

FRIDAY KNIGHT NEWS Friday, Oct. 3rd, 2025



From the Principal's Desk...

As we head into the weekend there is a lot of uncertainty about the work stoppage and what will happen next. We certainly wish we had more information to give families, but at this time, the public knows about as much as teachers at this point.

We did want to make a point however to thank all the families for their support as we go into this very uncertain time in education in the province of Alberta. Our families have been nothing short of amazing and the words of encouragement, the emails and phone calls, have been greatly appreciated.

As we head into this first weekend of October, please know that our thoughts and prayers are with all of you during this time of uncertainty and we are all hopeful that this comes to a quick resolution. Take good care of yourselves, we hope to see everyone real soon. All the best!

Week At a Glance:

October 7- Gr. 6 Immunizations

**October 8- Healthy Hunger: Please
Cancel your order**

Gr. 3s go to Library

October 9- Thanksgiving Liturgy@8:30

October 10- PD day- No School

October 13- Thanksgiving- No School

HAPPY THANKSGIVING!

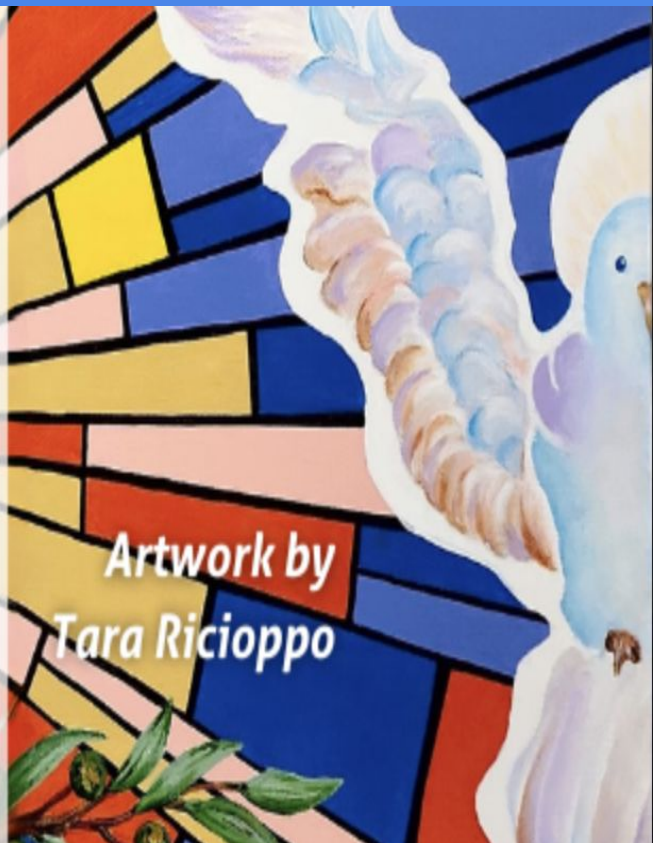
2025-2026 GSACRD Faith Theme (Year 3)

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



Grade 5s
lead us in
prayer
during our
morning
assembly.



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://holyfamly.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



Jesus Didn't Work at McDonald's But...
Luke 17: 17.5-10

<https://youtu.be/XydCD4GsdXM>

Long day. Tough game. Big hunger. You roll up to the local Micky D's drive through. The window slides open and a long-hair, bearded dude with a playful smile looks you in the eyes and asks "Hey. Can I supersize your faith today?". Faith is a choice. Faith is a gift. You get to choose to have faith! And Jesus can supersize it with you.



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



Little Reminder

We don't choose our feelings, but we can choose our response.

Okay

Got it!

Have you ever had a realization that feels so obvious in hindsight, but was completely groundbreaking in the moment? A few years ago, I was having a conversation with someone, and they said, “You don’t control how you feel.” Wow... did that hit me. It’s so true. Feelings come in, they aren’t a choice and sometimes that can bring a lot of judgment. Shifting from judging our feelings or being driven by them to simply pausing, noticing, and naming them can be incredibly freeing. We don’t choose how we feel, but we do have choice over how we respond, react, or feed those feelings. Helping our kids understand this gives them a powerful tool for self-awareness, acceptance, and emotional regulation.

Sean Brass

sbrass@gsacrd.ab.ca

Orange Shirt Day

We wore orange to raise awareness about the intergenerational impacts of residential schools on children, families, and communities.



Cross-Country



Our students ran hard
and did awesome!
Way to go Knights!

KINDERGARTEN

Kinder's made bannock on Orange shirt day!



