



September 19, 2025

Dear Arbour Lake School Families,

I hope this message finds you well. We have now completed the third week of the new school year, and it is wonderful to see that students and staff have firmly settled into their routines.

A special shout out to our boys' and girls' soccer teams, who both celebrated wins this week—well done! Congratulations as well to our cross country team on completing their second run on Tuesday. We are so proud of the dedication and effort our student athletes are showing.

A huge thank you to all the parents who joined us at School Council on Tuesday evening. Your engagement and willingness to share your perspectives and insights is so valuable to the work we do with students. We hope to see you again at our next meeting, which will be held virtually—more details and a link will be shared closer to the date.

Looking ahead, next week is our **Fall Orientation Night, Thursday September 25th from 6:30pm to 8pm**. This is a wonderful opportunity to come into the school, meet teachers, and see firsthand what your child's day-to-day life looks like at school. Orientation Night will begin at 6:30pm in the gym with a presentation, followed by time to explore classrooms and connect with teachers.

For Grade 6 families, please note that **Grade 6 Meet the Teacher** also takes place on September 25th. These are pre-booked 10-minute time slots for families to connect individually with their child's teachers. This is an introductory meeting rather than a formal learning conference. Appointments run from **4:00–8:00pm on Orientation Night** and continue on **September 29 from 8:00am–1:00pm**. A link to book appointments was sent out to families earlier this week.

Our first Healthy Hunger Fun Lunch is next week. Please see details below on how to order. Orders will need to go in quickly to make the cut off for next Thursday's delivery.

Wishing you and your family a wonderful weekend. Please do not hesitate to email me at nmlisi@cbe.ab.ca if you have any questions or if there is anything I can do to support your child.

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 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.

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 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	- QSA: Rm. 203		- Cribbage Club: Rm. 219



- Jam Club: Band Rm			- Jam Club: Band Rm.
After School	After School	After School	After School

Athletic Events

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: [arburlake_cbe](https://www.instagram.com/arburlake_cbe)

