



FRIDAY KNIGHT NEWS : May 2nd, 2025

From the Principal's Desk...

As we make our way to the first full week of May we want to remind everyone of the Volunteer Tea that takes place on May 6th. Invitations have been sent to all those invited. We would also like to thank Mr. Lachappelle for organizing this event. SAA is so fortunate to have so many volunteers from parents, grandparents, aunts, uncles, etc. This is just our little way to show our thanks for those who are able to help out where they can. Thank you all for your support.

We also have our Jr. High Track Day going on next week as well as the Run Wild Event on Friday. Between now and the end of the year it will be a mad dash to the finish line as we have so many events, activities, field trips, and of course exams. Please make sure all permission forms get filled out as quickly as possible and a big thanks in advance to those folks who volunteer to help run these events.

Please remember to be curious in all that you do and know that God loves, you no matter what.

Week At A Glance

May 5th:

May 6th: Parent Volunteer Appreciation @1:30

**May 7th: Healthy Hunger (Edo)
Grade 1 Swimming**

**May 8th: SAA Spirit Day
Jr. High Track Day**

May 9th: Run Wild Event @2pm

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.

Our grade 7 & 8 classes got a special tour of St. Albert Parish, the grotto and the cemetery by Rebecca!

Faith In Action

Parish Information

[St. Albert Parish](#)

[Holy Family Parish](#)



SAPY Family Outdoor Movie Night

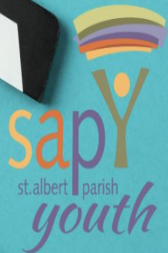
May 16 (8:30pm-10:30pm)

All families are welcome

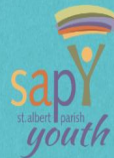
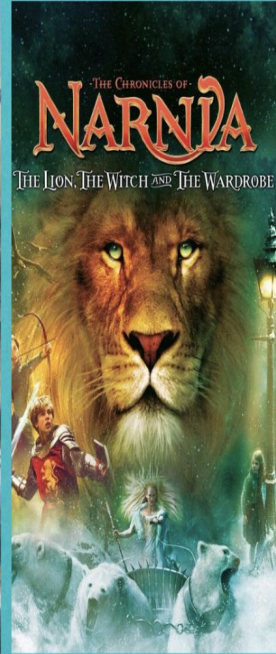
Bring your own lawn chairs

\$10/person - \$20/family

Concession Available



Which movie do you want to watch for our SAPY Family Outdoor Movie Night



Vote On Google Form

In Loving Memory of Pope Francis

Dear GSACRD Families,

It is with deep sorrow that we share in the mourning of Pope Francis, whose life of humble service, compassion, and leadership has left a lasting impact on the global Church and our Catholic school communities.

As we honour his legacy, students across Greater St. Albert Catholic Schools will be participating in prayer and reflection throughout the coming days. This includes a school-wide Novena (nine days of prayer for the repose of his soul) as well as morning intentions and learning opportunities that reflect on his life and teachings.

In recognition of this period of mourning, all school flags across the Division will be lowered until the day of the Pope's funeral, in solidarity with Catholic communities around the world.

We encourage you to speak with your children about what they may see and hear at school during this time, and to join us in prayer as a family, if you feel called.

Eternal rest grant unto him, O Lord, and let perpetual light shine upon him. May he rest in peace. Amen.

May the example of Pope Francis continue to inspire faith, compassion, and unity within our homes and schools.

Blessings,

Dr. Clint Moroziuk ,

Superintendent of Schools



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



Early Learning

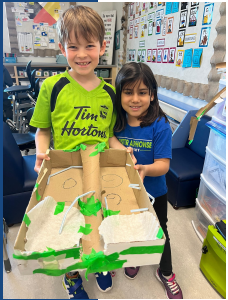
Chick art in kinder



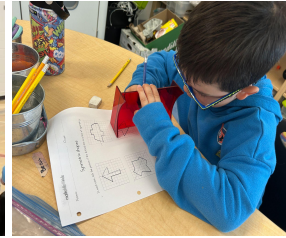
Resurrection
rolls

Division One

1A had a busy week learning about shapes, making origami with a big buddy and making marble runs!



Grade 1B LOVED the science presentation this week as well as learning about symmetry.



Grade 2 has been enjoying all the sunshine and science fun this week!



Grade 2A spent time planting tomatoes during Science!

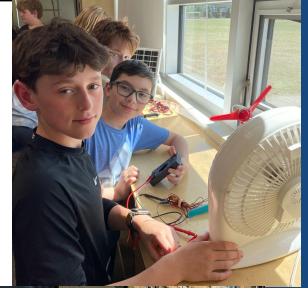


Division Two

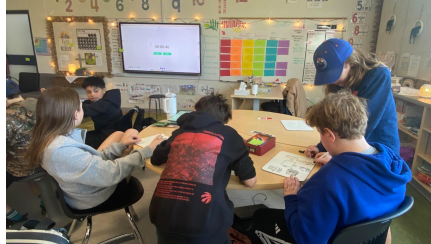
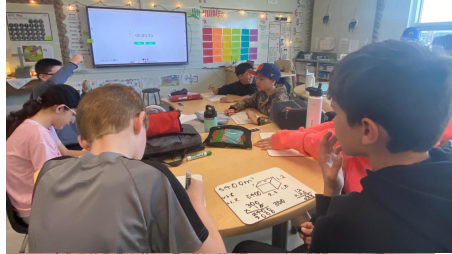
**Review Jeopardy for our
Measurement Unit in 6B**



