

FRIDAY KNIGHT NEWS Friday, Sept. 26th, 2025



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From the Principal's Desk...

Just a reminder to everyone that Monday September 29th will be Orange Shirt Day at the school. If everyone could wear orange on this day we appreciate it as we honour our Indigenous brothers and sisters who died and survived residential schools.

On Tuesday September 30th, it will be National Truth and Reconciliation Day and there will be no school for students and staff. Please mark this on your calendar if you already haven't done so.

Finally, as you have probably noticed, the weather is getting colder with each passing day. If parents could have kids dress appropriately for the weather that would be great as we try to get outside as much as we can.

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 29- Wear Orange
- Gr. 7 Faith Rally**

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

October 1- Healthy Hunger- DQ

October 2- Gr. 4-6 Presentation @ Holy Family Parish

October 3-

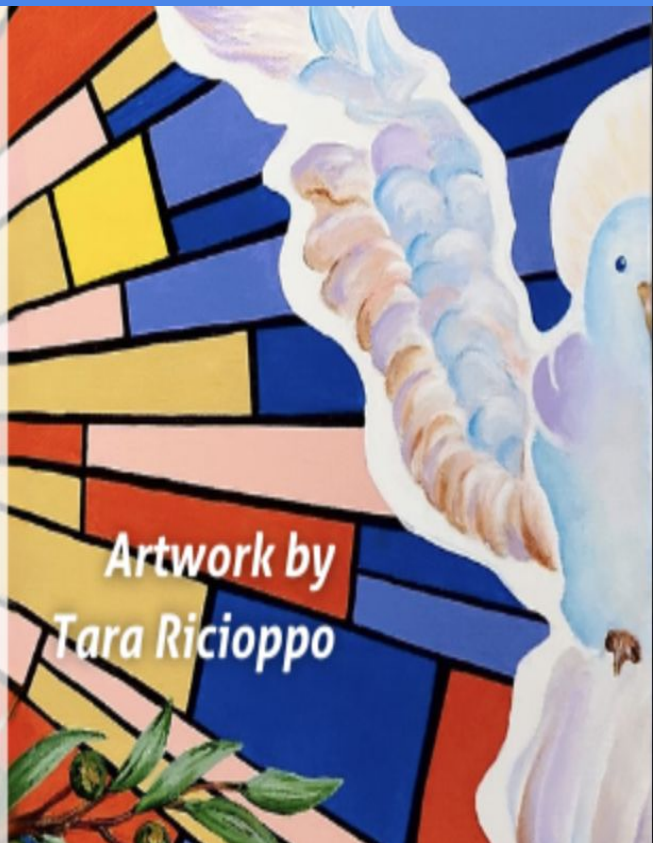
2025-2026 GSACRD Faith Theme (Year 3)

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

Indoor Fall Market

Saturday, October 4

9am–3pm

Enjoy shopping at over 30 vendors, selling a variety of items from baked goods, to jewellery, art, leatherwork and numerous garage sale items as well.



Enjoy a sweet treat and a warm drink while you shop!
Don't forget to bring cash.



Venue: 7 St. Vital Ave, St. Albert

Growing in the
Trinity: Love,
Mercy & Grace



Artwork by Tara Riccoppo

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.

District Chaplain- Doug Kramer



When You Meet God, Ask This Question

(Hint: What Does God Care About?)

26th Sunday in Ordinary Time

Luke 16:19-31 1 Timothy 6:11-16 Amos 6:1,4-7

<https://youtu.be/0EdqusMyNu0>

Let's say one day you're snacking at the food court or just relaxing at the spray park and God sits down beside you with a Loaded New York Fries and asks you to ask him one question that would help you to get to know God better. If you really want to get to know what God cares about, read all four of the Bible passages for this Sunday. Or, watch this video and listen to all four and tell me - What do you think God cares about most?



