



September 5, 2025

Dear Parents and Guardians,

It has been wonderful to welcome students back and to see everyone settling into routine. Homeroom assignments and course timetables are now finalized, and Physical Education along with complementary classes began yesterday. Please remind your child to always bring proper footwear for PE. For Grades 7 to 9, we are closely monitoring the return from lunch and ask for your support in reminding students to return by 11:35 am. We want to help students build good habits early in the year so that they learn to manage their time and return ready to learn.

Athletics are off to an active start with tryouts this week for boys and girls soccer as well as cross country. Basketball for both junior and senior teams will be coming up shortly next week. We encourage students to take a chance and try something new. It is always worth the risk, and you never know what opportunities may come from the experience.

As part of our start up updates, enrollment is currently fluctuating between 715 and 720 students. While a decline was anticipated from last year's 800 as a result of boundary changes in 2023, this is a bit lower than the 760 projected. This has meant some staffing adjustments, including a reduction of our educational assistant support hours from 45 to 30 per week. While this does impact the additional literacy and numeracy support we can provide, teachers are working together to maximize resources amongst grade teams. This may involve regrouping students across homerooms to provide targeted small group intervention. If your child is part of this support, teachers will communicate directly with you.

A big thank you goes out to Ms. Tompkins and her team for organizing a fantastic Welcome Back BBQ. It was wonderful to see so many families join us. Community is at the heart of what we do, and the connections between students, staff, and families make middle school such a rewarding place. Our work goes beyond classroom walls and is strengthened by our partnership with you.

Looking ahead, Spirit Week begins next week with details included in the announcements below. Our Healthy Hunger Free Lunch program, sponsored by School Council, will also begin soon, with the first lunch scheduled for September 25. Families can look forward to ordering from a variety of vendors almost every Thursday, including Subway, Edo Japan, Tim Hortons, Pizza 73, Papa John's, occasionally McDonald's and many more.

We hope the smoky skies are behind us and that we can enjoy some late summer weather moving forward. Thank you for your continued support as we begin the year, and please

do not hesitate to reach out to me at nmlisi@cbe.ab.ca if you need anything. Wishing you and your families a wonderful weekend.

Warm regards,

Dr. Nancy Lisi
Principal

Announcements & Reminders:

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.

Spirit Week: September 8-12

Next week we are kicking off Spirit Week at ALS. We invite all students to join in the fun by dressing up each day. Participation is encouraged, but not mandatory. Here's what is planned:

- **Monday, September 8 – Safari Day**
Step into the wild by wearing your best safari gear, animal print, or dressing up like your favourite jungle animal. Think khakis, hats, binoculars, or zebra stripes. The more adventurous, the better.
- **Tuesday, September 9 – Jersey Day**
Show your team spirit by repping your favourite sports team or player. Jerseys from hockey, basketball, football, soccer, or any other sport are welcome. If you do not have a jersey, wear the colours of your favourite team instead.
- **Wednesday, September 10 – Wacky Hair Day**
The crazier, the better. Students are invited to come with a wild hairstyle—spikes, colours, pigtails, or a creation all their own. Clips, gel, hairspray, and even props are encouraged to make it unforgettable.
- **Thursday, September 11 – Adam Sandler Day**
Get comfy and silly by dressing like Adam Sandler. Oversized t-shirts, baggy shorts, sneakers, or your best “casual but funny” outfit are perfect.



Upcoming Events & Important Dates

Sept 8 – 12	Spirit Week
Sept 12	Terry Fox Run
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

Sept 8	Boys' Soccer Tryouts after school
	Girls' Basketball Tryouts after school
Sept 9	Boys Basketball Tryouts after school
	Girls' Soccer Tryouts after school
Sept 10	Girls' Basketball Tryouts after school
Sept 11	Boys' Basketball Tryouts after school
	Cross Country Race #1 – Annie Gale after school
Sept 16	Cross Country Race #2 – West Confederation Park
Sept 22	Cross Country Race #3 – Confederation Park

The Coyotes' Canteen

COMING SOON...

Arbour Lake School Social Media Accounts

Twitter:	@ArbourLake_CBE
Instagram:	arburlake_cbe

