

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 would 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

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](#)

**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

Celebrating the Earth this week with planting and garbage clean up!!



Full day kinders worked on building stories this week.



Division One

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



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

4A worked hard cleaning up around SAA and had fun planting seeds in celebration of Earth Day!



Grade 5 music - Ukuleles



6B also celebrating Earth Day!



Bowling with Grade 4 & 6 Non-Rec.



Grade 9 options - cake pops

Division Three

Open gym for jr. high!



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



wholeheartedschoolcounseling

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WHAT I WISH I KNEW ABOUT CONFIDENCE WHEN I WAS A KID



It's built through action, not perfection.
It grows when you try, when you fail,
and when you keep going anyway

Confidence isn't about being the
loudest in the room.

It's about showing up, even when
you're nervous.

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



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.



[https://
c=Chan](https://c=Chan)

Meet your facilitator Madison

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



Saturday
Afternoons 1:00 - 2:30
May 10 - June 21
(7 weeks)
At our St. Albert
Location

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

Spaces are limited, so secure your spot today!!

 www.summitcs.ca
 780-217-4665
 #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



RCMP EXPO

Wed, May 21st 2025
10:00 am to 4:30 PM
Servus Place, St. Albert

Who You Might Meet

- ERT, PDS, Air Services
- TSG, Ident, Collision Analyst
- General Duty Members, VSU and more

What To Expect

- Talk to Members of Specialized Units
- Talk to Recruiting
- Ask all the Questions!

For more information:
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](#).



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



May Dates

May 1- Month of Mary
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



RUN WILD

We have started practicing for the event!

Race day: Sunday, May 4th

Deadline to register: Midnight tonight!

Click [here](#) 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	
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

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>

