



September 24, 2026

Hello Arbour Lake Families,

It is hard to believe that this is our final weekly update for September. The month has gone by incredibly quickly, and we are pleased with how well students have settled into the school year.

This week, our Grade 7 students participated in Beginner Band Clinics, which went very well. Our band program continues to grow, with students in Grades 6 through 9 able to select band as an option. This year, we have two full Grade 7 bands, and we are very proud to see so many students choosing to participate in our music program.

Our cross-country wrapped up it's final meet this week as well. This is always a fall highlight with so many students coming out and participating in this outdoor sport. We are very proud of all our runners – all of which did an excellent job representing ALS this season of sport!

This is also the second week of our Coyote's Den: Learning & Support. The Coyote's Den provides students with a quiet place during lunch to complete assignments, write missed assessments, receive help with homework, or simply have a productive space to work. Our teachers are volunteering their time to support this new structure, which is intended to provide students with additional opportunities within the school day to stay caught up and access support when needed.

We hope to see many of you at Orientation Night tonight. Doors open at 6:15 PM, with our presentation beginning in the main gym at 6:30 PM. Families will then have an opportunity to visit various areas of the school and connect with teachers.

A reminder that tomorrow is a non-instructional day and there are no classes for students. Teachers will be working on student Individual Program Plans and connecting with impacted families regarding these plans.

Looking ahead to next week, Monday is Photo Day, followed by Orange Shirt Day on Tuesday. School will be closed on Wednesday, September 30, for the National Day for Truth and Reconciliation.

We will spend time next week in homeroom reflecting on our commitment to Truth and Reconciliation, which can also be found on our school website. This year, we will continue the work we have been engaged in over the past three years, with a particular focus on community. We will work toward Call to Action #65 and find ways to engage the whole school community in advancing ReconciliACTION through collaborative planning (e.g., cultural calendars, community learning opportunities) and creation of Indigenous spaces where students and staff can engage in ways of being, belonging, doing, and knowing.

Wishing all of our families a wonderful weekend. As always, please reach out to nmlisi@cbe.ab.ca if you need anything at all.

Dr. Nancy Lisi
Principal
Arbour Lake School

Announcements & Reminders:

Annual Demographic and Authorization Forms

Parents and guardians are reminded to complete the **Annual Demographic Verification** and **Annual Authorizations forms** through their Parent PowerSchool account as soon as possible and no later than **September 30**.

Completing these forms is a legal requirement and ensures that student information is accurate and up to date. The Annual Demographic Verification is also required for Alberta Education student funding and confirmation of student registration.

We appreciate families taking a few minutes to complete both forms promptly.

Student Absence or Early Pick-Up/Late Drop-Off

To report a student absence or arrange for an early pick-up, parents/guardians can email the school directly. Please use the email address on file to notify us if your child will be away or if you plan to pick them up early. Be sure to include the following information in your email:

- Your child's first and last name
- Grade
- Reason for the absence or early pick-up (e.g., Dental Appointment)
- Expected time of pick-up

Please email your child's homeroom teacher and the office at arbourslake@cbe.ab.ca.

If you are picking up your child early and have sent an email, please call the office at (403) 777-7310 when you arrive, and we will send your child out to meet you. This process helps enhance the safety of our students and staff. Please arrive a few minutes early, as students may need to be located and brought to the office.

If you are dropping your child off late, parents are not required to sign them in.

Annual Volunteer Registration Required for all School Volunteers

To ensure the safety and security of CBE students and staff, all volunteers must be registered with the school each school year before participating in volunteer activities. The Annual Volunteer Registration Form is valid for the current school year only. All volunteers, including returning volunteers, must complete a new registration form each school year before participating in volunteer activities.

Process: Parents and guardians can register as volunteers through the SchoolEngage tab in their MyCBE account. As part of the registration process, all volunteers must review the POPA requirements and sign to indicate their agreement with the conditions outlined in the form.

Celebrating Our Coyotes

At ALS 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.

Upcoming Events & Important Dates

Sept 24	Orientation Night – 6:30-8:00PM
Sept 25	Non-Instructional Day – No Classes
Sept 28	Photo Day
	Grade 6 Quest Theatre – In School
Sept 29	Orange Shirt Day
Sept 30	National Day for Truth & Reconciliation – School Closed
Oct 1	Gr. 7 Outdoor Education Canoe Trip
Oct 2	Gr. 7 Winsport Presentation – In School
Oct 9	Gr. 7 Winsport Presentation – In School
Oct 12	Thanksgiving – School Closed
Oct 19	Non-Instructional Day – No Classes
Oct 20	School Council – Virtual Meeting
Oct 20-22	Gr. 8/9 Band Camp
Oct 26	Photo Re-take Day
Oct 26-30	Spirit Week

Clubs & Activities September Schedule – Starting in October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Lunch	Lunch	Lunch	Lunch
- Board Game Club Rm. 164 (All Lunch) - Musical Theatre Rm. 124 (All Lunch) - Band Room Practice (All Lunch) *Band Students Only	- Scale Model Builders Rm. 166 (All Lunch) - QSA Rm. 128 (All Lunch) - Band Room Practice (All Lunch) *Band Students Only	- Lego Club Rm. 166 (All Lunch) - Musical Theatre Rm. 124 (All Lunch) - Band Room Practice (All Lunch) *Band Students Only	- Scale Model Builders Rm. 166 (All Lunch) - Cribbage Club Rm. 219 (All Lunch) - Band Room Practice (All Lunch) *Band Students Only
After School	After School	After School	After School

Athletic Events

Sept 28	Boys' Soccer Game
Sept 29	Girls' Soccer Game
Oct 1	Girls' Soccer
Oct 6	Boys' Basketball
Oct 7	Girls' Basketball
	Boys' Soccer
Oct 13	Girls' Soccer
Oct 28	Girls' Basketball

Healthy Hunger: Fun Lunch Program

Please find included in this communication the parent/guardian information flyer. Future dates and vendors to be announced.



Oct 1	Pizza 73
Oct 7	Saucy Bread Company
Oct 8	Mary Brown's
Oct 15	Edo Japan
Oct 21	Kernels
Oct 29	Subway
Nov 4	Saucy Bread Company
Nov 5	Pizza 73
Nov 18	Kernels
Nov 26	Subway

The Coyotes' Canteen NOW OPEN

The Canteen provides students with an opportunity to buy basic pantry items during the first half of our lunch period in the event they have forgotten to bring a lunch or simply wish to augment what they have packed for the day.

Item	Price
Mac & Cheese	
- Original	\$2.00
- 3 Cheese	
Ben's Original	
- Fried Style Rice	\$2.00
Bear's Paws Cookies	\$1.00
Banana Bread	\$1.00
SmartFood – Popcorn	\$1.50
Lay's Oven Baked Chips	\$1.00
Sun Chips	
- Harvest Cheddar	\$1.00
Pretzels – Rold Gold	\$1.00
Chocolate Cookie	\$1.00
SM Noodle Bowl	
- Beef, Chicken, Spicy, & Veggie	\$2.00
LG Noodle Bowl	
- Beef & Chicken	\$2.50
Apple Juice	\$2.00
Orange Juice	\$2.00
Grapefruit Juice	\$2.00

*All items are subject to availability & prices may change without prior notice.

**CASH SALES ONLY

Arbour Lake School Social Media

Instagram: [arbourlake_cbe](#)

