

FRIDAY KNIGHT NEWS Friday, Sept. 5th, 2025



From the Principal's Desk...

We've had a wonderful first week of school! It's been filled with new beginnings, laughter, and learning as our students and staff settle into routines. We are especially grateful for the spirit of faith that guides us each day, reminding us to be kind, supportive, and hopeful as we journey through the year together. May this be the start of a year filled with growth, joy, and blessings.

As we make our way to next week, please take note that Dallas Arcand, 2025 World Hoop Dancing Champion, will be here on September 11th. I have including a slide a little later on in the newsletter for your reference. If any family would like to join us, please feel free to come on out on the 11th at 9AM.

Have a great weekend everyone and as always, be curious in all that you do and know that God loves you, no matter what!

Week At a Glance:

September 8th-

September 9th

September 10th-

September 11th- Dallas Arcand 9AM

September 12th -

**September 14th- UofA Volleyball
Tournament**

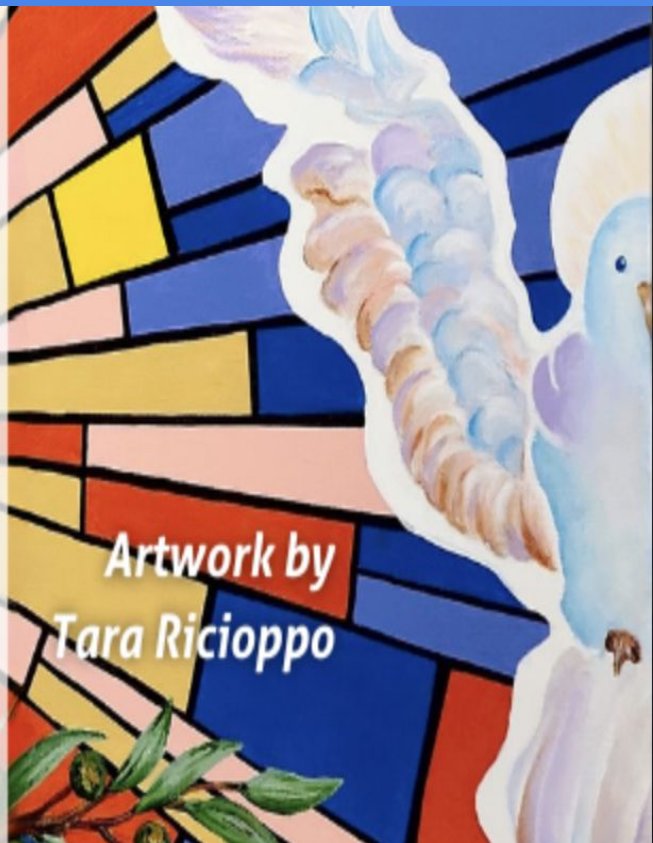
2025-2026 GSACRD Faith Theme (Year 3)

Growing in Grace, with the Spirit

"Now we have received not the spirit of the world,
but the Spirit that is from God, so that we may
understand the gifts bestowed on us by God."

(1 Corinthians 2:12)

Greater St. Albert
Catholic Schools



*Artwork by
Tara Ricioppo*



Parish Information & Faith In Action

[St. Albert Parish](#)

[Holy Family Parish](#)

Sacramental Preparation at Holy Family Parish for 2025-2026

Celebrating First Reconciliation, First Eucharist and Confirmation in **Spring 2026**

Registration for children preparing to celebrate the Sacraments in Spring 2026 is now open. The Archdiocese of Edmonton requires a mandatory preparation program be completed first. Registration forms can be found on the parish website:

<https://holyfamily.caedm.ca/> Select: **"Sacraments"** from the menu. Then select

"Sacramental Preparation for First Reconciliation/First Eucharist" **or** "Sacramental Preparation for Confirmation."



First Reconciliation/First Eucharist

For children baptized Catholic and aged seven years old or older this school year.

*In the Archdiocese of Edmonton, children prepare for both First Reconciliation and First Eucharist at the same time.

Confirmation

For children baptized Catholic, received First Reconciliation and First Eucharist and aged 11 years old or older this school year.



