

FRIDAY KNIGHT NEWS : May 23rd, 2025



From the Principal's Desk...

As we inch closer and closer to the month of June just a reminder to all of our students to please get all outstanding assessments in for grading purposes. With final exams and report cards around the corner, we want to make sure final marks are up to date as much as possible. Please check PowerSchool or you can always contact homeroom teachers for further clarification.

A reminder as well to please fill out the Spring BBQ survey so we can plan accordingly for the event. Food numbers are very important so we are asking for families who will be in attendance to please update the document. The Spring BBQ will take place on June 5th from 4-6PM. The school will be BBQing and Kona Ice will be out as well to help us celebrate the day. Pieces for the BBQ food items are in the survey document.

As always, be curious in all that you do and know that God loves you, no matter what. Go Knights!

Week At A Glance

May 26- Gr. 5 Aviation Week;
Jr. High Districts

May 27-

May 28- Healthy Hunger (BPs)
Kinder Field Trip- Safety City
Gr. 6 ELA Part A PAT

May 29- Gr. 9 ELA Part A PAT
Gr. 7 & 8 ELA Written Final
Swimming- Kinder

May 30- Children's Festival- Kinder

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.

The grade 2s did a beautiful job with their bulletin board about Mary.

Faith In Action

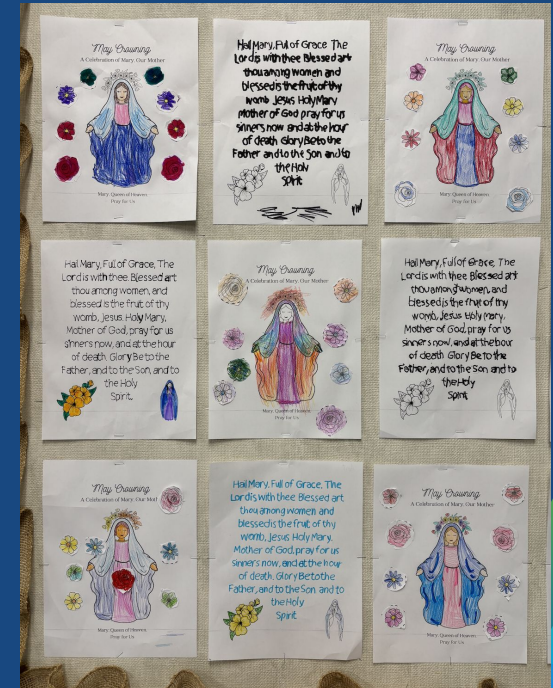
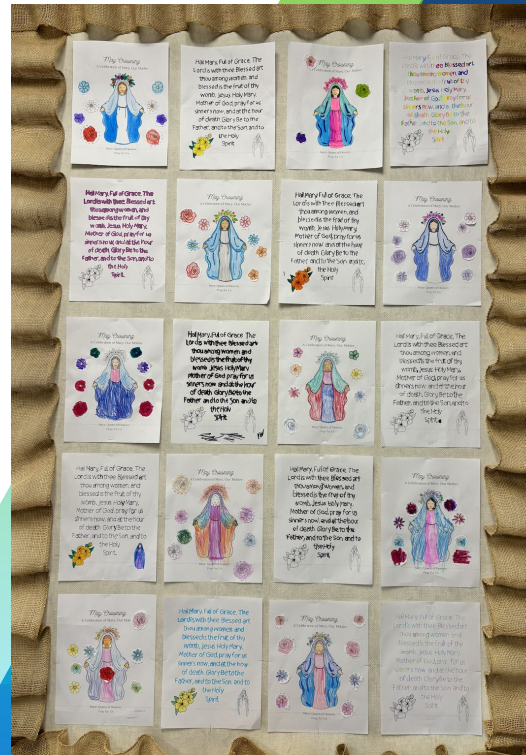
Parish Information

St. Albert Parish

Holy Family Parish

Growing in the
Trinity: Love,
Mercy & Grace

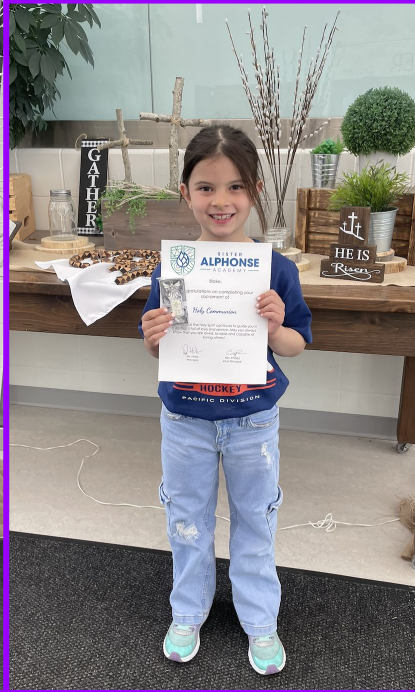
Artwork by Tara Riccioppo



Greater St. Albert Catholic Schools

**Congratulations to our students
who received their First Holy
Communion, or that will be
receiving it upcoming weekend.**

Faith In Action



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



If Jesus is who he says he is, then his promises are good. He can be trusted. And in today's reading, Jesus promises us that we are never alone. Not when we're scared, not when we're alone, not when we're being tested. He's with us. And that could be a real comfort in these hard times in which we find ourselves.