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



THE STRESS RESPONSE IN KIDS

FIGHT

Yelling, Screaming,
Using Mean Words

Hitting, Kicking, Biting,
Throwing, Punching

Blaming, Deflecting
Responsibility, Defensive

Demanding,
Controlling

"Oppositional",
"Defiant", "Noncompliant"

Moving Towards What
Feels Threatening

Irritable, Angry,
Furious, Offended
Aggressive

FLIGHT

Wanting to Escape,
Running Away

Unfocused, Hard
to Pay Attention

Fidgeting, Restlessness,
Hyperactive

Preoccupied, Busy with
Everything But the Thing

Procrastinating, Avoidant,
Ignores the Situation

Moving Away From What
Feels Threatening

Anxious, Panicked
Scared, Worried,
Overwhelmed

FREEZE

Shutting Down,
Mind Goes Blank

Urge to Hide,
Isolates Self

Verbally Unresponsive,
Says, "I don't know" a lot

Difficulty with
Completing Tasks

Zoned Out,
Daydreaming

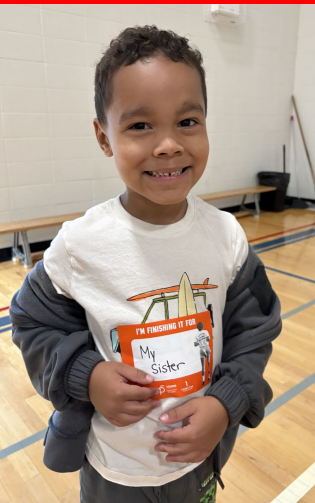
Unable to Move,
Feeling Stuck

Depressed, Numb,
Bored/Apathetic,
Helpless

All behaviour is communication, even when it comes out in ways that look challenging or confusing. When kids show fight, flight, or freeze responses, they are not just acting out, they are sending us signals about what is happening inside. Wholehearted School Counseling has a powerful visual that breaks down how stress and anxiety can show up in each of these states. Our role as caring adults is to notice the behavior, pause, and ask ourselves what this child is trying to tell us. By naming the stress and helping students tame those big feelings, we create space for connection, safety, and strategies that support regulation. When we shift from seeing misbehavior to seeing communication, we open the door to real understanding and meaningful support.

Sean Brass sbrass@gsacrd.ab.ca

TERRY FOX RUN



CROSS COUNTRY

Congratulations to all of our
cross-country runners!



KINDERGARTEN

Terry Fox Run!

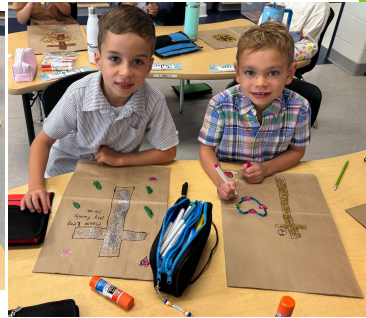


Bus Safety



GRADES 1 & 2

Grade 2's decorated donations bags for the food bank and got a visit from Mr. Brass!



Grade 2A had a potato chip and dance party for Mrs Harvey's birthday



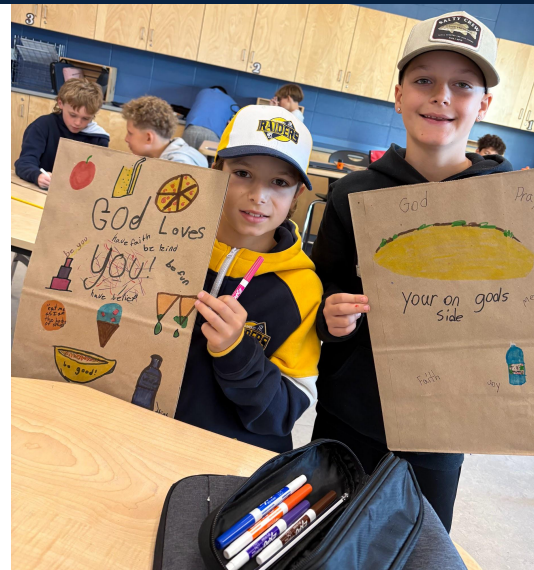
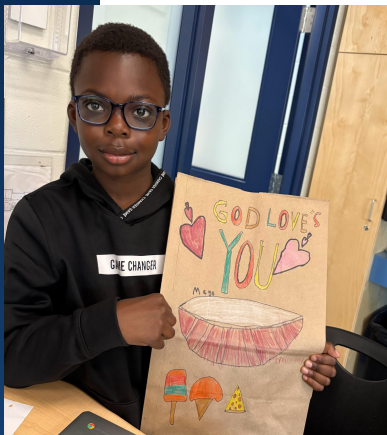
GRADES 3 & 4

3A made a timeline of Terry Fox, did messy experiments with water and tissue paper, and played human GPS.



GRADES 5 & 6

5A had a great chat about the gift of our FAITH while decorating bags for St. Vincent De Paul.



