

FRIDAY KNIGHT NEWS : May 30th, 2025

From the Principal's Desk...

Please be reminded that all Library Books are due back on Monday June 2nd. If you could get those in right away so Miss Gamache can put everything away and get them ready of next year, that would be a huge help to her.

Also, please be reminded that the Spring BBQ takes place next week on June 5th from 4-6PM. If you are planning on eating, please fill out the form so we can plan for numbers and how much food to pick up. We will have music, food, face painting, and our Jr. High students will be doing tattoos as well. Looking forward to having everyone out to celebrate another fantastic year at SAA.

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

Week At A Glance

June 2-6- Grade 5A Aviation Week

June 2nd- All Library Books Due Back

June 3rd- Jr. High Track Zones

**June 4th- Healthy Hunger (Subway)
Grade 9- TWOS**

**June 5th- Kinder FD swimming
Year end BBQ**

June 9th- PD Day/No School

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.

Some of our students who received their Confirmation.

Faith In Action

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



I LOVE a good cliffhanger! It leaves me thinking and waiting and excited for what comes next! But no doubt about it, the waiting can be a bit stressful when you're just not sure what comes next! In this weeks Gospel, Jesus doesn't tell us what or how it's going to happen but he does assure us that it's going to be a really big and beautiful and good ending.



Safety city!!

Early Learning

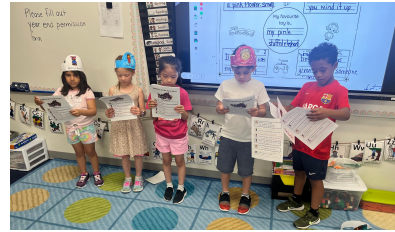
Children's festival!!



1B had a busy week learning about measurement, practicing a reader's theatre and building bot armor with our grade 4 buddies.

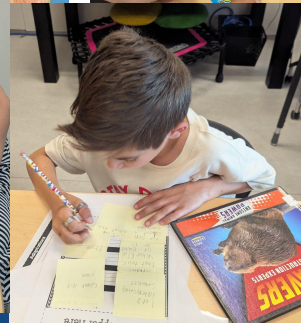
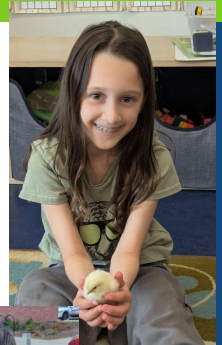
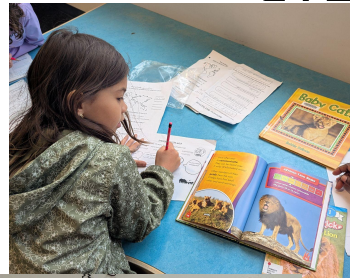
Division One

Grade 1A having so much fun coding!



Both Grade 2 classes collected data for their surveys to make pictograms in math!

3A made Peruvian cookies, built bird feeders, visited chickens and became species experts.



**4A had a blast at the
Telus World of
Science!**

Division Two

**We've been loving the nice
weather**

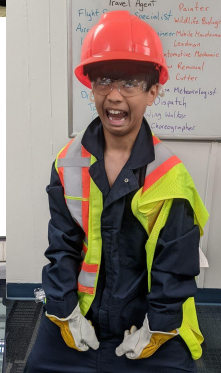
**Grade 4 Non Rec has been
preparing for some epic bot
battling with the grade ones.**



Aviation Week 5B

5B was offsite this week for Aviation School. They learned about the principles of flight and the many jobs available to them in aviation!

We tested our skills using air traffic control simulators, met a pilot who taught us about the joys of flying, and learned from real life professionals about the world of avionics!



Division Three

Junior High Track Day - Districts



COUNSELLOR'S CORNER



I often see students who chase after friendships with peers who aren't a good fit for them. They put themselves through a lot of stress and anguish trying to gain acceptance, sometimes making choices that don't reflect their true values or well-being. This can be a painful part of trying to belong and find their place.

Helping students reflect on their friendships with thoughtful questions can guide them to healthier connections or open up important conversations. Consider these questions:

1. Are they kind to me and my family? 2. Do they accept me for who I am? 3. Do I feel valued and heard?

4. Do they respect my boundaries and listen when I say no? 5.. Do they support me during tough times?

6. Do I feel safe and comfortable around them? 7. Do they encourage me to be my best self?

Research shows friendships based on respect and trust support emotional well-being and self-esteem. Unhealthy friendships can increase stress and risky behavior. Open dialogue about friendships and boundaries helps students build the confidence to seek connections that truly support their growth.