**Testing our knowledge about renewable
and non-renewable energy with “Inside
Education.”**

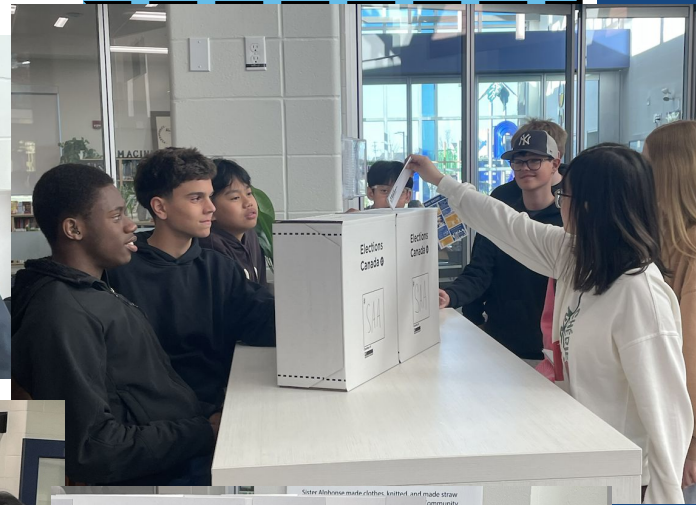
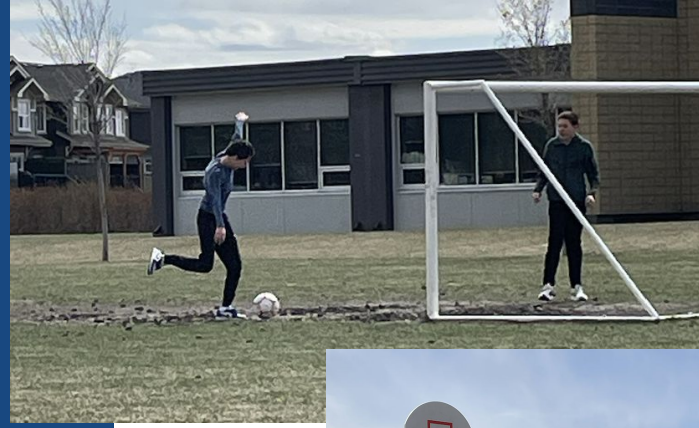


**Dr. Gelmini’s “Big Boom” science
presentation for the Gr. 6-9 students.**

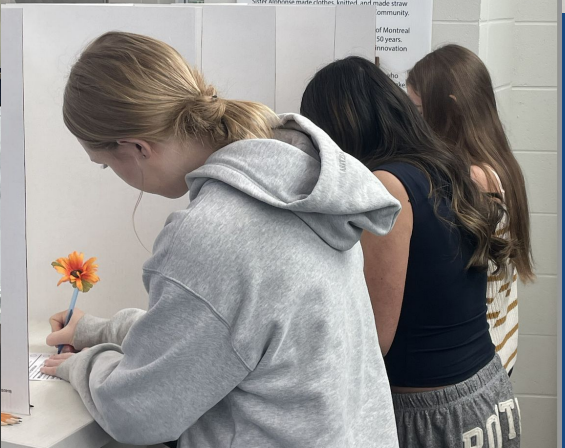
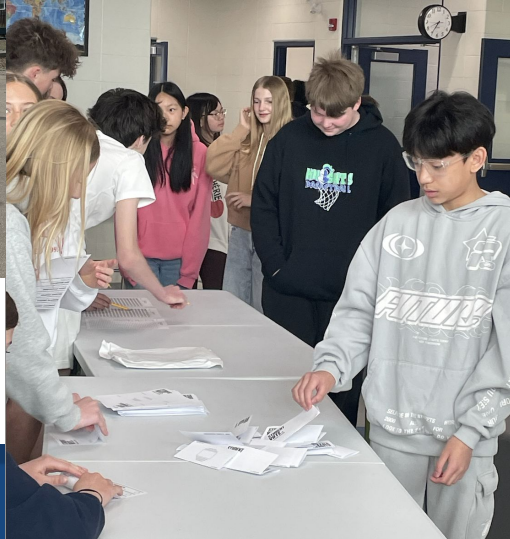


Division Three

Student Vote!



Jr. High spent
some free time
playing
outside!



Division Three

Blanket Ceremony



COUNSELLOR'S CORNER




It's okay to have a not-okay day.

I've dealt with harder situations and I know it will get better.

I prefer something else, but I can deal with this, too.

Just because I'm thinking something, does not make it true.

COPING THOUGHTS

 WholeHearted School Counseling

This hurts, so I need to be extra kind towards myself.

This feeling is uncomfortable. But it will pass.

It's not that great right now, but it's not the worst thing either.

