



March 6, 2026

Good afternoon ALS families,

I hope this message finds you well and that you are looking forward to the weekend ahead.

This week a group of our Grade 9 students are on their sailing trip on the West Coast and, by all accounts, they have been having an incredible experience. Interest in this opportunity was especially strong this year, which allowed us to offer two sailing trips, with the second group heading out later this spring during the last week of April. Thank you to all of our families for supporting the fundraising efforts connected to this trip. Your support has helped make this experience more manageable for many of our students and their families. The final fundraiser is outlined below in "Announcements."

Earlier this week, all of our Grade 6 students attended the Theatre Calgary production of *The Tale of the Gifted Prince*. Our students represented ALS wonderfully and were model citizens throughout the performance. Two groups of Grade 8 students also had the opportunity to attend and thoroughly enjoyed the show.

On the volleyball court, our senior girls and boys teams have been competing at West Ridge School this week and have been playing extremely well. Their tournament wraps up this evening. Looking ahead to next week, all of our volleyball teams will be heading into the semifinals, with a win potentially advancing them to their divisional finals later in the week. Good luck to all of our Coyotes.

Next week also brings several exciting learning opportunities for our students. Our Grade 7 students will be heading to Activate as part of their PE program. University of Calgary law students will return to work with our Grade 6 classes on a mock trial activity. Our Grade 9 Outdoor Education students will also be heading out on a cross-country field trip and we are hoping for great weather conditions for their day outdoors.

A reminder that our next Parent Council meeting will take place on Tuesday, March 17 at 6:30 pm. A link and reminder to join the virtual meeting will be sent out earlier that day. During the meeting I will be gathering feedback on school based fees, system fees, and our School Development Plan. I hope many of you will be able to join us and share your perspectives.

Please also watch for information next week about booking Parent Teacher Conferences, which will take place on March 19 and 20. Conferences will default to an online format. If you would prefer to meet in person, please connect directly with your child's teacher to make those arrangements.

Thank you, as always, for your continued support of Arbour Lake School. If you need anything at all, feel free to reach out via email. I hope everyone has a wonderful weekend ahead.

Warm regards,

Nancy Lisi
Principal, Arbour Lake School
nmlisi@cbe.ab.ca



Announcements & Reminders:

Grade 9 Sailing Trip – Final Fundraiser – Growing Smiles

Our final sailing fundraiser is up and running. Proceeds from this event will go to support our grade 9 students attending the sailing trip this spring. One group is off next week and the other in April. Please use this link below if you would like to order spring plants. <https://alssailing.growingsmilesfundraising.com/home>

REPORTING AN ABSENCE

To report an absence, you can now email: arbourlake@cbe.ab.ca with your student's full name and grade or you can continue to use the Absence Phone Line 403-777-7310 Ext 1.

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 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

March 9	Gr. 7 PE to Activate
March 9-12	U of C Law Students Guest Speaking Gr. 6
March 11	Team & Club Photos
March 11-12	Gr. 9 Outdoor Education X-Country Trip
March 12	Gr. 7 PE to Activate
March 17	School Council Meeting – Virtual 6:30pm
March 18	Gr. 8 to Telus Spark
March 19-20	Parent Teacher Conferences Thursday Night 4-8PM & Friday 8AM–1PM
March 23-27	Spring Break – School Closed
March 31	Gr. 6 MP Pat Kelley Guest Speaker



Healthy Hunger: Fun Lunch Program

VOLUNTEERS REQUESTED: On behalf of School Council, we are always in need of volunteers to help sort the lunches. If you are able to spare a couple hours on a Thursday please sign up using this link:

<https://www.signupgenius.com/go/10C0A4CABA723A1FAC52-60960362-healthy>

Please visit HealthyHunger.ca to create an account and order. When logging in to place an order, please search for **Arbour Lake Middle School** on the Healthy Hunger website.

March 12	Subway
March 18	Kernels - Snack

Athletics & Extracurricular Activities

Clubs & Activities March Schedule - NEW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Lunch	Lunch	Lunch	Lunch
- Yearbook Club Rm. 209 - Lego Club Rm. 164	- Scale Model Builders Rm. 160 - QSA Rm. 203 - Board Games Club Rm. 164 - Knitting & Crocheting Club Rm. 127	- Card Magic Club Rm. 160	- Cribbage Club Rm. 219 - Scale Model Builders R. 160
After School	After School	After School	After School

Athletic Events at Home

See Ms. MacDougall's email to come out Sunday Evening.

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

