

FRIDAY KNIGHT NEWS : May 9th, 2025

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From the Principal's Desk...

Sending out a massive thank you to all the families who contributed to staff appreciation week this week. The lunch, treats, drinks, massages, goodie bags, notes of appreciation, emails, etc. were wonderful. Truly this was staff appreciation on steroids and every year it gets better and better. We can't thank you all enough for the support you have shown us. We have the best people that really make our school great. Special thanks to Zaina, Cynthia, Michelle, Nancy, Lindsay, Adela, Melanie, and Glenis for coming in throughout the week to decorate, set everything up and clean things up. Special thanks to Leanne Power and her team for the massages on Wednesday. The staff of SAA are forever grateful.

We also wanted to thank all the volunteers who made it out to the Volunteer Tea earlier this week. It was so wonderful to have you here with us to thank you all for what you do for us. A special thanks to all the student performers for putting on a great show. We also wanted to thank Mr. Lachappelle, Mrs. Lobel, Ms. Mark and all the staff involved with getting everything ready. We hope this will be the start of a new tradition at SAA.

As we make our way to the weekend, please remember to be curious in all that you do and know that God loves you, no matter what. Thanks everyone and Go Knights!

Week At A Glance

May 11th - Happy Mother's Day

May 12th-

May 13th-

May 14th- Healthy Hunger (DQ)

May 15th- Class Picture Day

May 16th- 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](#)

Jr. High led us in
prayer today for
morning
assembly.



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Faith In Action

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[St. Albert Parish](#)

[Holy Family Parish](#)

Cardinal Robert Prevost has been elected Pope Leo XIV! This is a joyful and historic moment for the Church and a time for us to come together in prayerful support.



SAPY Family Outdoor Movie Night

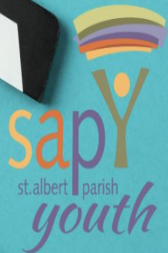
May 16 (8:30pm-10:30pm)

All families are welcome

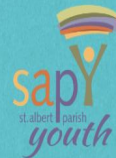
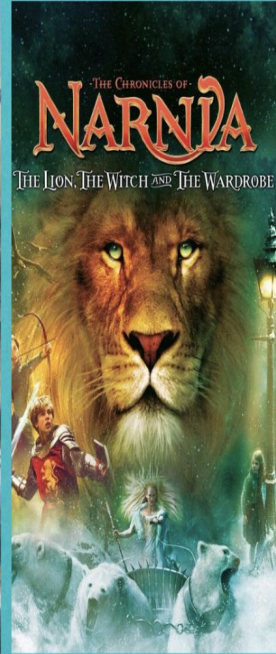
Bring your own lawn chairs

\$10/person - \$20/family

Concession Available



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



Vote On Google Form

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

Kinder practicing recess!

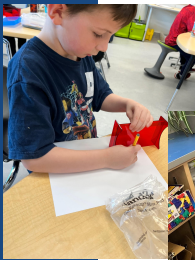


RunWild wrap up at the end of the day with our grade 6 big buddies.

Grade 1 explored symmetry this week!

Division One

Grade 1 is exploring 2D and 3D shapes in math with some added art and literacy.



Grade 2 enjoyed our Run Wild activities and the 101 Dalmatians performance!

Grade 2 was busy planting tomato seeds and performing for the Volunteer Appreciation Tea this week!



Division Two

REC 5/6 had so much fun on a scavenger hunt starting in Lion's Park and learned more about our community all at the same time! A special thanks to Constable McKay for organizing and to all our parent volunteers!



REC 4 had a blast golfing!



4A making pinhole cameras and constellation art!



Division Three

Jr. high Track Day!

Run Wild Day!

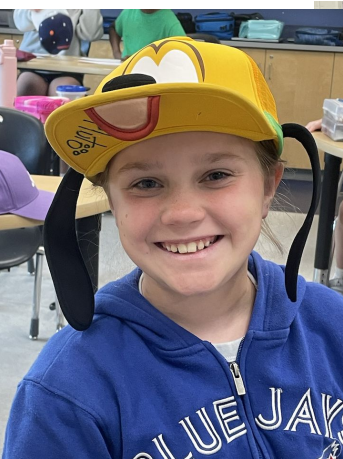


Division Three

The Leadership Class is spending their Friday afternoons at Everitt Gardens!



HATS ON FOR MENTAL HEALTH



Staff Appreciation

We are so lucky at SAA!
THANK YOU to all of the parents
for making us feel so loved!



