



September 12, 2025

Dear Arbour Lake School Families,

I hope this message finds you well and that your week has gone smoothly. This week was Spirit Week, and it was wonderful to see so many students participating and showing their school pride. It's a great way to start the year with energy, enthusiasm, and a strong sense of community.

We wrapped up the week with our Terry Fox Run this morning. The weather cooperated beautifully, and it was inspiring to see our students take part in this meaningful tradition. A big thank you goes out to Ms. MacDougall and her team for organizing such a well-run event.

Athletics Update

Tryouts for both soccer and volleyball have now concluded. Congratulations to those student-athletes that have made the official rosters. We look forward to watching you represent Arbour Lake School in soccer and volleyball. Thank you too, to every student who came out, it takes courage to step forward, challenge yourself, and try something new. We recognize that middle school athletics has limited spots and not every student can play on a team, though we truly wish we could involve more. This year we worked to "red shirt" additional players to broaden participation, and we continue to look for ways to give more students the chance to be involved. Later this fall, we'll also be running intramurals for students who enjoy these sports in a less formal setting.

School Council

Our first School Council meeting of the year will take place next week on **Tuesday, September 16 at 6:30 PM**, in person at the school. All parents are welcome. There is no ongoing commitment required, so please come when you can. The more voices we have, the stronger our school community becomes. This is especially valuable for new Grade 6 families or parents new to ALS, as it's a great way to see how decisions are made and to connect directly with the administration.

School Fees

Attached you'll find a breakdown of the school-based fees you can expect this year. We know that times are financially challenging for many families, and we do our best to keep costs to a minimum. This overview is meant to give you a general sense of what may come up during the year, though plans may shift as opportunities arise. Please know that all learning opportunities requiring a fee are optional. Our teachers will always provide plenty of notice for any event or opportunity involving a fee. If finances are ever a barrier, please contact me directly

Thank you, as always, for your support and partnership. If you have any questions or need anything at all, please don't hesitate to reach out. You can always reach me at: nmlisi@cbe.ab.ca.

Warm regards,

Dr. Nancy Lisi
Principal

Announcements & Reminders:

Join Our School Council

We warmly invite all parents and guardians to attend our School Council meetings. There's no need for a long-term commitment — come when you can, as often as you're able. Every parent voice adds value, and the more perspectives we have, the stronger our school community becomes. School Council is a great way to stay informed, share your ideas, and help shape the experiences of all students at our school. We would love to see you there!

Arbour Lake School Council Executive:

Jennifer Crawford	Chairperson
Krista Sutherland	Vice-Chairperson
Aimee Blasetti	Secretary
Jared Trail	Treasurer
Jaimie MacIntyre	Casino Chairperson
Jeremy Crawford	Key Communicator
Sabahat Zaidi	Healthy Hunger Coordinator

Next Meeting: Tuesday, September 16th 6:30PM – In Person

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 short 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.

Healthy Hunger: Fun Lunch Program

Our Healthy Hunger lunch program is now live. The parent information form is attached and is the same as last year. When logging in to place an order, please search for **Arbour Lake Middle School** on the Healthy Hunger website. First Fun Lunch is September 25th.



Upcoming Events & Important Dates

Sept 16	School Council Meeting 6:30pm
Sept 24	Beginner Band Clinic Gr. 7-9
Sept 25	Orientation Night & Grade 6 Meet the Teacher
Sept 29	Non-Instructional Day – No classes Grade 6 meet the Teacher
Sept 30	School Closed – National Day for Truth & Reconciliation

Healthy Hunger: Fun Lunch Program

Sept 25	Subway
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Athletics & Extracurricular Activities

Clubs & Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Lunch	Lunch	Lunch	Lunch
- Sketching Club: Rm. 209 - Jam Club: Band Rm	- QSA: Rm. 203		- Cribbage Club: Rm. 219 - Jam Club: Band Rm.
After School	After School	After School	After School

Athletic Events

Sept 16	Cross Country Race #2 – West Confederation Park
Sept 18	Boys Soccer at Home vs. William D. Pratt – 4PM
Sept 22	Cross Country Race #3 – Confederation Park
Sept 24	Girls Soccer at Home vs. Senator Patrick Burns – 4PM
Oct 1	Girls Soccer at Home vs. William D. Pratt – 4PM



The Coyotes' Canteen: NOW OPEN

Item:	Price:
Cheddar Goldfish	\$1.00
SmartFood Popcorn	\$1.50
Lay's Oven Baked Chips	\$1.00
Sun Chips: Harvest Cheddar	\$1.00
Rold Gold Pretzels	\$1.00
Veggie Straws: Original, Wavy Sea Salt, & Zesty Ranch	\$1.00
Chocolate Cookie	\$1.50
Small Noodle Bowl: Beef, Chicken, Spicy, Veggie	\$2.00
Large Noodle Bowl: Beef & Chicken	\$2.50
Kraft Dinner: Original & Poutine	\$2.00
Juice: Apple, Orange, & Grapefruit	\$1.50

- ❖ 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

