



October 23, 2026

Hello Arbour Lake Families,

I hope everyone has had a great week. While this was a short one, there were still lots of great things happening at Arbour Lake School!

Our Grade 8 and 9 Band students spent three days at Camp Evergreen on our first band trip in two years. Students had a wonderful opportunity to extend their musical learning outside the classroom while also enjoying camp activities, songs, horseback riding, and time together as a group. It was a fantastic experience for our students and staff.

A huge congratulations also goes out to both our Boys and Girls Soccer Teams, who finished their seasons with strong playoff runs, with both teams advancing all the way to the semifinals. While it was not quite the ending we had hoped for, both teams represented Arbour Lake with tremendous pride, sportsmanship, and class. Our girls finished their season after an incredibly exciting shootout, making for a memorable finish. We are very proud of all our athletes and coaches. Kudos on a great season!

Thank you to the parents who joined us for School Council on Tuesday evening. Your involvement and support are always appreciated. The work of our School Council helps us provide enhanced learning opportunities and experiences for our students that would otherwise not be possible. School Council is currently looking for volunteers for its upcoming casino. Volunteer dates and sign up information can be found in the Announcements section of this message. If you are able to lend a hand, your support would be greatly appreciated.

Looking ahead to next week, our Grade 9 students will be hosting a frightfully fun Haunted House on Thursday, October 29! Students can look forward to spooky surprises, creative scares, and plenty of Halloween fun throughout the school day. A small donation to The Mustard Seed is encouraged, with proceeds supporting individuals experiencing homelessness and poverty in our community. It is a great opportunity to have some fun while giving back to others.

Finally, photo retakes will take place on Monday, October 26 for students who missed our original photo day or would like to have their photo retaken.

It certainly looks like we have had an early taste of winter this week! Keep warm, stay safe, and enjoy the weekend with your families. As always, please do not hesitate to reach out if you need anything. I can be reached at [nmlisi@cbe.ab.ca](mailto:nmlisi@cbe.ab.ca).

Warm regards,

Nancy Lisi  
Principal  
Arbour Lake School

## Announcements & Reminders:

### School Council | Casino Volunteers Needed Dec 11 & 12 - NEW

Our biggest fundraiser of the year is coming up quickly and we would love your help. The casino is scheduled for **December 11th & 12th, 2026**.

Every shift makes a difference, and we would be so grateful for your support. The funds we raise help provide technology, field trips, art and science supplies, residencies, and reduced costs to families. Volunteering at the casino is one of the most meaningful ways to support our school. This fundraiser will bring in up to \$80,000 for the school, so please see if you can help.

Sign up here: <https://www.signupgenius.com/go/10C0A4FA5AD2FA2F5C70-64500804-volunteer?useFullSite=true#/>

### Spirit Week: October 26-30 - NEW

Mon, Oct 26: Scare Your Hair – Make your hair crazy, wild and spooky.  
Tues, Oct 27: Blackout Spookout - Wear all black.  
Wed, Oct 28: Warped Wednesday – Dress like you're from the past, future, or any decade.  
Thurs, Oct 29: Too Ghoul for School – Come dressed in your best costume!  
Fri, Oct 30: Seeing Double – Dress alike with a friend, a group, or your whole squad.

### Haunted House: October 29 - NEW

On **Thursday, October 29**, our Grade 9 Drama students will be hosting a frightfully fun Haunted House for students during the school day!

Students can look forward to spooky surprises, creative scares, and plenty of Halloween fun. A small donation to **The Mustard Seed** is encouraged, with all donations supporting individuals experiencing homelessness and poverty in our community.

Come ready for some Halloween fun while supporting a great cause!

### Jacket Racket

Our school is proud to support Jacket Racket, a Calgary program that helps keep children and families warm during the winter months by providing winter clothing to those in need.

We are collecting donations of clean, gently used or new winter jackets, snow pants, boots, mittens, hats, and other warm winter gear until November 6, 2026. Donations can be dropped off in the main office.

Thank you for your support with our community initiatives!

### 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 [arbourlake@cbe.ab.ca](mailto:arbourlake@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](mailto:nmlisi@cbe.ab.ca).