- Families can choose to prepare their children in either autumn (Sept.—Nov.) **or** winter (Jan.—March).
- Registration forms can be submitted through email (on registration form) or in-person at the parent session.*
- All registration forms (both autumn and winter) must be received by September 19th; before lessons start.** Note: Download Adobe Acrobat to your computer or mobile device to complete the fillable PDF forms.
- The parent information session (for both autumn and winter) is the third week of September. At the session, registration forms can be submitted (please download and complete forms before arriving). Also, information will be shared about the programs and workbooks can be purchased and received.
- Children do not need to attend the parent session.**
- Parents will be asked to sign up for Flocknote, the parish messaging system, at the parent session.** This is a requirement and how communication will occur throughout the year.

*Parent Session
First Reconciliation/First Eucharist

Wednesday, Sept. 17th: 6:30 p.m. **or** Saturday, Sept. 20th at 10:00 a.m.
Please arrive 15 minutes early to submit forms, make payments and receive books.

*Parent Session
Confirmation

Wednesday, Sept. 17th: 7:30 p.m. **or** Saturday, Sept. 20th at 11:00 a.m.
Please arrive 15 minutes early to submit forms, make payments and receive the book.



Artwork by Tara Riccioppo

Greater St. Albert Catholic Schools

District Chaplain- Doug Kramer



We hear in this Sunday's Gospel reading a word that conveys a powerful emotion. "Hate". Strong word! But Jesus is using it with a different meaning than perhaps we would. It's NOT the same as "I HATE broccoli". But the meaning is very important to consider if we decide to follow Jesus.



SAA's Mission and Vision

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



COUNSELLOR'S CORNER



One of the most important ways we can support our kids is by helping them develop strong social skills. These skills are essential for making connections and building lasting friendships. Here are a few to practice and encourage at home:

- **Recognizing Social Cues**

Teach your child to analyze situations and notice body language. For example, if someone is turned away, avoiding eye contact, or giving short replies, those may be cues that the person wants space or to stop the interaction.

- **Joining a Conversation**

Instead of jumping in and making it about themselves, kids can pause for a few seconds and observe. Encourage them to start by listening and repeating a key point of the conversation before adding their own thoughts. This shows understanding and signals that what the other person said is important.

- **Accepting a “No”**

When told “no,” kids often feel strong emotions. Help them recognize that feeling and then choose their response. A helpful strategy is pausing for three seconds before reacting, which can support self-regulation.

- **Handling Disagreements**

Disagreements are a normal part of friendships. Teach kids that two people can both be good people and still hold different opinions. Phrases like “We are still friends” or “I still like you even though I disagree with you” reassure the other person and help preserve the relationship while reducing defensiveness or anger.

KINDERGARTEN

Making new friends!

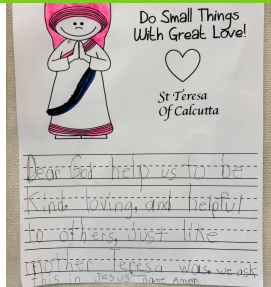


Exploring the playground!



GRADES 1 & 2

Grade 2s did lots of catching up with new classmates and ended the week with a Saint Mother Teresa writing activity!



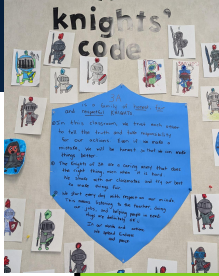
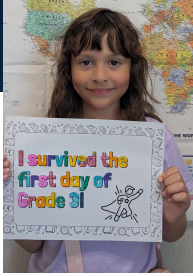
1A had a great start to the year getting to know each other with games and outdoor play!



Grade 1B had fun during centres while reconnecting with friends and meeting new friends.

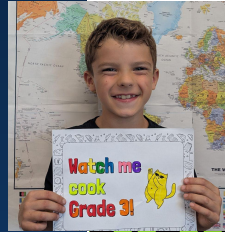


Grade 2 got to know each other playing games and doing math groups!



GRADES 3 & 4

3B spent the week getting back into routines and learning classroom rules.



3A celebrated back-to-school with team building games, outdoor fun and creating our Knights' Code.



4B saved Fred, took a nature walk to look for qualitative and quantitative data, built paper towers, and worked as a team to move across the gym!