Early Learning

Kinder joined recess with the rest of the school!



Kinder swim lessons in the afternoon.

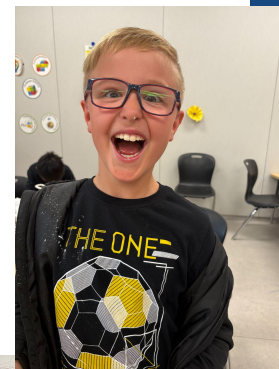
1A AND 1B had fun creating some silly self portraits together!



Division One

3B is learning all about Ukraine. Even that icing sugar from traditional cookies is a great skin treatment! Thank you to Iryna, Ihor's mom, who came to share with us all that she knows about Ukraine

2B released our butterflies today!

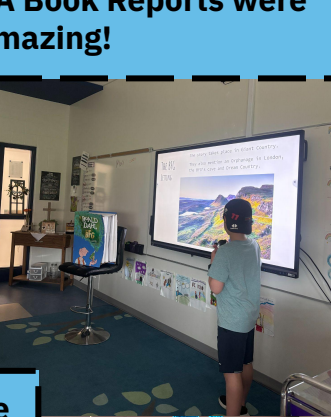


2A made personal totem pole art!



Division Two

4A Book Reports were amazing!



Rec 4 had a great time at Cirquetastic!



4B had an awesome time at Telus World of Science exploring space!



The grade 6 students have been having a great time at Nakamun!

Division Two



The grade 9's made
homemade pizza

Division Three



COUNSELLOR'S CORNER



Sometimes our thoughts trick us into believing things that aren't true. These “thinking traps” or cognitive distortions are common in kids and adults alike. They can lead to stress, anxiety, and low confidence if left unchecked.

Some common thinking traps include:

- All-or-nothing thinking: “If I’m not perfect, I’ve failed.”
- Mind reading: “They didn’t talk to me. They must be mad.”
- Catastrophizing: “One mistake means I’ll fail everything.”
- Personalizing: “They’re upset. It must be my fault.”

The good news is that we can teach students to recognize and challenge these thoughts. Questions like “Is that really true?” or “What else might be going on?” help kids slow down and think in a more balanced way.

By guiding students to catch and correct these thinking traps, we help them build stronger, healthier minds.

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



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>

Eye See... Eye Learn - Free Eye Exams & Glasses for Kindergarten Students!

How well can your child see?



Eye See...
Eye Learn!

You can't see the world through your child's eyes, but your optometrist can. During your child's eye exam, your optometrist will assess:

- Visual acuity (how well they can see)
- Lazy eye, crossed eyes
- Nearsightedness, farsightedness, astigmatism
- Colour vision
- Eye coordination, tracking and depth perception
- Eye health



For more information about

Eye See...Eye Learn™



contact the Alberta Association of Optometrists at 1-800-272-8843 or visit optometrists.ab.ca/esel

Alberta
Association
of Optometrists



Eyewear Partners:



Modern Optical



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The Alberta Association of Optometrists gratefully acknowledges financial support from the Government of Alberta.



It's important to do before they start school!

Eye See...Eye Learn™

is a program that provides kindergarten-aged students with a comprehensive eye exam from an optometrist. There is Alberta Health coverage towards your child's eye exams up to age 19. If required, kindergarten-aged students also receive a free pair of eyeglasses.



How kindergarten-aged students participate

Step 1 Parents can find a participating optometrist at optometrists.ab.ca. Click on Find an Optometrist and Eye See...Eye Learn™, then enter your postal code to find a doctor close to you. **Call and book an appointment.**

Step 2 See your optometrist for the eye exam. Have your health card ready. There is **Alberta Health coverage towards your child's eye exams up to age 19.**

Step 3 If required, kindergarten-aged students will **receive a free pair of eyeglasses.** Ask to see the frame selection available. The optometrist will order your glasses for you.

*Free glasses are covered by a one year manufacturer's warranty.

Who can participate?

Eye See...Eye Learn™ is available to all kindergarten-aged students in Alberta. It's important to address eye health and vision problems before children begin school.

Children are eligible from August until they begin grade one.



Eye exam coverage

There is Alberta Health coverage towards your child's eye exams up to age 19. It's a painless, non-invasive process that could change their lives!

