

FRIDAY KNIGHT NEWS : April 18th, 2025



From the Principal's Desk...

Hey everyone, we just wanted to remind everyone that Friday April 18th and Monday April 21st are Good Friday and Easter Monday and there is no school on these dates. Please mark this in your calendar if you already haven't done so.

Please be reminded that when it get back to school on Tuesday April 22nd that we are scheduled to go to St. Albert Parish for Mass. Mass will start around 9:30 AM and we are hope to be back to the school at around 11 AM. If there are any parents who would like to join us for church, please feel free to do so.

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

Week At A Glance

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 24th: SAA Spirit Day
Badminton Singles Tournament
Grade 1- Teacher's Pet

April 25th: Last day to register for RunWild

Happy Easter!

**Wishing
all of our
SAA
families a
blessed
and
joyous
Easter!**

REJOICE! HE IS RISEN

May the promise of the
Easter season bring you
great joy and abundant
peace in the love and
promise of the Lord.

*Happy
Easter*

St Albert Parish Sacramental Prep

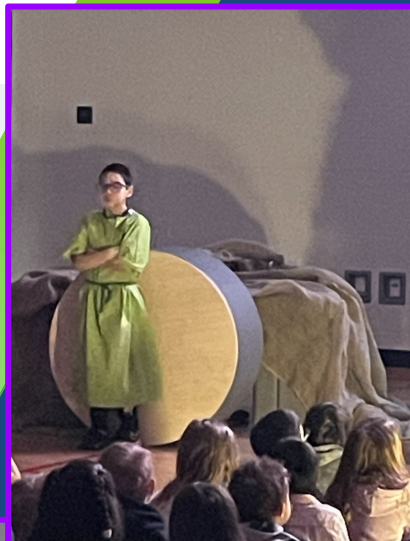
2024-25 Preparation for The Sacrament of Confirmation - Grade 6 families

2024-25 Preparation for First Reconciliation (Confession) and First Eucharist (First Holy Communion) - Grade 2 families.

Parish Information

[St. Albert Parish](#)

[Holy Family Parish](#)



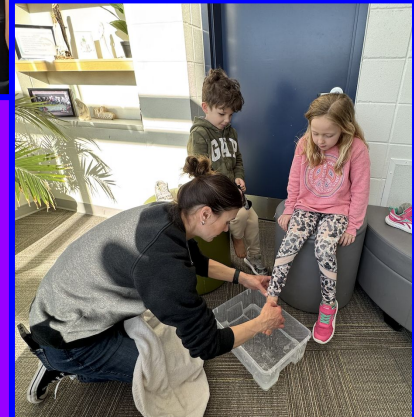
**Our grade 5s
re-enacted the
Stations of the Cross
beautifully.**



Faith In Action

Grade 1 and 2 classes got to experience the Last Supper and feet washing on Holy Thursday

Faith In Action



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

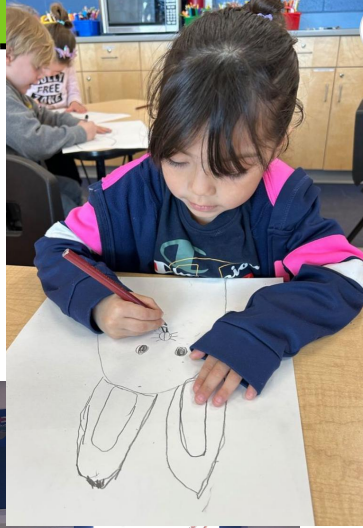


When we look up at Jesus on the cross, we see a man in his worst moment. Naked, tortured and vilified. Jesus looks down on us from the cross and says "Bring me YOUR worst moment and let me take it with me to the grave.". And he transforms our worst moments - our sin, our judgement - and transforms it on Easter Sunday.



Easter celebration

Early Learning



Garbage can
decorating

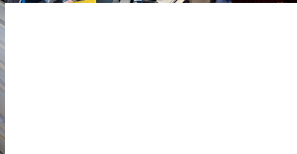


Division One

Grade 1A and 1B enjoyed their swimming lessons!



