

FRIDAY KNIGHT NEWS : June 6th, 2025

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From the Principal's Desk...

We just wanted to thank everyone for coming out to the Spring BBQ last evening. It was wonderful to see so many families join us to celebrate another wonderful year at SAA. A big thank you to all the staff and student volunteers that helped make the event so special. We are extremely blessed to have such wonderful people who go above and beyond to make the experiences for kids at SAA so great. Thank you everyone for all that you do.

As we move into next week just be reminded that Elementary Track takes place on Wednesday June 11th, Please make sure you send students with water bottles and sun screen just in case, as students will be outside all day. Also, our year end liturgy is on Friday June 13th at 8:30 AM. If anyone would like to join us, please feel free to do so.

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

Week At A Glance

June 9th- PD Day/No School

June 10th- Gr. 1 Arbor Day

**June 11th- Elementary Track
Healthy Hunger (DQ)
Gr.2 Year end field trip**

June 12th- Kinder FD swimming

June 13th- Year end Liturgy @8:30

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 last school assembly was a great way to recognize our students and all their hard work!

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



Two readings this week because they tie together in such a cool way. People have tried all sorts of ways to make life work for themselves, without God. And that's the story of the Tower of Babel we hear today. And then Jesus comes to reunite the people of the world with God and he gives us the Holy Spirit to give us courage and the words we need to share this incredible news - that God loves us and wants a relationship with us!



Early Learning

Puppet treehouse



Division One

Grade 1A & 1B received Canadian flags. Thank you Lions group for the presentation!



Grade 1A was busy planting our Indigenous Medicine Wheel Garden.



Grade 2 started the Life Cycles unit in science and played with some baby chicks!



Grade 2 had fun reading with Grade 5B



Division One



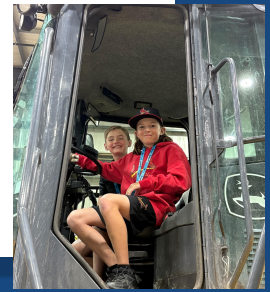
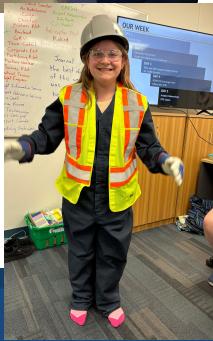
Grade 3 was busy this week! The mealworms we raised turned to beetles. We made a tasty treat while we learned the layers soil, and we had a picnic !

5A has an unforgettable week at Aviation School learning about flight and careers. It was a week driven by sparking interest and curiosity!

Division Two



5A at Aviation School



Division Two

Grade 4 Rec fun
this week!



Gr. 6 Science in Action



Grade 6 Art Painting on Canvas



Division Three



You're never too old to enjoy the green spinny!



JH playing kickball outside and enjoying the weather!



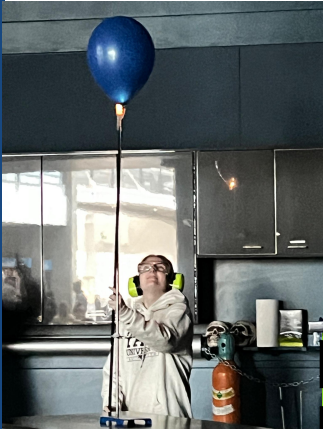
Outdoor Education - setting up tents!



Division Three



So many exhibits to play in!



Grade 9 visit to Telus World of Science for the StarDust exhibit!

Division Three



Grade 9's making Crepes and Poutine



We had a great turn out for our year end BBQ. Thanks to everyone who joined us!

YEAR END BBQ



COUNSELLOR'S CORNER



It's that time of year when things feel like they're moving at warp speed. The sun is up later, activities are picking up, school is busy trying to finish off learning and prepare for year-end assessments, and there are late-night Oilers games and weekend camping trips. It's exciting, but it can also be a lot.