Did you know?

- 80% of learning is visual.
- 1 in 4 school-aged children has a vision problem.
- An eye exam detects health problems such as crossed eyes or lazy eye.
- Children with vision problems are often misdiagnosed as having learning or behavioural disabilities.
- The earlier an eye health or visual problem is identified, the more likely it can be corrected.
- Children often don't know they have a vision problem, as they believe what they are seeing is normal.
- It is not uncommon for parents to believe they would know if their child has a vision problem, because these issues can be hard to spot particularly if there is a problem in only one of the eyes.

What is an optometrist?

Your optometrist (doctor of optometry) is a primary source for all your vision, eye health and eyewear needs. They have the knowledge, tools and equipment necessary to diagnose, treat, prescribe medications or refer to a specialist, if needed.

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

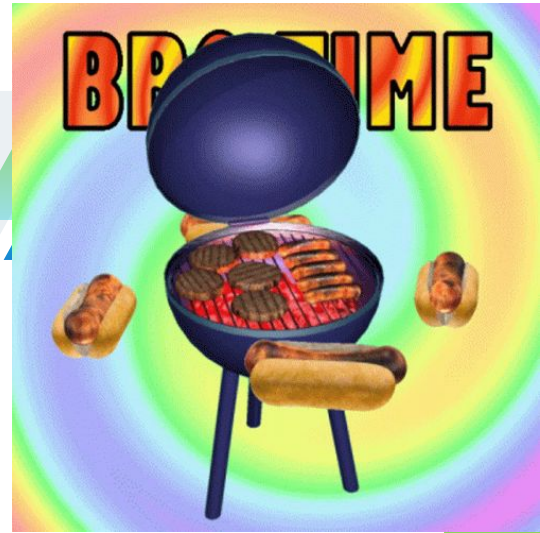


Parents, if you are able to sponsor our Jr. High awards we would truly appreciate it, as this helps us showcase our student achievements! Please email Cindy at cphillips@gsacrd.ab.ca

Student Awards

YEAR END BBQ- June 5th 4pm-6pm

Mark your calendars- our SAA year end BBQ is June 5th!



Musical Theatre

Musical Theatre Kids Camp – Summer 2025

Looking for a fun and creative summer opportunity for students aged 8 to 13? The Musical Theatre Kids Camp returns this August at the St. Albert Salvation Army (165 Liberton Drive), offering a dynamic and engaging experience in improv, acting, singing, choreography, and character development.

Camp Dates and Fees

- Week 1: August 5–8, 2025 – \$160
- Week 2: August 11–15, 2025 – \$200
- Time: 9:00 a.m. to 3:00 p.m. daily
- A short final performance will take place on the last day of each week (time TBD).

Discounts and Scholarships

A 15% family discount applies when registering two or more students. The cost includes all materials, and scholarships are available.

To register, email cdhanson67@gmail.com or call 780-231-9401. Visit www.voicebodyworks.ca for more information.

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/categoryinfo/606>

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

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 26- Gr. 5 Aviation Week; 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

June 3rd- Jr. High Track (Zones)

June 4th- Healthy Hunger (Subway)

June 5th - Year End BBQ (4-6PM)

June 9th- PD Day (No School for Students)

June 11th- Healthy Hunger (DQ)

June 13th- Year End Liturgy (8:30 AM)

June 17th- Last Day of Jr. High Classes

June 18th- Healthy Hunger (BP)

June 20th- Last Day of Kinder

June 20th- Kinder Celebration (10AM)

June 20th- Grade 9 Farewell (12PM)

June 23rd- Elementary Districts

June 24th- Grade 6 Celebration (11AM)

June 24th- Grade 6 Market (1PM)

June 26th- Last Day of Classes

June 26th- Jr. High Awards (1PM)

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.](#)



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
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- Snacks from Youth in Action
- Sign up for your free library card!

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



**St. Albert
Public Library**

Help with inventory

Our library is planning on conducting an inventory and would love some extra hands. All the job requires is to scan the books and to insure they are in order. This would be happening on Mondays and Tuesdays until the end of the year. If you are interested in helping out for a bit, then email Miss Gamache at lgamache@gsacrd.ab.ca .

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 - 

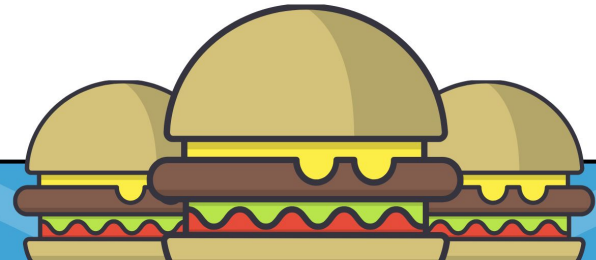
MAY 14TH - 

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>

