

FRIDAY KNIGHT NEWS : June 20th, 2025



From the Principal's Desk...

We wanted to send a huge congratulations out to both our Kindergarten students and our grade 9 students as we did the Kindergarten celebration and the Grade 9 Farewell today. What a great opportunity for us to celebrate on both ends of the school the accomplishments of our students. A special thank you to all the families and friends who showed up and also to all of our staff who helped make the day so special. Thank you all and congratulations to all of our students.

As we make our way to the last week of the school year, please be reminded that we have Kona Ice coming on June 25th at 1PM. Don't forget your money if you are wanting your child to participate in that.

Also, please be reminded that Thursday June 26th is our last school day for students and that we have our Jr. High Awards at 1PM as well.

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

Week At A Glance

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 Grade 6
Kona Ice @1pm- Bring \$

June 26- Last day of classes
Jr. High Awards Celebration @1

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](#)

Today we got to celebrate our wonderful grade 9s as they wrap their years at SAA. Thank you to Father Jack for joining us!



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



That's it for this year! I love you all very much. Have a beautiful, restoring, adventurous summer break. See you in September!

Early Learning

Kinder celebration!



Movie Time



Last swim lesson!



Division One

Grade 1's had a great time at the movies this week!



2B had so much fun this week at the movies and making Bannock!



Grade 2 examined wasps nests in Science!

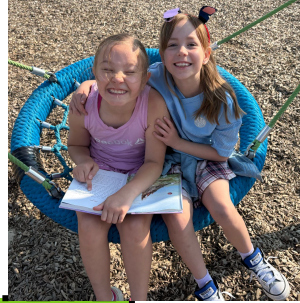


Division One

Grade 3's had a packed week this week! We did finger weaving and Bannock making.



We took our learning outside.



We ate Butter Chicken!



We took Miss A to Activate, and we had a GREAT time.



REC 5/6 enjoyed their last week kayaking, canoeing, and exploring the lake for crayfish!

Division Two

Grade 5 classes enjoyed a great day learning about the bison at Elk Island National Park!



Grade 4 had a great time at the year end movie!



Division Two

Grade 4's had a blast at Fort Edmonton, even in the rain!

Indigenous People's Day Fun!



Division Two



Grade 6 students concluded their Living Systems unit by showcasing their learning through creative and detailed ecosystem dioramas.



Division Three



**Grade 9
Farewell**



COUNSELLOR'S CORNER



Teaching Your Child to Manage

➤ Screen Time Independently ➤

When your child seems to want a lot of screen time, it's important to start good habits early. Here's how you can empower your child to manage their own screen time effectively:

Talk About Our Limited Time:

Sit down with your child and discuss how much time they spend on screens. Make a list together of other fun things they like to do. Help them see that too much screen time can take away from these other activities.

Discuss Screen Influence:

Explain to your child that apps, websites, and shows are made to keep them interested. Tell them how these companies make money when they use their stuff a lot. This can help them make smarter choices.

Set Limits Together:

Ask your child how much screen time they think is fair each day. Let them help decide the limit. They might surprise you and suggest a good balance!



Use Tools:

Decide together how you'll keep track of screen time, like using a timer or a separate tracker. If they have trouble sticking to the limit, talk about it again. This helps them understand that this topic can be ongoing until you find a solution that works for both sides.

Encourage Independence:

As they get older, let your child be in charge of their screen time. When the time is up, trust them to stop without reminders. This helps them learn to be responsible.

By involving your child in these decisions, you teach them important skills like managing time and setting limits. They'll learn to balance screen time with other activities to create healthier habits for the future.

Source: Nir Eyal, an instructor at Stanford University

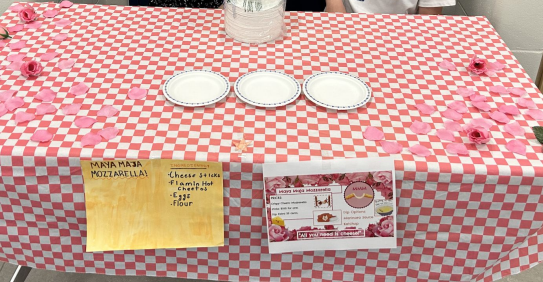
Screens are part of everyday life for our kids at school, at home, and socially. While technology can be a great tool, it is important we help children build awareness around how it affects them.

Rather than just limiting screen time, try asking questions like, "How does this make you feel?" or "Are you more calm or more anxious after?" Helping kids notice their emotional and physical reactions teaches healthy tech habits that last.

Technology is not going away, but when we teach our children to be open and aware, we set them up for lifelong well-being in a digital world.

Sean Brass

sbrass@gsacrd.ab.ca



**Get Ready ...
The Grade 6 Market makes its
triumphant return!**

Tuesday, June 24th 1:30-2:30

SAA Front Entrance & Gym

**Window Shopping -
Click the links below**

[6A](#)

[6B](#)



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.