Science exploration: Harvesting our gardens



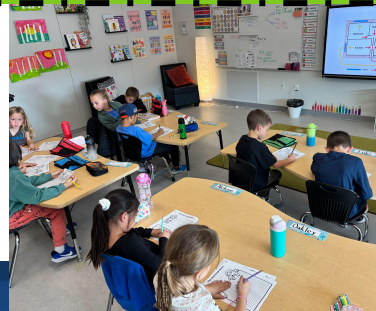
GRADES 1 & 2

2A had some hands-on fun making patterns with Grade 5 buddies



Grade 1A students adopted a tree to learn how it will change from season to season.

2B played scooter soccer and started discussing fire safety, as October is fire prevention month!



Grade 1B learned about residential schools and orange shirt day.

GRADE 4

4B enjoyed their hard earned homework part to finish off the week!



Grade 4 Non Rec students were working on finishing their paper roller coasters.



Orange Shirt Day with 6B



GRADES 5 & 6



Students in non-rec enjoyed a forest exploration afternoon to culminate their outdoor education option. We learned more about the birds in our area!

JUNIOR HIGH

Grade 8 and 9
had a great
volleyball
class- some
great hits,
blocks and
passes were
made!



JH
construction
class
working on
creating
name
plates!



LONG SERVICE AWARDS

Congratulations to these 4 lovely ladies for receiving long service awards in the profession!



Catholic Education Sunday 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!

World Teachers' Day October 5th

On Sunday October 5th World Teachers' Day takes place. We would like to send a huge shoutout to all the staff at SAA for their continued hard work each and every day. We are truly blessed to have all of you.

On this special day, we give thanks to God for the gift of our teachers and staff. Your work is more than a profession—it is a true vocation of service, shaping minds, nurturing hearts, and guiding students in faith and wisdom. May God bless you for the love, patience, and dedication you bring to our school each day.



It Takes a Village to Raise a Child grades 7-12

Africans & African Descendants Friendship Club of St Albert is reaching out to invite children of African, Caribbean and black descent in your school to participate in our upcoming "It Takes a Village" event on Saturday October 18th by 3pm. This initiative since started in 2019 aims to foster cultural understanding, community support and youth development.

Program Details:

- Date: Saturday October 18th 2025
- Time: 3pm-6pm
- Location: Red Willow Place, 7 Tache Street

If you need more information or have questions, please don't hesitate to contact us.

Please see below the eventbrite link to register.

<https://www.eventbrite.ca/e/it-takes-a-village-youth-event-gr7-gr12-tickets-1751146138239>



AAD FC
AFRICANS AND AFRICAN DESCENDANTS FRIENDSHIP CLUB OF ST ALBERT

IT TAKES A VILLAGE TO RAISE A CHILD

A MENTORSHIP & INSPIRATION EVENT

GRADES 7 - 12

18TH OCTOBER, 2025. RED WILLOW PLACE, 7 TACHE STREET.

REGISTER AT:
EVENTBRITE.COM

sponsors:

Alberta **FOUNDATION FOR BLACK COMMUNITIES**

SAYBL Registration Extended to October 7th

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~~ **October 7th!**

Registration Fee: \$125.90!

Season: End of October to mid March

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



A promotional poster for SAYBL (St. Albert Youth Basketball League). The top left features the SAYBL logo with a basketball icon. To its right, a black box with white text reads "REGISTRATION EXTENDED TO OCTOBER 7th". Above this box, a small tag says "SEASON \$125.90". The center of the poster shows three children: a boy in the foreground giving a thumbs up, a girl to his left, and another girl to his right. A basketball is visible behind the boy. The text "REGISTER TODAY!" is overlaid in large, bold, white letters. At the bottom, a dark grey banner contains the text "a fun, affordable community league right here in St. Albert" and "BOYS & GIRLS AGES 8-16". Below this, it says "INVITE YOUR FRIENDS" and "REFEREE OPPORTUNITIES ALSO AVAILABLE". The website "SAYBL.CA" is prominently displayed in large white letters, with "TO LEARN MORE" written above it. The bottom of the poster has a black and white checkered border.

SEASON \$125.90

REGISTRATION EXTENDED TO OCTOBER 7th

SAYBL
St. Albert Youth Basketball League

REGISTER TODAY!