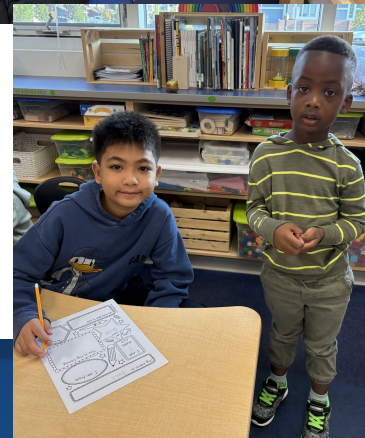
5B enjoyed team building challenges at the end of the week!



GRADES 5 & 6

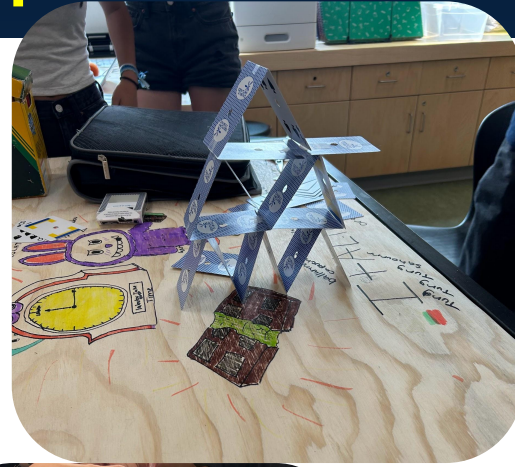


Gr.6s and their kinder buddies!



JUNIOR HIGH

Jr. high got to go on a slurpee run!



Team
Builders
in Mr.
Kary's



SAA SCHOOL SPIRIT



2025 World Champion Hoop Dancer Dallas Arcand

We are very pleased to announce that the 2025 World Hoop Dancing Champion, Dallas Arcand will be at SAA on September 11th at 9AM. If any families would like to join us, please feel free to drop by SAA. This is a great way to bring Indigenous cultural awareness to our school and we are thankful that Dallas was able to find time in his busy schedule to come out and see us.



Curriculum Connection

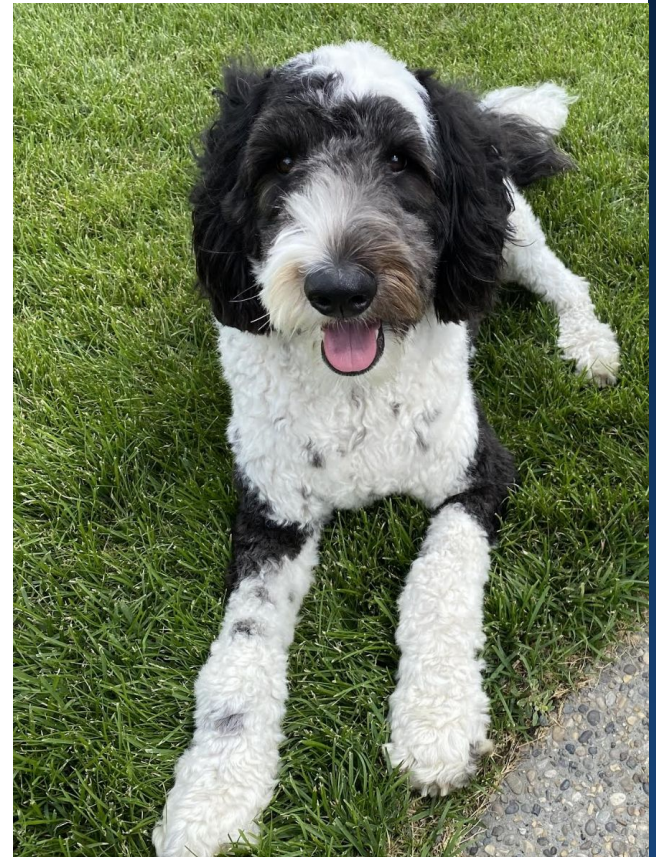
In the past few years we have had many changes to the curriculum. Are you up to date on the changes? Want to learn more? Here's a [link](#) to what your child will be learning this coming year!



