FRIDAY KNIGHT NEWS: April 25th, 2025



From the Principal's Desk...

It may have been a short week, but it was another busy one for sure. A big thanks to all our parents who were able to make it out to Mass on Tuesday. It was great to have you with us. A special thanks to all of our students who did readings, sang songs, and helped us to celebrate Easter as well as commemorate the life of Pope Francis. A big thanks as well to both Miss Ross and Mrs. Harvey for organizing this event as well as to Rebecca and Father Jack from St. Albert Parish for leading us. Truly a team effort

As we make our way to next week, please be reminded that we have our School Council meeting on Tuesday April 29th at 6:30 PM. We will send out a list of agenda items on Monday. If you are unable to make the meeting in person, but wild still like to attend, we will send out a link for anyone to join us virtually if they so desire.

"Be curious in all that you do and know that God loves, you, no matter what." Go Knights!

Week At A Glance

April 28th: Badminton Doubles Tournament

April 29th: School Council @6:30

April 30th: Healthy Hunger (BPs)

Grade 1 Swimming

Grade 7 & 8 Church Tour

May 1st: SAA Spirit Day

Month of Mary

May 2nd: No Kinder/PD Day

St Albert Parish Sacramental Prep

<u>2024-25 Preparation for The Sacrament of Confirmation - Grade 6 families</u>

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

Faith In Action

Parish Information

St.Albert Parish
Holy Family Parish

We celebrated Easter mass together as a school community.
Alleluia- He is Risen!





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



The Resurrection Changed The World Gospel Video - Easter Sunday https://youtu.be/aBf02iZtUlw

From our schools and courts to hospitals and charities, the resurrection of Jesus 2000+ years ago completely revolutionized humanity like nothing else in our history. Believe it or not, the resurrection has impacted your life. And it can keep impacting your life if you let it.



Garbage Can Design Contest

Voting opens May 1st @ https://conversation.stalbert.ca/



These 10 girls collaborated over 2 weeks to create and then paint a garbage can for the city of St. Albert. The theme was, "Our Land, Our Future."

The students in grades 5-7, drafted ideas and drawings related to the theme. The final product has 3 layers. The lower layer illustrates an unhealthy, dirty environment caused by litter. The middle layer depicts a joyous environment with thriving plants and animals, free of garbage. The top layer shows how we must work together to achieve a healthy Earth for all!

All three layers are connected with a Totem pole, which honours Indigenous People, who throughout history have taught us how to respect our land, not only for the present, but for future generations to come. See pics on next page!







Garbage Can Design Contest- K-4

Voting opens May 1st @ https://conversation.stalbert.ca/



In an effort to include as many students as possible, Mrs. Hoskins came up with a design template, and our students from Kindergarten, all the way to Grade 4 helped to make this incredible piece of art with a powerful message! This years theme was "Our Land, Our Future."

The Middle section represents a timeline of past, present, and future. Shifting from a thriving forest, to what remains today, into what will soon be a forest again. Our Teacher Nominated Artists in Grade 2, 3, and 4 completed this section.

The night sky is filled with the Northern Lights made of the fingerprints of the entire student body. The colors remind us that even though we are all unique, together we can make a big impact.

Finally, along the bottom the seedlings are made of the fingerprints of our Kindergarten Students. They represent the new beginnings, and new traditions that our youngest generation will bring to our Land.







Early Learning



Division One

1B had a busy week cleaning up for earth day, practicing our phonics and loved our in-school field trip!









1A learned about the importance of Earth Day by planting and cleaning up the environment and they had some monkey business fun in science!







2B cleaned up our community on Earth Day! The kids felt so proud and eager to help.





Grade 2 did some Earth Day painting!



Division Two







Welcome Miss Gomes

"Hello SAA Families!

My name is Miss Gomes, and I'm so excited to be joining the SAA team for the rest of the school year as the Grade 4 and REC Academy teacher! I just graduated from Concordia University of Edmonton this April, and it means so much to me to be starting my teaching journey in this wonderful community as I actually grew up in the Greater St. Albert Catholic School Division myself!

Teaching has been my dream for as long as I can remember, and I feel so blessed to be spending the next couple of months helping your children learn and grow. My teaching philosophy centers around creating a safe, engaging, and supportive environment where every student feels valued and empowered to explore who they are and all they're capable of. My goal is to bring creativity, joy, and curiosity into the classroom while supporting students on their journey no matter where it leads.

I'm really looking forward to all the fun, learning, and memories we'll make together over the next few months.

Warmly, Miss Teagan Gomes"

COUNSELLOR'S CORNER







Confidence isn't something we're born with. It's built through small, consistent actions over time. It grows every time a student shows up even when they're nervous, pushes through a challenge, and chooses to try again after a setback. It's not about being perfect. It's about doing your best, learning from the experience, and accepting the outcome. Bit by bit, this builds resilient and self-assured kids who believe in themselves even when things get tough. Confidence matters because it helps kids take healthy risks, bounce back from failure, and go after their goals. The best part is, it's never too late to start building it.

