

FRIDAY KNIGHT NEWS Friday, Sept. 12th, 2025



1

From the Principal's Desk...

We made it through our first full week and it sure was a busy one. We need to send a big shout out to our Jr. High construction students, Mr. Kary, The Doug, and all the staff who helped get the project of the GaGa ball pit finished. We are very thankful for all of your efforts and our students are already enjoying the fruits of your labour. Thank you all once again.

As we make our way to next week, please be reminded that on Thursday September 18th, we are taking the entire school to Mass at St. Albert Parish. This is also a special event as we always do our grade 4 bible presentations as well. If any parent would like to join us for Mass, please be at the church for 9:30 AM

Enjoy your weekend and warm weather 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 15th-

September 16th

September 17th- Boston Pizza hot lunch
www.healthyhunger.ca

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

September 19th - PD Day/ No School

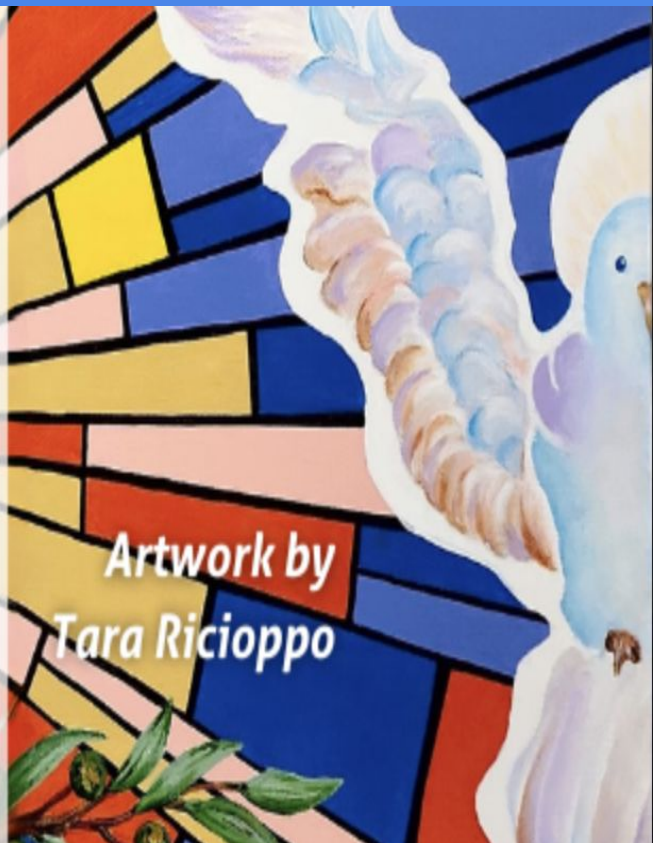
2025-2026 GSACRD Faith Theme (Year 3)

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](#)

Dear SAA families,
As a school we are participating in a food drive for St. Vincent de Paul., in collaboration with St. Albert Parish.

St. Albert Parish is looking for some of our students to help hand out paper bags on September 27th at the 11am mass and on October 4th at the 10:30 am mass.
If you are able to volunteer, please reach out to the 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://hollyfamily.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.

District Chaplain- Doug Kramer



Why Did It Have To Be Snakes?
24th Sunday of Ordinary Time
Year C Numbers 21:4-9 John 3:13-17
<https://youtu.be/F0s7jkq982c>

It all started with a series of questions from a man named Nicodemus. He knew A LOT but his questions were standing in the way of him truly following Jesus. Your questions and GOOD. Questions aren't wrong or bad. Doubt isn't a sin. But they might be standing in the way of you getting to know Jesus personally. PLUS....a little bit of fun Bible trivia that was right in front of you the whole time.



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



7 early signs of screen addiction in kids:

- Meltdowns when the screen goes away
- Constantly asking for more screen time
- Loss of interest in other activities
- Sneaking in screen time when they think you're not looking
- Rushing through homework or chores to get back to screens
- Being grumpy or irritable until they get their device
- Frequent headaches, tired eyes, poor sleep



@BigLifeJournal

We've all been there ... scrolling on our phones and suddenly realizing an hour has disappeared. Kids experience this too, but for them it can be even harder to step away. Tech addiction can impact sleep, mood, schoolwork, and relationships, which is why it's so important to keep an eye on it. See the Big Life Journal image for warning signs.

A few quick tips to help:

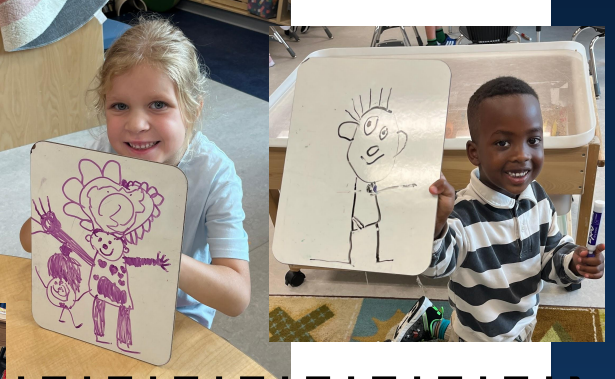
- Set screen-free times and spaces (bedrooms, meals, before bed).
- Model balance by putting your own device away.
- Offer fun alternatives like sports, reading, or family time.

