

FRIDAY KNIGHT NEWS Friday, Sept. 19th, 2025



1

From the Principal's Desk...

A big thank you to everyone who made it out to the first Mass of the school year at St. Albert Parish. What a wonderful way to celebrate our grade four students and to support them through their faith journey. A big thank you to all of our students and staff who helped plan the event. We are very thankful for all of your efforts.

Just a reminder that Terry Fox is coming up on Monday September 22nd. This is always a big event at the school and we always appreciate supporting The Terry Fox Foundation in support of Cancer Research. A big thanks again to all of our volunteers who will be coming in on Monday and thanks to our staff for their support. A special thank you to Mrs. Harvey and Miss Ross for getting us all organized.

Have a great weekend everyone and please remember to be curious in all that you do and know that God loves you, no matter what.

Week At a Glance:

September 22- Terry Fox Run

September 23- Picture Day

September 24- Healthy Hunger- Edo

September 25- School Spirit Day

September 26- SAPEC Volleyball
Tournament

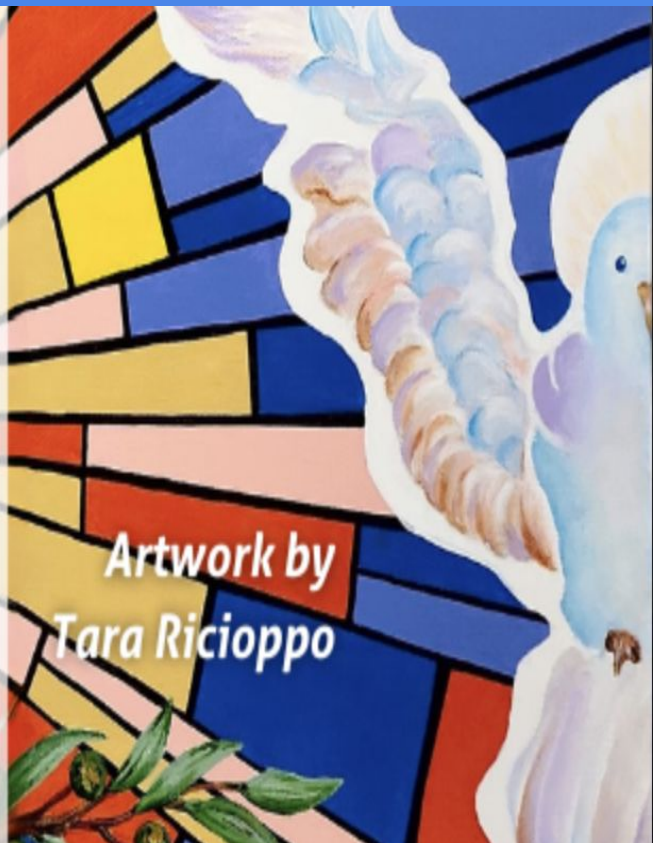
2025-2026 GSACRD Faith Theme (Year 3)

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*



[St. Albert Parish](#)

[Holy Family Parish](#)

Parish Information & Faith In Action



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.

Grade 4s
received their
bibles at our
Opening Mass.



Creator: St. Albert Catholic School

Artwork by Tara Riccoppo

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



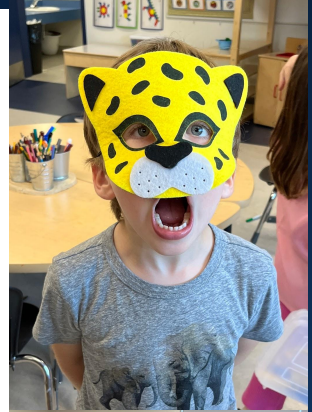
Frustration and challenges can be a lot like a balloon. Each time something bothers us, it's like another puff of air going in. If we ignore those feelings and keep adding more, the balloon stretches bigger and bigger until there's hardly any space left to take in more. Eventually, it can't hold anymore and bursts in a loud explosion. But when we pause along the way and find small, healthy ways to release some of that pressure like talking to someone we trust, taking a deep breath, or moving our body, the balloon stays balanced. Our balloon may never be completely empty, but when we let out air little by little, it never grows so full that it has to explode.



As caring adults, we can help our students and kids notice the signs that their balloon is getting too full and guide them toward safe, healthy ways to let some of that pressure out before it bursts.

KINDERGARTEN

Opening Mass at St. Albert Parish



Playing with friends



GRADES 1 & 2

2B has been practicing non-repeating patterns and had some fun with the tangrams!