The goal is not just to have friends but to have the right friends.

Sean Brass sbrass@gsacrd.ab.ca

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

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

As we approach the end of another wonderful school year, we're excited to invite you to our Year-End BBQ Celebration on June 5th (4-6 PM). This fun-filled event is a great way to come together as a school community, celebrate a successful school year with some great food and some fun activities. We will have some face painting and Kona Ice will come out to serve some refreshing treats for those families wanting to purchase something.

To help us plan and organize the event effectively, we kindly ask that you take a few moments to complete a short survey. Your responses will help us with food planning and activity setup.

Please use this link to complete the survey.

<https://forms.gle/DtGeXnJLUbuEMG3NA>

Thank you!



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 / SHILTING

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.

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



Indigenous Games

Alberta Indigenous Games (AIG) Track & Field Meet

Largest Indigenous TRACK & FIELD MEET COMBINING INDIGENOUS YOUTH & ADULTS in the first ever!

10 days - 18 sports - 6,000+ Indigenous athletes - 550+ teams - 8,500 total participants (athletes, coaches & officials) - Ages 5-21 years old! (Only baseball, soccer & lacrosse have age divisions down to 5; all other sports are 9-21)

The Largest of its kind in Canada and the US in **Edmonton, August 11- 12th!**

Regular Registration **Deadline May 31st, 2025**

- If doing family rate must fill out the AIG Team Registration Form here: 2025 AIG Mandatory Team/Family Rate Registration Form Link: <https://forms.gle/jJQP6gYLS57ySsJX8>
- 2025 AIG Mandatory Individual Registration/Waiver that all Athletes Must Fill Out (if not team could be subject to forfeit of games) Form Link: <https://forms.gle/xjaMb4FQgHyyEhaHA>
- 2025 MAIG Mandatory Individual Registration/Waiver form for Athletics (Track & Field) and all other MAIG Sports is here: <https://forms.gle/16oSLwdmnjQKRwi7>

Any questions, email ab.ind.games@gmail.com


Helmet Heroes

Due to demand, we have set up a second Helmet Heroes for those families who did not get a chance to register for the June 14th event. This second event will be held at the St. Albert Source for Sports on Saturday, June 21, from 10 a.m. until 1 p.m., and the registration deadline is Friday, May 30.

Below is the NEW registration Link and an [Image attached](#)

Registration link:

<https://www.signupgenius.com/go/10C054FAEAE22A0F9C70-57034746-even>



**Even
HEROES
Wear Helmets**

Helmets reduce the risk of serious head injury by 70%!
Doctors will tell you, bones can be fixed but head injuries can last a lifetime!

Helmets prevent what you cannot predict! So be a hero and let us make sure your head stays safe!

Is your child in need of a new, properly fitted bike helmet?
The Sturgeon Hospital Foundation is providing school children (grades K - 6) in St. Albert with a FREE HELMET. Must Pre-Register. First come first served.

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

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



June Dates

June 2-6- Grade 5 Aviation Week
June 3- Jr. High Track Zones
June 4th- Healthy Hunger (Subway)
Grade 9- TWOS
June 5- Kinder FD swimming
Year end BBQ
June 9- PD Day/No School
June 10- Gr. 1 Arbor Day
June 11- Elementary Track
Healthy Hunger (DQ)
Gr.2 Year end field trip
June 12- Kinder FD swimming
June 13- Year end Liturgy @8:30
June 17- Gr. 6 ELA PAT Part B
Jr. High last day of classes
June 18- Healthy Hunger (BPs)
Gr. 9 PAT ELA Part B
Gr. 6 PAT Math Part A & B
Kindergarten movie @9
June 19- Gr. 9 PAT Math Part A & B
Gr. 6 PAT Social
Gr. 4 Fort Edmonton
Kinder FD swimming
June 20- Gr. 5 Elk Island Field Trip
Kinder Celebration @10
Gr. 9 Farewell @1

June 23- Elementary Districts
Gr. 9 PAT Social
June 24- Gr. 9 PAT Science
Gr. 6 Market
Gr. 6 Celebration @11
June 25- Year end movie (1-6)
June 26- Last day of classes
Jr. High Awards Celebration @1

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

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>