Talk with your child about what they're doing online and how it makes them feel.

With some structure and awareness, kids can develop a healthier relationship with technology. Sean Brass sbrass@gsacrd.ab.ca

KINDERGARTEN

**Our kinders are making friends,
making patterns and having fun!**



**Kinders working on their fine
motor muscles: Mat Man and
Patterns.**



GRADES 1 & 2

Grade 2's practiced walking the Terry Fox loop during our joint Phys Ed class earlier this week!



Grade 1A took math outdoors to learn about patterns in nature and collect nature items to create patterns with.



Grade 1B had fun with pattern math centres this week!



GRADES 3 & 4

3A learned 4-Square, built three-digit numbers, made hoop-dancing inspired art, and spend Friday outdoors!



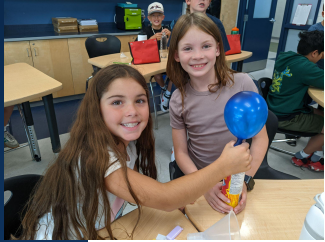
3B experienced some new literacy centres and Numeracy centres! We also did a science experiment testing the density of liquids.



5B enjoyed putting the word
experiMENT into practice!!
Our morphology work made
us wonder this week!

GRADES 5 & 6

Farm to Table!
Gr. 6 non-rec harvesting potatoes
(planted by last year's 6's) and making
delicious french fries!



5A loved their oreo challenges!



JUNIOR HIGH

A big thank you goes out to Mr. Kary, his construction class and Doug for building us a Gaga Ball Pit! It has been a big hit this week at recess and at in phys.ed classes!



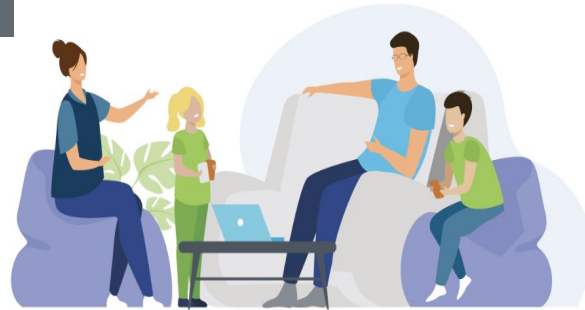
Dallas Arcand- Hoop Dancer

**Thank you to Dallas Arcand-
2025 World Hoop Dancing
Champion for sharing your
passion and culture with us!**



Curriculum Connection

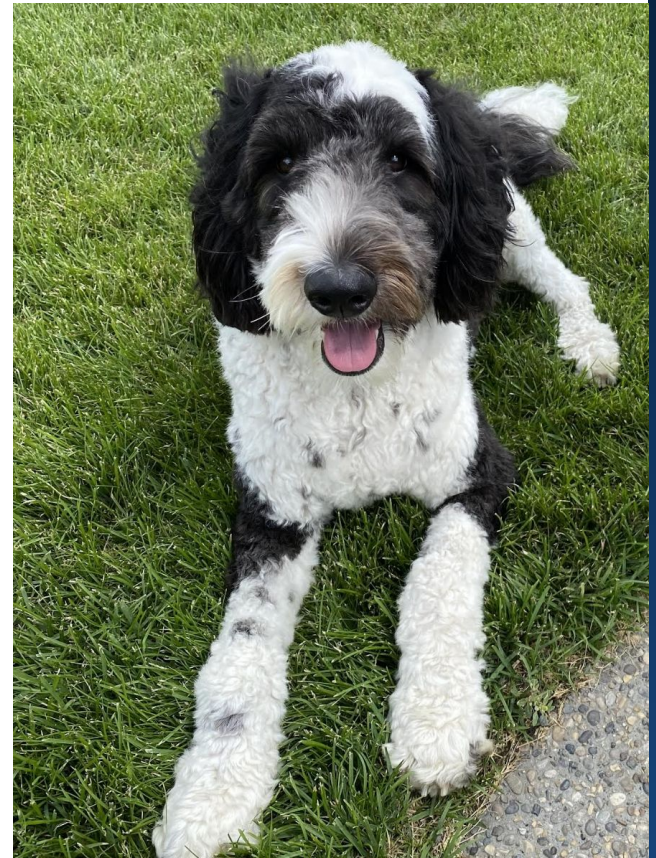
In the past few years we have had many changes to the curriculum. Are you up to date on the changes? Want to learn more? Here's a [link](#) to what your child will be learning this coming year!



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
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





Please use the [link](#) to donate to The Terry Fox Foundation!



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.

Healthy Hunger

SUBWAY

Wed. Sept. 10

Boston
Pizza

Wed. Sept. 17

edo
japan

Wed. Sept. 24

DQ

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.

