



Arbour Lake School Weekly Update

Arbour Lake School

27 Arbour Crest Drive NW Calgary, AB T3G 4H3 t | 403-777-7310 f | 403-777-7311

February 7, 2025

Dear Parents and Guardians,

I hope this message finds you well and that you're looking forward to the weekend!

This week, a group of our grade 7-9 students returned yesterday from their four-day, three-night trip to Camp Chief Hector. While the weather wasn't ideal, the students had a meaningful learning experience, both in terms of outdoor education and self-discovery. For many, it was their first time away from home for an extended period, and it was a wonderful opportunity for growth.

Meanwhile, a group of grade 6 students had the opportunity to work with law students from the University of Calgary, exploring the rights and responsibilities of being a member of a democratic society. This was an enriching experience that allowed students to engage in important discussions and deepen their understanding of civic life.

With the cold weather this week, students had indoor lunch periods, which can be challenging with so many students sharing the same space. Indoor lunch is triggered at -20 with windchill. Weeks like this highlight the importance of our school-wide focus on physical well-being and the benefits of being outdoors. Next week is forecast to have a few cold days as well, please make sure your child is dressed appropriately for the weather so they are prepared to manage potential bus and pick up delays, or waiting on school doors to open. Nothing looks as cool as frostbite feels - be sure they're bundled up!

Next week is the Grade 8 Leadership Crush Soda Gram Fundraiser to continue this month's focus on "kindness" – see details below. Please remember, not every student will receive a can of Crush soda – this is a fundraiser. If this is something that will upset your child, please talk with them or buy them a can, but most importantly remind them that one's self-worth is not measured through cans of soda. While we encourage participation, please remind your child that the focus is on kindness and supporting a good cause. Middle school relationships can be tricky, and as students grow, they start caring more about what others think, regardless of us telling them that this is not important. Please remind your child to be kind and show grace – ***minding their own business about who got what from whom will be a great place to start!***

Last night was day 1 of School Council's Casino and day 2 is tonight. We thank everyone that volunteered their time and plans to do so tonight. Funds raised are used to enhance student learning opportunities. To volunteer please see details below.

Please remember that next week, school is closed on Thursday and Friday for Teachers' Convention & Family Day. Wishing you a restful and enjoyable weekend!

As always, feel free to reach out if you need anything.

Warm regards,

Dr. Nancy Lisi
Principal, Arbour Lake School

ANNOUNCEMENTS & REMINDERS:

Grade 8 Leadership Crush Soda Gram Fundraiser

Valentine's Day is just around the corner, and what better way for students to spread a little joy than with a Crush Soda Gram! This is a lighthearted way for students to send a can of Crush soda to a friend or someone special to celebrate Valentine's Day. Each soda gram will cost \$2 and can be purchased on February 10th and 11th during the first half of lunch. Deliveries will take place on February 12th, just in time to spread some Valentine's cheer. This activity is a great way for students to express kindness and appreciation for their friends and classmates. All proceeds will go to the **Heart and Stroke Foundation of Canada**.

Sailing Fundraiser-Fill Your Freezer

The second fundraiser for our sailing class is up and running. This one is a Fill Your Freezer Fundraiser! Look at the link, lots of options (sausages, steaks, pierogis, sweet treats, meat pies and more). All profits will go towards reducing the cost of the trip for all students. Thanks in advance for your support! <https://arburlakesailing2025.myteamfund.ca/seller/1637-01>

School Fundraising Society – Casino Dates and Volunteering

The Arbour Lake School Fundraising Society is organized by parents and plays a vital role in supporting our school and students by organizing various fundraising initiatives. Their efforts help provide additional resources and programs that enhance the educational experience for our students. One significant event they host is a casino night, which raises thousands of dollars for the school. This event relies heavily on the support of volunteers. If you're interested in helping, please sign up using the link below. Your involvement makes a real difference!

Casino Night Dates: February 6 & 7, 2025

Sign-Up Link: <https://www.signupgenius.com/go/10C0A4FA5AD2FA2F5C70-51590141-volunteer>

UPCOMING IMPORTANT DATES

Feb 10-11	Crush Soda Gram Sales
Feb 13-14	Teachers' Convention – School Closed
Feb 17	Family Day – School Closed
Feb 18	School Council Meeting – 6:30PM Virtual
Feb 19	Grade 7 Trip to Fitset Ninja
Feb 30-22	Coyote Classic Volleyball Tournament
Feb 24	Grade 7 Trip to Fitset Ninja
Feb 25	Team Photos
Feb 26	Pink Shirt Day

Feb 27	Grade 7 Trip to Fitset Ninja
Feb 28	Non-Instructional Day – No Classes

THE COYOTE CANTEEN

Please note that this is a cash only service. Students are able to come down and purchase a snack if they have forgotten their lunch OR if they would like to supplement the lunch they have.

CANTEEN ITEMS	PRICE
COOKIE	1.00
CHIPS/VEGGIE STRAWS	1.50
POPCORN	1.50
PROTEIN BAR	2.00
CHEEZIT CRACKERS	1.50
RITZ BITES / FISH CRACKERS	1.00
LARGE NOODLE BOWL	2.50
SMALL NOODLE BOWL	2.00
MAC & CHEESE	2.00
JUICE/WATER	1.50

HEALTHY HUNGER – FUN LUNCH

Our Healthy Hunger program, organized by the School Council, is a popular initiative that provides a tasty treat for students and a welcome break for parents.

This program relies on parent volunteers to help organize and distribute lunches to homerooms. If you're able to attend, please sign up using the link below. If you've previously volunteered with us, we'd love to have you back. If you're new to the process, feel free to contact the main office to learn how to get involved.

Please sign up here to volunteer:

<https://www.signupgenius.com/go/10C0A4CABA723A1FAC52-51330546-healthy>

Feb 19	Tim Horton's
Feb 20	Mary Brown's
Feb 27	Subway

ATHLETICS

Boys Volleyball (Jr. & Sr.) Games
 Girls Volleyball (Jr. & Sr.) Games
 Girls Volleyball Practice
 Boys Volleyball Practice

February 10, 2025
 February 11, 2025
 Mondays & Wednesdays 2:45-4:00PM
 Tuesdays & Thursdays 2:45-4:00PM

EXTRA-CURRICULAR ACTIVITIES - Updated

Monday	Tuesday	Wednesday	Thursday
Lunch (Full period unless noted)	Lunch (Full period unless noted)	Lunch (Full period unless noted)	Lunch (Full period unless noted)
Minecraft – Band Rm.	Scale Model Builders Rm. 160	Chess Club Rm. 160	Cribbage Club Rm. 219
Karaoke Kindness Rm. 217 (2 nd half)	QSA Rm. 203	Knitting & Crochet Club Rm. 127	Scale Model Builders Rm. 160
	Trivia Club Rm. 206 (2 nd half)		Jazz Band - Band Room
	Lego Club Rm. 164		Mathematics Club Rm. 204 (2 nd half)
			Board Game Club Rm. 164
Afterschool	Afterschool	Afterschool	Afterschool
<i>Girls Volleyball Practice</i>	<i>Boys Volleyball Practice</i>	<i>Girls Volleyball Practice</i>	<i>Boys Volleyball Practice</i>

ARBOUR LAKE SCHOOL SOCIAL MEDIA

Please follow us on Instagram at: [arbourlake_cbe](#)