Sean Brass sbrass@gsacrd.ab.ca

COUNSELLOR'S CORNER

c=Char





CBT-Based Psychoeducational and Activity Group for Kids

Canine Assisted

This weekly group is designed for children ages 8-12 who are struggling with anxiety, stress, low mood, emotion dysregulation, and fears. Using a mix of psychoeducation and activity-based techniques, children will learn valuable tools for managing emotions and building coping skills. Children will learn how to identify and challenge negative self-talk, recognize their emotions, practice mindfulness, and develop adaptive behaviours to cope with difficult emotions, among other skills.

This program is canine assisted and will offer additional comfort and engagement through canine interventions and will offer parents the opportunity to receive helpful resources to support their child's progress at home.



Madison is a registered provisional psychologist who supports children, teens, and adults with the help of her trusted cotherapist, Hagrid.

She is trained in animal-assisted therapy, play therapy, and incorporates elements of cognitive behavioural therapy (CBT) into her practice. For further information on the program, you can contact her directly at madison@summitcs.ca.



Cost: \$110 per session (\$770 in total)- Limited low cost spots available

Afternoons 1:00

2:30

May 10- June 21

(7 weeks)

At our St. Albert

Location

Spaces are limited, so secure your spot today!

www.summitcs.ca

#203, 1 Tache st. St.Albert SUMMIT

COUNSELLING
SERVICES

Summit Counselling is excited to share a new resource that may be of interest to the youth and families in our community. Summit Counselling is launching a CBT-Based Psychoeducational and Activity Group for Kids, designed for children aged 8 to 12.

This canine-assisted group is ideal for children who experience anxiety, stress, low mood, or emotional dysregulation. Over the course of seven weekly Saturday sessions starting in May, participants will:

- Learn to identify and challenge negative self-talk
- Recognize and understand their emotions
- Practice mindfulness techniques
- Build adaptive coping strategies for managing difficult emotions

The group will be facilitated by Madison, a registered psychologist with extensive experience working with children.

In Support of Mental Health- Ice bucket challenge!





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,

RCMP Expo May 21st @ Servus Place

This event was created for the schools. It was noticed that kids were always asking about the units they don't see often so we put this together for them to be able to come and check it all out. Your school doesn't need to come for the entire time. We spread it across the day so schools could come and go as their schedules allowed. For the high school students I believe Wednesdays are early dismissals and they can come check it out after if they'd like or on their spares.

There is not age requirements for this, if you feel your kids can benefit they are welcome. If you require any more information please let me know and I will get back to you.

Thanks,

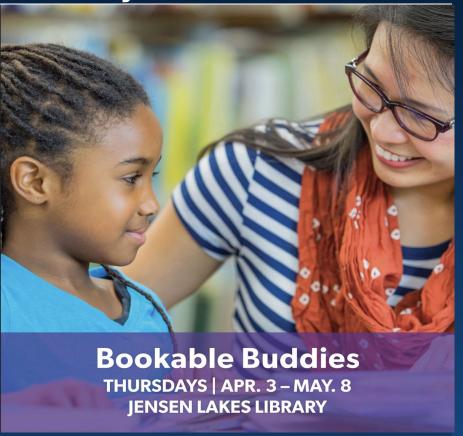
Cst. Glendenning

rachel.glendenning@rcmp-grc.gc.ca



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.



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



May 1- Month of Mary **May Dates** May 2- No Kinder/PD Day May 4- Run Wild- Lion's Park May 6- Parent Volunteer Appreciation May 7- Healthy Hunger (Edo) May 8- Jr. High Track Day May 9- Run Wild Event May 11- Mother's Day May 14- Healthy Hunger (DQ) May 15- Class Picture Day May 16- PD Day May 19- Victoria Day- No School May 21- Healthy Hunger (Chopped Leaf) May 22- Gr. 6 Camp Swimming- Kinder May 23- Gr. 6 Camp Gr. 4 - Telus World of Science Field trip May 26- Gr. 5 Aviation Week May 27- Jr. High Districts May 28- Healthy Hunger (BPs) Kinder Field Trip- Safety City Gr. 6 ELA Part A PAT May 29- Gr. 9 ELA Part A PAT Swimming- Kinder



We have started practicing for the event!

Race day: Sunday, May 4th

Deadline to register: Midnight tonight!

Click <u>here</u> to register!



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	edo®
Apr 16, 2025	ORDER NOW	ІНОР
Apr 23, 2025	ORDER NOW	SUBWAY*
Apr 28, 2025	ORDER NOW	TEACHER APPRECIATION
Apr 30, 2025	ORDER NOW	Boston Pizza

Sponsorship Thank You!



Palisades DQ Grill & Chill 12708 140th Ave Namao DQ Grill & Chill 15837 97th St Newcastle DQ Grill & Chill

127th St & 170th Ave

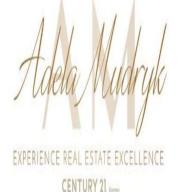




















Lastric Family



Thompson Family



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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