JUNIOR HIGH

**Grade 9s enjoying the
sunshine and fresh air!**



Diversity, Equity and Human Rights Award

Each year, the Diversity, Equity, and Human Rights committee sends out an email to all GSACRD staff members looking to recognize and appreciate a student or group of students who are passionate and committed to equity, diversity, inclusion and accessibility.

Georgia Kjelland, was chosen for all of her hard work in teaching SAA about autism last year. She taught us what autism means and how to welcome and support classmates who experience the world differently.

Congrats Georgia! We are so proud of you!



Catholic Education Friday October 19th

Please wear our school colors and join SAA in celebrating *Catholic Education Sunday* this Sunday, October 19th, 2025 at 9 AM Mass

On Catholic Education Sunday we invite parishioners, students, families, and staff to join us in celebrating, supporting, and praying for publicly funded Catholic Education in Alberta.

Our school will be celebrating at the 9:AM mass this Sunday at St. Albert Parish.

On behalf of Greater St. Albert Catholic Schools, we wish to thank you for your support of Catholic Education, and for choosing us. God bless!

Orange Shirt Day (Monday September 29th)

Just a reminder that Monday (Sept. 29th) is Orange Shirt Day for schools. The actual day for National Day for Truth and Reconciliation is Tuesday Sept. 30th. We celebrate on Monday as we are not in school on Tuesday.

This day is meant to honour those children who survived residential schools and to remember the lives that were lost. We are asking every student and staff member to wear something orange on Monday to honour our Indigenous brothers and sisters

Halloween Dance October 24th 6-8 PM

Please note that our parents have elected to do the Halloween Dance on Friday October 24th from 6-8PM. Tickets are now available through Healthy Hunger for purchase.

If there are any parents interested in volunteering to help out or would like to donate an item for the silent auction, please contact Katie Kjelland, Lindsey Cupelli, or Michelle Spasoff.

kkjelland.rx@gmail.com
cupellilionsberry@gmail.com
mtspasoff@hotmail.com

Thanks everyone, it should be a spooktacular event!



2024-2025 Yearbooks Available

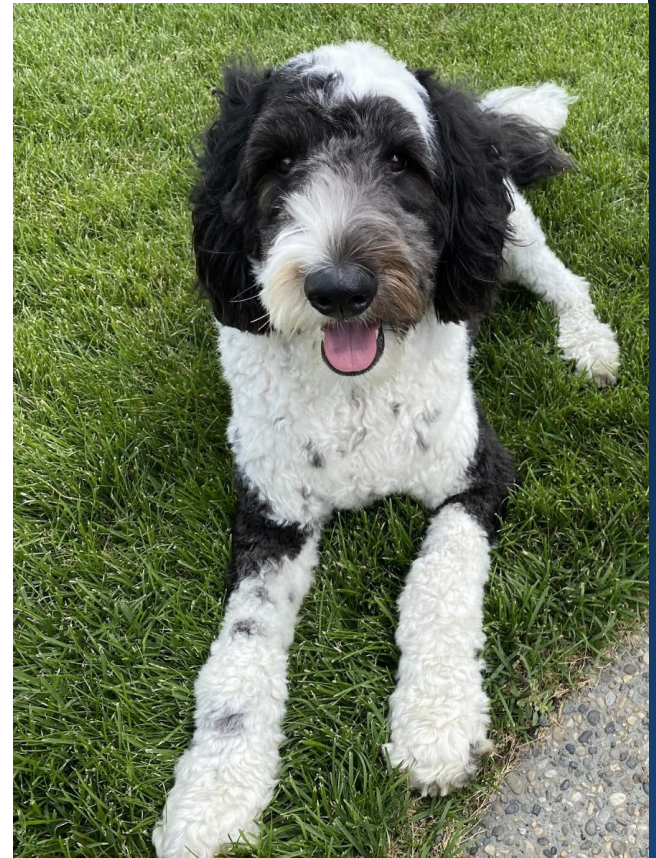
Hey families, just letting you know that we still have 14 2024-2025 yearbooks available for any family who would like to purchase one. They are located in the office for \$40 each. These are cash only sales. This is first come first serve, so please come get one soon if you really want one. Thanks everyone!



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

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, consisting of the word 'SUBWAY' in yellow capital letters with a green outline, set against a white background.

Wed. Sept. 10

The Boston Pizza logo, featuring the words 'Boston Pizza' in red and black, with a small circular emblem above the word 'Boston'.

