid and a liquid) to culminate their unit on matter.



6B Enjoying this beautiful weather in Phys. Ed.



Grade 4s made board games to end their novel study- The Lion, Witch and the Wardrobe!

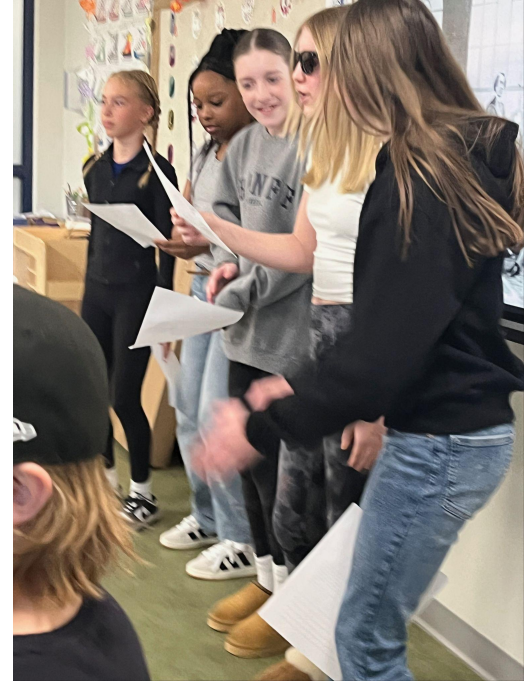


Division Three

Gr. 9 Leaders selling tickets for the Food Fair!



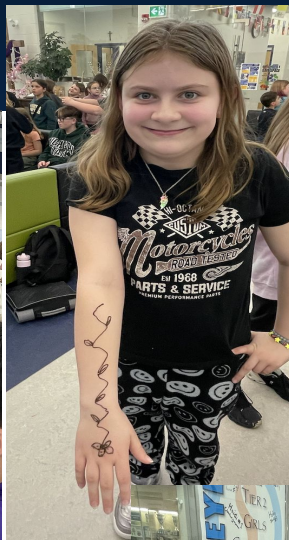
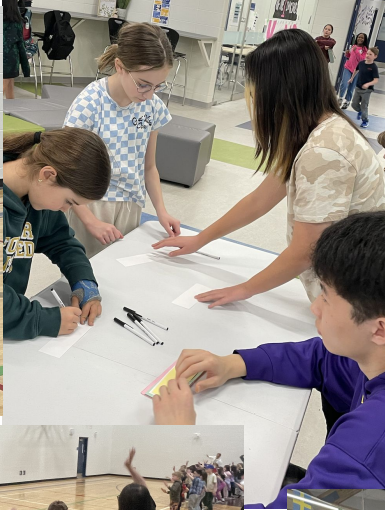
Grade 7 Confederation RAP



Enjoying the Food Fair!



SAA Cultural Days



During the week, we had dance performances from Knock O'Hogan Irish Dancers, EDC Latin Dance Studios and the African Descents in St. Albert. Students also participated in Irish braiding, hennam , origami and Chinese character writing.

SAA Cultural Food Fair



Our heartfelt thanks to our SAA families for making our SAA Food Fair such a success. It is with your support that we are able to do amazing things like this at our school.



COUNSELLOR'S CORNER



5 Phrases Your Child Can Use to Stand Up for Themselves

Are you looking for ways to empower your child to stand up for themselves in different situations?

By teaching them a few simple phrases, you can make a big difference in how confident your child feels!

Here are five phrases your child can use to assert themselves and set boundaries:

1. "I need you to stop bothering me and leave me alone."
Your child will show...
They have the confidence to stop the unacceptable behavior.
2. "I don't like being called that. I want you to call me by my name."
Your child will show...
They expect others to be respectful and they do not tolerate verbal abuse.
3. "I didn't have control over that. It's not okay to blame me."
Your child will show...
They will not be the scapegoat and they expect others to be accountable.
4. "I see that you're unhappy. But I can't let you treat me like this."
Your child will show...
They know how to advocate for themselves and set boundaries.
5. "That's not safe. I'm getting someone to help."
Your child will show...
They aren't afraid to ask for help.



And most importantly:

Encourage them to stand up for themselves at home.

Teach them that NO is an acceptable answer by allowing them to use it with you.

Respect their boundaries. If they don't want hugs or tickles, say, "Your body, your rules."

Being assertive doesn't mean being rude or bossy—it means using your voice in a calm, confident way to stand up for yourself and others. Sometimes, being assertive can look like stopping gossip before it spreads by saying something like, "Let's not talk about people who aren't here." Other times, it might mean speaking up for a friend by saying, "That's not true about them," or "I don't think that's fair." Using assertive phrases shows respect for yourself and others while helping create a safer, kinder school environment. It takes courage, but even a small sentence can make a big difference.

Reach out of if you think I could be of assistance.

Sean Brass sbrass@gsacrd.ab.ca

COUNSELLOR'S CORNER



This last week students in grade 2-5 finished The Empathy Project: It consisted of 6 monthly sessions. These sessions were structured for different developmental levels, each tied into the overarching theme of empathy.

- *My Story: Grades 2 and 3 this stream focused on giving students an understanding of their own emotions and perspective and how this relates to others.*
- *Our Story: Grades 4 and 5, this stream incorporates ideas from the My Story stream and widens the focus to larger groups—their school, their community, and the wider world.*

Our facilitator was Colleen Mayes, Community Resource Coordinator with the City of St. Albert. SAA thanks Colleen for her work in our classrooms.

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,

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

GSACRD Education Foundation

For More Information Please Visit :
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 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

April 22nd: Easter Mass at 9:30 SAP

April 23rd: Healthy Hunger (Subway)

Badminton Singles Tournament

Grade 1 Swimming

April 25th: Last day to register for RunWild

April 28th: Badminton Doubles Tournament

April 29th: School Council @6:30

April 30th: Healthy Hunger (BPs)

leading edge
PHYSIOTHERAPY

RUN WILD

We have started practicing for the event!

Race day: Sunday, May 4th

Deadline to register: April 25th.

Click [here](#) to register!



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

Take a break from packing lunch on Wednesdays! April 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

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!

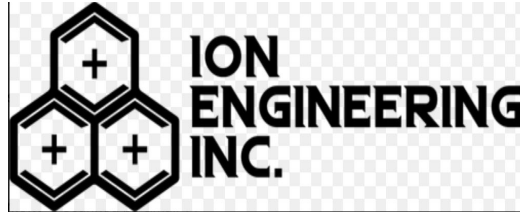
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Call/Text: (780) 271 - 2664
Website: www.realestateexperience.ca



**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>