Pet Therapy

Hey everyone, we have a very unique opportunity to have a pet therapy dog come into the school to work with students and staff at SAA. The Hardy family (Alessandra, Rob, Chase, and Nico) have an amazing dog named Penny that will provide support to our students who may need it. That could be individual support, small group support, or classroom visits just to brighten up everyone's day. We will be of course cognizant of allergies and fear of dogs so we will certainly touch base with teachers on these things. If there is something parents need to make us aware of, please contact homeroom teachers so they are in the loop. A big thanks to the Hardy family for making this work, we are looking forward to seeing how Penny can benefit our students.

Penny is a 7-year-old non-shedding Sheepadoodle (Old English Sheepdog/Standard Poodle Mix) and is a Certified Therapy Dog. Penny has been volunteering as a Therapy Dog for 5 years; she is calm and well-mannered and loves attention. Penny's mom Alessandra who will accompany Penny is also a mom to two Sister Alphonse students and has witnessed the joy and relaxation Pet Therapy has brought to many individuals (children, adults, and seniors). Pet Therapy has shown positive effects on the nervous system by calming, reducing anxiety, improve emotional and mental well being etc.



Luke's Legacy Fun Run

Please join us on September 28, 2025 at 9:30am at Lions Park in St. Albert for Luke's Legacy Fun Run in memory of Luke Abma and in support of the Stollery Children's Hospital Foundation. There will be refreshments, outdoor games, door prizes and face painting. A prize will be awarded for highest fundraiser.

This will be our seventh year hosting this event and so far we have raised over \$79,000 dollars in support of the Stollery Children's Hospital Foundation. The run takes place on September 28th at lions park from 9:30-12pm. It is a great family friendly event with hot chocolate and coffee, a face painter and balloon artists on site as well as some outdoor games. If people would like to donate or register please see the link below.

<https://raceroster.com/events/2025/107575/lukes-legacy-fun-run>

LUKE'S LEGACY FUN RUN

READY SET RUN OR WALK

5K 5K 5K

SEPTEMBER 28, 2025



Lions Park, 21 Sir Winston Churchill Ave,
St. Albert, AB T8N 3A3

Air Cadets

For those who maybe interested in Air Cadets, please check out the following information. Please take note of times and dates. Also, please take note of the 12 - 18 years of age requirement.

WE ARE **PROUD**. WE ARE **LEADERS**. WE ARE
AIR CADETS


ARE YOU BETWEEN THE AGES
OF 12 AND 18?

JOIN US FOR OUR OPEN HOUSE ON
THURSDAY SEPTEMBER 11 & 18, 2025
TO FIND OUT MORE ABOUT
EVERYTHING WE HAVE TO OFFER!


7:00 PM - 9:00 PM
ST. ALBERT COMMUNITY HALL
LOCATED AT 17 PERRON STREET

SOMETHING FOR EVERYBODY!
AIRCREW SURVIVAL SPORTS
DRILL TEAM FLYING
MUSIC EFFECTIVE SPEAKING
MARKSMANSHIP LEADERSHIP
BIATHLON INSTRUCTION
DRONE PILOTING GEOCACHING

533 ST. ALBERT RCACS
MEETS REGULARLY ON
THURSDAY NIGHTS FROM
6:30 PM - 9:30 PM

533  **533**
ROYAL SQUADRON
ST. ALBERT
AIR CADETS

FIND OUT MORE AT
WWW.533SABRESQN.COM



Online Store Ordering:

<https://sisteralphonseaccademy2025.itemorder.com/shop/sale/>

- Closes September 18th
- 4-6 week turnaround
- Items sent to the school for pickup



Healthy Hunger starts next Wednesday.

If you are interested in purchasing your child a lunch for Wednesday, please make sure your order is in before midnight tonight.

www.healthyhunger.ca

Orders can be added/modified until the Friday before each hot lunch.

Enjoy!

Starts next week!!
Order by Friday night to be included.

The logo for 'Healthy Hunger' features the words in a green, playful font. A large orange carrot with green leaves is positioned behind the letter 't' in 'Healthy'.

The Subway logo, featuring the word 'SUBWAY' in yellow capital letters on a green background.

Wed. Sept. 10

The Boston Pizza logo, featuring the words 'Boston Pizza' in red and white.

