



March 13, 2026

Good afternoon ALS families,

It has been another busy and engaging week at Arbour Lake School, and I wanted to take a moment to share a few highlights from across our community.

First, a huge thank you to the University of Calgary Law students who joined us this week to run a mock trial experience for our Grade 6 students. This was an exciting and unique opportunity for students to learn about the justice system in a hands on and engaging way. We are very grateful to the U of C students for giving their time and expertise to make this experience possible.

Our Grade 7 students also had the opportunity to head out with their Physical Education classes to Activate. The experience was a great mix of activity, problem solving, and team building, and students had a fantastic time working together through the different challenges.

On the volleyball courts, we want to congratulate all of our teams on a great season. Our Junior and Senior Boys wrapped up their seasons this week, along with our Senior Girls. A special congratulations goes to our Junior Girls team who will be playing in the B Finals tonight here at the school. If you are able to come out and cheer them on, we would love to see you there. Go Coyotes!

Today during our homeroom block, staff spent time with students discussing our school community and shared expectations, with a focus on belonging and mutual respect. These conversations were intended as an opportunity to reset expectations and provide some important learning around how we support a safe, respectful, and inclusive environment for everyone at ALS. Attached you will find the presentation that was reviewed with students in all homerooms today. We encourage you to take a few minutes to review it and have a conversation with your child about the learning that took place.

Looking ahead to next week, our School Council will meet virtually at 6:30 pm on Tuesday, March 17. A meeting link will be sent out early next week.

We will also be hosting Parent Teacher Conferences on the evening of Thursday, March 19 and throughout the day on Friday, March 20. The default platform for conferences is online. If you would prefer to meet in person, please contact your child's homeroom teacher to make those arrangements.

Thank you, as always, for your continued support of our school community. I hope you all have a wonderful weekend, and if you need anything please feel free to reach out to me by email.

Warm regards,  
Nancy Lisi  
Principal, Arbour Lake School  
[nmlisi@cbe.ab.ca](mailto:nmlisi@cbe.ab.ca)



## Announcements & Reminders:

### Grade 9 Sailing Trip – Final Fundraiser – Growing Smiles

Our final sailing fundraiser is up and running. Proceeds from this event will go to support our grade 9 students attending the sailing trip this spring. One group is off next week and the other in April. Please use this link below if you would like to order spring plants. <https://alssailing.growingsmilesfundraising.com/home>

### REPORTING AN ABSENCE

To report an absence, you can now email: [arburlake@cbe.ab.ca](mailto:arburlake@cbe.ab.ca) with your student's full name and grade or you can continue to use the Absence Phone Line 403-777-7310 Ext 1.

### CELEBRATING OUR COYOTES

New this year is our Celebrating Our Coyotes initiative. We want to recognize the accomplishments of our students not only at school but also for the impressive things they do outside of school. Many students are engaged in athletics, the arts, community activities, and leadership beyond the classroom. We see Coyotes volunteering, performing in music and dance, acting on stage, coding, and robotics, competing in debate and science fairs, mentoring younger students, fundraising for causes, and contributing to cultural and faith communities. These achievements deserve to be highlighted, and we would love to feature them on our school social media. If your child has something to celebrate, please send a brief description with the student's name and grade, any relevant details or links, and a photo if you are comfortable with it being shared. We will use first names only in our posts. Send submissions directly to [nmlisi@cbe.ab.ca](mailto:nmlisi@cbe.ab.ca).

## Upcoming Events & Important Dates

<b>March 17</b>	<b>School Council Meeting – Virtual 6:30pm</b>
March 18	Gr. 8 to Telus Spark
<b>March 19-20</b>	<b>Parent Teacher Conferences</b>
	<b>Thursday Night 4-8PM &amp; Friday 8AM–1PM</b>
<b>March 23-27</b>	<b>Spring Break – School Closed</b>
March 31	Gr. 6 MP Pat Kelley Guest Speaker

## Healthy Hunger: Fun Lunch Program

**VOLUNTEERS REQUESTED:** On behalf of School Council, we are always in need of volunteers to help sort the lunches. If you are able to spare a couple hours on a Thursday please sign up using this link:

<https://www.signupgenius.com/go/10C0A4CABA723A1FAC52-60960362-healthy>



Please visit [HealthyHunger.ca](http://HealthyHunger.ca) to create an account and order. When logging in to place an order, please search for **Arbour Lake Middle School** on the Healthy Hunger website.

March 18	Kernels - Snack
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## [Athletics & Extracurricular Activities](#)

### [Clubs & Activities March Schedule - NEW](#)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<ul style="list-style-type: none"> <li>- Yearbook Club Rm. 209</li> <li>- Lego Club Rm. 164</li> <li>- Full Lunch Period – Band Practice (Band Students ONLY) – Band Room</li> </ul>	<ul style="list-style-type: none"> <li>- Scale Model Builders Rm. 160</li> <li>- QSA Rm. 203</li> <li>- Board Games Club Rm. 164</li> <li>- Knitting &amp; Crocheting Club Rm. 127</li> <li>- 2<sup>nd</sup> Half of Lunch – Band Practice (Band Students ONLY) – Band Room</li> </ul>	<ul style="list-style-type: none"> <li>- Card Magic Club Rm. 160</li> <li>- 2<sup>nd</sup> Half of Lunch – Band Practice (Band Students ONLY) – Band Room</li> </ul>	<ul style="list-style-type: none"> <li>- Cribbage Club Rm. 219</li> <li>- Scale Model Builders R. 160</li> <li>- Full Lunch Period – Band Practice (Band Students ONLY) – Band Room</li> </ul>
<b>After School</b>	<b>After School</b>	<b>After School</b>	<b>After School</b>

### [Athletic Events at Home](#)

See Ms. MacDougall’s email to come out Sunday Evening.

## [The Coyotes’ Canteen: NOW OPEN](#)

Item:	Price:
<b>Cheddar Goldfish</b>	<b>\$1.00</b>
<b>SmartFood Popcorn</b>	<b>\$1.50</b>
<b>Lay’s Oven Baked Chips</b>	<b>\$1.00</b>
<b>Sun Chips: Harvest Cheddar</b>	<b>\$1.00</b>
<b>Rold Gold Pretzels</b>	<b>\$1.00</b>
<b>Veggie Straws: Original, Wavy Sea Salt, &amp; Zesty Ranch</b>	<b>\$1.00</b>
<b>Chocolate Cookie</b>	<b>\$1.50</b>

<b>Small Noodle Bowl:</b> Beef, Chicken, Spicy, Veggie	<b>\$2.00</b>
<b>Large Noodle Bowl:</b> Beef & Chicken	<b>\$2.50</b>
<b>Kraft Dinner:</b> Original & Poutine	<b>\$2.00</b>
<b>Juice:</b> Apple, Orange, & Grapefruit	<b>\$1.50</b>

- ❖ All items are subject to availability & prices may change without prior notice to reflect cost by supplier. This is non-profit service. Items are sold at cost.
- ❖ All Sales are CASH ONLY

## [Arbour Lake School Social Media](#)

Instagram:      arbourlake\_cbe

