

FRIDAY KNIGHT NEWS : May 16th, 2025

From the Principal's Desk...

Well we have reached the last long weekend of the school year and we are down to our last month and a half. Still a lot of work left to do so it is important to stay the course, buckle down, and finish strong as our school year comes to a close. There will certainly be lots of fun with all the activities, field trips, and events going on, but it is still important to keep the train on the tracks and keep working hard.

As we make our way to next week just a reminder that our last School Council meeting of the year takes place on Tuesday May 20th. A special thank you to all the parents that were able to make the meetings either in person or online this year. Your support and feedback is a critical piece of our success. A special thanks to both Lindsay Schultz and Zaina Safazadah for taking on the Chair and Vice-Chair positions this year. We appreciate the additional time commitment both of you made to help make our school great. Thank you both!

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

Week At A Glance

May 19- Victoria Day- No School

May 20- School Council @6:30

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**

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

**Grade 2 made
rosaries in
religion class
this week!**

Parish Information

[St. Albert Parish](#)

[Holy Family Parish](#)



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

It's SOOOOO Simple

Gospel Reading - John 13:33-35

Year C - 5th Sunday of Easter

LOVE ONE ANOTHER! That's it. It's so simple.
And yet so stinkin' hard. But as Jesus
followers, we gotta get this right.



Watching some 🦋 grow

Early Learning

Kinder read a story "How to Mail a Hug" and then actually mailed hugs as far as El Salvador!



Grade 1B had fun meeting with their grade 4 buddies to plan armour building for an upcoming "Battle Bot" building challenge.

Division One

Grade 2 created some butterfly art while we wait for our butterflies to emerge from their cocoons!



2B worked in groups to brainstorm as many words as they could for a new letter sound we learned. We also had fun creating some adorable sharks out of newspaper!



Grade 1 having fun outside!

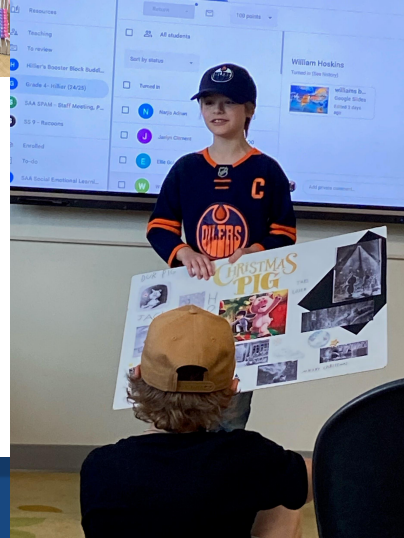


Division Two

6B was busy beading wampum belts this week—tying into our Iroquois Confederacy unit!



4B enjoying testing out their pinhole cameras and presenting their book reports.



Division Three

Grade 9 Foods

We are cooking food from around the world, with a taste from Mexico making Tacos and a taste from Italy making Bruschetta.



Grade 9s looking fine in pink!



SHOUT OUT



A big shout-out to our Recycling crew for keeping and maintaining our school clean!



Gaby
Janna
Peyton
Alice
Athalia
Sofia
Autumn
Violet

COUNSELLOR'S CORNER



One of the most powerful things we can teach young people is how to take responsibility for their actions. Accountability is a skill that builds character, resilience, and emotional maturity. Like any skill, it takes practice, support, and guidance. In the school setting, we often see situations where a student makes a poor choice, but the full story includes hurt feelings, peer conflict, or misunderstandings. Both realities can exist at the same time. A child might have been treated unfairly and still reacted in a way that caused harm. Helping kids understand that their response matters, no matter what came before, is essential. When we step in to explore their choices with curiosity rather than blame, we create space for learning and growth. Shifting the conversation from “Who started it?” to “What did you do next?” encourages students to reflect, take ownership, and consider how they might respond differently in the future. It is not about punishment. It is about helping them understand that even when life feels unfair, they are still responsible for the choices they make. This is how we raise thoughtful, self-aware individuals who are capable of making things right when they get it wrong.

St. Albert Public Library

I'm hosting a special after-hours study night right before diplomas on Friday June 6th from 6:30-10pm. The library is open just for teens! Our usual services are available, but there's also special perks like snacks from Youth in Action, and puppy cuddles from therapy dogs. For Grades 7-12. Event is 100% free (like all of our services), but registration is required: <https://sapl.libcal.com/event/3888978> See attached poster for additional information.

Celeste Trottier, BA, MSc (*She/Her*)

Librarian, Teen Services

ST. ALBERT PUBLIC LIBRARY

T: 780-418-6622 | ctrottier@sapl.ca

5 St. Anne Street | St. Albert AB | T8N 3Z9 | sapl.ca



JUN 6 | 6:30-10:00pm

DOWNTOWN LIBRARY

The library is open late just for teens! Enjoy some quiet spaces to study by yourself or with friends. Hosted in partnership with Youth in Action. Services available:

- Study areas with free wifi
- Computers & Chromebooks
- Printing/photocopying
- Borrow books, movies, video games
- Therapy dog visits from the Northern Alberta Pet Therapy Society
- Snacks from Youth in Action
- Sign up for your free library card!

For grades 7-12. Registration required at sapl.ca



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





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

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

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 - 

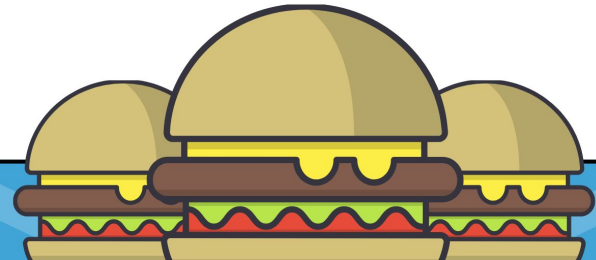
MAY 14TH - 

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>