COUNSELLOR'S CORNER



12 Ways to Build Resilient Learners

www.thepathway2success.com



Practice coping strategies when calm



Practice gratitude to gain some perspective



Teach and model flexible thinking skills



Learn and grow from failures together



Develop SMART goals and work on them



Reframe struggles as opportunities to grow

Teach and practice positive self-talk



Use confidence-building strategies



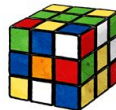
Check-in with emotions on a regular basis



Teach and encourage self-compassion



Encourage kids to solve problems on their own



Give puzzles, brainteasers, and challenges

When things feel hard, it's tempting to avoid them—but doing so only builds fear, not strength. Resilience means facing challenges even when they're uncomfortable. Each time we try, fail, learn, and try again, we grow more confident and capable. Avoidance may offer short-term relief, but resilience builds long-term strength. Let's remind students (and ourselves) that doing hard things is how we become braver, stronger, and more prepared for life.

Sean Brass

sbrass@gsacrd.ab.ca

Even Heroes Wear Helmets

The Sturgeon Community Hospital Foundation is proud to launch an exciting new initiative — *Even Heroes Wear Helmets* — to provide properly fitted, brand-new bike helmets to elementary school students in St. Albert.

Unfortunately, a limited number of helmets are available on a first-come, first-served basis.

Parents will be asked to pre-register and provide their child's name, school, and helmet size.

Important details:

- Registration deadline: May 14th
- Helmet fitting & pick-up: June 14th, in the back parking lot of the Sturgeon Community Hospital
- Time slots: Parents must pre-register for a designated 2-hour window
- Limited supply: Helmets will be distributed on a first-come, first-served basis while supplies last

We appreciate your support in promoting safety and education in our community.

Families will be able to sign up using this link

<https://bit.ly/4ddDwFZ>

Bear Witness Day

Bear Witness Day, observed annually on May 10th, is a day dedicated to raising awareness and support for Jordan's Principle, a child-first principle ensuring First Nations children receive the same standard of social, health, and educational services as other Canadian children. It honors the memory of Jordan River Anderson, a First Nations child who died in 2005 due to jurisdictional disputes over his care.



SAVE THE DATE

Grade 4-6 TRACK DAY is June 11th!



If you are a parent in grade 4-6, have all your checks completed and want to volunteer on June 11th, please email Mrs. Lobel at globel@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

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,

Idealab

Do your kids love STEM, Cooking, Art, and just having fun? This summer, they can enjoy all that and more with Idea Labs Saint Albert, and help raise money for our school at the same time!

We've partnered with Idea Labs to bring exciting, educational summer camps to our community. For every camp registration, our school earns \$10–\$20! A simple and fun way to support our students.

Why you'll love it:

- **Engaging Activities:** Kids dive into hands-on STEM, art, cooking, and more.
- **Incredible Fun:** A summer filled with creativity, exploration, and new friendships.
- **Supports Our School:** Every registration contributes directly to school fundraising.

Spots are limited, so don't miss out — check out the camp options today and give your kids an unforgettable summer while supporting our school!

Important:

Make sure to use our school's personalized registration link below — it's the only way to ensure our school gets credit for each sign-up



SUPPORT

Sister Alphonse Academy
+ SAVE ON SUMMER CAMPS



HOW IT WORKS



REGISTER

Sign up for an
IDEA Lab Kids
summer camp



SAVE

Use Code
SAACAMP10
to save \$10
per camp



GIVE BACK

\$10 per ½ day, and
\$20 per full day
registration goes to
Sister Alphonse Academy!



Engaging, hands-on STEAM
(STEM + Art) camp themes



Tech & Coding Camps



Culinary Arts exploration



Art, design, and engineering



Full-day & half-day options



REGISTER TODAY HERE:



<https://openregistrations.com/category/info/606>

1135 St Albert Trail, Unit 120
St. Albert, AB, T8N 7X1
780-983-5350
idealabkids.com/location/st-albert

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



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



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

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 - 

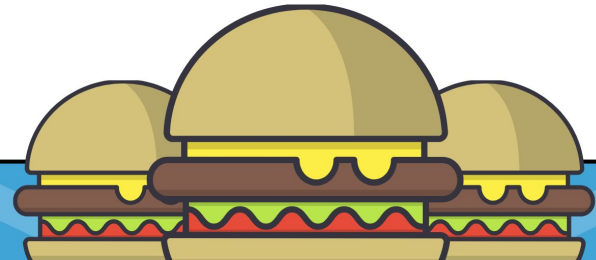
MAY 14TH - 

MAY 21ST - 

MAY 28TH - 

www.healthyhunger.ca

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



Sponsorship Thank You!

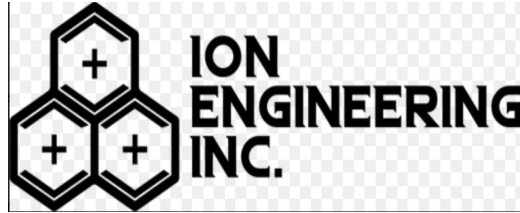
4-WAY

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>