Wed. Sept. 17

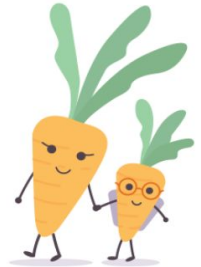
The Edo Japan logo, featuring the word 'edo' in red and 'Japan' in black, with a circular emblem containing a red and white design.

Wed. Sept. 24

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

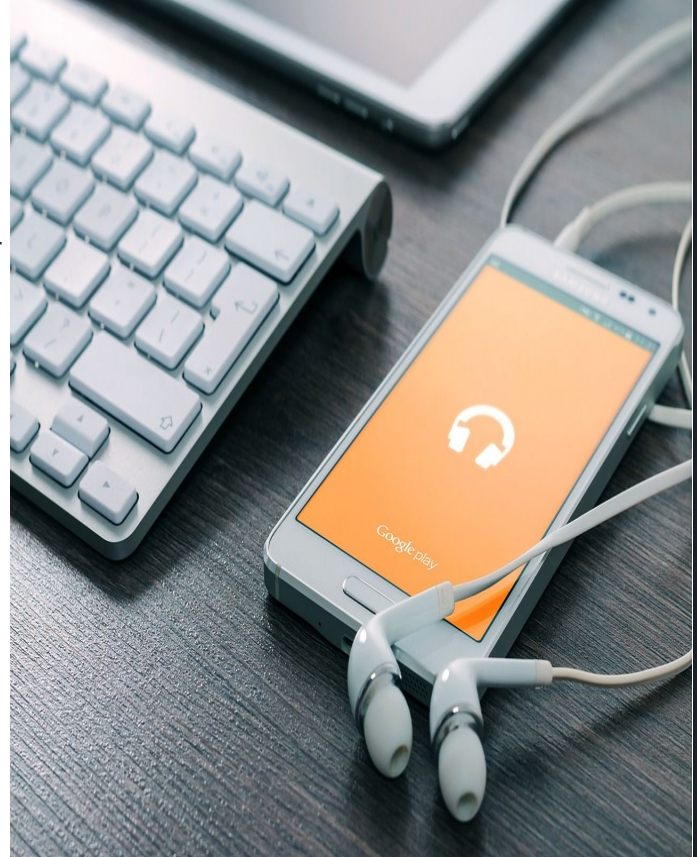
Staff Parking: Please refrain from parking in staff parking stalls as we need every available space for staff. Thanks for your help with this, we greatly appreciate it.



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!



Grade 6 & 9 Immunizations

Tuesday, 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,



October Dates

October 1- Healthy Hunger- DQ
October 2- Gr. 4-6 Presentation @ Holy Family Parish
October 7- Gr. 6 Immunizations
October 8- Healthy Hunger
Gr. 3s go to Library
October 9- Thanksgiving Liturgy at 8:30
October 10- PD day- No School
October 13- No School -Thanksgiving
October 15- Healthy Hunger KFC
October 16- Feast of St. Marguerite D'Youville
October 21- Picture Retakes
October 22- Healthy Hunger BPs
October 29- Healthy Hunger Subway
October 31- Halloween



Sponsorship Thank You!

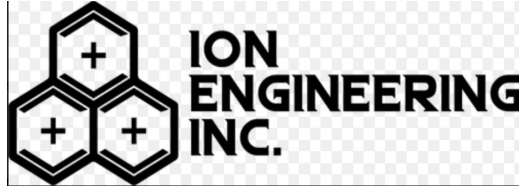
4-WAY

ELECTRICAL • BUCKET TRUCK • INSPECTIONS

Palisades
DQ Grill & Chill
12708 140th Ave

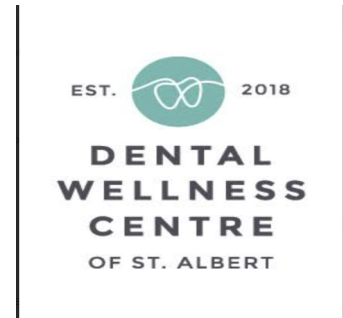
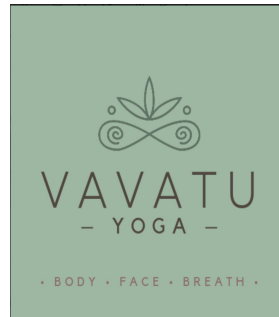
Namoo
DQ Grill & Chill
15837 97th St

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>