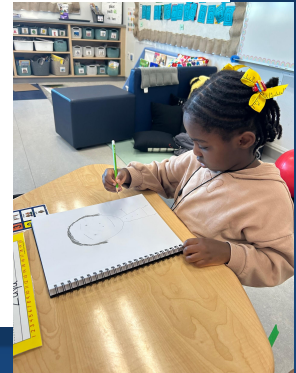
2A love to read to each other



Grade 1A has been learning the difference between a leader and a helper in social studies. We are trying different games to learn the difference.



1B have fun getting creative and did our first sketchbook entry!

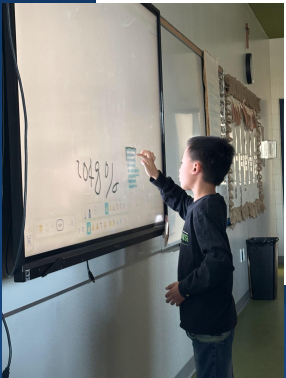


GRADES 3 & 4

3A made signs for the Terry Fox Run and got super pumped (and competitive) testing out the new Gagball court.



Grade 4 practiced some running this week for our Terry Fox run. Nathan also showed off his battery percentage prowess.



Nature club enjoying the outdoors!

GRADES 5 & 6

Our Gr. 4 and 5B Non-Rec Knights Group are exploring the outdoors in their option block. We sketched trees, shells and cattails near the pond this week!



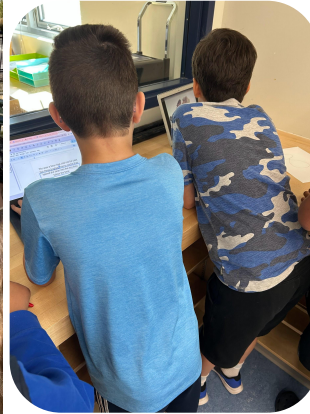
Grade 5 & 6 Non-Rec out for a bike ride! We couldn't have asked for better weather!



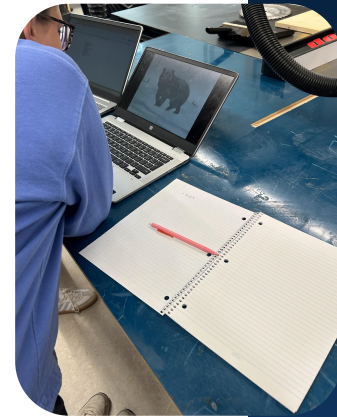
JUNIOR HIGH



Gr 8s loving the gaga ball pit and enjoying the afternoon sun!



Grade 7's completed a traditional teaching lesson, where they got to be the oral storyteller



Food Bank Drive

**If you are able
to donate some
items for our
food bank drive,
please do so
before
September
26th!
Thank you!**



St. Albert Community Basketball League

SAYBL presents an opportunity for boys and girls aged 8-16 years of age to play and enjoy basketball regardless of their skills or size. All the teams are balanced to keep the competition close. Don't expect intense competition, it's a community league focusing on building confidence, teamwork, skills... and fun.

I've enjoyed watching the kids progress over the years, some build enough skills and confidence to move over to clubs like SLAM or 1 Possession.... and some make their school teams. Many stay in the league just to have fun playing with and against friends.

I love the community we live in and we all love super affordable sporting options for our kids.

If you know anyone who's interested in basketball and maybe too afraid to sign up... they're not alone... that's half the league.

Registration is currently open - **registration closes September 30th.**

Registration Fee: \$125.90!

Season: End of October to mid March

Visit FAQs at SAYBL.ca for more information or send me an email.

SAYBL
St. Albert Youth Basketball League

REGISTER TODAY!