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

TO LEARN MORE
SAYBL.CA

BOYS & GIRLS AGES 8-16

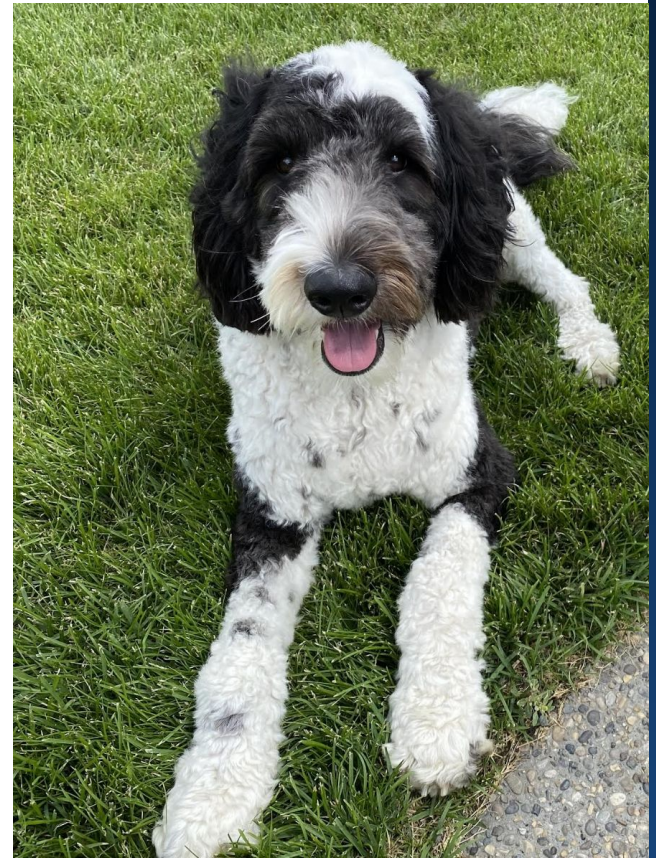
INVITE YOUR FRIENDS

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.



Healthy Hunger

Please be reminded that Healthy Hunger lunches will need to be cancelled. You can do this each week (the Friday before is usually the deadline). No need to cancel them all as we will get back at some point. [www](#)

For SIGIS families, no need to cancel your lunches as they will still be delivered to the school and given out by SIGIS staff.



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.

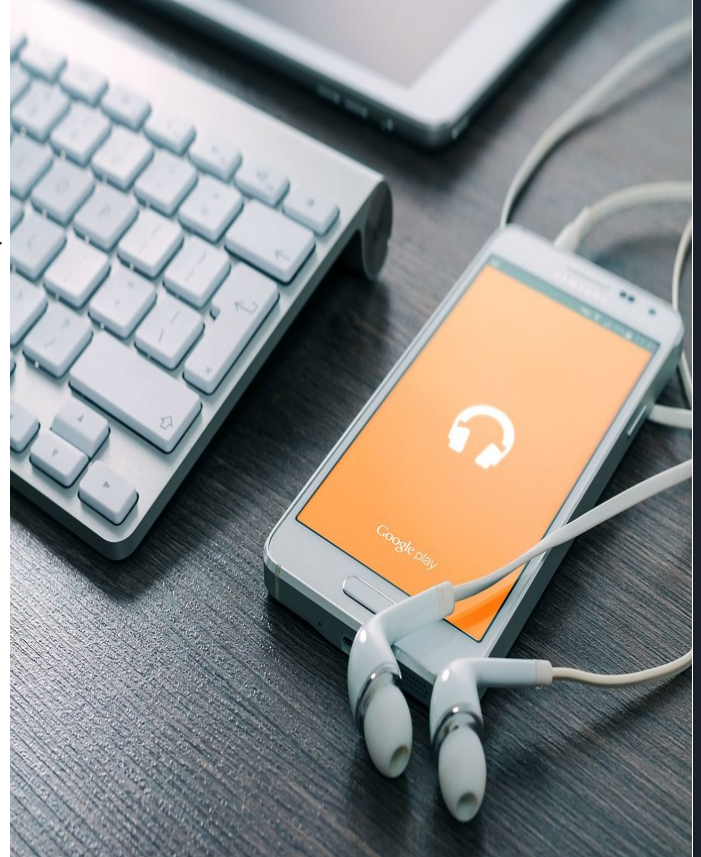
Staff Parking: Please refrain from parking in staff parking stalls as we need every available space for staff. Thanks for your help with this, we greatly appreciate it.



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

Monday, October 7th, 2025- grade 6
first doses- **Will be rescheduled**

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





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

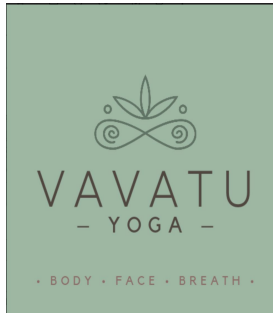
Newcastle
DQ Grill & Chill
127th St & 170th Ave



Boisjoli Family
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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>