Staff Parking: Please refrain from parking in staff parking stalls as we need every available space for staff. Thanks for your help with this, we greatly appreciate it.



SAA School Council



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

***6:30 PM**

***SAA Foods Lab**

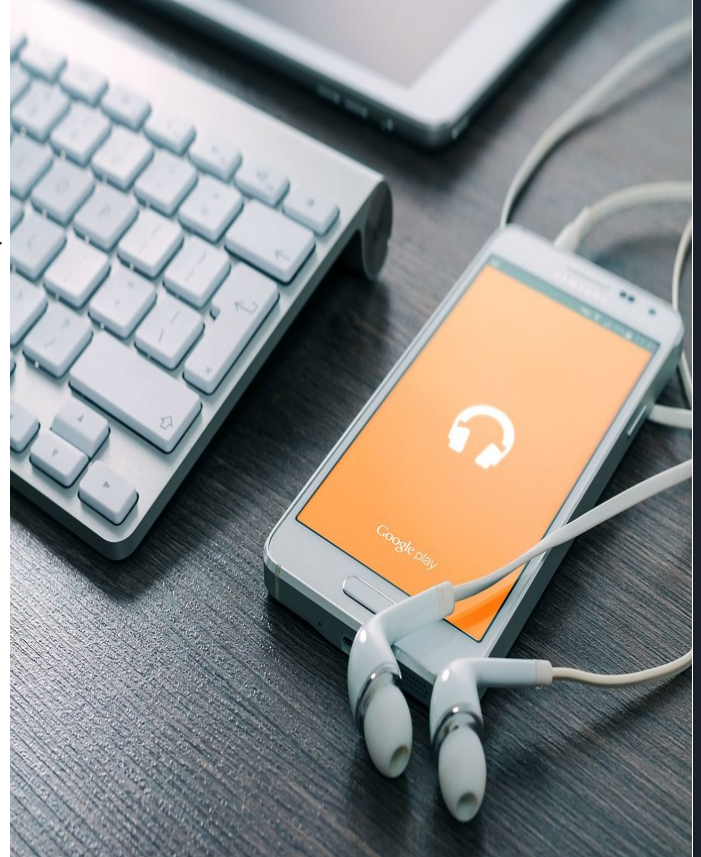
***Elections for positions**

***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!



Tea and Bannock at the Jensen Lakes Library

We are excited to announce that Tea and Bannock, a partnership between the St Albert Metis District (formerly St Albert-Sturgeon Metis Local 1904) and the St Albert Public Library is continuing this year. Our next event will be on **Wednesday, September 17 at the Jensen Lakes Library from 4:00-6:00pm**. As this is in such close proximity to your school and is offered as an afterschool event for students and families, we are hoping you will share the word with your school community.

All are welcome, and it is a great chance to interact with other families and Metis citizens living in your neighborhoods.

Warm regards,
Phyllis Kelly
St Albert Metis District councillor / Secretary




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>



The poster features a large, stylized 'CHARGERS' logo at the top in blue and red. Below it are two photos of cheerleaders in blue and red uniforms. The text 'Who Can Join?' is prominently displayed. Below this, a table lists participating schools and their grade ranges. The word 'CHEER' is written in large, block letters, with a Chargers helmet graphic integrated into the letter 'H'. Below this, the text 'Go to @chargerscheerteam for more information to sign up!' is shown. The 'When & Where?' section provides the tryout date and location. At the bottom right is a photo of a cheerleader performing a stunt.

School	Grades
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

When & Where?
September 8 6:00-8:00 PM
St. Albert Catholic High School Small Gym

Go to @chargerscheerteam for more information to sign up!

Grade 6 & 9 Immunizations

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

Monday, January 12th, 2026- grade 9

Monday, April 8th, 2026- grade 6
second doses and grade 9 students
who may have missed their
immunizations on January 12th,



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

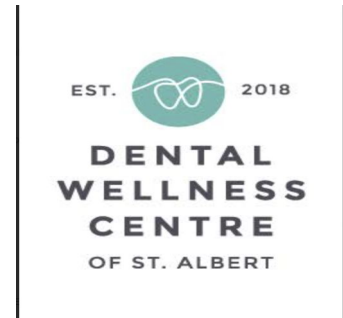
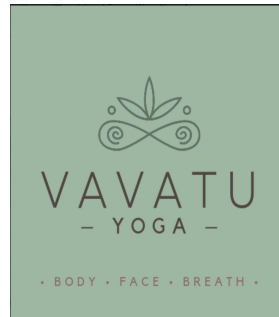
Namoo
DQ Grill & Chill
15837 97th St

Newcastle
DQ Grill & Chill
127th St & 170th Ave



Boisjoli Family
Thomas Family

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



FROCKBOX



Phone: 780-418-6749
Fax: 780-458-9375
Email: www.kgpc.ca
10, 156 St. Albert Trail
St. Albert, AB T8N 0P5



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>