3B said goodbye to our student teacher Miss Mudryk.



Grade 1A & 2B had so much fun making Easter Bunnies together!

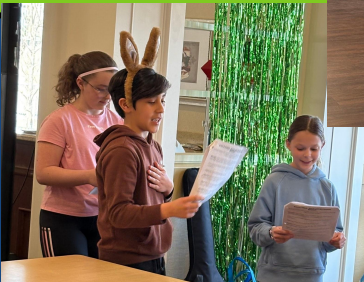


Grade 2A learned about fractions in Math!



5A had a wonderful time visiting with the residents at Everitt Gardens - performing Easter plays, creating an Easter craft and enjoying conversation with a float. So much EASTER JOY!

Division Two



Division Two



Grade 6 Pysanky





6A Sharing their pocket hugs with their kinder buddies.



Holy
Thursday

Grade 9s Chopped Challenge- secret ingredient was ginger. A job well done!

Division Three



COUNSELLOR'S CORNER



EXAMPLES OF AUTHENTIC APOLOGIES TO KIDS

INSTEAD OF...

"I'M SORRY FOR YELLING, BUT YOUR TANTRUM REALLY MADE ME UPSET!"



"I'M SORRY I BLEW UP. YOUR ROOM IS JUST ALWAYS SO MESSY!"



"I'M SORRY FOR WHATEVER I SAID YESTERDAY THAT MADE YOU SO MAD."



"SORRY WE ARGUED ABOUT YOUR BATH."



"SORRY I'M LATE, BUT I WASN'T BORN TO BE YOUR CHAUFFEUR!"



"I'M SORRY YOU WERE UPSET."



TRY SAYING...

"I YELLED AT YOU, AND I SHOULDN'T HAVE. THAT'S NOT HOW I WANT TO TALK TO YOU. NEXT TIME I'LL TRY NOT TO RAISE MY VOICE."

"I'M SORRY I OVERREACTED ABOUT THE MESS. I SHOULD HAVE HANDLED THAT BETTER. LET'S THINK TOGETHER ABOUT HOW YOUR ROOM CAN STAY CLEANER GOING FORWARD."

"I'M SORRY I MADE THAT INSENSITIVE JOKE YESTERDAY. I'M DISAPPOINTED IN MYSELF THAT I SAID THAT. IT DEFINITELY WON'T HAPPEN AGAIN."

"I HAD A HARD DAY AT WORK AND MY TEMPER WAS SHORT, AND I YELLED AT YOU AT BATH TIME. BUT THAT'S NO EXCUSE. NO ONE DESERVES TO BE YELLED AT. I'M SORRY."

"I'M SORRY I FORGOT TO PICK YOU UP ON TIME. I GOT DISTRACTED AT WORK, BUT I'LL DO A BETTER JOB OF WATCHING THE CLOCK."

"I UNDERSTAND WHY YOU WERE UPSET WHEN I TOOK AWAY YOUR TOY. NEXT TIME I'LL DO A BETTER JOB BEING PATIENT AND EXPLAINING WHY I NEED TO DO SOMETHING. WOULD YOU LIKE TO PLAY WITH IT TOGETHER NOW?"



ParentsTogether

FOLLOWED BY: "WILL YOU PLEASE FORGIVE ME?"

Parenting is hard. Sometimes, we mess up. We yell. We overreact. We shut down. Afterwards, we feel that pit in our stomach because it didn't reflect who we want to be.

The good news is that repair matters more than perfection. When we apologize, we model humility. We show that it is okay to make mistakes and take responsibility. It builds trust, affirms our child's feelings, and strengthens the relationship.

Take a look at the image to the left for simple ways to offer a meaningful apology. Notice how it avoids the word "but." When we say "I'm sorry but..." we are not really apologizing. We are defending ourselves instead of truly owning our actions.

Simple. Honest. Powerful.

We do not have to be perfect. Just willing to repair and reconnect.

Sean Brass 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,

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

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. This month, we are supporting the playground repair fund.

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!

4-WAY

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Website: www.realestateexperience.ca



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Thompson Family



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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>