## Upcoming Events & Important Dates

|                    |                                                                         |
|--------------------|-------------------------------------------------------------------------|
| <b>Oct 26</b>      | <b>Photo Re-take Day</b>                                                |
| Oct 26-30          | Spirit Week                                                             |
| Oct 29             | Haunted House – Bring Donations                                         |
| Nov 2              | Grade 6 & Grade 9 Trip to Zoo                                           |
| Nov 3              | Grade 9 Trip to Zoo<br>Grade 6 Vaccinations                             |
| Nov 4              | Grade 6 & Grade 9 Trip to Zoo                                           |
| Nov 10             | Remembrance Day Ceremony                                                |
| <b>Nov 11 – 13</b> | <b>Fall Break – School Closed</b>                                       |
| Nov 17             | School Council – 6:30PM Virtual                                         |
| Nov 19             | Grade 9 Curling Trip                                                    |
| Nov 23             | Middle-Years Well Being Symposium – Mount Royal                         |
| Nov 25             | Grade 9 Students to tour Robert Thirsk High School                      |
| <b>Nov 26</b>      | <b>Parent Teacher Conferences 4-8PM (Virtual) Regular Scheduled Day</b> |
| <b>Nov 27</b>      | <b>Parent Teacher Conferences 8AM – 1PM (Virtual) No Classes</b>        |

## Clubs & Activities September Schedule – October

| MONDAY                                                                                                                                                                                               | TUESDAY                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                      | THURSDAY                                                                                                                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Lunch                                                                                                                                                                                                | Lunch                                                                                                                                                                                         | Lunch                                                                                                                                                                                          | Lunch                                                                                                                                                                                                   |
| <ul style="list-style-type: none"> <li>- Board Game Club Rm. 164 (All Lunch)</li> <li>- Musical Theatre Rm. 124 (All Lunch)</li> <li>- Band Room Practice (All Lunch) *Band Students Only</li> </ul> | <ul style="list-style-type: none"> <li>- Scale Model Builders Rm. 166 (All Lunch)</li> <li>- QSA Rm. 128 (All Lunch)</li> <li>- Band Room Practice (All Lunch) *Band Students Only</li> </ul> | <ul style="list-style-type: none"> <li>- Lego Club Rm. 166 (All Lunch)</li> <li>- Musical Theatre Rm. 124 (All Lunch)</li> <li>- Band Room Practice (All Lunch) *Band Students Only</li> </ul> | <ul style="list-style-type: none"> <li>- Scale Model Builders Rm. 166 (All Lunch)</li> <li>- Cribbage Club Rm. 219 (All Lunch)</li> <li>- Band Room Practice (All Lunch) *Band Students Only</li> </ul> |
| After School                                                                                                                                                                                         | After School                                                                                                                                                                                  | After School                                                                                                                                                                                   | After School                                                                                                                                                                                            |
|                                                                                                                                                                                                      |                                                                                                                                                                                               |                                                                                                                                                                                                |                                                                                                                                                                                                         |

## At Home Athletic Events

|        |                   |
|--------|-------------------|
| Oct 28 | Girls' Basketball |
| Nov 5  | Boys' 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 21 | Kernels             |
| Oct 22 | Papa John's         |
| Oct 29 | Subway              |
| Nov 4  | Saucy Bread Company |
| Nov 5  | Pizza 73            |
| Nov 18 | Kernels             |
| Nov 19 | Papa John's         |
| 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 <ul style="list-style-type: none"><li>- Original</li><li>- 3 Cheese</li></ul>          | \$2.00 |
| Ben's Original <ul style="list-style-type: none"><li>- Fried Style Rice</li></ul>                   | \$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 <ul style="list-style-type: none"><li>- Harvest Cheddar</li></ul>                         | \$1.00 |
| Pretzels – Rold Gold                                                                                | \$1.00 |
| Chocolate Cookie                                                                                    | \$1.00 |
| SM Noodle Bowl <ul style="list-style-type: none"><li>- Beef, Chicken, Spicy, &amp; Veggie</li></ul> | \$2.00 |
| LG Noodle Bowl <ul style="list-style-type: none"><li>- Beef &amp; Chicken</li></ul>                 | \$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