Not everything will go my way, but I can be flexible.

One of the most powerful skills we can teach our children is how to reframe their thoughts—to shift from fear and doubt toward strength and possibility. Life is full of uncertainty, and kids feel this just as much as adults. Reframing isn't about ignoring tough feelings, but about speaking to ourselves in a way that builds courage. For example, changing “I can't do this” to “This is hard, but I can take it one step at a time,” or “What if everything goes wrong?” to “I don't know what the future holds, but I know I can do hard things.” The way we think shapes how we feel and act. When kids learn to reframe, they face challenges with a calmer mind and greater confidence. We can support them by modeling this ourselves and gently guiding their self-talk toward hope and resilience.

Sean Brass

sbrass@gsacrd.ab.ca

RAISING RESILIENCE

**KEYS TO UNLOCKING
UNBREAKABLE RESILIENCE IN
YOURSELF & YOUR CHILDEN**

LEARNING OUTCOMES INCLUDE:

- ✓ Tools to connect with the young people in our lives
- ✓ How to make your children feel heard and seen
- ✓ Strategies to build confidence in yourself and others
- ✓ Techniques to managing your own stress and mental health

MAY 14, 2025 | 6:30 PM

**HOLY FAMILY SCHOOL
39 SUNSET BLVD, ST. ALBERT AB**

FREE EVENT

SNACKS & REFRESHMENTS PROVIDED



PRESENTED BY
KWESI MILLINGTON
RESILIENCE & MENTAL
HEALTH EXPERT



FREE EVENT

HOSTED BY THE FOLLOWING SCHOOL COUNCILS:

JJ NEARING
HOLY FAMILY
SISTER ALPHONSE

BERTHA KENNEDY
NEIL M. ROSS
ALBERT LACOMBE

REDress Day

Red Dress Day is recognized across Canada on May 5th to honour and remember Missing and Murdered Indigenous Women and Girls. It is a time to reflect on the lives that have been lost or are missing, and to stand together in raising awareness about the ongoing violence faced by Indigenous women in communities.

The day stems from the National Inquiry launched in 2016 by the Government of Canada, which aimed to better understand the root causes of this crisis and to recommend meaningful actions for change. The red dress has become a powerful symbol of those who are missing and those we've lost. The colour red was chosen because many Indigenous cultures believe it is the only colour spirits can see, calling them back home and helping us to remember.

We invite all students and staff to wear red on Monday, May 5th, as a sign of solidarity and remembrance. Thank you for supporting this important day of awareness and reflection.



SACHS Basketball/Volleyball Camp

Free Basketball/Volleyball Camp at SACHS run by our senior teams and coaches starting next week - Thursdays from 4-6 PM - 1 hour of each sport. We are opening this up to everyone



SACHS SENIOR VOLLEYBALL & BASKETBALL TEAMS PRESENT:

BASKETBALL VOLLEYBALL

CAMP

DATE **THURSDAYS**
4 PM to 6 PM
1 Hour of Each Sport

Boys & Girls - Gr. 4 to 7

Registration QR



FREE

SACHS SKYHAWKS

Camp Venue
SACHS
33 Malmo Ave.
St. Albert



Sponsors



Parents, if you are able to sponsor our Jr. High awards we would truly appreciate it, as this helps us showcase our student achievements! Please email Cindy at cphillips@gsacrd.ab.ca

Student Awards

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

Where: Servus Place

Time : 10 am – 4:30 pm

What: We have put together an event with a majority of the speciality units of the RCMP (Dog Services, Emergency Response Team, Tactical Support Group, Ident, Air Services, Recruiting, Collision Analyst and potentially more. There will be the helicopter, boats, ATV's, golf carts, bikes and the TAV there for the kids / young adults to see.

There are food places within Servus place where people can purchase food if needed, I would recommend just bringing a snack.

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](#).



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

Race day is here! See you this Sunday, May 4th. There are multiple events happening in the area and parking will be limited so come early! See this [letter](#) for details.



RUNWILD CANADA

On Friday, May 9th. We will be having whole school Run Wild event.

- ★ **Wear pink and or zebra stripes**
- ★ **Bring a loonie or toonie to support the Zebra Child Protection Centre.**
- ★ **We will spend the last block getting active as a school.**



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! May 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

May Hot Lunch

SISTER ALPHONSE ACADEMY

MAY 7TH - 

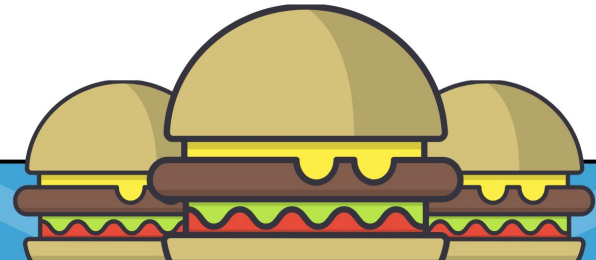
MAY 14TH - 

MAY 21ST - 

MAY 28TH - 

www.healthyhunger.ca

PLEASE PLACE YOUR ORDER BY THE
FRIDAY PRIOR TO THE HOT LUNCH



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>