Wed. Sept. 17

The Edo Japan logo, featuring the words 'edo japan' in red and white.

Wed. Sept. 24

The Dairy Queen (DQ) logo, featuring the letters 'DQ' in white on a red background.

Wed. Oct. 1st

**** I need 8 volunteers ****



www.healthyhunger.ca

Parking

Bus Lane: Just a reminder that our **bus loop will be for school busses, REC busses and daycare vans only.** With the amount of traffic at the start and the end of the day, it is important to keep these areas as uncongested as possible to keep everyone safe. Please utilize parking out on the main street to ensure student transport vehicles have access to the bus lane.

SIGIS Parking: For those families utilizing SIGIS, there is a small window of 7-8AM that parents can access the main bus loop before busses start rolling in.



Senior Girls & Boys Volleyball

**Team practices will start Sept. 8-12.
U of A Fog Tournament Sunday Sept.14th.**



SAA School Council



***First School Council Meeting (AGM) on September 16th.**

***6:30 PM**

***SAA Foods Lab**

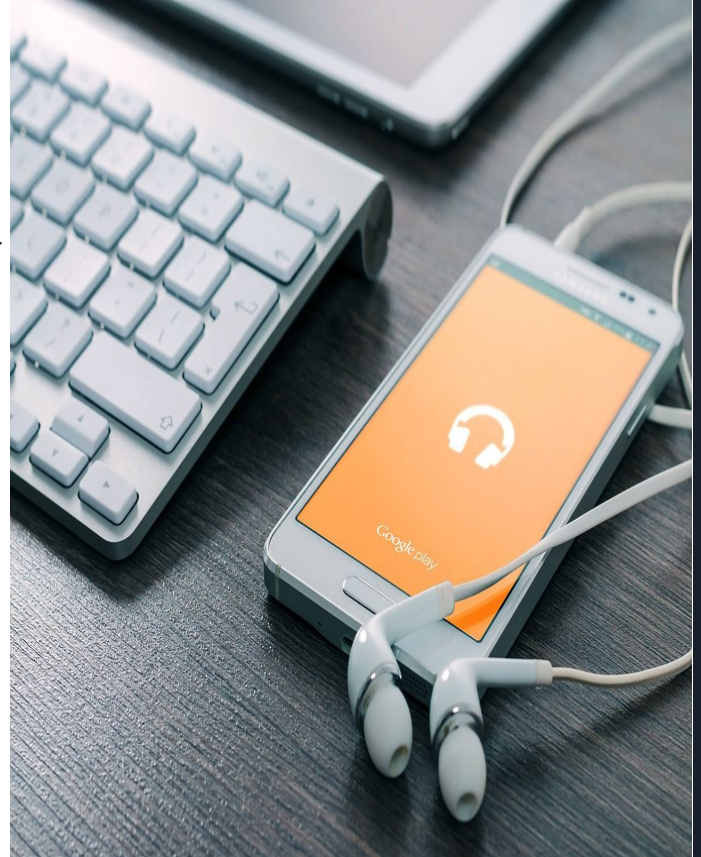
***Elections for positions**

***Excellent way to get involved with the school**

Electronic Devices

For the 2025-2026 school year, we wanted to let all families know that devices will not be permitted at school for students in K-9. **Cell phones, smartwatches, air pods, etc. will not be allowed even during break times.** In conversations with our School Council and with legislation supporting not using non essential device use in schools, we feel this is the best decision for our students.

Please note there are exceptions as we understand some students use their device for medical and safety reasons. Additionally, we are also still a bring your device to school (chromebook) for learning purposes so please still bring those. Everything else however will be off limits for the 2025-2026 school year. Thanks for your support!



Chargers Cheer Tryouts

The Chargers team is built up of Grades 7-9 students from VJM, Fowler, Grades 6-9 from ESSMY, and Sister Alphonse Academy. Depending on the number of athletes who try-out, the Chargers will have two separate teams this season! We are hoping to run an Intermediate and a Median cheer team! Both teams will run simultaneously at SACHS. Athletes will be expected to try-out as one large group from September 8 until October 8 with team placements on October 15. Parent emails will go home prior to the end of practice on October 15 with regards to their athletes placement.