a fun, affordable community league right here in St. Albert

BOYS & GIRLS AGES 8-16
REGISTRATION CLOSING SEPTEMBER 30th

INVITE YOUR FRIENDS

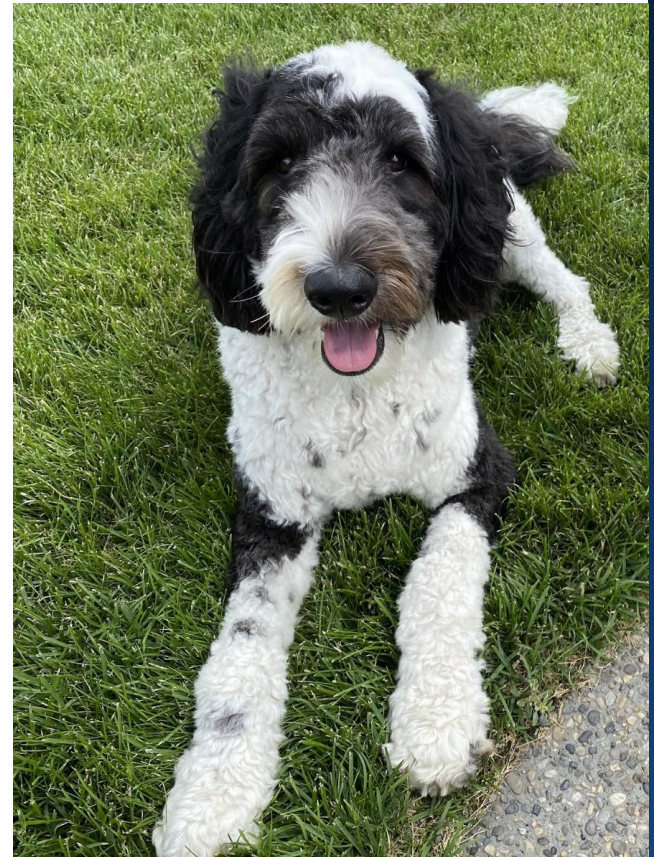
TO LEARN MORE **SAYBL.CA**

REFEREE OPPORTUNITIES ALSO AVAILABLE

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



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.

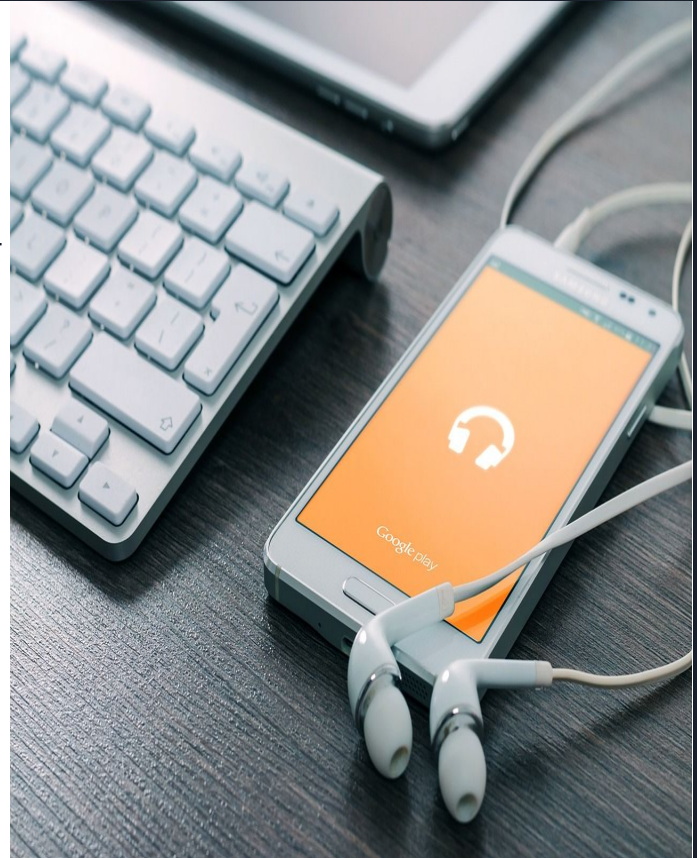
Staff Parking: Please refrain from parking in staff parking stalls as we need every available space for staff. Thanks for your help with this, we greatly appreciate it.



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



September Dates

September 17th: Healthy Hunger (BP's)
September 18- Opening Mass @ St. Albert Parish 9:30
September 19- PD Day (No School for students)
September 22nd: Terry Fox Run (11 AM)
September 23- Picture Day
September 23: New Student Luncheon
September 24th: Healthy Hunger (Edo)
September 26 & 27: SAPEC volleyball Tournament
September 29- Gr. 7 Faith Rally
September 29th: Orange Shirt Day
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



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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!

FROCKBOX

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



Phone: 780-418-6749

Fax: 780-458-9375

Email: www.kgpc.ca

10, 156 St. Albert Trail

St. Albert, AB T8N 0P5

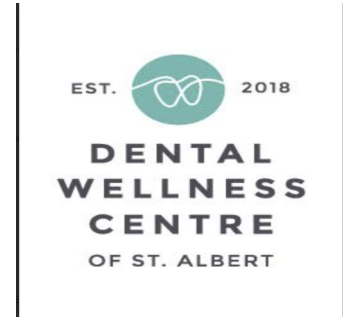
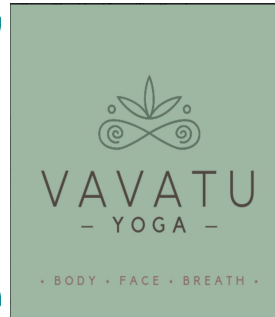
Boisjoli Family
Thomas Family



Call/Text: (780) 271 - 2664

Website: www.realestateexperience.ca

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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>