Update to Our Online Payment System

We are updating our online payment system to better serve you. As part of this change, any previously saved credit card information in Rycor has been securely removed.

You may see a message prompting you to re-enter your card details when making your next payment. This is simply part of the update and not due to any security issue or fraudulent activity.

Thank you for your understanding as we complete this system upgrade.

Summer Volleyball Camps with Volley Pro

Looking for a fun and active way for your child to build skills this summer? Volley Pro, a local volleyball training facility in St. Albert, offers various summer volleyball camps for youth of all ages and skill levels. Programs include:

- Introduction to Volleyball — perfect for beginners learning the basics.
- Skill Development & Competitive Play Camps — for intermediate and advanced athletes looking to level up their game.
- Back-to-School Prep Camps — to prepare players for school team tryouts and the upcoming season.

All camps are led by experienced coaches passionate about helping young athletes grow in skill, confidence, and love for the sport.

For more information or to register, visit www.volley-pro.ca/camps or contact info@volley-pro.ca.

Class Configurations

Dear Parents and Guardians,

As we prepare for the upcoming school year, we would like to take a moment to share some information about our classroom placement process.

At SAA, our primary goal is to create a positive, supportive, and productive learning environment for every student. Each year, our staff devotes considerable time and care into organizing classroom configurations that best support the academic, social, and emotional needs of all our students. This process involves thoughtful consideration of many factors, including individual learning styles, peer relationships, academic needs, and teacher strengths.

We understand that parents may have insights or preferences regarding their child's educational experience. While we value your perspective, we kindly remind families that all classroom placements and configurations are ultimately at the discretion of our administrative team, in consultation with our teachers. Our team works collaboratively and professionally to ensure each student is placed in an environment where they can thrive.

Thank you for being a valued part of the SAA family. We look forward to another wonderful year of growth and learning together.

Report Cards

Report cards will be available in late June and are accessible through the PowerSchool Parent Portal. As a reminder, here is how to locate a student's report cards:

Please use an internet browser to access the PowerSchool Parent Portal, as the mobile app is incompatible. After logging in, find a list of navigation links on the left-hand side. At the bottom of this list, click the link labelled "report card" to proceed to the next screen.

After clicking the report card link, you can view the report card in PDF format. Additionally, there's an option to download the report card. Once downloaded, you can save or print a copy for your records. For visual guidance, you can watch this brief instructional video on accessing the report card: [Report Card Video](#).

If you have not created a PowerSchool Parent Portal account, don't hesitate to contact your child's school for assistance.

Did you know that you can also check out your child's progress throughout the year as they complete tests and assignments, also through the above-noted process?

CMOH Letter regarding Measles

Please find attached a letter regarding measles from Dr. Sunil Sookram, Interim Chief Medical Officer of Health.

Sincerely,

Lora Pillipow

Deputy Minister of Education and Childcare

[Attachment: CMOH Letter to Parents](#)

Super Cool Summer School (Grades 1 - 8)

Explore, create, learn and have fun this summer! Registration is open for super cool summer school! It's for grade 1-8 students from St. Albert Public Schools and GSACRD students, and there is something for everyone. This year, Greater St. Albert Catholic Schools will host the program, which will operate from Sister Alphonse Academy (1 Joyal Way). For more information and to register, [click here.](#)



SUPER COOL SUMMER SCHOOL 2025
FOR GRADE 1 - 8 STUDENTS

June 30 to July 4 and July 7 to July 11

St. Albert Super Cool Summer School offers a variety of great programs for kids in Grades 1-8!

Have a fun and positive learning experience, while building skills, knowledge, and confidence!

Learn More Today!
www.gsacrd.ab.ca

Greater St. Albert Catholic Schools
St. Albert PUBLIC SCHOOLS

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 23- Elementary Districts
Gr. 9 PAT Social

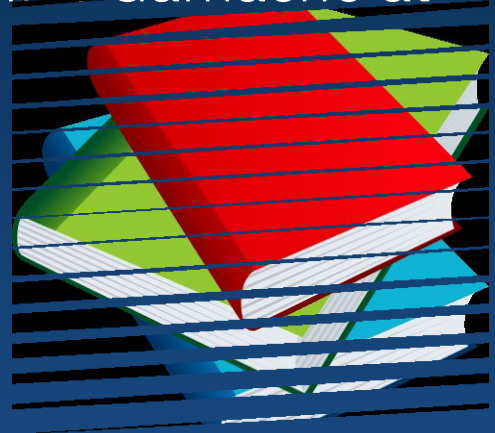
June 24- Gr. 9 PAT Science
Gr. 6 Market
Gr. 6 Celebration @11

June 25- Year end movie (1-6)

June 26- Last day of classes
Jr. High Awards Celebration @1

Help with inventory

Our library is still conducting its 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 .



Time to return Books



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. Miss Gamache is also testing a system to email notices out, so keep your eyes on your emails.

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>