Tryouts will be in SACHS Small Gym, Starting Sept. 8th and 10th
Practice days will be MONDAY and WEDNESDAY 6-8pm

Should you have any questions please contact Leanne Oake
loake@gsacrd.ab.ca

Please use the following link if you are interested:
<https://forms.gle/8RkXVPnsT74XDuvb9>



CHARGERS

Who Can Join?

École Secondaire Sainte Marguerite d'Youville Grades 6-9	Richard S. Fowler Grades 7-9	Vincent J. Maloney Grades 7-9	Sister Alphonse Academy Grades 6-9
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CHEER

Go to
@chargerscheerteam
for more information to
sign up!

When & Where?

September 8 6:00-8:00 PM
St. Albert Catholic
High School Small Gym



Grade 6 & 9 Immunizations

Monday, October 7th, 2025- grade 6
first doses

Monday, January 12th, 2026- grade 9

Monday, April 12th, 2026- grade 6
second doses and grade 9 students
who may have missed their
immunizations on January 12th,



SNACK SHACK IS NOW OPEN!

On Tuesday September 2nd, Snack Shack will officially open for students to purchase items. Until we can get Snack Shack cards and fees uploaded, we can only do cash sales. If you have a snack shack card from last year, those are still good to use.

Please note that we also do special food specials intermittently throughout the year. We will let our families know when those come up. Prices range from \$2-\$4

Items Available:	Price:
Gatorade/Ice Drinks	\$2.00
Water	\$1.00
Bubly	\$1.00
Muffins	\$2.00
Cookies	\$1.00
Small Chips/Pringles	\$1.00
Hot Rods	\$1.00
Pizza Pops	\$1.00
Rice Krispie Squares	\$0.50
Welch's Fruit Snacks	\$0.50
Chocolate Milk	\$1.50
Cup of Noodles	\$2.00
Ice Cream/Freezies	\$1.00



September Dates



September 2- First day of classes (Grades 1-9)

Kindergarten Only (A-M)

September 3- Kindergarten Only (N-Z)

September 11th - Dallas Arcand: Indigenous Hoop Dancer 9AM

September 18- Opening Mass @ St. Albert Parish 9:30

September 19- PD Day

September 23- Picture Day

September 27- Gr. 7 Faith Rally

September 30- National Day for Truth and Reconciliation- No School





CHILD CARE, PRESCHOOL & OSC

SUBSIDY & TRANSPORTATION PROVIDED

"CHILD NUTRITIONIST-APPROVED MEALS"

NOW OPEN IN ST. ALBERT

ERIN RIDGE PLAZA



780-203-1017



GET 2 MONTHS OF FREE ENRICHMENT!

MUSIC, YOGA & SCHOOL PREP LED
BY CERTIFIED PROS - A \$375+
VALUE, FREE WHEN YOU ENROLL
BY AUGUST 15TH, 2025

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



EXPERIENCE REAL ESTATE EXCELLENCE

CENTURY 21



Phone: 780-418-6749

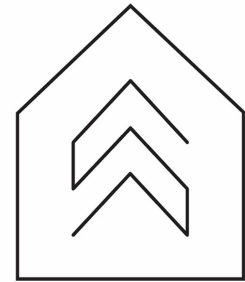
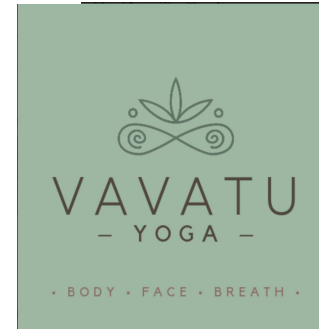
Fax: 780-458-9375

Email: www.kgpc.ca

10, 156 St. Albert Trail
St. Albert, AB T8N 0P5

Boisjoli Family
Thomas Family
Sagert Family

Call/Text: (780) 271 - 2664
Website: www.realestateexperience.ca



SARASOTA
HOMES + REALTY

Stay Connected

<https://www.saa.gsacrd.ab.ca/> (Sister Alphonse Academy)

<https://www.gsacrd.ab.ca/> (GSACRD)

<https://stalbert.caedm.ca/> (St. Albert Parish)

<https://twitter.com/KnightsCommons> (SAA Learning Commons)

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=S66qvF>