For students, the end of the year can bring some stress too. What they've grown used to over the last ten months is about to change. That shift, even when it leads to something great like summer break, can still take a toll. That's why it helps to find small ways to rest and recharge. We need to protect our energy and look after our well-being, especially during busy seasons.

Here are three ways to do just that:

1. **Breathe easy.** Try box breathing by slowly breathing in, holding, breathing out, and holding again. If counting throws you off, just slow it down and focus on the exhale. The goal is calm, not perfection.
2. **Build quiet in.** A few minutes without screens, noise, or conversation can do wonders. Sit in your room, step outside, or just pause for a moment to reset your brain.
3. **Move your body.** Walk, stretch, play, shoot hoops. Even a quick burst of movement helps clear stress and brings your energy back up.

The pace is fast right now, but finding small ways to take care of ourselves will help us finish strong.

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



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.

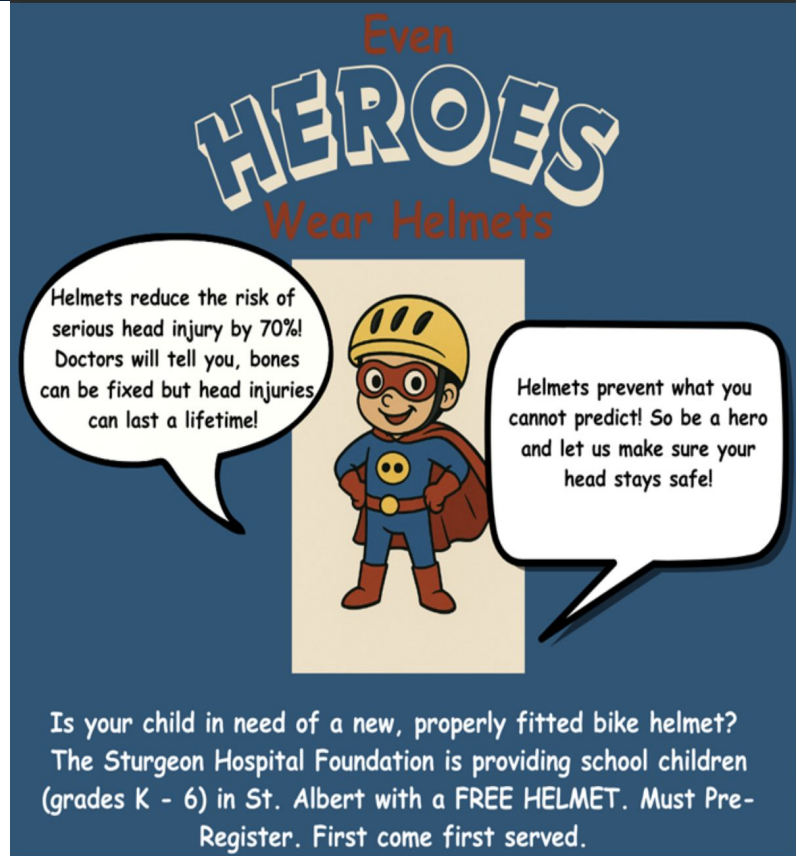
Helmet Heroes

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.



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



FRIENDS of SAA AGM

You're invited!!

Tues. June 10th @ 8:00pm online

<https://meet.google.com/xur-dtzk-mbc>

We will be nominating positions for:

- Chair
- Vice Chair
- Secretary
- Treasurer
- Member at Large

It's a great way to get involved with SAA
in a volunteer capacity!!

Only 2 Hot lunches left!

June 11th

(There will be
delivery to the
Track Gr.4-6)



June 18th



www.healthyhunger.ca

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 .



Help with inventory



Our library is now closed for the year. Please keep an eye out for overdue notices, just in case your young ones haven't returned their books just yet. New ones for remaining overdue books will be sent out on Monday.

Thank you for all the books returned so far!

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>

