



February 26, 2026

Good afternoon ALS families,

I hope you are doing well and that you have had a positive week.

There has been a lot happening at Arbour Lake School over the past several days. Last night, all four of our volleyball teams played, and our senior boys and senior girls both came away with wins. Congratulations to all of our athletes and coaches for their effort, teamwork, and sportsmanship.

We have also enjoyed some wonderful learning experiences beyond the classroom. Our Grade 8 students attended Theatre Calgary, and our Grade 7 Outdoor Leadership students went snowshoeing. By all accounts, students had a great time, and many of our Grade 7 students especially enjoyed an experience that was brand new for them. Opportunities like these are an important part of our work in supporting student well-being. We want to safely introduce students to a variety of experiences that build confidence, reinforce the message that they can try hard things, and sometimes spark interests that become lifelong activities.

Yesterday, ALS also participated in Pink Shirt Day. This day serves as an important reminder of our shared responsibility to foster kindness and care within our school community. While we know families hold a wide range of beliefs and values, kindness is something that runs through them all. The one thing we can all agree on is that intentional unkindness is not acceptable in a school setting. We work hard to ensure students understand that intentional harm, whether through words, actions, or social dynamics, will not be tolerated.

A key part of this work involves teaching students about language and helping them make sense of peer conflict. Often, the first word a student uses after a negative interaction is “bullying.” We support students in reframing and describing what they experienced more precisely. Bullying and harassment are very serious behaviours and are, in fact, uncommon. Unkindness, rudeness, and conflict, however, can occur daily when 700 plus students share space and relationships. We are also careful about labelling children. Actions can be unkind, and actions can carry traits of bullying or harassment, but we do not label individuals, especially adolescents, as “unkind” or “bullies.” One action, or even a series of actions, is not a complete picture of who a young person is or who they can become.

Attached is a chart we use when unpacking peer interactions and determining next steps, I’ve sent it previously but thought it would not hurt to send it again and remind families of this resource. I encourage you to take a look and, when needed, use it to talk through peer situations with your child. Not every negative interaction is bullying, and understanding the difference helps students build perspective, develop problem

solving skills, and know when to seek adult support. As always, when concerns are brought forward, we follow up and respond appropriately.

A few reminders as we head into the weekend. Tonight is our annual **Open House from 6:30 to 8:00 pm**. Many of our students are involved in showcasing their learning, and all families are welcome to attend if they wish. Also, please note that **tomorrow is a non-instructional day**. Students will not have classes while teachers engage in professional learning.

Thank you for your continued support of our school community. I hope you have a wonderful weekend, and please reach out by email if you need anything.

Sincerely,

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: [arbourlake@cbe.ab.ca](mailto:arbourlake@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>Feb 27</b>	<b>Non-Instructional Day – No Classes</b>
March 2-6	Grade 9 Sailing Trip
March 4	Grade 6 to Theatre Calgary
March 9	Gr. 7 PE to Activate
March 9-12	U of C Law Students Guest Speaking Gr. 6
March 11	Team & Club Photos
March 11-12	Gr. 9 Outdoor Education X-Country Trip
March 12	Gr. 7 PE to Activate
<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 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 4	Saucy Bread Company
March 5	Pizza 73
March 12	Subway
March 18	Kernels - Snack

## Athletics & Extracurricular Activities

### Clubs & Activities March Schedule - NEW

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
- Yearbook Club Rm. 209 - Lego Club Rm. 164	- Scale Model Builders Rm. 160 - QSA Rm. 203 - Board Games Club Rm. 164 - Knitting & Crocheting Club Rm. 127	- Card Magic Club Rm. 160	- Cribbage Club Rm. 219 - Scale Model Builders R. 160
<b>After School</b>	<b>After School</b>	<b>After School</b>	<b>After School</b>

### Athletic Events at Home

March 2 Girls' Volleyball  
March 3 Boys' Volleyball

## The Coyotes' Canteen: NOW OPEN

<b>Item:</b>	<b>Price:</b>
<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:</b> Harvest Cheddar	<b>\$1.00</b>
<b>Rold Gold Pretzels</b>	<b>\$1.00</b>
<b>Veggie Straws:</b> Original, Wavy Sea Salt, & Zesty Ranch	<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

